

Tijden Loodsvisjes 2026-2028

Jongens

50m-bad

Zwemfed punten	225	275	350	400	425	475
Leeftijd	11	12	13	14	15	16
50m vrije slag	00:34,66	00:32,42	00:29,91	00:28,61	00:28,04	00:27,02
100m vrije slag	01:17,00	01:12,01	01:06,45	01:03,56	01:02,29	01:00,02
200m vrije slag	02:49,94	02:38,94	02:26,67	02:20,28	02:17,47	02:12,47
400m vrije slag	06:03,00	05:39,06	05:12,87	04:59,25	04:53,26	04:42,59
800m vrije slag	12:30,95	11:42,36	10:48,11	10:19,89	10:07,49	09:45,38
1500m vrije slag	23:55,34	22:22,47	20:38,77	19:44,84	19:21,14	18:38,88
50m rugslag	00:39,34	00:36,80	00:33,96	00:32,48	00:31,83	00:30,67
100m rugslag	01:25,46	01:19,93	01:13,76	01:10,55	01:09,14	01:06,62
200m rugslag	03:05,74	02:53,72	02:40,30	02:33,32	02:30,26	02:24,79
50m schoolslag	00:43,18	00:40,38	00:37,26	00:35,64	00:34,93	00:33,66
100m schoolslag	01:35,34	01:29,17	01:22,29	01:18,70	01:17,13	01:14,32
200m schoolslag	03:27,51	03:14,08	02:59,09	02:51,29	02:47,87	02:41,76
50m vlinderslag	00:36,98	00:34,58	00:31,91	00:30,52	00:29,91	00:28,82
100m vlinderslag	01:21,88	01:16,58	01:10,67	01:07,59	01:06,24	01:03,83
200m vlinderslag	03:04,05	02:52,14	02:38,84	02:31,93	02:28,89	02:23,47
200m wisselslag	03:08,11	02:55,94	02:42,35	02:35,28	02:32,17	02:26,63
400m wisselslag	06:43,27	06:17,18	05:48,05	05:32,90	05:26,24	05:14,36

Tijden Loodsvijes 2026-2028

Jongens

25m-bad

Zwemfed punten	225	275	350	400	425	475
Leeftijd	11	12	13	14	15	16
50m vrije slag	00:33,28	00:31,12	00:28,72	00:27,47	00:26,92	00:25,94
100m vrije slag	01:13,95	01:09,17	01:03,83	01:01,05	00:59,83	00:57,65
200m vrije slag	02:43,97	02:33,36	02:21,52	02:15,36	02:12,65	02:07,82
400m vrije slag	05:51,55	05:28,80	05:03,41	04:50,20	04:44,39	04:34,04
800m vrije slag	12:12,92	11:25,49	10:32,55	10:05,01	09:52,90	09:31,33
1500m vrije slag	23:18,60	21:48,11	20:07,07	19:14,52	18:51,42	18:10,24
50m rugslag	00:36,88	00:34,49	00:31,83	00:30,44	00:29,83	00:28,75
100m rugslag	01:19,93	01:14,76	01:08,99	01:05,98	01:04,66	01:02,31
200m rugslag	02:55,04	02:43,72	02:31,07	02:24,49	02:21,60	02:16,45
50m schoolslag	00:41,60	00:38,91	00:35,91	00:34,34	00:33,66	00:32,43
100m schoolslag	01:31,25	01:25,34	01:18,75	01:15,32	01:13,82	01:11,13
200m schoolslag	03:18,20	03:05,38	02:51,06	02:43,61	02:40,34	02:34,50
50m vlinderslag	00:35,60	00:33,29	00:30,72	00:29,38	00:28,80	00:27,75
100m vlinderslag	01:19,05	01:13,94	01:08,23	01:05,26	01:03,95	01:01,62
200m vlinderslag	02:58,19	02:46,66	02:33,78	02:27,09	02:24,15	02:18,90
200m wisselslag	03:01,05	02:49,34	02:36,26	02:29,45	02:26,46	02:21,13
400m wisselslag	06:28,85	06:03,69	05:35,60	05:20,99	05:14,57	05:03,12

Tijden Loodsvisjes 2026-2028

Meisjes

50m-bad

Zwemfed punten	300	350	400	450	475	500
Leeftijd	11	12	13	14	15	16
50m vrije slag	00:35,54	00:33,76	00:32,29	00:31,04	00:30,49	00:29,97
100m vrije slag	01:17,71	01:13,82	01:10,60	01:07,88	01:06,67	01:05,54
200m vrije slag	02:49,31	02:40,83	02:33,83	02:27,90	02:25,26	02:22,80
400m vrije slag	05:55,11	05:37,32	05:22,64	05:10,21	05:04,67	04:59,51
800m vrije slag	12:12,28	11:35,60	11:05,32	10:39,70	10:28,28	10:17,63
1500m vrije slag	23:20,90	22:10,74	21:12,80	20:23,80	20:01,94	19:41,57
50m rugslag	00:40,57	00:38,54	00:36,86	00:35,44	00:34,81	00:34,22
100m rugslag	01:26,25	01:21,93	01:18,37	01:15,35	01:14,00	01:12,75
200m rugslag	03:05,90	02:56,59	02:48,90	02:42,40	02:39,50	02:36,80
50m schoolslag	00:44,10	00:41,89	00:40,06	00:38,52	00:37,83	00:37,19
100m schoolslag	01:36,40	01:31,57	01:27,58	01:24,21	01:22,70	01:21,30
200m schoolslag	03:27,71	03:17,31	03:08,72	03:01,45	02:58,21	02:55,19
50m vlinderslag	00:37,26	00:35,39	00:33,85	00:32,55	00:31,96	00:31,42
100m vlinderslag	01:22,91	01:18,75	01:15,33	01:12,43	01:11,13	01:09,93
200m vlinderslag	03:04,36	02:55,13	02:47,51	02:41,06	02:38,18	02:35,50
200m wisselslag	03:09,04	02:59,57	02:51,75	02:45,14	02:42,19	02:39,44
400m wisselslag	06:41,07	06:20,98	06:04,40	05:50,37	05:44,11	05:38,28

Tijden Loodsvijes 2026-2028

Meisjes

25m-bad

Zwemfed punten	300	350	400	450	475	500
Leeftijd	11	12	13	14	15	16
50m vrije slag	00:34,43	00:32,71	00:31,28	00:30,08	00:29,54	00:29,04
100m vrije slag	01:15,34	01:11,56	01:08,45	01:05,81	01:04,64	01:03,54
200m vrije slag	02:45,33	02:37,05	02:30,21	02:24,43	02:21,85	02:19,44
400m vrije slag	05:47,88	05:30,45	05:16,07	05:03,90	04:58,47	04:53,41
800m vrije slag	11:56,35	11:20,48	10:50,85	10:25,79	10:14,62	10:04,20
1500m vrije slag	22:53,20	21:44,42	20:47,63	19:59,60	19:38,17	19:18,20
50m rugslag	00:37,89	00:36,00	00:34,43	00:33,10	00:32,51	00:31,96
100m rugslag	01:21,87	01:17,77	01:14,39	01:11,52	01:10,24	01:09,05
200m rugslag	02:57,86	02:48,95	02:41,59	02:35,37	02:32,60	02:30,01
50m schoolslag	00:42,69	00:40,55	00:38,78	00:37,29	00:36,62	00:36,00
100m schoolslag	01:33,53	01:28,85	01:24,98	01:21,71	01:20,25	01:18,89
200m schoolslag	03:21,54	03:11,45	03:03,11	02:56,06	02:52,92	02:49,99
50m vlinderslag	00:36,41	00:34,59	00:33,08	00:31,81	00:31,24	00:30,71
100m vlinderslag	01:21,26	01:17,19	01:13,83	01:10,98	01:09,72	01:08,53
200m vlinderslag	03:00,64	02:51,59	02:44,12	02:37,80	02:34,98	02:32,36
200m wisselslag	03:03,40	02:54,22	02:46,63	02:40,22	02:37,36	02:34,69
400m wisselslag	06:29,07	06:09,58	05:53,49	05:39,88	05:33,81	05:28,15