

LIMIETTIJDEN FRIESE ZOMER KAMPIOENSCHAPPEN SEIZOEN 2008 - 2009**DAMES**

	1997	1996	1995	1994 & 1993	1992
	meisjes	meisjes	meisjes	meisjes	dames
	junioren 1	junioren 2	junioren 3	jeugd 1 & 2	senioren 1
100 vlinder	01:31,00	01:25,20	01:22,50	01:20,80	01:19,00
200 vlinder	03:22,50	03:09,50	03:03,80	03:00,00	02:56,40
100 rug	01:30,00	01:25,10	01:22,80	01:20,60	01:19,20
200 rug	03:14,30	03:03,00	02:57,90	02:53,40	02:50,10
100 school	01:40,60	01:35,20	01:32,80	01:31,50	01:30,00
200 school	03:35,90	03:24,40	03:19,30	03:16,60	03:13,70
100 vrij	01:17,40	01:13,00	01:11,20	01:09,50	01:08,00
200 vrij	02:47,90	02:38,70	02:34,70	02:31,10	02:28,00
400 vrij	05:55,20	05:34,60	05:26,30	05:17,50	05:11,00
800 vrij	12:20,50	11:33,60	11:12,00	11:01,00	10:45,00
200 wissel	03:17,90	03:06,40	03:01,80	02:57,60	02:54,20
400 wissel	07:01,10	06:36,40	06:26,80	06:18,00	06:10,70

HEREN

	1996	1995	1994	1993	1992 & 1991	1990
	jongens	jongens	jongens	jongens	jongens	heren
	junioren 1	junioren 2	junioren 3	junioren 4	jeugd 1 & 2	senioren 1
100 vlinder	01:22,90	01:17,50	01:14,80	01:12,70	01:12,00	01:10,50
200 vlinder	03:05,60	02:53,70	02:47,70	02:43,00	02:41,30	02:38,30
100 rug	01:22,20	01:17,50	01:15,30	01:13,40	01:12,50	01:10,90
200 rug	02:59,30	02:49,00	02:44,20	02:40,00	02:38,00	02:35,10
100 school	01:33,50	01:27,50	01:24,90	01:22,60	01:21,60	01:19,90
200 school	03:22,70	03:09,80	03:04,00	02:59,00	02:56,70	02:53,00
100 vrij	01:09,60	01:05,90	01:04,10	01:02,30	01:01,30	01:00,30
200 vrij	02:33,00	02:25,70	02:20,90	02:17,00	02:14,70	02:13,00
400 vrij	05:27,90	05:08,50	05:00,40	04:50,20	04:48,00	04:43,00
1500 vrij	21:52,80	20:36,60	20:03,00	19:22,30	19:15,00	18:50,00
200 wissel	03:02,80	02:52,90	02:47,50	02:44,00	02:39,50	02:36,40
400 wissel	06:30,40	06:09,60	05:58,20	05:50,80	05:41,00	05:35,40