

**LIMIETEN\*\*** gezwommen na 1 januari 2024 en tot 4 april 2025. Bij inschrijving mogen limieten gezwommen in een 25m bad of 50m bad worden doorgegeven

### 32° ANTWERP INTERNATIONAL YOUTH SWIMMING CUP 2025

#### HEREN

	2014-2013	2012-2011	2010-2009	2008-2007	2006/+
<b>Vrije slag</b>	11-12 jaar	13-14 jaar	15-16 jaar	17-18 jaar	19 jaar+
50 m	00:40.00	00:34.00	00:31.00	00:29.00	00:28.00
100 m	01:23.00	01:14.00	01:08.00	1:03.00	1:02.00
200 m	03:05.00	02:45.00	02:30.00	02:25.00	02:20.00
400 m	05:39.00	05:04.00	04:45.00	04:37.00	04:27.00
<b>Schoolslag</b>					
50 m	00:49.00	00:45.00	00:38.00	00:36.00	00:35.00
100 m	01:45.00	01:35.00	01:25.00	01:22.00	01:20.00
200 m	03:35.00	03:15.00	02:55.00	02:50.00	02:45.00
<b>Rugslag</b>					
50 m	00:46.00	00:41.00	00:37.00	00:35.00	00:33.00
100 m	01:35.00	01:25.00	01:20.00	01:15.00	01:12.00
200 m	03:15.00	02:55.00	02:45.00	02:35.00	02:30.00
<b>Vlinder</b>					
50 m	00:46.00	00:40.00	00:35.00	00:33.00	00:31.00
100 m	01:36.00	01:26.00	01:17.00	01:15.00	01:13.00
200 m	03:25.00	03:05.00	02:45.00	02:40.00	02:35.00
<b>Wisselslag</b>					
200m	3:23.00	03:05.00	02:45.00	02:37.00	02:30.00

#### DAMES

	2014-2013	2012-2011	2010-2009	2008-2007	2006/+
<b>Vrije slag</b>	11-12 jaar	13-14 jaar	15-16 jaar	17-18 jaar	19 jaar +
50 m	00:41.00	00:35.00	00:33.00	00:31.00	00:30.00
100 m	01:21.00	01:17.00	01:12.00	01:07.00	01:06.00
200 m	03:05.00	02:50.00	02:45.00	02:40.00	02:35.00
400 m	05:44.00	05:13.00	05:01.00	04:57.00	04:52.00
<b>Schoolslag</b>					
50 m	00:51.00	00:47.00	00:42.00	00:40.00	00:39.00
100 m	01:47.00	01:37.00	01:30	01:27.00	01:25.00
200 m	03:36.00	03:18.00	03:09.00	03:02.00	02:59.00
<b>Rugslag</b>					
50 m	00:48.00	00:43.00	00:38.00	00:37.00	00:36.00
100 m	01:37.00	01:27.00	01:23.00	01:20.00	01:17.00
200 m	03:20.00	03:00.00	02:55.00	02:50.00	02:45.00
<b>Vlinder</b>					
50 m	00:47.00	00:41.00	00:35.00	00:34.00	00:34.00
100 m	01:38.00	01:28.00	01:24.00	01:22.00	01:20.00
200 m	03:35.00	03:15.00	03:05.00	03:00.00	02:55.00
<b>Wisselslag</b>					
200m	03:28.00	03:10.00	03:05.00	03:00.00	02:55.00