

Meisjes/Dames - Limieten Regionale Lange Afstands Kampioenschappen									
	Min. 5el	Jun. 1	Jun. 2	Jun. 3	Jeugd 1	Jeugd 2	Sen. 1	Sen. 2	Senioren
	2004el.	2003	2002	2001	2000	1999	1998	1997	1996ee.
400 vrij	06:45,0*	06:15,0**	05:35,0	05:17,0	05:10,0	05:05,0	05:00,0	04:57,5	4.55,00
800 vrij	---	12:40,0	12:10,0	11:40,0	11:10,0	10:45,0	10:30,0	10:27,5	10:25,0
400 wissel	---	---	06:21,0	06:04,0	05:55,0	05:46,0	05:44,0	05:43,0	05:42,0

\*, \*\*:

Jongens/Heren - Limieten Regionale Lange Afstands Kampioenschappen									
	Min. 5el	Min. 6	Jun. 1	Jun. 2	Jun. 3	Jun. 4	Jeugd 1	Jeugd 2	Senioren
	2004el.	2003	2002	2001	2000	1999	1998	1997	1996ee.
400 vrij	06:45,0*	06:15,0*	05:35,0	05:15,0	04:58,0	04:48,0	04:41,0	04:38,0	04:33,0
1500 vrij	---	---	21:00,0	20:40,0	20:10,0	19:35,0	19:00,0	18:40,0	18:20,0
400 wissel	---	---	06:18,0	06:01,0	05:48,0	05:35,0	05:25,0	05:20,0	05:12,0

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