

### LIMIETTIJDEN FRIESE ZOMERKAMPIOENSCHAPPEN 2008

<b>HEREN</b>	1995 jongens junioren 1	1994 jongens junioren 2	1993 jongens junioren 3	1992 jongens junioren 4	1991 jongens jeugd 1	1990 jongens jeugd 2	1989 ee heren senioren 1
50 vrij							00:27,60
100 vrij	01:08,40	01:05,90	01:04,10	01:02,30	01:01,50	01:01,10	01:00,30
200 vrij	02:30,30	02:25,70	02:20,90	02:17,00	02:15,00	02:14,30	02:13,00
400 vrij	05:22,20	05:08,50	05:00,40	04:50,20	04:49,00	04:46,80	04:43,00
1500 vrij	21:30,40	20:36,60	20:03,00	19:22,30	19:18,90	19:04,90	18:50,00
50 rug							00:30,90
100 rug	01:20,70	01:17,50	01:15,30	01:13,40	01:12,70	01:12,20	01:10,90
200 rug	02:56,00	02:49,00	02:44,20	02:40,00	02:38,50	02:37,50	02:35,10
50 school							00:34,50
100 school	01:31,80	01:27,50	01:24,90	01:22,60	01:22,00	01:21,10	01:19,90
200 school	03:19,00	03:09,80	03:04,00	02:59,00	02:57,60	02:55,80	02:53,00
50 vlinder							00:29,60
100 vlinder	01:21,40	01:17,50	01:14,80	01:12,70	01:12,30	01:11,60	01:10,50
200 vlinder	03:02,20	02:53,70	02:47,70	02:43,00	02:42,00	02:40,60	02:38,30
200 wissel	02:59,50	02:52,90	02:47,50	02:44,00	02:40,00	02:38,90	02:36,40
400 wissel	06:23,70	06:09,60	05:58,20	05:50,80	05:42,00	05:39,80	05:35,40

### LIMIETTIJDEN FRIESE ZOMERKAMPIOENSCHAPPEN 2008

<b>DAMES</b>	1996 meisjes junioren 1	1995 meisjes junioren 2	1994 meisjes junioren 3	1993 meisjes jeugd 1	1992 meisjes jeugd 2	1991 ee dames senioren 1
50 vrij						00:31,60
100 vrij	01:16,00	01:13,00	01:11,20	01:09,90	01:09,10	01:08,00
200 vrij	02:45,00	02:38,70	02:34,70	02:31,90	02:30,30	02:28,00
400 vrij	05:49,00	05:34,60	05:26,30	05:19,10	05:14,50	05:11,00
800 vrij	12:07,60	11:33,60	11:12,00	11:05,50	10:55,80	10:45,00
50 rug						00:35,30
100 rug	01:28,50	01:25,10	01:22,80	01:21,00	01:20,10	01:19,20
200 rug	03:11,00	03:03,00	02:57,90	02:54,30	02:52,40	02:50,10
50 school						00:39,40
100 school	01:38,80	01:35,20	01:32,80	01:31,90	01:31,00	01:30,00
200 school	03:32,30	03:24,40	03:19,30	03:17,40	03:15,70	03:13,70
50 vlinder						00:33,90
100 vlinder	01:29,40	01:25,20	01:22,50	01:20,90	01:20,60	01:19,00
200 vlinder	03:18,90	03:09,50	03:03,80	03:00,20	02:59,70	02:56,40
200 wissel	03:14,60	03:06,40	03:01,80	02:58,20	02:56,90	02:54,20
400 wissel	06:53,90	06:36,40	06:26,80	06:19,20	06:16,50	06:10,70