

Tijdschema sessienr. 3 - ONMK 2013 lb sessie 3

04-05-2013 - 9:00

Inzwemmen: 8:00 tot 8:55

Juryvergadering: 8:00

9:00	16.	400m vrije slag	Dames	series	Masters Open	1:14	10 Series
10:14	17.	400m vrije slag	Heren	series	Masters Open	0:57	9 Series
11:11	18.	50m schoolslag	Dames	series	Masters Open	0:20	13 Series
11:31	19.	50m schoolslag	Heren	series	Masters Open	0:18	13 Series
11:49		Pauze / Break 5 min.				0:05	
11:54	20.	4 x 100m wisselslag	Alle	series	Masters Open	0:32	5 Series
12:26		Pauze / Break 15 min.				0:15	
12:41	22.	200m rugslag	Dames	series	Masters Open	0:32	8 Series
13:13	23.	200m rugslag	Heren	series	Masters Open	0:21	6 Series
13:34		Pauze / Break 5 min.				0:05	
13:39		Einde sessie			Totale duur	4:39	

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13:39	24.	4 x 50m vrije slag	Dames	series	Masters Open	0:09	3 Series
13:48	25.	4 x 50m vrije slag	Heren	series	Masters Open	0:09	3 Series
13:57		Pauze / Break 5 min.				0:05	
14:02	26.	200m vlinderslag	Dames	series	Masters Open	0:17	4 Series
14:19	27.	200m vlinderslag	Heren	series	Masters Open	0:19	5 Series
14:38	28.	100m vrije slag	Dames	series	Masters Open	0:34	17 Series
15:12	29.	100m vrije slag	Heren	series	Masters Open	0:34	18 Series
15:46	30.	100m schoolslag	Dames	series	Masters Open	0:29	12 Series
16:15	31.	100m schoolslag	Heren	series	Masters Open	0:27	12 Series
16:42	32.	50m rugslag	Dames	series	Masters Open	0:17	12 Series
16:59	33.	50m rugslag	Heren	series	Masters Open	0:15	11 Series
17:14		Pauze / Break 5 min.				0:05	
17:19	34.	4 x 50m wisselslag	Gemengd	series	Masters Open	0:16	5 Series
17:35		Einde sessie			Totale duur	3:56	