

LIMIETTIJDEN NATIONALE ELITE KERN ZWEMBAD

Versie 24/04/2023

DAMES										
			25 m bad				50 m bad			
Naam	geboorte- jaar	club	proef	locatie wedstrijd	tijd	limiet geldig tot	proef	locatie wedstrijd	tijd	limiet geldig tot
Vermeir Marie	2008	BRC	A1	Rixensart	02:26,21	19/02/2024	A1	Seraing	02:29,99	23/04/2024
			A4	Ekeren	00:39,60	5/03/2024	A2	Seraing	01:03,26	23/04/2024
			A6	Asse	02:42,50	5/02/2024	A5	Seraing	01:07,06	23/04/2024
Vanderstraeten Maya	2007	RCTAL	A2				A6	Seraing	02:48,60	23/04/2024
			A4	Ekeren	00:39,99	5/03/2024	A2	Seraing	01:04,35	23/04/2024
			A5	Sint-Truiden	01:09,87	23/10/2023	A5	Kortrijk	01:10,23	20/11/2023
Sticker Lien	2006	RCTAL	A6	Asse	02:50,50	5/02/2024	A2	Seraing	01:04,25	23/04/2024
			A6	Ekeren	02:50,01	5/03/2024	A5	Eindhoven	01:10,02	27/11/2023
			A6	Ekeren	02:50,01	5/03/2024	A6	Seraing	02:53,09	23/04/2024
s'Heeren Mirte	2006	STRC	A1	Sint-Truiden	02:29,33	23/10/2023	A2	Seraing	01:02,85	16/04/2024
			A5	Sint-Truiden	01:07,54	23/10/2023	A5	Seraing	01:09,10	23/04/2024
			A6	Ekeren	02:47,81	5/03/2024	A6	Seraing	02:48,60	23/04/2024
Wijnant Loes	2005	RCTAL	A5				A5	Seraing	01:10,37	23/04/2024
			A6	Ekeren	02:53,16	5/03/2024				
Jacobs Ella	2005	BRC	A1				A1	Seraing	02:29,54	23/04/2024
			A4	Ekeren	00:36,72	5/03/2024	A3	Seraing	01:19,84	23/04/2024
			A6	Ekeren	02:48,95	5/03/2024	A4	Seraing	00:38,31	23/04/2024
Croes Elise	2004	STRC	A6				A6	Kortrijk	02:45,52	20/11/2023
			A3	Sint-Truiden	01:17,55	23/10/2023	A1	Kortrijk	02:18,97	20/11/2023
			A4	Sint-Truiden	00:38,44	23/10/2023	A2	Seraing	00:55,62	23/04/2024
Istas Lotte	2004	STRC	A5	Sint-Truiden	01:02,51	23/10/2023	A5	Seraing	01:01,85	23/04/2024
							A6	Riccione	02:36,78	2/10/2023
							A2	Eindhoven	01:00,31	27/11/2023
Van Speybroeck Bo	2004	LERC	A1	Izegem	02:14,67	19/03/2024	A5	Dordrecht	01:04,70	18/03/2024
Bracke Liezel	2004	BRC	A3	Sint-Truiden	01:18,28	23/10/2023	A3	Kortrijk	01:21,43	20/11/2023
			A4	Gouda	00:36,97	8/04/2024	A4	Kortrijk	00:39,84	20/11/2023
			A5	Sint-Truiden	01:06,37	23/10/2023	A5	Riccione	01:06,81	2/10/2023
De Greef Ruth	2003	RCTAL	A6	Ekeren	02:39,31	5/03/2024	A6	Seraing	02:42,36	23/04/2024
			A6	Asse	02:42,24	5/02/2024				
Van de Plas Bo	2001	LERC	A2				A2	Kortrijk	00:58,31	20/11/2023
			A4	Asse	00:37,32	5/02/2024	A3	Dinard	01:17,73	26/05/2023
			A6	Asse	02:25,90	5/02/2024	A4	Kortrijk	00:38,07	20/11/2023
Harzé Marine	1997	STRC	A5				A5	Kortrijk	00:59,39	20/11/2023
			A1	Rixensart	02:18,59	19/02/2024	A6	Kortrijk	02:27,79	20/11/2023
			A3	Rixensart	01:16,72	19/02/2024	A2	Seraing	00:58,71	23/04/2024
Lindekens Stefanie	1997	LERC	A3				A3	Seraing	01:17,92	23/04/2024
			A4				A4	Civitavecchia	00:38,48	4/12/2023
			A5				A5	Eindhoven	01:04,82	27/11/2023
Boogaerts Sofie	1995	LERC	A6				A6	Seraing	02:30,45	23/04/2024
			A3				A3	Dinard	01:18,40	26/05/2023
			A4				A4	Dinard	00:37,71	26/05/2023
			A4				A4	Kortrijk	00:38,62	20/11/2023
			A5				A5	Kortrijk	01:04,43	20/11/2023
			A6				A6	Seraing	02:30,94	23/04/2024

Selectietijden PROTOCOL (01/01/2023 - 31/12/2024)

Dames	proef	open	Youth
200m hindernis	A1	2'20"14	2'31"88
100m popvinnen	A2	59"80	1'04"81
100m combiné	A3	1'19"56	1'26"22
50m popredde	A4	38"01	41"20
100m lifesaver	A5	1'05"08	1'10"53
200m superlifesaver	A6	2'43"38	2'57"07
50m hindernis	B1	28"26	30"63
25m pop vervoeren	B2	20"45	22"17
50m zwemvliezen	B3-2	18"85	20"43
50m met gordel	B3-3	28"53	30"92
50m met zwemvliezen, gordel en slachtoffer	B3-4	27"51	29"82

Selectietijden PROTOCOL (01/01/2019 - 31/12/2022)

Dames	proef	open	juniores	cadetten
200m hindernis	A1	02:20,28	02:25,12	02:32,03
100m popvinnen	A2	00:59,90	01:01,96	01:04,91
100m combiné	A3	01:19,46	01:22,20	01:26,12
50m popredde	A4	00:38,63	00:39,96	00:41,87
100m lifesaver	A5	01:05,01	01:07,25	01:10,46
200m superlifesaver	A6	02:42,29	02:47,88	02:55,88

Line throw (gooier)

B4

14"72

15"95

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Versie 24/04/2023

HEREN									
			25 m bad				50 m bad		
Naam	geboorte- jaar	club	proef	locatie wedstrijd	tijd	limiet geldig tot	proef	locatie wedstrijd	limiet geldig tot
Geraerts Mattias	2008	BRC	A6	Ekeren	02:32,04	5/03/2024			
Croes Matisse	2006	STRC					A2	Eindhoven	00:54,10
			A5	Sint-Truiden	00:57,76	23/10/2023	A5	Seraing	00:58,36
			A6	Asse	02:20,61	5/02/2024	A6	Seraing	02:24,73
De Smedt Lander	2006	RCTAL	A6	Asse	02:33,25	5/02/2024			
Vanlaer Mathijs	2006	STRC					A1	Seraing	02:11,20
			A3	Sint-Truiden	01:09,88	23/10/2023	A3	Seraing	01:07,45
			A4	Ekeren	00:33,15	5/03/2024	A4	Seraing	00:32,77
			A6	Ekeren	02:32,90	5/03/2024	A6	Dordrecht	02:31,56
Cloet Jasper	2006	NSL					A2	Dordrecht	00:54,39
Knuts Aiko	2006	STRC					A2	Seraing	00:51,28
			A5	Sint-Truiden	01:00,01	23/10/2023	A5	Antwerpen	00:58,81
			A6	Ekeren	02:30,44	5/03/2024	A6	Seraing	02:30,04
De Grave Thibault	2005	BLITS	A4	Asse	00:34,63	5/02/2024			
Goossens Torsten	2005	BRC	A1	Rixensart	02:06,08	19/02/2024	A1	Seraing	02:09,34
							A2	Dordrecht	00:53,36
			A3	Rixensart	01:08,99	19/02/2024	A3	Seraing	01:07,96
			A4	Gouda	00:32,03	8/04/2024	A4	Seraing	00:33,49
			A5	Rixensart	00:58,60	19/02/2024	A5	Seraing	00:58,58
			A6	Ekeren	02:16,61	5/03/2024	A6	Seraing	02:18,67
Abbeel Stef	2005	NSL	A4	Asse	00:34,48	5/02/2024	A4	Seraing	00:34,43
			A5	Rixensart	01:00,24	19/02/2024	A5	Seraing	00:59,32
Goossens Ilian	2003	BRC	A4	Asse	00:31,31	5/02/2024			
Vandersteen Jelle	2002	STRC	A4	Sint-Truiden	00:30,87	23/10/2023			
							A6	Riccione	02:20,93
							A5	Seraing	00:55,32
Bockstaele Shean	2001	BRC	A5	Gouda	00:55,07	8/04/2024	A6	Seraing	02:21,33
Van Laethem Maarten	1999	RCTAL	A4	Asse	00:30,31	5/02/2024	A4	Seraing	00:31,71
							A5	Eindhoven	00:56,11
			A6	Asse	02:13,35	5/02/2024	A6	Seraing	02:14,59
Ceusters Joni	1997	LERC					A3	Seraing	01:04,36
							A4	Seraing	00:31,39
Baelus Wouter	1987	BLITS	A6	Asse	02:19,66	5/02/2024			

Selectietijden PROTOCOL (01/01/2023 - 31/12/2024)

Heren	proef	open	Youth
200m hindernis	A1	2'03"40	2'13"74
100m popvinnen	A2	50"24	54"45
100m combiné	A3	1'06"07	1'11"60
50m popredde	A4	31"96	34"64
100m lifesaver	A5	56"32	1'01"04
200m superlifesaver	A6	2'21"57	2'33"43
50m hindernis	B1	25"07	27"16
25m pop vervoeren	B2	16"97	18"39
50m zwemvliezen	B3-2	16"81	18"21
50m met gordel	B3-3	25"44	27"57
50m met zwemvliezen, gordel en slachtoffer	B3-4	24"53	26"58
Line throw (gooier)	B4	12"14	13"16

Selectietijden PROTOCOL (01/01/2019 - 31/12/2022)

Heren	proef	proef	open	junioren	cadetten
200m hindernis	A1		02:03,12	02:07,37	02:13,43
100m popvinnen	A2		00:50,20	00:51,93	00:54,41
100m combiné	A3		01:06,55	01:08,85	01:12,13
50m popredde	A4		00:32,52	00:33,64	00:35,24
100m lifesaver	A5		00:56,52	00:58,46	01:01,25
200m superlifesaver	A6		02:21,67	02:26,56	02:33,54