

Limieten Open Nederlandse Kampioenschappen 2012

	jeugd 1	jeugd 2	sen.1	sen.
	50m bad	50m bad	50m bad	50m bad
	2012	2012	2012	2012
	E-niveau	E-niveau	E-niveau	D-niveau
50 vrije slag	00:26,50	00:26,20	00:25,75	00:24,36
100 vrije slag	00:57,93	00:57,27	00:56,56	00:53,67
200 vrije slag	02:06,61	02:05,15	02:04,05	01:58,01
400 vrije slag	04:28,25	04:26,57	04:23,87	04:10,80
800 vrije slag	09:27,76	09:24,22	09:08,62	08:41,79
1500 vrije slag	17:39,30	17:32,69	17:25,46	16:35,83
50 rugslag	00:29,90	00:29,52	00:28,93	00:27,32
100 rugslag	01:04,86	01:04,03	01:02,81	00:59,34
200 rugslag	02:21,34	02:19,54	02:17,39	02:10,13
50 schoolslag	00:32,56	00:32,05	00:31,65	00:30,04
100 schoolslag	01:12,57	01:11,43	01:10,15	01:06,33
200 schoolslag	02:37,51	02:35,05	02:32,24	02:23,94
50 vlinderslag	00:28,03	00:27,68	00:27,11	00:25,60
100 vlinderslag	01:02,43	01:01,64	01:00,50	00:57,19
200 vlinderslag	02:19,07	02:17,31	02:15,29	02:08,20
200 wisselslag	02:22,08	02:20,65	02:18,44	02:11,09
400 wisselslag	05:04,73	05:01,66	04:57,68	04:42,37
4x 100 vrije slag est.				03:43,28
4x 200 vrije slag est.				08:10,91
4x 100 wisselslag est.				04:06,00