

LIMIETTIJDEN PK 2013

Geboortejaar	2002	2001	2000	1999	1998	1997	1996	1995	1994
Jaar	11	12	13	14	15	16	17	18	19
2013	BENJAMINS		MINIEMEN		KADETTEN		JUNIORS		SENIORS
HEREN									
50 VS	00:35,50	00:33,10	00:31,70	00:30,30	00:29,60	00:29,10	00:28,80	00:28,30	00:27,40
100 VS	01:18,20	01:12,60	01:08,60	01:06,40	01:05,00	01:03,60	01:02,60	01:01,70	01:00,00
200 VS	02:52,90	02:40,30	02:32,60	02:26,40	02:21,50	02:19,50	02:17,40	02:15,00	02:11,50
400 VS	06:02,70	05:57,50	05:22,70	05:09,90	05:02,50	04:56,30	04:51,00	04:47,30	04:40,20
800 VS									
1500 VS									
50 SS	00:46,40	00:42,20	00:40,00	00:38,50	00:37,40	00:36,80	00:35,90	00:35,20	00:34,00
100 SS	01:42,50	01:32,70	01:25,90	01:23,70	01:21,50	01:19,80	01:18,40	01:16,80	01:14,60
200 SS	03:40,30	03:21,80	03:10,00	03:00,50	02:56,60	02:52,20	02:48,60	02:47,40	02:42,10
50 VL	00:38,80	00:36,00	00:34,00	00:32,50	00:31,60	00:31,10	00:30,50	00:30,10	00:29,10
100 VL	01:29,70	01:20,90	01:16,00	01:12,00	01:09,90	01:08,70	01:07,40	01:06,50	01:04,40
200 VL	03:21,80	03:03,30	02:51,40	02:42,10	02:36,70	02:32,90	02:30,40	02:29,20	02:24,70
50 RG	00:41,30	00:38,50	00:36,20	00:34,70	00:34,10	00:33,40	00:32,90	00:32,10	00:30,90
100 RG	01:29,70	01:23,30	01:17,70	01:14,80	01:13,10	01:10,80	01:10,10	01:08,90	01:06,70
200 RG	03:14,00	03:00,10	02:49,30	02:42,80	02:38,60	02:33,60	02:31,60	02:29,20	02:25,30
200 WS	03:14,40	03:00,00	02:50,10	02:46,30	02:39,60	02:36,00	02:33,40	02:31,30	02:27,90
400 WS	06:58,10	06:29,00	06:04,60	05:50,40	05:38,20	05:33,70	05:27,80	05:26,50	05:17,70
4X100 VS									
4X100 WS									
4X200 VS									

Geboortejaar	2002	2001	2000	1999	1998	1997	1996	1995	1994
Jaar	11	12	13	14	15	16	17	18	19
2013	BENJAMINS		MINIEMEN		KADETTEN		JUNIORS		SENIORS
DAMES									
50 VS	00:35,70	00:34,20	00:32,90	00:32,50	00:32,00	00:31,80	00:31,50	00:31,20	00:30,70
100 VS	01:18,30	01:14,40	01:11,70	01:09,80	01:09,00	01:08,70	01:08,20	01:07,50	01:06,40
200 VS	02:50,30	02:43,10	02:35,00	02:31,00	02:29,30	02:28,40	02:27,30	02:26,30	02:22,40
400 VS	06:00,50	05:41,10	05:27,30	05:19,50	05:16,10	05:12,10	05:10,90	05:09,30	05:05,30
800 VS									
1500 VS									
50 SS	00:45,70	00:43,30	00:41,70	00:41,00	00:40,50	00:40,00	00:39,60	00:39,20	00:38,60
100 SS	01:39,10	01:34,00	01:30,00	01:28,90	01:27,50	01:26,10	01:25,40	01:25,00	01:23,70
200 SS	03:36,30	03:22,60	03:14,10	03:11,60	03:08,20	03:05,80	03:04,90	03:03,40	03:00,40
50 VL	00:38,40	00:36,70	00:35,40	00:34,70	00:33,90	00:33,60	00:33,30	00:33,10	00:32,90
100 VL	01:26,50	01:22,40	01:18,30	01:16,20	01:15,10	01:14,50	01:14,10	01:13,50	01:12,40
200 VL	03:16,00	03:03,50	02:53,70	02:49,00	02:46,10	02:44,70	02:43,60	02:42,30	02:40,10
50 RG	00:41,00	00:39,30	00:37,70	00:37,30	00:36,60	00:36,30	00:36,00	00:35,60	00:34,90
100 RG	01:29,00	01:23,60	01:20,60	01:19,00	01:18,40	01:17,60	01:16,90	01:16,40	01:15,00
200 RG	03:08,70	03:02,30	02:53,70	02:49,90	02:47,30	02:45,40	02:44,80	02:44,20	02:41,10
200 WS	03:12,10	03:01,70	02:55,80	02:53,00	02:50,10	02:48,70	02:47,70	02:46,80	02:44,50
400 WS	06:48,80	06:28,70	06:13,60	06:05,70	05:59,10	05:57,00	05:55,40	05:53,00	05:48,50
4X100 VS									
4X100 WS									
4X200 VS									