

## Regiokampioenschappen Midwest 2019-2020

Korte Baan	jongens junioren 1-2	jongens junioren 3-4	jongens jeugd 1-2	heren senioren
50 m Vrije slag	00:34,13	00:30,53	00:28,36	00:26,38
100 m Vrije slag	01:13,89	01:06,10	01:01,40	00:56,88
200 m Vrije Slag	02:44,67	02:27,30	02:16,84	02:07,35
400 m Vrije Slag	05:47,04	05:10,48	04:47,68	04:27,49
1500 m Vrije Slag	23:23,60	20:55,75	19:23,52	18:06,82
50 m rugslag	00:38,65	00:34,40	00:31,93	00:29,99
100 m rugslag	01:23,78	01:14,57	01:09,22	01:05,54
200 m rugslag	03:03,48	02:43,31	02:31,60	02:24,01
50 m schoolslag	00:44,38	00:39,50	00:36,45	00:34,00
100 m schoolslag	01:37,33	01:26,63	01:19,93	01:14,93
200 m schoolslag	03:28,01	03:05,14	02:50,83	02:39,97
50 m vlinderslag	00:40,40	00:34,55	00:32,66	00:30,84
100 m vlinderslag	01:29,30	01:16,37	01:12,20	01:08,11
200 m vlinderslag	03:20,64	02:51,58	02:42,22	02:32,78
100m wisselslag	01:29,42	01:19,69	01:13,81	01:09,82
200 m wisselslag	03:10,27	02:49,57	02:37,05	02:28,56
400 m wisselslag	07:05,42	06:19,62	05:52,08	05:33,10

## Regiokampioenschappen Midwest 2019-2020

Korte Baan	meisjesjunioren 1-2	meisjes junioren 3-4	meisjes jeugd 1-2	Dames senioren
50 m Vrije slag	00:35,63	00:33,50	00:31,08	00:30,24
100 m Vrije slag	01:16,16	01:11,61	01:06,44	01:05,24
200 m Vrije Slag	02:45,33	02:35,44	02:24,21	02:21,38
400 m Vrije Slag	05:52,08	05:26,88	05:04,39	04:58,18
800 m Vrije Slag	12:20,32	11:27,32	10:40,05	10:10,22
50 m rugslag	00:40,04	00:37,48	00:35,42	00:34,87
100 m rugslag	01:26,23	01:20,73	01:16,29	01:14,60
200 m rugslag	03:07,84	02:55,86	02:46,19	02:43,26
50 m schoolslag	00:45,37	00:42,39	00:40,30	00:39,69
100 m schoolslag	01:37,66	01:31,26	01:26,74	01:25,73
200 m schoolslag	03:30,27	03:16,49	03:06,77	03:05,04
50 m vlinderslag	00:40,41	00:37,09	00:34,87	00:34,40
100 m vlinderslag	01:31,64	01:24,12	01:19,20	01:18,07
200 m vlinderslag	03:23,62	03:06,90	02:55,97	02:51,85
100m wisselslag	01:30,48	01:24,68	01:20,01	01:09,22
200 m wisselslag	03:12,52	03:00,19	02:50,24	02:47,28
400 m wisselslag	07:03,31	06:36,20	06:14,87	06:10,27

## Regiokampioenschappen Midwest 2019-2020

Lange Baan	jongens junioren 1-2		jongens junioren 3-4		jongens jeugd 1-2		heren senioren	
	50 m. tijd	25 m tijd	50 m tijd	25 m tijd	50 m tijd	25 m tijd	50 m tijd	25 m tijd
50 m Vrije slag	00:33,92	00:32,87	00:30,30	00:29,36	00:27,87	00:27,00	00:26,08	00:25,27
100 m Vrije slag	01:14,27	01:11,15	01:06,34	01:03,55	01:00,76	00:58,21	00:58,12	00:55,68
200 m Vrije Slag	02:42,77	02:38,57	02:25,39	02:21,64	02:13,15	02:09,72	02:07,97	02:04,67
400 m Vrije Slag	05:46,50	05:34,19	05:09,54	04:58,54	04:42,77	04:32,72	04:31,50	04:21,85
1500 m Vrije Slag	23:08,30	22:31,61	20:40,23	20:07,45	19:07,30	18:36,98	17:59,11	17:30,59
50 m rugslag	00:40,32	00:37,27	00:35,84	00:33,13	00:33,22	00:30,71	00:31,67	00:29,27
100 m rugslag	01:25,77	01:20,79	01:16,24	01:11,81	01:10,67	01:06,56	01:07,92	01:03,97
200 m rugslag	03:07,46	02:56,92	02:46,63	02:37,27	02:34,45	02:25,77	02:26,49	02:18,25
50 m schoolslag	00:44,78	00:42,80	00:39,80	00:38,04	00:36,67	00:35,05	00:34,72	00:33,18
100 m schoolslag	01:37,75	01:33,86	01:26,88	01:23,42	01:20,05	01:16,86	01:16,17	01:13,13
200 m schoolslag	03:31,46	03:20,59	03:07,94	02:58,28	02:53,16	02:44,26	02:44,59	02:36,13
50 m vlinderslag	00:40,14	00:39,01	00:34,28	00:33,32	00:32,36	00:31,45	00:30,51	00:29,65
100 m vlinderslag	01:28,68	01:26,22	01:15,74	01:13,64	01:11,51	01:09,53	01:06,28	01:04,44
200 m vlinderslag	03:18,98	03:13,72	02:49,95	02:45,45	02:40,45	02:36,21	02:30,90	02:26,91
100 m wisselslag		01:29,42		01:19,69		01:13,81		01:09,82
200 m wisselslag	03:10,79	03:03,48	02:49,80	02:43,29	02:37,03	02:31,01	02:28,30	02:22,62
400 m wisselslag	07:05,30	06:50,75	06:19,03	06:06,07	05:51,05	05:39,04	05:23,67	05:12,60

## Regiokampioenschappen Midwest 2019-2020

	meisjes junioren 1-2		meisjes junioren 3-4		meisjes jeugd 1-2		dames senioren	
<b>Lange Baan</b>	50 m tijd	25 m tijd	50 m tijd	25 m tijd	50 m tijd	25 m tijd	50 m tijd	25 m tijd
50 m Vrije slag	00:36,38	00:35,63	00:32,29	00:31,62	00:29,77	00:29,15	00:28,65	00:28,06
100 m Vrije slag	01:17,90	01:16,16	01:09,14	01:07,60	01:04,32	01:02,89	01:02,82	01:01,42
200 m Vrije Slag	02:48,61	02:45,33	02:29,65	02:26,74	02:19,22	02:16,51	02:16,76	02:14,10
400 m Vrije Slag	05:57,86	05:52,08	05:13,64	05:08,57	04:56,45	04:51,66	04:51,51	04:46,80
800 m Vrije Slag	12:32,76	12:20,32	10:59,73	10:48,83	10:18,10	10:07,89	09:52,03	09:42,25
50 m rugslag	00:42,21	00:40,04	00:37,99	00:36,04	00:35,53	00:33,71	00:34,83	00:33,04
100 m rugslag	01:31,07	01:26,23	01:21,98	01:17,62	01:15,39	01:11,38	01:13,11	01:09,22
200 m rugslag	03:15,45	03:07,84	02:55,94	02:49,09	02:41,80	02:35,50	02:37,74	02:31,60
50 m schoolslag	00:46,44	00:45,37	00:41,73	00:40,76	00:39,52	00:38,60	00:38,44	00:37,55
100 m schoolslag	01:40,77	01:37,66	01:30,55	01:27,75	01:25,75	01:23,10	01:23,19	01:20,61
200 m schoolslag	03:37,37	03:30,27	03:15,31	03:08,94	03:04,97	02:58,93	03:00,38	02:54,50
50 m vlinderslag	00:40,49	00:40,41	00:35,74	00:35,66	00:33,44	00:33,38	00:32,19	00:32,13
100 m vlinderslag	01:33,37	01:31,64	01:22,53	01:21,00	01:17,36	01:15,93	01:14,87	01:13,49
200 m vlinderslag	03:27,36	03:23,62	03:03,29	02:59,98	02:51,81	02:48,71	02:45,50	02:42,51
100 m wisselslag		01:30,48		01:24,68		01:20,01		01:09,22
200 m wisselslag	03:19,25	03:12,52	02:59,32	02:53,26	02:45,08	02:39,51	02:41,13	02:35,68
400 m wisselslag	07:17,95	07:03,31	06:34,72	06:21,53	06:10,14	05:57,77	06:00,71	05:48,66