

Overzicht van de behaalde limieten

Lange baan (50m)

Er wordt rekening gehouden met tijden, waar de limieten 90% behaald zijn.  
donderdag 1 september 2011 tot vrijdag 11 mei 2012

	Limieten 25m	Limieten 50m	25m bad	50m bad		
de Boer Maayke, 18-7-1995						
1	400m vrije slag	5:15.00		5:25.57	Delfzijl (NED)	1-10-2011 94%
3	<b>100m schoolslag</b>	1:29.40		<b>1:29.18</b>	De Westereen (NED)	29-10-2011 100%
5	<b>200m rugslag</b>	2:49.80		<b>2:47.06</b>	Dokkum (NED)	15-1-2012 103%
8	<b>200m wissel</b>	2:54.80		<b>2:48.82</b>	Dokkum (NED)	23-10-2011 107%
12	800m vrije slag	10:47.30		11:20.01	Dokkum (NED)	23-10-2011 91%
15	200m vrije slag	2:28.90		2:33.10	Dokkum (NED)	12-11-2011 95%
19	<b>100m rugslag</b>	1:18.40		<b>1:16.50</b>	De Westereen (NED)	29-10-2011 105%
26	100m vrije slag	1:08.60		1:08.78	De Westereen (NED)	29-10-2011 99%
28	<b>400m wissel</b>	6:10.40		<b>6:05.07</b>	Dokkum (NED)	18-12-2011 103%
de Boer Marike, 20-11-1997						
3	<b>100m schoolslag</b>	1:33.70		<b>1:30.57</b>	Dokkum (NED)	15-1-2012 107%
5	200m rugslag	2:59.50		3:00.75	Dokkum (NED)	15-1-2012 99%
8	<b>200m wissel</b>	3:00.60		<b>2:59.59</b>	Emmen (NED)	21-1-2012 101%
10	<b>200m schoolslag</b>	3:17.43		<b>3:15.02</b>	Dokkum (NED)	14-1-2012 102%
15	200m vrije slag	2:35.90		2:39.04	Emmen (NED)	21-1-2012 96%
19	100m rugslag	1:22.70		1:27.22	De Westereen (NED)	29-10-2011 90%
26	100m vrije slag	1:11.60		1:15.39	De Westereen (NED)	29-10-2011 90%
de Haan Tabitha, 21-7-2000						
3	<b>100m schoolslag</b>	1:41.00		<b>1:36.82</b>	Emmen (NED)	21-1-2012 109%
5	<b>200m rugslag</b>	3:16.80		<b>3:04.30</b>	Dokkum (NED)	15-1-2012 114%
8	<b>200m wissel</b>	3:17.90		<b>3:14.62</b>	Dokkum (NED)	14-1-2012 103%
10	<b>200m schoolslag</b>	3:32.32		<b>3:24.92</b>	Dokkum (NED)	14-1-2012 107%
19	<b>100m rugslag</b>	1:30.60		<b>1:28.19</b>	Dokkum (NED)	14-1-2012 106%
de Joode Kevin, 20-11-1998						
7	<b>100m rugslag</b>	1:16.90		<b>1:16.27</b>	Dokkum (NED)	15-1-2012 102%
14	<b>100m vrije slag</b>	1:06.80		<b>1:06.08</b>	Dokkum (NED)	15-1-2012 102%
20	<b>200m wissel</b>	3:03.00		<b>2:46.06</b>	Dokkum (NED)	18-12-2011 121%
24	1500m vrije slag	21:05.60		21:30.60	Dokkum (NED)	8-1-2012 96%
27	200m vrije slag	2:27.60		2:34.04	Delfzijl (NED)	1-10-2011 92%
de Joode Robin, 14-5-1996						
4	<b>100m schoolslag</b>	1:22.50		<b>1:15.97</b>	Dokkum (NED)	14-1-2012 118%
7	<b>100m rugslag</b>	1:12.50		<b>1:09.77</b>	Dokkum (NED)	15-1-2012 108%
14	<b>100m vrije slag</b>	1:03.30		<b>58.78</b>	Dokkum (NED)	15-1-2012 116%
20	<b>200m wissel</b>	2:50.20		<b>2:28.71</b>	Dokkum (NED)	15-1-2012 131%
25	<b>100m vlinderslag</b>	1:11.20		<b>1:09.59</b>	Dokkum (NED)	14-1-2012 105%
27	<b>200m vrije slag</b>	2:19.70		<b>2:12.76</b>	Dokkum (NED)	14-1-2012 111%
van der Kooi Danieke, 27-6-2000						
1	<b>400m vrije slag</b>	5:59.00		<b>5:39.23</b>	Dokkum (NED)	8-1-2012 112%
5	<b>200m rugslag</b>	3:16.80		<b>2:49.29</b>	Dokkum (NED)	15-1-2012 135%
8	<b>200m wissel</b>	3:17.90		<b>2:59.37</b>	Dokkum (NED)	18-12-2011 122%
12	<b>800m vrije slag</b>	12:25.70		<b>11:25.28</b>	Dokkum (NED)	8-1-2012 118%
13	<b>100m vlinderslag</b>	1:30.10		<b>1:23.01</b>	Dokkum (NED)	15-1-2012 118%
15	<b>200m vrije slag</b>	2:49.30		<b>2:31.97</b>	Dokkum (NED)	15-1-2012 124%
19	<b>100m rugslag</b>	1:30.60		<b>1:20.35</b>	Dokkum (NED)	14-1-2012 127%
26	<b>100m vrije slag</b>	1:17.80		<b>1:12.50</b>	Dokkum (NED)	14-1-2012 115%
Lindemulder Marissa, 21-12-1993						
1	400m vrije slag	5:15.00		5:20.92	Delfzijl (NED)	1-10-2011 96%
3	100m schoolslag	1:29.40		1:32.86	Delfzijl (NED)	1-10-2011 93%
5	200m rugslag	2:49.80		2:52.25	Dokkum (NED)	15-1-2012 97%
13	<b>100m vlinderslag</b>	1:17.10		<b>1:15.02</b>	Dokkum (NED)	12-11-2011 106%
15	<b>200m vrije slag</b>	2:28.90		<b>2:24.36</b>	Dokkum (NED)	15-1-2012 106%
26	<b>100m vrije slag</b>	1:08.60		<b>1:04.31</b>	Dokkum (NED)	14-1-2012 114%
Louala Jamilah, 10-4-2000						
1	400m vrije slag	5:59.00		6:11.16	Dokkum (NED)	8-1-2012 94%
8	<b>200m wissel</b>	3:17.90		<b>3:14.23</b>	Dokkum (NED)	18-12-2011 104%

	Limieten 25m	Limieten 50m	25m bad	50m bad			
Louala Jamilah, 10-4-2000							
12	800m vrije slag	12:25.70		12:38.64	Dokkum (NED)	8-1-2012	97%
19	<b>100m rugslag</b>	1:30.60		<b>1:27.56</b>	Dokkum (NED)	14-1-2012	107%
26	<b>100m vrije slag</b>	1:17.80		<b>1:17.57</b>	Emmen (NED)	21-1-2012	101%
Meulenbeld Annemiek, 22-11-1995							
8	200m wisselslag	2:54.80		2:59.82	Emmen (NED)	21-1-2012	94%
15	200m vrije slag	2:28.90		2:37.09	Dokkum (NED)	12-11-2011	90%
Smit Roelien, 15-4-1999							
3	100m schoolslag	1:37.20		1:39.73	Emmen (NED)	21-1-2012	95%
van der Veen Brigitte, 9-8-1998							
3	<b>100m schoolslag</b>	1:34.60		<b>1:32.24</b>	Dokkum (NED)	15-1-2012	105%
5	<b>200m rugslag</b>	3:03.30		<b>2:53.44</b>	Dokkum (NED)	15-1-2012	112%
8	<b>200m wisselslag</b>	3:04.40		<b>3:02.73</b>	Dokkum (NED)	12-11-2011	102%
19	<b>100m vrije slag</b>	1:24.50		<b>1:19.07</b>	Dokkum (NED)	14-1-2012	114%
26	<b>100m vrije slag</b>	1:13.00		<b>1:11.64</b>	Dokkum (NED)	14-1-2012	104%
Verkaik Sander, 14-8-1994							
2	400m vrije slag	4:56.00		5:11.35	Delfzijl (NED)	1-10-2011	90%
4	<b>100m schoolslag</b>	1:21.80		<b>1:13.78</b>	Dokkum (NED)	14-1-2012	123%
6	200m rugslag	2:38.00		2:39.02	Emmen (NED)	21-1-2012	99%
14	100m vrije slag	1:02.40		1:03.92	Delfzijl (NED)	29-10-2011	95%
20	<b>200m wisselslag</b>	2:46.50		<b>2:29.32</b>	Dokkum (NED)	15-1-2012	124%
22	<b>200m schoolslag</b>	2:58.00		<b>2:39.80</b>	Dokkum (NED)	15-1-2012	124%
25	<b>100m vlinderslag</b>	1:10.80		<b>1:09.53</b>	Dokkum (NED)	14-1-2012	104%
27	200m vrije slag	2:17.70		2:24.31	Dokkum (NED)	12-11-2011	91%
Wilbers Amarens, 31-12-2000							
3	100m schoolslag	1:41.00		1:45.51	Emmen (NED)	21-1-2012	92%
19	100m rugslag	1:30.60		1:35.20	Dokkum (NED)	12-11-2011	91%
Wilbers Rixt, 2-5-1995							
3	100m schoolslag	1:29.40		1:30.32	Dokkum (NED)	15-1-2012	98%
8	<b>200m wisselslag</b>	2:54.80		<b>2:48.28</b>	Dokkum (NED)	12-11-2011	108%
13	100m vlinderslag	1:17.10		1:20.40	Dokkum (NED)	15-1-2012	92%
15	<b>200m vrije slag</b>	2:28.90		<b>2:25.19</b>	Dokkum (NED)	12-11-2011	105%
26	<b>100m vrije slag</b>	1:08.60		<b>1:06.38</b>	Dokkum (NED)	12-11-2011	107%
Zijlstra Amarins, 12-11-1994							
10	200m schoolslag	3:13.68		3:23.93	Delfzijl (NED)	1-10-2011	90%