

Limieten Open Nederlandse Kampioenschappen 2011

Tijden kunnen gezwommen worden in de periode 01-12-2010 t/m 13-11-2011

Heren	j jeu1		j jeu2		h sen1		h sen	
	25 m.	50m.	25 m.	50m.	25 m.	50m.	25 m.	50m.
50 vrije slag	00:26,12	00:26,60	00:25,79	00:26,26	00:25,31	00:25,78	00:23,93	00:24,37
100 vrije slag	00:56,76	00:58,12	00:56,04	00:57,38	00:55,22	00:56,54	00:52,33	00:53,58
200 vrije slag	02:04,45	02:07,61	02:02,86	02:05,98	02:01,40	02:04,48	01:55,25	01:58,18
400 vrije slag	04:22,93	04:28,75	04:20,60	04:26,38	04:18,87	04:24,61	04:06,62	04:12,08
800 vrije slag	09:19,14	09:29,25	09:14,20	09:24,22	09:00,92	09:10,70	00:34,16	08:43,46
1500 vrije slag	17:31,32	17:50,33	17:22,03	17:40,88	17:11,93	17:30,59	16:21,12	16:38,86
50 rugslag	00:28,26	00:29,95	00:28,19	00:29,87	00:27,66	00:29,31	00:26,14	00:27,71
100 rugslag	01:01,16	01:04,20	01:01,00	01:04,03	00:59,90	01:02,88	00:56,63	00:59,45
200 rugslag	02:13,88	02:20,08	02:13,53	02:19,71	02:11,10	02:17,16	02:03,93	02:09,67
50 schoolslag	00:31,78	00:32,80	00:31,52	00:32,54	00:31,06	00:32,06	00:29,43	00:30,38
100 schoolslag	01:09,88	01:12,03	01:09,31	01:11,44	01:08,22	01:10,32	01:04,59	01:06,58
200 schoolslag	02:31,34	02:35,78	02:30,10	02:34,50	02:27,78	02:32,11	02:19,96	02:24,07
50 vlinderslag	00:27,66	00:28,32	00:27,41	00:28,06	00:26,90	00:27,53	00:25,42	00:26,02
100 vlinderslag	01:01,31	01:02,32	01:00,74	01:01,75	00:59,75	01:00,74	00:56,55	00:57,49
200 vlinderslag	02:15,93	02:18,87	02:14,68	02:17,59	02:12,86	02:15,74	02:06,00	02:08,73
200 wisselslag	02:16,97	02:21,01	02:16,09	02:20,10	02:14,65	02:18,62	02:07,95	02:11,72
400 wisselslag	04:54,70	05:02,51	04:52,80	05:00,55	04:50,00	04:57,68	04:35,74	04:43,04
4x 100 vrije slag est.							03:37,69	03:42,89
4x 200 vrije slag est.							07:59,44	08:11,63
4x 100 wisselslag est.							03:59,30	04:06,58

Dames	m jeu1		m jeu2		d sen1		d sen	
	25 m.	50m.	25 m.	50m.	25 m.	50m.	25 m.	50m.
50 vrije slag	00:29,47	00:29,96	00:29,18	00:29,67	00:28,70	00:29,19	00:27,06	00:27,52
100 vrije slag	01:03,44	01:04,67	01:02,82	01:04,04	01:01,79	01:02,99	00:58,24	00:59,38
200 vrije slag	02:17,81	02:19,84	02:16,47	02:18,48	02:14,59	02:16,57	02:07,17	02:09,04
400 vrije slag	04:49,69	04:53,64	04:47,00	04:50,91	04:44,60	04:48,48	04:30,16	04:33,84
800 vrije slag	09:58,64	10:07,49	09:53,07	10:01,84	09:45,18	09:53,83	09:13,14	09:21,32
1500 vrije slag	19:25,03	19:35,17	19:14,19	19:24,24	18:52,97	19:02,84	17:48,33	17:57,63
50 rugslag	00:32,11	00:33,53	00:31,95	00:33,35	00:31,62	00:33,01	00:29,97	00:31,29
100 rugslag	01:10,14	01:12,20	01:09,77	01:11,83	01:08,71	01:10,73	01:04,84	01:06,75
200 rugslag	02:30,75	02:34,81	02:29,97	02:34,01	02:27,70	02:31,67	02:19,38	02:23,14
50 schoolslag	00:36,88	00:37,60	00:36,53	00:37,25	00:35,92	00:36,63	00:33,85	00:34,52
100 schoolslag	01:19,58	01:21,35	01:18,85	01:20,60	01:17,76	01:19,49	01:13,48	01:15,11
200 schoolslag	02:49,91	02:53,83	02:48,34	02:52,22	02:46,30	02:50,14	02:37,36	02:40,99
50 vlinderslag	00:31,38	00:31,76	00:31,16	00:31,54	00:30,52	00:30,89	00:28,66	00:29,01
100 vlinderslag	01:09,39	01:10,37	01:08,91	01:09,89	01:07,56	01:08,52	01:03,52	01:04,42
200 vlinderslag	02:33,18	02:35,05	02:32,13	02:33,98	02:28,71	02:30,52	02:19,45	02:21,15
200 wisselslag	02:35,88	02:38,05	02:34,64	02:36,79	02:32,59	02:34,71	02:24,24	02:26,24
400 wisselslag	05:29,69	05:34,54	05:27,06	05:31,88	05:22,36	05:27,10	05:04,42	05:08,90
4x 100 vrije slag est.							04:02,28	04:07,02
4x 200 vrije slag est.							08:49,03	08:56,81
4x 100 wisselslag est.							04:30,48	04:36,29

LIMIETEN 800M / 1500M JUNIOREN ONK ZWEMMEN 2-4 DECEMBER 2011

Jongens	j jun1		j jun2		j jun3		j jun4	
	25 m.	50 m.	25 m.	50 m.	25 m.	50 m.	25 m.	50 m.
1500 m. vrije slag	21:43,60	22:07,17	19:59,00	20:20,68	18:08,91	18:28,59	17:39,47	17:58,62

Meisjes	m jun1		m jun2		m jun3	
	25 m.	50 m.	25 m.	50 m.	25 m.	50 m.
800 m. vrije slag	11:33,79	11:44,05	10:56,33	11:06,03	10:04,29	10:13,22