



<b>50m bad</b>	<b>ALL</b>	<b>20+</b>	<b>25+</b>	<b>30+</b>	<b>35+</b>	<b>40+</b>	<b>45+</b>	<b>50+</b>	<b>55+</b>	<b>60+</b>	<b>65+</b>	<b>70+</b>	<b>75+</b>	<b>80+</b>	<b>85+</b>	<b>90+</b>
D/H	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D
25vlinderD																
50vlinderD	0:29,70	0:29,70	0:29,73	0:30,92	0:34,07	0:30,56	0:32,60	0:38,18	0:38,27	0:43,80	0:53,27	0:46,67				
100vlinderD	1:03,54	1:03,54	1:08,30	1:13,82	1:16,37	1:10,84	1:21,89	1:32,63	1:31,21	1:40,74						
200vlinderD	2:23,09	2:23,09	2:38,52	2:33,96	2:41,90	2:51,96	3:27,01	3:47,40	3:17,49							
25rugD																
50rugD	0:33,33	0:35,38	0:33,33	0:35,00	0:35,86	0:33,70	0:38,58	0:39,34	0:42,03	0:42,26	0:44,57	0:46,95	0:51,19	0:54,51	1:22,81	1:33,02
100rugD	1:11,06	1:17,20	1:11,06	1:18,63	1:17,56	1:13,56	1:24,35	1:27,16	1:28,67	1:36,13	1:37,70		1:55,72	2:02,78	3:03,74	3:19,12
200rugD	2:32,88	2:44,74	2:32,88	2:40,86	2:45,74	2:40,56	3:16,12	3:08,88	3:10,67	3:32,74	4:17,23		4:12,57	4:28,02	6:21,38	6:55,37
25schoolD																
50schoolD	0:36,21	0:36,36	0:36,21	0:38,82	0:38,75	0:38,59	0:37,76	0:42,84	0:41,30	0:44,10	0:45,74	0:48,03	1:04,53	1:06,27	1:29,00	1:44,41
100schoolD	1:17,67	1:22,41	1:17,67	1:23,95	1:26,09	1:24,58	1:22,99	1:32,41	1:29,46	1:32,45	1:47,38	1:48,98		2:30,08	3:16,80	3:46,60
200schoolD	2:59,16	2:59,16	3:01,20	3:00,94	3:03,57	3:02,89	3:07,34	3:18,57	3:11,46	3:28,37	4:15,66	5:17,47		5:50,39	6:51,94	8:13,89
25vrijD																
50vrijD	0:26,38	0:28,88	0:26,38	0:28,90	0:31,13	0:26,64	0:29,57	0:30,44	0:31,52	0:36,05	0:34,93	0:35,11	0:39,42	0:42,72	1:09,41	1:16,67
100vrijD	1:00,82	1:00,82	1:00,97	1:02,85	1:08,24	1:02,41	1:06,17	1:10,29	1:10,86	1:17,86	1:20,76	1:22,23	1:29,45	1:35,94	2:34,96	3:14,41
200vrijD	2:10,09	2:10,09	2:11,67	2:17,74	2:24,89	2:18,55	2:32,00	2:34,83	2:34,22	2:42,78	3:05,59	3:08,91	3:15,74	3:41,56	6:21,26	7:15,64
400vrijD	4:36,92	4:36,92	4:39,12	4:49,79	4:54,90	4:57,00	5:48,81	5:29,75	5:29,51	5:42,67	6:54,92	6:41,95	7:04,33	8:09,94	13:39,39	
800vrijD	9:30,17	9:30,17	9:39,10	9:58,38	10:10,02	10:18,84	11:48,36	11:22,58	11:17,49	11:38,48	14:14,41	14:07,31	14:59,75	16:15,33		
1500vrijD	18:18,61	20:42,08	18:18,61	19:18,62	19:44,37	19:22,12	25:54,22	21:41,96	21:32,68	22:40,35	28:52,29	27:33,21				
100wisselD																
200wisselD	2:36,07	2:39,27	2:36,20	2:36,07	2:39,77	2:38,94	3:00,68	3:07,55	3:03,00	3:13,95	3:44,49	4:06,36				
400wisselD	5:37,38	6:13,38	5:37,38	5:43,16	5:39,61	5:49,28		6:36,33	6:32,28	6:53,12						
1000schoolD																
1000vrijD																
D/H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
25vlinderH																
50vlinderH	0:26,53	0:27,68	0:26,53	0:26,99	0:27,50	0:30,60	0:29,47	0:30,05	0:30,05	0:31,57	0:39,18	0:39,59				
100vlinderH	0:59,93	1:03,11	1:05,98	0:59,93	1:10,06	1:08,57	1:14,92	1:13,67	1:11,21	1:13,34	1:30,96	1:38,79				
200vlinderH	2:22,97		2:22,97	2:38,29	2:47,15	2:56,34	2:55,44				3:21,71	3:36,41				
25rugH																
50rugH	0:28,39	0:29,74	0:28,39	0:29,71	0:30,41	0:32,88	0:32,99	0:33,38	0:34,22	0:34,61	0:43,60	0:44,90		1:00,02		
100rugH	1:03,35	1:03,35	1:04,31	1:04,56	1:05,94	1:18,85	1:13,93	1:17,52	1:15,11	1:16,41	1:37,54	1:45,65		3:32,05		
200rugH	2:25,12		2:26,96	2:26,37	2:25,12	2:50,07	2:41,10	2:47,31	2:51,62	2:49,24	3:26,91	3:37,31				
25schoolH																
50schoolH	0:30,77	0:35,54	0:31,99	0:32,25	0:32,13	0:30,77	0:32,21	0:37,80	0:38,68	0:39,16	0:40,98	0:41,98	0:50,20	0:52,49		
100schoolH	1:12,26	1:16,19	1:14,76	1:15,92	1:13,35	1:12,26	1:14,58	1:25,64	1:25,61	1:26,44	1:30,58	1:32,29		2:15,38		
200schoolH	2:38,75	2:38,75	3:01,25	2:49,49	2:45,49	2:45,53	2:49,51	3:02,31	3:12,11	3:13,67	3:14,00	3:25,99				
25vrijH																
50vrijH	0:23,78	0:32,57	0:23,78	0:24,19	0:25,35	0:26,29	0:28,57	0:26,92	0:27,58	0:29,61	0:33,84	0:34,66	0:40,69	0:43,46		
100vrijH	0:51,37	1:03,64	0:51,37	0:53,20	0:57,13	1:02,05	1:00,62	1:00,76	1:01,41	1:05,79	1:16,31	1:20,13	1:52,09	1:42,85		
200vrijH	1:54,22	2:10,70	1:54,22	1:58,93	2:18,78	2:14,03	2:26,31	2:33,72	2:35,41	2:27,23	2:47,08	3:05,62	3:54,65	3:40,07		
400vrijH	4:25,40	4:44,83	4:25,40	4:57,84	5:01,43	4:51,74	5:03,34	5:38,06	5:32,35	5:15,88	6:08,21	6:32,29	8:04,82	8:03,48		
800vrijH	8:59,66	9:34,48	8:59,66	10:21,90	10:45,76	10:01,92	11:05,17	13:38,55	11:14,30	11:58,47	12:23,14	13:14,40	16:03,11	16:46,81		
1500vrijH	17:13,22	18:14,43	17:13,22	19:56,07	20:26,09	20:04,60	21:33,53	25:36,04		22:27,66	23:16,69	25:41,34	30:55,89	33:19,98		
100wisselH																
200wisselH	2:23,71		2:26,31	2:23,71	2:35,52	2:38,39	2:39,46	2:38,76	2:39,00	2:47,86	3:06,63	3:16,87				
400wisselH	5:40,23		5:49,35	5:51,50	5:40,23	5:47,57	5:42,95	6:30,72	6:00,01	6:59,43	6:36,34	7:10,36				
1000schoolH																
1000vrijH																
Estafette	ALL	80+	100+	120+	160+	200+	240+	280+	320+							
4x25vrijD																
4x50vrijD	1:55,22	1:59,79	1:55,22	1:55,47	2:05,76	2:04,27	2:13,23	2:45,80	4:21,78							
4x100vrijD	4:37,07	4:41,24	4:37,07	4:39,41	5:21,73	4:46,22	5:41,09	7:55,70	8:50,07							
4x200vrijD	10:01,31		10:01,31	10:14,70	10:26,90	10:23,41	11:50,14	14:21,70	18:39,49							
4x25wisselD																
4x50wisselD	2:10,36	2:21,56	2:13,33	2:10,36	2:21,39	2:24,85	2:43,22	3:05,98	4:17,01							
4x100wisselD	5:05,67		5:35,92	5:05,67	5:51,40	5:13,28	6:14,06	7:31,05								
4x25vrijH																
4x50vrijH	1:45,06		1:45,06	1:46,86	1:45,16	1:49,01	2:02,01	2:27,20								
4x100vrijH	3:54,70			3:54,70	4:20,29	4:10,13	4:52,01	6:34,67								
4x200vrijH	10:24,55				10:24,55	10:35,98	12:03,94									
4x25wisselH																
4x50wisselH	1:55,60		2:02,71	1:55,60	1:59,88	2:03,79	2:17,74	2:55,58								
4x100wisselH	4:41,75			4:41,75	5:02,27	5:08,11	5:31,52	8:44,77								
4x25vrijMIX																
4x50vrijMIX	1:41,21	1:58,61	1:41,21	1:48,66	1:52,41	1:58,76	2:05,37	2:23,07	3:32,73							
4x100vrijMIX	4:08,60		4:24,88	4:08,60	5:04,56	4:32,90	4:45,55	7:36,73	7:16,29							
4x200vrijMIX	9:40,59	9:40,59	10:33,58	11:05,63	10:06,53	11:35,79	11:27,77	13:59,64	16:59,28							
4x25wisselMIX																
4x50wisselMIX	2:01,72	2:03,51	2:01,72	2:02,97	2:04,22	2:08,99	2:29,06	2:45,76								
4x100wisselMIX	4:40,51		5:07,32	4:40,51	5:08,58	5:06,93	5:55,19	8:06,42	9:21,81							