

WE 1

		Minima 50m				Minima 25m				
		JONGENS / GARCONS				JONGENS / GARCONS				
		11 jaar	12 jaar	13 jaar	14 jaar	11 jaar	12 jaar	13 jaar	14 jaar	
2023		2012	2011	2010	2009	2012	2011	2010	2009	
	2024	2013	2012	2011	2010	2013	2012	2011	2010	
Vrije slag / Nage libre	50 m									
	100 m	1:18,20	1:12,48	1:07,63	1:03,25	01:16,50	01:10,78	01:05,93	01:01,55	0:01,70
	200 m			2:28,03	2:18,49			02:24,63	02:15,09	0:03,40
	400 m	5:57,03	5:25,47	5:08,09	4:53,96	05:50,23	05:18,67	05:01,29	04:47,16	0:06,80
	1500 m			20:30,50	19:45,77			20:05,00	19:20,27	0:13,60
Rugslag / Dos	50 m									
	100 m	1:28,81	1:22,62	1:18,14	1:13,31	01:27,61	01:21,42	01:16,94	01:12,11	0:01,20
	200 m			2:51,14	2:40,16			02:48,74	02:37,76	0:02,40
Schoolslag / Brasse	50 m									
	100 m	1:45,56	1:34,91	1:29,15	1:23,37	01:43,56	01:32,91	01:27,15	01:21,37	0:02,00
	200 m			3:15,10	3:12,10			03:11,10	03:08,10	0:04,00
Vlinderslag / Papillon	50 m									
	100 m	1:34,45	1:28,46	1:19,43	1:13,39	01:33,05	01:27,06	01:18,03	01:11,99	0:01,40
	200 m			2:53,86	2:41,78			02:51,06	02:38,98	0:02,80
Wisselslag / 4 Nages	200 m	3:18,11	3:00,20	2:49,03	2:38,30	03:14,91	02:57,00	02:45,83	02:35,10	0:03,20
	400 m			5:53,06	5:31,60			05:46,76	05:25,30	0:06,30

		Minima 50m				Minima 25m				
		MEISJES / FILLES				MEISJES / FILLES				
		11 jaar	12 jaar	13 jaar	14 jaar	11 jaar	12 jaar	13 jaar	14 jaar	
2023		2012	2011	2010	2009	2012	2011	2010	2009	
	2024	2013	2012	2011	2010	2013	2012	2011	2010	
Vrije slag / Nage libre	50 m									
	100 m	1:19,31	1:13,42	1:08,22	1:06,51	01:17,61	01:11,72	01:06,52	01:04,81	0:01,70
	200 m			2:28,51	2:25,65			02:25,11	02:22,25	0:03,40
	400 m	6:04,82	5:35,43	5:11,77	5:10,13	05:58,02	05:28,63	05:04,97	05:03,33	0:06,80
	800 m			10:34,18	10:32,68			10:20,58	10:19,08	0:13,60
Rugslag / Dos	50 m									
	100 m	1:29,79	1:23,22	1:19,52	1:16,87	01:28,59	01:22,02	01:18,32	01:15,67	0:01,20
	200 m			2:50,13	2:48,72			02:47,73	02:46,32	0:02,40
Schoolslag / Brasse	50 m									
	100 m	1:41,18	1:35,82	1:28,89	1:28,70	01:39,18	01:33,82	01:26,89	01:26,70	0:02,00
	200 m			3:18,75	3:14,11			03:14,75	03:10,11	0:04,00
Vlinderslag / Papillon	50 m									
	100 m	1:34,35	1:30,29	1:21,95	1:19,55	01:32,95	01:28,89	01:20,55	01:18,15	0:01,40
	200 m			2:58,90	2:54,10			02:56,10	02:51,30	0:02,80
Wisselslag / 4 Nages	200 m	3:15,60	3:00,95	2:49,32	2:46,64	03:12,40	02:57,75	02:46,12	02:43,44	0:03,20
	400 m			06:02,56	05:47,32			05:56,26	05:41,02	0:06,30