

### limieten winter regio A kampioenschappen 2019 dames

Dames		juniores 1	juniores 2	juniores 3	juniores 4	jeugd 1 en 2	senioren
		H/I niveau	H niveau	G/H niveau	G/H niveau	G/H niveau	H niveau
vrije slag	50m	35.36	33.14	31.47	30.93	30.01	28.65
	100m	1:15.72	1:10.97	1:07.68	1:06.51	1:05.15	1:02.82
	200m	2:43.89	2:33.60	2:26.48	2:23.96	2:21.13	2:18.07
	400m	5:47.84	5:23.20	5:08.32	5:04.15	4:57.94	4:51.51
	800m	12:11.68	11:19.84	10:45.75	10:37.01	10:07.33	9:52.03
rugslag	50m	39.77	37.50	35.71	35.10.	34.56	33.38
	100m	1:25.12	1:19.56	1:16.41	1:15.10	1:13.43	1:11.25
	200m	3:02.67	2:50.74	2:44.33	2:41.51	2:38.66	2:34.40
schoolslag	50m	43.76	41.34	39.23	38.78	38.19	36.83
	100m	1:34.96	1:29.71	1:25.48	1:24.50	1:23.51	1:20.41
	200m	3:24.83	3:13.51	3:05.94	3:03.81	3:02.11	2:57.38
vlinderslag	50m	38.15	35.54	34.02	33.26	32.82	31.66
	100m	1:28.18	1:22.21	1:17.14	1:15.42	1:14.32	1:10.68
	200m	3:15.84	3:02.57	2:52.72	2:48.87	2:44.91	2:38.88
wisselslag	100m	1:26.82	1:21.15	1:17.94	1:16.60	1:14.90	1:12.68
	200m	3:06.23	2:54.16	2:47.12	2:44.21	2:41.36	2:37.03
	400m	6:53.62	6:30.49	6:10.43	6:03.97	5:59.50	5:43.40

### limieten winter regio A kampioenschappen 2019 heren

Heren		juniores 1	juniores 2	juniores 3	juniores 4	jeugd 1 en 2	senioren
		I/J niveau	I niveau	H/I niveau	G/H niveau	G/H niveau	H niveau
Vrije slag	50m	33.27	31.30	29.57	27.55	27.09	26.08
	100m	1:12.85	1:08.53	1:04.62	1:00.72	59.70	58.12
	200m	2:39.64	2:30.19	2:21.61	2:13.06	2:10.82	2:07.20
	400m	5:39.84	5:18.62	5:01.50	4:42.98	4:36.89	4:31.50
	1500m	22:41.61	21:16.58	20:15.4	19:01.04	18:36.48	17:59.11
Rugslag	50m	38.08	35.63	34.05	32.24	31.68	30.63
	100m	1:21.01	1:15.79	1:12.43	1:08.58	1:07.40	1:05.69
	200m	2:57.05	2:45.65	2:37.02	2:28.64	2:26.06	2:24.04
Schoolslag	50m	42.29	39.70	37.81	35.79	34.71	33.58
	100m	1:32.32	1:26.76	1:22.54	1:18.13	1:15.76	1:13.67
	200m	3:19.71	3:07.48	2:58.52	2:49.00	2:43.87	2:39.19
Vlinderslag	50m	37.99	35.05	32.38	30.69	30.05	29.04
	100m	1:23.93	1:17.45	1:10.98	1:06.97	1:05.58	1:03.58
	200m	3:08.33	2:53.78	2:40.51	2:34.00	2:30.81	2:27.28
Wisselslag	100m	1:22.63	1:17.31	1:13.88	1:09.95	1:08.75	1:07.00
	200m	3:00.20	2:48.89	2:40.01	2:29.64	2:26.62	2:22.12
	400m	6:42.52	6:17.57	5:53.76	5:28.50	5:21.87	5:13.06