



Limiettijden Fros Swimming kernteam 2022

| | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 | 2004 | 2003 |
|----------|--------|--------|--------|--------|--------|--------|--------|--------------|
| Heren | 12j | 13j | 14j | 15j | 16j | 17j | 18j | 19j en ouder |
| 50m VS | 36" | 35" | 34" | 32" | 30" | 29" | 28" | 27" |
| 50m SS | 45" | 43" | 41" | 39" | 37" | 36" | 35" | 34" |
| 50m RS | 42" | 40" | 38" | 36" | 35" | 34" | 33" | 32" |
| 50m DS | 42" | 39" | 37" | 35" | 33" | 32" | 31" | 30" |
| 100m VS | 1'17" | 1'14" | 1'10" | 1'07" | 1'05" | 1'03" | 1'01" | 59" |
| 100m SS | 1'38" | 1'34" | 1'30" | 1'25" | 1'22" | 1'19" | 1'18" | 1'17" |
| 100m RS | 1'30" | 1'25" | 1'20" | 1'16" | 1'14" | 1'12" | 1'10" | 1'09" |
| 100m DS | 1'30" | 1'25" | 1'20" | 1'15" | 1'12" | 1'10" | 1'09" | 1'08" |
| | | | | | | | | " |
| 200m VS | 2'50" | 2'42" | 2'35" | 2'30" | 2'25" | 2'20" | 2'18" | 2'16" |
| 200m SS | 3'40" | 3'30" | 3'20" | 3'10" | 3'00" | 2'55" | 2'53" | 2'51" |
| 200m RS | 3'10" | 3,05" | 2'50" | 2'45" | 2'40" | 2'35" | 2'33" | 2'31" |
| 200m DS | 3'15" | 3'10" | 3'00" | 2'50" | 2'45" | 2'40" | 2'35" | 2'35" |
| 100m WS | 1'28" | 1'24" | 1'20" | 1'16" | 1'12" | 1'10" | 1'08" | 1'06" |
| 200m WS | 3'20" | 3'10" | 3'00" | 2'50" | 2'45" | 2'40" | 2'36" | 2'32" |
| 400m WS | 7'00" | 6'45" | 6'30" | 6'15" | 6'00" | 5'45" | 5'35" | 5'25" |
| 400m VS | 6'00" | 5'45" | 5'30" | 5'20" | 5'10" | 5'00" | 4'50" | 4'45" |
| 1500m VS | 24'00" | 23'00" | 22'00" | 21'00" | 20'30" | 20'00" | 19'30" | 19'00" |

Kandidaten min. 3 tijden, en tijden zijn geldig vanaf 1 januari 2021 (niet vroeger)