

## A-TIJDEN VLAAMSE ZWEMFEDERATIE 2010

geb.jaar	1999	1998	1997	1996	1995	1994	1993	1992	1991+
Jongens	11 jaar	12 jaar	13 jaar	14 jaar	15 jaar	16 jaar	17 jaar	18 jaar	19j+ouder
<b>50 m. vrije slag</b>			00:29,00	00:27,00	00:26,50	00:25,50	00:24,50	00:24,00	00:23,50
100 m. vrije slag	01:08,00	01:05,50	01:08,00	01:04,00	01:01,00	00:58,00	00:57,00	00:56,00	00:55,00
200 m. vrije slag	02:33,00	02:23,50	02:26,00	02:18,00	02:12,00	02:06,00	02:04,00	02:02,00	02:00,00
400 m. vrije slag	05:40,00	05:20,00	05:04,00	04:48,00	04:36,00	04:24,00	04:20,00	04:16,00	04:12,00
800 m. vrije slag	11:53,00	10:40,00	10:28,00	09:56,00	09:32,00	09:16,00	09:08,00	08:52,00	08:44,00
1500 m. vrije slag			20:15,00	19:15,00	18:30,00	18:00,00	17:45,00	17:15,00	17:00,00
<b>50 m. rugslag</b>			00:35,00	00:32,00	00:30,00	00:29,50	00:28,00	00:27,50	00:27,00
100 m. rugslag	01:19,50	01:15,00	01:16,00	01:12,00	01:10,00	01:08,00	01:06,00	01:05,00	01:02,50
200 m. rugslag	02:50,00	02:41,50	02:42,00	02:34,00	02:30,00	02:26,00	02:22,00	02:20,00	02:15,00
<b>50 m. schoolslag</b>			00:35,00	00:34,50	00:33,50	00:32,50	00:31,50	00:31,00	00:30,00
100 m. schoolslag	01:30,50	01:26,00	01:26,00	01:22,00	01:19,00	01:16,00	01:14,00	01:13,00	01:10,50
200 m. schoolslag	03:17,00	03:08,00	03:04,00	02:56,00	02:50,00	02:44,00	02:40,00	02:36,00	02:31,00
<b>50 m. vlinderslag</b>			00:31,50	00:30,00	00:28,50	00:28,00	00:27,00	00:26,50	00:25,00
100 m. vlinderslag	01:23,50	01:13,00	01:17,00	01:14,00	01:11,00	01:08,00	01:06,00	01:05,00	01:02,00
200 m. vlinderslag			02:48,00	02:42,00	02:36,00	02:30,00	02:26,00	02:24,00	02:18,00
100 m. wisselslag	01:21,00	01:17,00	01:16,00	01:12,00	01:09,00	01:07,00	01:06,00	01:05,00	01:03,50
200 m. wisselslag	03:10,00	02:55,00	02:44,00	02:36,00	02:30,00	02:26,00	02:24,00	02:22,00	02:19,00
400 m. wisselslag			05:48,00	05:32,00	05:20,00	05:12,00	05:08,00	05:04,00	04:58,00

geb.jaar	1999	1998	1997	1996	1995	1994	1993	1992	1991+
Meisjes	11 jaar	12 jaar	13 jaar	14 jaar	15 jaar	16 jaar	17 jaar	18 jaar	19j+ouder
<b>50 m. vrije slag</b>			00:29,50	00:28,50	00:27,50	00:27,00	00:26,50	00:26,00	00:25,50
100 m. vrije slag	01:10,50	01:06,00	01:10,00	01:07,00	01:06,00	01:05,00	01:04,00	01:03,00	01:02,00
200 m. vrije slag	02:36,00	02:25,50	02:30,00	02:24,00	02:22,00	02:20,00	02:18,00	02:16,00	02:14,00
400 m. vrije slag	05:45,00	05:27,00	05:12,00	05:00,00	04:56,00	04:52,00	04:48,00	04:44,00	04:40,00
800 m. vrije slag	11:52,00	10:37,00	10:34,00	10:20,00	10:12,00	10:04,00	09:56,00	09:48,00	09:40,00
1500 m. vrije slag			21:15,00	20:30,00	20:00,00	19:30,00	19:15,00	19:00,00	18:45,00
<b>50 m. rugslag</b>			00:34,50	00:33,00	00:31,50	00:31,00	00:30,50	00:30,00	00:29,50
100 m. rugslag	01:22,00	01:15,50	01:19,00	01:17,00	01:15,50	01:14,00	01:12,50	01:11,00	01:10,00
200 m. rugslag	02:55,50	02:44,00	02:48,00	02:44,00	02:41,00	02:38,00	02:35,00	02:32,00	02:30,00
<b>50 m. schoolslag</b>			00:38,00	00:37,00	00:36,00	00:35,50	00:35,00	00:34,50	00:34,00
100 m. schoolslag	01:31,50	01:24,00	01:28,00	01:26,00	01:25,00	01:24,00	01:23,00	01:22,00	01:21,00
200 m. schoolslag	03:17,50	03:00,00	03:08,00	03:04,00	03:02,00	03:00,00	02:58,00	02:56,00	02:54,00
<b>50 m. vlinderslag</b>			00:33,00	00:31,50	00:30,50	00:30,00	00:29,50	00:29,00	00:28,50
100 m. vlinderslag	01:24,00	01:15,00	01:19,00	01:18,00	01:16,50	01:15,00	01:13,50	01:12,00	01:10,50
200 m. vlinderslag			02:52,00	02:50,00	02:47,00	02:44,00	02:41,00	02:38,00	02:35,00
100 m. wisselslag	01:22,00	01:17,00	01:18,00	01:16,00	01:14,50	01:13,00	01:11,50	01:10,00	01:08,50
200 m. wisselslag	03:13,00	02:58,00	02:48,00	02:44,00	02:41,00	02:38,00	02:35,00	02:32,00	02:29,00
400 m. wisselslag			05:52,00	05:48,00	05:42,00	05:36,00	05:30,00	05:24,00	05:18,00

In het rood: Haai-tijden - Elke zwemmer die een haai behaalt is automatisch A-zwemmer



Update 30/12/2009