

25m bad		ALL	20+	25+	30+	35+	40+	45+	50+	55+	60+	65+	70+	75+	80+	85+	90+	95+
D/H	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D
25vinderD	0:13.31	0:13.31	0:13.59	0:15.11	0:14.34	0:14.06	0:14.73	0:15.13	0:16.99	0:18.40	0:19.72	0:18.96	0:25.74					
50vinderD	0:28.46	0:28.46	0:29.56	0:30.92	0:30.97	0:30.81	0:30.97	0:31.25	0:37.29	0:41.50	0:45.56	0:45.68	0:57.19					
100vinderD	1:03.23	1:03.23	1:03.23	1:09.75	1:13.00	1:10.26	1:10.40	1:09.80	1:29.00	1:31.59	1:42.46							
200vinderD	2:18.46	2:18.46	2:35.81	2:32.91	2:36.90	2:37.58	2:38.84	2:41.12	3:21.44	3:28.24								
25rugD	0:15.05	0:15.05	0:15.43	0:16.26	0:16.53	0:16.11	0:16.22	0:16.05	0:19.15	0:19.04	0:19.81	0:20.28	0:23.60	0:26.59	0:39.48	0:39.91		
50rugD	0:31.07	0:31.07	0:32.39	0:34.33	0:34.66	0:32.77	0:33.42	0:34.77	0:39.75	0:40.82	0:41.38	0:44.46	0:50.73	0:55.58	0:59.23	1:27.72	1:40.45	
100rugD	1:09.70	1:14.45	1:09.87	1:12.43	1:14.18	1:09.70	1:10.60	1:11.42	1:24.92	1:28.97	1:32.71	1:37.82	1:56.17	2:00.97	3:02.21	3:27.52	3:46.31	
200rugD	2:29.89	2:55.08	2:29.89	2:32.55	2:40.67	2:32.36	2:35.51	3:14.22	3:03.57	3:03.36	3:27.92	3:33.05	4:04.63	4:19.49	6:57.86	7:19.81	8:07.70	
25schoolD	0:16.27	0:17.91	0:16.27	0:16.82	0:17.44	0:17.73	0:16.84	0:19.34	0:22.21	0:22.61	0:21.38	0:20.33	0:25.57	0:27.58	0:40.58	0:46.24	0:53.06	
50schoolD	0:34.52	0:34.52	0:35.89	0:37.33	0:37.36	0:37.73	0:36.05	0:37.01	0:41.07	0:43.51	0:43.66	0:46.63	0:49.22	1:04.25	1:17.43	1:37.78	2:02.87	
100schoolD	1:14.82	1:14.82	1:17.41	1:21.22	1:22.80	1:22.91	1:19.17	1:19.49	1:29.91	1:33.49	1:33.81	1:45.73	1:53.38	2:35.05	3:16.09	3:29.73	4:43.59	
200schoolD	2:51.56	2:51.56	2:57.85	2:51.76	2:57.81	2:54.41	2:54.99	2:55.02	3:09.71	3:20.30	3:21.44	3:50.47	6:15.24	5:38.70	6:40.21	8:40.58	9:48.17	
25vrijD	0:12.35	0:13.66	0:12.35	0:13.02	0:12.95	0:13.43	0:14.12	0:14.40	0:14.68	0:15.56	0:16.11	0:16.12	0:17.89	0:20.01	0:32.83	0:35.38	0:38.50	
50vrijD	0:25.86	0:26.52	0:25.86	0:27.89	0:28.27	0:28.31	0:29.52	0:29.64	0:30.73	0:32.18	0:34.29	0:34.77	0:36.72	0:42.16	0:50.66	1:16.11	1:25.93	
100vrijD	0:59.68	1:01.01	0:59.68	1:01.14	1:02.08	1:01.79	1:02.67	1:02.83	1:09.15	1:11.44	1:16.51	1:20.28	1:27.03	1:35.81	1:49.72	3:06.83	3:43.36	
200vrijD	2:06.48	2:07.78	2:06.48	2:15.06	2:18.41	2:17.82	2:07.28	2:17.84	2:34.10	2:37.34	2:40.17	3:02.69	3:13.82	3:37.54	4:01.16	7:15.19	8:26.16	
400vrijD	4:35.63	4:39.95	4:40.11	4:35.63	4:46.27	4:46.66	4:48.23	4:40.53	5:26.78	5:32.98	5:35.77	6:27.97	7:13.95	8:02.96	13:06.76			
800vrijD	9:24.48	9:24.48	9:36.57	9:39.25	9:50.95	9:55.81	9:57.02	9:38.99	11:10.17	11:08.25	11:24.77	13:38.55	15:08.79	16:44.79				
1500vrijD	18:14.50	20:20.79	18:50.85	18:33.86	18:59.64	19:02.85	18:48.97	18:14.50	21:14.97	21:51.85	21:47.72	25:47.07						
100wisselD	1:07.99	1:13.85	1:07.99	1:11.43	1:11.33	1:10.93	1:11.36	1:12.64	1:24.92	1:30.68	1:32.13	1:33.40	1:44.57	2:14.61				
200wisselD	2:28.05	2:37.81	2:28.05	2:36.58	2:35.83	2:34.68	2:37.02	2:34.81	3:03.79	3:11.79	3:34.26	3:35.86	3:49.82					
400wisselD	5:12.77	5:12.77	5:19.49	5:21.91	5:30.11	5:30.28	5:32.35	6:33.56	6:21.51	6:33.68	8:08.58							
1000schoolD																		
1000vrijD																		
D/H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
25vinderH	0:12.17		0:12.17	0:12.65	0:12.73	0:12.69	0:12.78	0:13.36	0:13.59	0:14.48	0:17.92	0:17.37	0:18.69	0:32.64	0:43.42			
50vinderH	0:25.97	0:26.50	0:25.97	0:26.08	0:28.23	0:27.83	0:28.63	0:29.18	0:29.80	0:30.88	0:32.08	0:35.27	0:46.57					
100vinderH	0:59.11	0:59.11	1:03.04	1:00.86	1:05.91	1:04.29	1:04.67	1:04.97	1:06.88	1:13.11	1:15.28	1:34.70	1:41.85					
200vinderH	2:16.25		2:16.25	2:34.20	2:36.65	2:43.12	2:33.73	2:27.21	2:30.41	3:13.84	3:34.71	3:45.16						
25rugH	0:13.65		0:13.70	0:14.02	0:14.34	0:13.65	0:14.82	0:15.32	0:15.54	0:16.55	0:20.44	0:20.80	0:21.57	0:29.64			0:46.43	
50rugH	0:27.10	0:27.15	0:27.10	0:28.31	0:30.07	0:29.59	0:32.13	0:32.61	0:34.31	0:34.21	0:37.18	0:46.50	1:05.72					
100rugH	0:57.08	0:57.08	0:58.51	1:01.40	1:04.21	1:03.85	1:09.97	1:13.05	1:12.04	1:15.09	1:14.78	1:37.69	1:44.67	2:23.69				
200rugH	2:04.41	2:04.41	2:19.22	2:24.34	2:24.21	2:21.52	2:38.09	2:43.22	2:44.74	2:44.81	2:47.07	3:27.10	3:38.71					
25schoolH	0:13.26		0:14.84	0:14.00	0:13.58	0:13.26	0:14.16	0:14.19	0:16.26	0:17.06	0:18.36	0:19.00	0:19.82	0:24.40				
50schoolH	0:29.08	0:33.01	0:31.39	0:31.31	0:30.56	0:29.08	0:30.86	0:31.63	0:36.08	0:37.11	0:39.88	0:39.24	0:43.53	1:04.38				
100schoolH	1:06.08	1:12.96	1:07.41	1:10.65	1:08.32	1:06.08	1:09.37	1:10.61	1:18.92	1:19.40	1:27.19	1:32.34	1:33.83					
200schoolH	2:30.33		2:33.72	2:38.64	2:32.04	2:30.33	2:36.75	2:40.68	2:54.22	3:04.54	3:10.38	3:21.66	3:28.89					
25vrijH	0:11.30	0:14.48	0:11.35	0:11.56	0:11.30	0:12.00	0:11.98	0:12.40	0:12.67	0:13.27	0:13.71	0:15.11	0:17.02	0:18.96	0:24.46			0:40.60
50vrijH	0:22.76	0:24.46	0:22.76	0:23.92	0:25.35	0:25.42	0:25.89	0:26.47	0:26.63	0:27.29	0:28.89	0:30.41	0:37.40	0:42.14	0:49.84			
100vrijH	0:50.20	0:53.26	0:50.20	0:51.55	0:56.48	0:56.89	0:58.42	0:59.12	0:59.28	1:00.58	1:05.77	1:19.02	1:20.72	1:37.87	1:53.10			
200vrijH	1:56.21	1:57.14	1:56.21	2:03.11	2:06.91	2:05.12	2:14.57	2:21.75	2:11.85	2:26.35	2:29.52	2:56.84	3:04.67	3:49.48	4:06.29			
400vrijH	4:12.62		4:12.62	4:29.09	4:47.70	4:42.15	4:56.64	5:03.21	5:12.08	5:21.20	5:23.73	6:01.31	6:23.22	7:54.60	8:28.50			
800vrijH	8:55.99		8:55.99	9:17.32	10:15.10	9:54.27	10:39.34	10:26.70	11:13.20	11:12.50	11:22.26	13:03.66	13:13.28	16:07.18	17:56.70			
1500vrijH	18:20.16		19:34.41	18:20.16	19:53.25	18:55.92	20:38.45			21:57.38	23:23.59	24:59.44	24:53.01	32:16.56	33:59.16			
100wisselH	0:59.58	1:04.90	0:59.58	1:02.72	1:04.55	1:06.06	1:07.37	1:07.77	1:09.72	1:10.96	1:17.44	1:28.07	1:30.13	2:42.29	2:41.24			
200wisselH	2:21.11		2:24.87	2:25.61	2:27.80	2:21.11	2:26.68	2:29.77	2:33.31	2:49.00	3:03.79	3:15.56	3:25.71					
400wisselH	4:56.40		4:56.40	5:01.50	5:23.03	5:30.29	5:23.76	5:24.28	5:50.44	5:58.76	6:28.62	7:02.20	7:18.51					
1000schoolH																		
1000vrijH																		
Estafette	ALL	80+	100+	120+	160+	200+	240+	280+	320+									
4x25vrijD	0:57.83			0:57.91	0:57.83	1:18.78												
4x50vrijD	1:58.38	2:01.65	2:00.21	1:58.38	2:01.94	2:02.95	2:21.98	2:25.83										
4x100vrijD	4:15.85	4:29.56	4:46.34	4:44.90	4:15.85	4:32.90	5:17.73	5:21.18	8:54.89									
4x200vrijD	9:18.55	11:07.92	9:49.28	9:25.56	10:28.26		9:18.55	12:00.45	12:06.47									
4x25wisselD	1:05.27	1:05.27	1:06.68	1:09.37	1:06.91													
4x50wisselD	2:08.59	2:15.06	2:13.55	2:08.59	2:11.06	2:13.08	2:26.24	2:48.97	4:04.54									
4x100wisselD	4:39.06		5:19.42	4:53.07	4:39.06	4:50.03	5:55.33	6:39.47	9:25.40									
4x25vrijH	0:50.76			0:50.76	0:51.92		1:08.31											
4x50vrijH	1:39.62			1:39.62	1:45.87	1:52.87	1:52.33	2:32.24										
4x100vrijH	4:07.33		4:07.33	4:15.66	4:16.31	4:08.22	4:15.08	5:57.31										
4x200vrijH	8:27.56		8:28.79	8:27.56	9:37.01	9:40.61	13:25.61	12:17.60										
4x25wisselH	1:01.67				1:03.54	1:01.67												
4x50wisselH	1:50.52	2:03.97	1:57.97	1:50.52	1:55.75	1:58.53	2:07.37	2:39.01										
4x100wisselH	4:18.57			4:28.29	4:18.57	4:31.97	4:50.13	7:03.23										
4x25vrijMIX	0:54.82	0:57.04		0:55.43	0:54.82	1:01.77												
4x50vrijMIX	1:47.56	1:56.02	1:50.32	1:47.56	1:53.70	2:01.20	2:07.10	2:15.40	3:14.99									
4x100vrijMIX	4:01.17		4:11.85	4:01.17	4:05.71	4:16.29	4:39.43	5:18.73	9:37.53									
4x200vrijMIX	9:29.78			9:29.78	9:48.66	10:20.94	11:25.00	12:07.16	14:49.10									

