

KB PROVINCIALE KAMPIOENSCHAPPEN NOORD-HOLLAND LIMIETEN 2024-2025**HEREN**

	jongens 2011-12 L-K limiet	jongens 2009-10 K limiet	jongens 2007-08 J limiet	heren 2006+ I-J limiet
50 m vrije slag	00:35,39	00:31,70	00:29,49	00:27,05
100 m vrije slag	01:15,26	01:08,64	01:03,86	00:58,44
200 m vrije slag	02:47,72	02:32,97	02:22,31	02:10,84
400 m vrije slag	05:53,47	05:22,43	04:59,19	04:34,82
1500 m vrije slag	23:49,59	21:44,05	20:10,06	18:29,46
50 m rugslag	00:37,96	00:34,40	00:31,93	00:29,63
100 m rugslag	01:22,29	01:14,57	01:09,22	01:04,76
200 m rugslag	03:00,20	02:43,31	02:31,60	02:21,13
50 m schoolslag	00:43,59	00:39,50	00:36,45	00:33,59
100 m schoolslag	01:35,59	01:26,63	01:19,93	01:14,03
200 m schoolslag	03:24,30	03:05,14	02:50,83	02:38,05
50 m vlinderslag	00:39,71	00:34,55	00:33,66	00:30,25
100 m vlinderslag	01:27,76	01:16,37	01:12,20	01:06,28
200 m vlinderslag	03:17,18	02:51,58	02:42,22	02:29,84
100 m wisselslag	01:25,14	01:14,78	01:08,51	01:05,20
200 m wisselslag	03:06,87	02:49,57	02:37,05	02:25,59
400 m wisselslag	06:58,09	06:19,62	05:52,08	05:22,85

DAMES

	meisjes 2011-12 K-J limiet	meisjes 2009-10 J limiet	meisjes 2007-08 I limiet	dames 2006+ I-H limiet
50 m vrije slag	00:36,45	00:34,24	00:32,04	00:30,27
100 m vrije slag	01:17,91	01:13,19	01:09,11	01:05,76
200 m vrije slag	02:55,50	02:44,98	02:29,76	02:23,76
400 m vrije slag	05:57,05	05:35,35	05:15,86	05:05,09
800 m vrije slag	12:30,76	11:45,14	10:46,42	10:24,96
50 m rugslag	00:39,27	00:36,48	00:34,87	00:33,60
100 m rugslag	01:24,58	01:19,34	01:14,60	01:10,95
200 m rugslag	03:04,26	02:52,84	02:43,26	02:35,41
50 m schoolslag	00:44,60	00:41,91	00:39,69	00:38,18
100 m schoolslag	01:35,99	01:30,21	01:25,73	01:21,87
200 m schoolslag	03:26,70	03:14,25	03:05,04	02:57,31
50 m vlinderslag	00:39,16	00:36,26	00:34,40	00:32,59
100 m vlinderslag	01:28,75	01:22,24	01:18,07	01:14,56
200 m vlinderslag	03:17,19	03:02,74	02:51,85	02:45,04
100 m wisselslag	01:29,96	01:20,09	01:14,48	01:10,65
200 m wisselslag	03:08,95	02:57,05	02:47,28	02:39,68
400 m wisselslag	06:55,23	06:29,29	06:10,27	05:53,77