

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	06:02,52	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	00:33,67	00:31,49	00:29,06	00:27,80	00:27,24	00:26,25
100m vrije slag	01:14,07	01:09,28	01:03,93	01:01,14	00:59,92	00:57,74
200m vrije slag	02:45,01	02:34,33	02:22,41	02:16,21	02:13,48	02:08,63
400m vrije slag	05:52,82	05:29,99	05:04,50	04:51,24	04:45,42	04:35,03
800m vrije slag	12:16,62	11:28,96	10:35,75	10:08,07	09:55,91	09:34,22
1500m vrije slag	23:26,58	21:55,57	20:13,95	19:21,11	18:57,88	18:16,46
50m rugslag	00:37,09	00:34,69	00:32,01	00:30,62	00:30,01	00:28,91
100m rugslag	01:20,37	01:15,17	01:09,36	01:06,34	01:05,01	01:02,65
200m rugslag	02:56,55	02:45,12	02:32,37	02:25,74	02:22,82	02:17,62
50m schoolslag	00:41,84	00:39,14	00:36,11	00:34,54	00:33,85	00:32,62
100m schoolslag	01:31,46	01:25,55	01:18,94	01:15,50	01:13,99	01:11,30
200m schoolslag	03:19,65	03:06,73	02:52,31	02:44,81	02:41,51	02:35,63
50m vlinderslag	00:35,84	00:33,52	00:30,93	00:29,59	00:29,00	00:27,94
100m vlinderslag	01:19,71	01:14,55	01:08,79	01:05,80	01:04,48	01:02,13
200m vlinderslag	02:59,39	02:47,79	02:34,83	02:28,09	02:25,12	02:19,84
200m wisselslag	03:02,30	02:50,51	02:37,34	02:30,49	02:27,48	02:22,11
400m wisselslag	06:30,40	06:05,14	05:36,94	05:22,27	05:15,82	05:04,33

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	00:34,73	00:32,99	00:31,56	00:30,34	00:29,80	00:29,29
100m vrije slag	01:15,87	01:12,07	01:08,93	01:06,28	01:05,09	01:03,99
200m vrije slag	02:46,38	02:38,05	02:31,17	02:25,35	02:22,75	02:20,33
400m vrije slag	05:50,04	05:32,51	05:18,03	05:05,79	05:00,33	04:55,24
800m vrije slag	12:00,15	11:24,08	10:54,30	10:29,11	10:17,87	10:07,40
1500m vrije slag	23:07,22	21:57,74	21:00,37	20:11,85	19:50,20	19:30,03
50m rugslag	00:38,08	00:36,17	00:34,60	00:33,26	00:32,67	00:32,12
100m rugslag	01:22,41	01:18,29	01:14,88	01:11,99	01:10,71	01:09,51
200m rugslag	02:59,30	02:50,32	02:42,91	02:36,63	02:33,84	02:31,23
50m schoolslag	00:43,38	00:41,21	00:39,41	00:37,90	00:37,22	00:36,59
100m schoolslag	01:33,98	01:29,27	01:25,38	01:22,09	01:20,63	01:19,26
200m schoolslag	03:22,80	03:12,64	03:04,25	02:57,16	02:54,00	02:51,05
50m vlinderslag	00:36,69	00:34,85	00:33,33	00:32,05	00:31,48	00:30,94
100m vlinderslag	01:22,05	01:17,94	01:14,55	01:11,68	01:10,40	01:09,21
200m vlinderslag	03:03,01	02:53,84	02:46,27	02:39,87	02:37,01	02:34,35
200m wisselslag	03:05,22	02:55,94	02:48,28	02:41,80	02:38,91	02:36,22
400m wisselslag	06:32,83	06:13,15	05:56,91	05:43,16	05:37,03	05:31,32