

Limieten Kampioenschappen Regio West seizoen 2023-2024

	Junioren 1-2		junioren 3-4		jeugd 1-2		senioren	
meisjes/dames	25m	50m	25m	50m	25m	50m	25m	50m
50m vrije slag	00:35,63	00:36,38	00:33,50	00:34,20	00:31,08	00:31,73	00:30,24	00:30,88
100m vrije slag	01:16,16	01:17,90	01:11,61	01:13,24	01:06,44	01:07,95	01:05,24	01:06,73
200m vrije slag	02:45,33	02:48,61	02:35,44	02:38,53	02:24,21	02:27,07	02:21,38	02:24,18
400m vrije slag	05:52,08	05:57,86	05:26,88	05:32,24	05:04,39	05:09,39	04:58,18	05:03,07
50m rugslag	00:38,50	00:40,58	00:36,04	00:37,99	00:34,01	00:35,85	00:33,48	00:35,29
100m rugslag	01:22,91	01:27,57	01:17,62	01:21,98	01:12,02	01:16,06	01:10,42	01:14,38
200m rugslag	03:00,62	03:07,93	02:49,09	02:55,94	02:46,19	02:52,92	02:43,26	02:49,87
50m schoolslag	00:43,62	00:44,65	00:40,76	00:41,73	00:38,68	00:39,60	00:38,10	00:39,00
100m schoolslag	01:33,90	01:36,90	01:27,75	01:30,55	01:23,27	01:25,93	01:22,30	01:24,92
200m schoolslag	03:22,19	03:29,01	03:08,94	03:15,31	03:06,77	03:13,08	03:05,04	03:11,29
50m vlinderslag	00:38,85	00:38,93	00:35,66	00:35,74	00:34,87	00:34,94	00:34,40	00:34,47
100m vlinderslag	01:28,25	01:29,91	01:21,00	01:22,53	01:19,20	01:20,69	01:18,07	01:19,55
200m vlinderslag	03:16,08	03:19,68	02:59,98	03:03,29	02:55,97	02:59,20	02:51,85	02:55,01
100m wisselslag	01:23,25	nvt	01:17,85	nvt	01:12,00	nvt	01:10,65	nvt
200m wisselslag	03:05,11	03:11,59	02:53,26	02:59,32	02:50,24	02:56,19	02:47,28	02:53,13
400m wisselslag	06:47,64	07:01,73	06:21,53	06:46,11	06:14,87	06:27,83	06:10,20	06:23,07

	Junioren 1 + 2		junioren 3 + 4		jeugd 1-2		Senioren open	
jongens/heren	25m	50m	25m	50m	25m	50m	25m	50m
50m vrije slag	00:34,13	00:35,22	00:31,70	00:32,72	00:28,36	00:29,27	00:26,38	00:27,23
100m vrije slag	01:13,89	01:17,13	01:08,64	01:11,65	01:01,40	01:04,09	00:56,88	00:59,37
200m vrije slag	02:44,67	02:49,03	02:32,97	02:37,02	02:16,84	02:20,46	02:07,35	02:10,72
400m vrije slag	05:47,04	05:59,83	05:22,43	05:34,31	04:59,49	05:10,21	04:42,16	05:52,56
50m rugslag	00:37,27	00:40,32	00:34,40	00:37,22	00:30,71	00:33,22	00:29,27	00:31,67
100m rugslag	01:20,79	01:25,77	01:14,57	01:19,17	01:06,56	01:10,67	01:03,97	01:07,92
200m rugslag	02:56,92	03:07,46	02:43,31	02:53,04	02:31,60	02:40,63	02:24,01	02:32,59
50m schoolslag	00:42,80	00:44,78	00:39,50	00:41,33	00:35,05	00:36,67	00:33,18	00:34,72
100m schoolslag	01:33,86	01:37,75	01:26,63	01:30,23	01:16,86	01:20,05	01:13,13	01:16,17
200m schoolslag	03:20,59	03:31,46	03:05,14	03:15,17	02:50,83	03:00,09	02:39,97	02:48,64
50m vlinderslag	00:39,01	00:40,14	00:34,55	00:35,55	00:32,66	00:33,61	00:30,84	00:31,73
100m vlinderslag	01:26,22	01:28,68	01:16,37	01:18,55	01:12,20	01:14,26	01:08,11	01:10,05
200m vlinderslag	03:13,72	03:18,98	02:51,58	02:56,25	02:42,22	02:48,34	02:32,78	02:36,94
100m wisselslag	01:22,35	nvt	01:16,05	nvt	01:07,95	nvt	01:05,20	nvt
200m wisselslag	03:03,48	03:10,79	02:49,57	02:56,33	02:37,05	02:43,31	02:28,56	02:34,48
400m wisselslag	06:50,75	07:05,30	06:19,62	06:33,07	05:52,08	06:04,55	05:33,10	05:44,90