

# 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 tijd	25 m tijd	50 m tijd	25 m tijd	50 m tijd	25 m tijd	50 m tijd	25 m tijd
50 m vrije slag	00:36,53	00:35,39	00:32,72	00:31,70	00:30,44	00:29,49	00:27,91	00:27,05
100 m vrije slag	01:18,56	01:15,26	01:11,65	01:08,64	01:06,66	01:03,86	01:01,00	00:58,44
200 m vrije slag	02:52,16	02:47,72	02:37,02	02:32,97	02:26,08	02:22,31	02:14,31	02:10,84
400 m vrije slag	06:06,49	05:53,47	05:34,31	05:22,43	05:10,21	04:59,19	04:44,96	04:34,82
1500 m vrije slag	24:28,40	23:49,59	22:19,45	21:44,05	20:52,91	20:10,06	18:59,57	18:29,46
50 m rugslag	00:41,07	00:37,96	00:37,22	00:34,40	00:34,55	00:31,93	00:32,06	00:29,63
100 m rugslag	01:27,36	01:22,29	01:19,17	01:14,57	01:13,49	01:09,22	01:08,76	01:04,76
200 m rugslag	03:10,93	03:00,20	02:53,04	02:43,31	02:40,63	02:31,60	02:29,54	02:21,13
50 m schoolslag	00:45,61	00:43,59	00:41,33	00:39,50	00:38,14	00:36,45	00:35,14	00:33,59
100 m schoolslag	01:39,56	01:35,59	01:30,23	01:26,63	01:23,25	01:19,93	01:17,11	01:14,03
200 m schoolslag	03:35,37	03:24,30	03:15,17	03:05,14	03:00,09	02:50,83	02:46,61	02:38,05
50 m vlinderslag	00:40,85	00:39,71	00:35,55	00:34,55	00:33,61	00:33,66	00:31,12	00:30,25
100 m vlinderslag	01:30,26	01:27,76	01:18,55	01:16,37	01:14,26	01:12,20	01:08,17	01:06,28
200 m vlinderslag	03:22,53	03:17,18	02:56,25	02:51,58	02:46,62	02:42,22	02:33,92	02:29,84
100 m wisselslag	nvt	01:25,14	nvt	01:14,78	nvt	01:08,51	nvt	01:05,20
200 m wisselslag	03:14,32	03:06,87	02:56,33	02:49,57	02:43,41	02:37,05	02:31,39	02:25,59
400 m wisselslag	07:12,90	06:58,09	06:33,07	06:19,62	06:04,55	05:52,08	05:34,29	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 tijd	25 m tijd	50 m tijd	25 m tijd	50 m tijd	25 m tijd	50 m tijd	25 m tijd
50 m vrije slag	00:37,21	00:36,45	00:34,96	00:34,24	00:32,71	00:32,04	00:30,91	00:30,27
100 m vrije slag	01:19,69	01:17,91	01:14,86	01:13,19	01:10,69	01:09,11	01:07,25	01:05,76
200 m vrije slag	02:58,98	02:55,50	02:48,26	02:44,98	02:32,74	02:29,76	02:26,62	02:23,76
400 m vrije slag	06:02,91	05:57,05	05:40,85	05:35,35	05:21,05	05:15,86	05:10,10	05:05,09
800 m vrije slag	12:43,38	12:30,76	11:56,98	11:45,14	10:57,27	10:46,42	10:35,46	10:24,96
50 m rugslag	00:41,40	00:39,27	00:38,83	00:36,48	00:36,76	00:34,87	00:35,42	00:33,60
100 m rugslag	01:29,34	01:24,58	01:23,79	01:19,34	01:18,79	01:14,60	01:14,94	01:10,95
200 m rugslag	03:11,73	03:04,26	02:59,84	02:52,84	02:49,87	02:43,26	02:41,71	02:35,41
50 m schoolslag	00:45,65	00:44,60	00:42,90	00:41,91	00:40,62	00:39,69	00:39,08	00:38,18
100 m schoolslag	01:39,06	01:35,99	01:33,09	01:30,21	01:28,46	01:25,73	01:24,47	01:21,87
200 m schoolslag	03:33,67	03:26,70	03:20,80	03:14,25	03:11,29	03:05,04	03:03,29	02:57,31
50 m vlinderslag	00:39,24	00:39,16	00:36,34	00:36,26	00:34,47	00:34,40	00:32,65	00:32,59
100 m vlinderslag	01:30,42	01:28,75	01:23,79	01:22,24	01:19,55	01:18,07	01:15,96	01:14,56
200 m vlinderslag	03:20,83	03:17,19	03:06,10	03:02,74	02:55,01	02:51,85	02:48,07	02:45,04
100 m wisselslag	nvt	01:29,96	nvt	01:20,09	nvt	01:14,48	nvt	01:10,65
200 m wisselslag	03:15,56	03:08,95	03:03,24	02:57,05	02:53,13	02:47,28	02:45,26	02:39,68
400 m wisselslag	07:09,54	06:55,23	06:42,75	06:29,29	06:23,07	06:10,27	06:06,00	05:53,77