

NK lange baan 2025

Limieten

Versie 11-02-2025



Heren								
onder 18			Onder 20			Senioren		
Afstand	25m	50m	Afstand	25m	50m	Afstand	25m	50m
50m vrijeslag	00:25,01	00:25,94	50m vrijeslag	00:24,00	00:24,89	50m vrijeslag	00:23,32	00:24,19
100m vrijeslag	00:55,73	00:57,67	100m vrijeslag	00:53,43	00:55,28	100m vrijeslag	00:51,89	00:53,70
200m vrijeslag	02:01,58	02:04,80	200m vrijeslag	01:56,91	02:00,01	200m vrijeslag	01:53,80	01:56,81
400m vrijeslag	04:22,51	04:32,18	400m vrijeslag	04:15,62	04:25,04	400m vrijeslag	04:11,03	04:20,28
800m vrijeslag (all-in)	08:57,23	09:12,12	800m vrijeslag (all-in)	08:57,23	09:12,12	800m vrijeslag (all-in)	08:57,23	09:12,12
1500m vrijeslag (all-in)	16:50,14	17:18,52	1500m vrijeslag (all-in)	16:50,14	17:18,52	1500m vrijeslag (all-in)	16:50,14	17:18,52
50m schoolslag	00:32,00	00:33,28	50m schoolslag	00:30,56	00:31,78	50m schoolslag	00:29,60	00:30,79
100m schoolslag	01:10,77	01:12,82	100m schoolslag	01:07,22	01:09,16	100m schoolslag	01:04,85	01:06,73
200m schoolslag	02:33,21	02:39,99	200m schoolslag	02:26,29	02:32,76	200m schoolslag	02:21,67	02:27,94
50m vlinderslag	00:27,34	00:27,99	50m vlinderslag	00:26,16	00:26,79	50m vlinderslag	00:25,38	00:25,99
100m vlinderslag	01:01,14	01:03,28	100m vlinderslag	00:58,68	01:00,73	100m vlinderslag	00:57,04	00:59,03
200m vlinderslag	02:24,39	02:29,11	200m vlinderslag	02:18,80	02:23,34	200m vlinderslag	02:15,08	02:19,49
50m rugslag	00:29,20	00:31,10	50m rugslag	00:27,89	00:29,71	50m rugslag	00:27,02	00:28,78
100m rugslag	01:02,03	01:06,23	100m rugslag	01:00,25	01:04,32	100m rugslag	00:59,06	01:03,06
200m rugslag	02:14,97	02:23,01	200m rugslag	02:10,52	02:18,30	200m rugslag	02:07,56	02:15,16
200m wisselslag	02:18,81	02:24,34	200m wisselslag	02:12,95	02:18,25	200m wisselslag	02:09,04	02:14,18
400m wisselslag	05:03,24	05:13,17	400m wisselslag	04:56,69	05:06,41	400m wisselslag	04:52,33	05:01,90
						4 x 200m vrijeslag Estafette	07:53,40	08:10,30
						4 x 100m vrijeslag Estafette	03:35,87	03:42,35
						4 x 100m wisselslag Estafette	04:02,15	04:11,64

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Limieten

Versie 11-02-2025



Dames								
onder 18			Onder 20			Senioren		
Afstand	25m	50m	Afstand	25m	50m	Afstand	25m	50m
50m vrijeslag	00:27,99	00:28,82	50m vrijeslag	00:27,15	00:27,96	50m vrijeslag	00:26,59	00:27,38
100m vrijeslag	01:01,45	01:03,24	100m vrijeslag	00:59,75	01:01,48	100m vrijeslag	00:58,61	01:00,31
200m vrijeslag	02:14,95	02:17,30	200m vrijeslag	02:10,22	02:12,49	200m vrijeslag	02:07,07	02:09,28
400m vrijeslag	04:48,49	04:53,58	400m vrijeslag	04:40,10	04:45,04	400m vrijeslag	04:34,51	04:39,35
800m vrijeslag (all-in)	09:30,47	09:39,28	800m vrijeslag (all-in)	09:30,47	09:39,28	800m vrijeslag (all-in)	09:30,47	09:39,28
1500m vrijeslag (all-in)	18:24,85	18:39,74	1500m vrijeslag (all-in)	18:24,85	18:39,74	1500m vrijeslag (all-in)	18:24,85	18:39,74
50m schoolslag	00:36,03	00:37,03	50m schoolslag	00:34,88	00:35,85	50m schoolslag	00:34,11	00:35,06
100m schoolslag	01:18,33	01:20,55	100m schoolslag	01:15,89	01:18,04	100m schoolslag	01:14,26	01:16,37
200m schoolslag	02:49,49	02:53,24	200m schoolslag	02:45,17	02:48,83	200m schoolslag	02:42,29	02:45,88
50m vlinderslag	00:30,45	00:30,51	50m vlinderslag	00:29,47	00:29,53	50m vlinderslag	00:28,82	00:28,88
100m vlinderslag	01:08,55	01:09,98	100m vlinderslag	01:06,32	01:07,71	100m vlinderslag	01:04,84	01:06,20
200m vlinderslag	02:39,59	02:42,53	200m vlinderslag	02:34,63	02:37,47	200m vlinderslag	02:31,32	02:34,10
50m rugslag	00:32,25	00:34,31	50m rugslag	00:31,21	00:33,20	50m rugslag	00:30,51	00:32,46
100m rugslag	01:09,18	01:12,00	100m rugslag	01:07,46	01:10,21	100m rugslag	01:06,31	01:09,02
200m rugslag	02:28,44	02:33,68	200m rugslag	02:23,88	02:28,96	200m rugslag	02:20,84	02:25,81
200m wisselslag	02:32,50	02:37,83	200m wisselslag	02:27,29	02:32,44	200m wisselslag	02:23,82	02:28,85
400m wisselslag	05:28,73	05:35,64	400m wisselslag	05:20,45	05:27,18	400m wisselslag	05:14,93	05:21,55
						4 x 200m vrijeslag Estafette	08:48,60	08:56,37
						4 x 100m vrijeslag Estafette	04:03,83	04:06,83
						4 x 100m wisselslag Estafette	04:34,58	04:41,04

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Versie 11-02-2025



Versiebeheer

31-01-2025 Publicatie

11-02-2025 Correctie limieten 4 x 100m vrij en 4 x 100m wisselslag