

A-TIJDEN 2022 25 METER BAD

<u>J / H</u>	11j	12j	13j	14j	15j	16j	17j	18j	19+
50 vs	00:34,00	00:32,08	00:30,01	00:28,49	00:27,23	00:26,49	00:26,05	00:25,76	00:25,36
100 vs	01:16,41	01:10,24	01:05,45	01:02,08	00:59,83	00:58,07	00:57,30	00:56,55	00:55,57
200 vs	02:45,26	02:36,02	02:24,54	02:16,34	02:11,31	02:07,14	02:05,56	02:03,92	02:02,47
400 vs	05:44,41	05:26,70	04:59,78	04:49,52	04:40,48	04:31,78	04:28,34	04:24,14	04:20,36
800 vs	12:17,44	11:18,55	10:50,19	10:18,66	09:50,15	09:36,50	09:25,48	09:11,00	09:03,00
1500 vs	23:06,44	21:45,46	20:21,34	19:15,93	18:34,77	18:08,88	17:49,28	17:31,27	17:17,79
50 rg	00:39,91	00:36,96	00:34,39	00:32,70	00:31,59	00:30,75	00:30,09	00:29,44	00:29,05
100 rg	01:26,80	01:20,77	01:14,86	01:10,67	01:07,80	01:06,10	01:04,51	01:03,37	01:02,74
200 rg	03:06,83	02:53,99	02:41,41	02:33,28	02:27,35	02:23,93	02:20,49	02:18,81	02:17,31
50 ss	00:43,84	00:40,74	00:38,01	00:35,89	00:34,30	00:33,50	00:32,90	00:32,14	00:31,54
100 ss	01:36,56	01:30,64	01:23,16	01:18,43	01:15,41	01:13,98	01:11,98	01:10,77	01:09,24
200 ss	03:27,45	03:14,97	03:02,43	02:52,99	02:46,06	02:42,71	02:38,10	02:34,91	02:32,40
50 vl	00:37,49	00:34,56	00:32,14	00:30,59	00:29,34	00:28,38	00:27,97	00:27,52	00:27,36
100 vl	01:27,21	01:19,92	01:12,20	01:07,91	01:04,92	01:02,71	01:01,71	01:01,15	01:00,38
200 vl	03:32,33	03:00,62	02:45,41	02:34,96	02:28,58	02:23,82	02:20,48	02:18,17	02:16,99
100 ws	01:27,74	01:20,54	01:14,62	01:10,50	01:08,30	01:06,12	01:04,88	01:03,94	01:02,77
200 ws	03:07,48	02:53,09	02:41,24	02:33,00	02:28,59	02:24,24	02:21,76	02:19,87	02:17,54
400 ws	06:41,64	06:13,37	05:45,07	05:26,51	05:16,30	05:09,29	05:02,74	04:58,76	04:55,72
<u>M / D</u>	11j	12j	13j	14j	15j	16j	17j	18j	19+
50 vs	00:34,41	00:32,40	00:31,17	00:29,95	00:29,41	00:28,89	00:28,81	00:28,66	00:28,41
100 vs	01:16,51	01:11,24	01:07,84	01:05,30	01:03,49	01:02,53	01:02,42	01:02,12	01:01,55
200 vs	02:46,74	02:34,81	02:28,63	02:21,65	02:17,72	02:15,77	02:14,38	02:13,97	02:13,79
400 vs	05:52,90	05:29,39	05:11,46	04:59,16	04:51,73	04:46,73	04:43,85	04:43,80	04:42,03
800 vs	12:09,48	11:20,56	10:50,98	10:19,37	09:59,28	09:52,11	09:45,37	09:43,25	09:39,80
1500 vs	24:18,00	22:26,45	21:11,60	20:08,45	19:30,29	18:56,35	18:45,82	18:42,20	18:27,25
50 rg	00:40,42	00:37,18	00:35,38	00:34,41	00:33,65	00:33,15	00:32,91	00:32,69	00:32,40
100 rg	01:28,06	01:20,73	01:16,16	01:13,66	01:12,15	01:11,32	01:10,77	01:09,95	01:09,52
200 rg	03:10,42	02:54,41	02:45,17	02:39,30	02:35,91	02:32,76	02:31,48	02:30,66	02:29,28
50 ss	00:43,71	00:41,38	00:39,13	00:37,80	00:36,93	00:36,20	00:35,90	00:35,68	00:35,57
100 ss	01:35,72	01:29,59	01:25,79	01:22,21	01:20,56	01:18,90	01:18,29	01:17,81	01:17,24
200 ss	03:26,90	03:15,28	03:07,23	02:59,80	02:56,70	02:53,30	02:51,22	02:50,52	02:49,00
50 vl	00:37,43	00:34,62	00:33,28	00:32,41	00:31,57	00:30,88	00:30,56	00:30,35	00:30,06
100 vl	01:26,43	01:20,42	01:15,30	01:11,56	01:09,39	01:08,53	01:07,83	01:07,48	01:06,80
200 vl	03:22,01	03:01,84	02:50,20	02:41,80	02:37,01	02:33,64	02:32,21	02:31,91	02:31,27
100 ws	01:28,76	01:21,71	01:17,10	01:14,33	01:12,33	01:10,99	01:10,50	01:09,98	01:09,85
200 ws	03:09,52	02:55,42	02:46,21	02:40,66	02:36,66	02:33,98	02:33,00	02:31,95	02:31,70
400 ws	06:39,64	06:16,12	05:56,26	05:41,02	05:33,69	05:28,24	05:24,29	05:22,97	05:22,71

Op basis van Rudolph tabellen 2019

