

Limieten PK 2023

| <u>Dames</u> | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | <u>Heren</u> | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|--------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--|--------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| geboortejaar | 2012 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 | 2004 | | geboortejaar | 2012 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 | 2004 |
| 50 vs | 00:37,1 | 00:34,6 | 00:32,5 | 00:31,6 | 00:31,0 | 00:30,9 | 00:30,7 | 00:30,4 | 00:29,9 | | 50 vs | 00:36,9 | 00:34,2 | 00:31,1 | 00:29,5 | 00:28,5 | 00:28,1 | 00:27,7 | 00:27,3 | 00:26,6 |
| 100 vs | 01:22,3 | 01:15,1 | 01:09,8 | 01:08,0 | 01:07,1 | 01:06,8 | 01:06,5 | 01:05,7 | 01:04,8 | | 100 vs | 01:22,2 | 01:14,2 | 01:07,2 | 01:04,2 | 01:02,3 | 01:01,6 | 01:00,8 | 00:59,8 | 00:58,3 |
| 200 vs | 02:57,5 | 02:42,6 | 02:30,8 | 02:27,2 | 02:25,1 | 02:23,6 | 02:23,1 | 02:22,6 | 02:20,8 | | 200 vs | 03:05,0 | 02:44,4 | 02:30,9 | 02:21,1 | 02:16,4 | 02:14,4 | 02:12,9 | 02:11,0 | 02:08,0 |
| 400 vs | 06:14,9 | 05:44,6 | 05:21,0 | 05:10,9 | 05:06,4 | 05:02,9 | 05:02,5 | 05:00,4 | 04:56,8 | | 400 vs | 06:10,6 | 05:45,7 | 05:12,8 | 05:00,0 | 04:52,0 | 04:46,9 | 04:41,6 | 04:38,4 | 04:31,8 |
| 50 ss | 00:48,3 | 00:44,5 | 00:41,4 | 00:40,7 | 00:39,5 | 00:38,9 | 00:38,7 | 00:38,6 | 00:37,8 | | 50 ss | 00:51,5 | 00:47,2 | 00:40,6 | 00:38,1 | 00:36,5 | 00:35,9 | 00:35,2 | 00:34,7 | 00:33,5 |
| 100 ss | 01:42,1 | 01:36,3 | 01:30,0 | 01:29,6 | 01:25,5 | 01:25,1 | 01:24,8 | 01:24,6 | 01:22,4 | | 100 ss | 01:47,7 | 01:38,7 | 01:30,1 | 01:22,5 | 01:20,2 | 01:18,1 | 01:17,2 | 01:15,4 | 01:13,4 |
| 200 ss | 03:36,0 | 03:23,6 | 03:13,5 | 03:10,7 | 03:05,0 | 03:02,2 | 03:01,7 | 03:00,8 | 02:57,8 | | 200 ss | 03:49,0 | 03:31,0 | 03:17,0 | 02:58,8 | 02:53,3 | 02:48,6 | 02:45,6 | 02:43,6 | 02:38,8 |
| 50 vl | 00:43,0 | 00:39,6 | 00:36,3 | 00:35,9 | 00:33,8 | 00:33,5 | 00:33,7 | 00:33,3 | 00:32,6 | | 50 vl | 00:42,6 | 00:39,1 | 00:36,1 | 00:32,5 | 00:31,2 | 00:30,8 | 00:30,3 | 00:29,9 | 00:29,0 |
| 100 vl | 01:34,2 | 01:29,3 | 01:21,9 | 01:20,3 | 01:16,0 | 01:14,0 | 01:13,5 | 01:13,0 | 01:11,9 | | 100 vl | 01:37,1 | 01:32,5 | 01:18,0 | 01:12,2 | 01:08,9 | 01:08,0 | 01:06,9 | 01:06,3 | 01:04,2 |
| 200 vl | 03:31,8 | 03:24,0 | 03:06,0 | 02:57,8 | 02:44,5 | 02:43,6 | 02:43,1 | 02:42,2 | 02:39,1 | | 200 vl | 03:22,7 | 03:14,4 | 02:54,0 | 02:47,0 | 02:34,7 | 02:31,6 | 02:28,9 | 02:27,5 | 02:23,9 |
| 50 rg | 00:42,4 | 00:39,5 | 00:37,6 | 00:36,8 | 00:35,6 | 00:35,4 | 00:35,1 | 00:34,8 | 00:34,3 | | 50 rg | 00:43,2 | 00:39,5 | 00:36,3 | 00:34,8 | 00:33,1 | 00:32,7 | 00:32,2 | 00:31,4 | 00:30,4 |
| 100 rg | 01:31,4 | 01:24,0 | 01:20,3 | 01:18,3 | 01:16,6 | 01:15,8 | 01:15,2 | 01:14,8 | 01:13,6 | | 100 rg | 01:32,7 | 01:25,5 | 01:19,5 | 01:14,0 | 01:10,9 | 01:09,5 | 01:08,9 | 01:07,5 | 01:05,5 |
| 200 rg | 03:11,8 | 03:02,3 | 02:53,4 | 02:48,7 | 02:43,5 | 02:42,4 | 02:41,4 | 02:40,8 | 02:37,8 | | 200 rg | 03:20,0 | 02:57,5 | 02:46,9 | 02:40,4 | 02:34,1 | 02:30,5 | 02:29,1 | 02:27,2 | 02:22,9 |
| 200 ws | 03:20,3 | 03:05,3 | 02:59,0 | 02:50,6 | 02:46,0 | 02:44,7 | 02:43,8 | 02:43,2 | 02:41,7 | | 200 ws | 03:21,2 | 03:04,2 | 02:51,6 | 02:42,2 | 02:35,9 | 02:32,8 | 02:31,0 | 02:28,8 | 02:25,3 |
| 400 ws | 07:32,6 | 06:43,5 | 06:19,3 | 06:04,0 | 05:52,7 | 05:49,1 | 05:47,7 | 05:47,1 | 05:42,7 | | 400 ws | 07:34,5 | 06:38,7 | 06:05,2 | 05:46,6 | 05:32,4 | 05:25,8 | 05:23,0 | 05:18,9 | 05:11,0 |