



KNZB Masters



OVERZICHT NEDERLANDSE MASTERSRECORDTIJDEN DAMES per 21 december 2019

	25m baan	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99
50m vrije slag		0:26.20	0:25.86	0:26.49	0:27.60	0:27.87	0:27.91	0:28.75	0:29.87	0:30.11	0:31.85	0:34.77	0:38.35	0:42.16	1:10.03	1:16.11	
100m vrije slag		0:57.46	0:56.45	0:57.02	0:59.98	1:01.71	1:02.16	1:04.10	1:06.11	1:07.34	1:10.66	1:20.35	1:31.16	1:35.81	2:37.60	3:06.83	
200m vrije slag		2:05.03	2:03.77	2:06.96	2:11.95	2:17.34	2:17.15	2:20.93	2:27.48	2:28.92	2:37.13	3:02.69	3:18.83	3:37.54	5:54.09	7:15.19	
400m vrije slag		4:23.15	4:18.54	4:34.75	4:37.34	4:42.74	4:52.19	5:02.68	5:13.76	5:22.92	5:41.56	6:27.97	7:13.95	8:02.96	13:06.76		
800m vrije slag		9:03.79	9:17.98	9:29.80	9:34.16	9:33.98	9:51.44	10:33.26	11:00.20	11:13.35	11:33.57	13:38.55	15:08.79	16:44.79			
1500m vrije slag		17:22.06	17:53.76	18:06.33	18:16.12	18:11.24	18:57.97	20:32.72	21:02.61	21:37.44	22:50.93	26:39.81	32:45.33	32:32.27			
50m rugslag		0:29.27	0:30.18	0:30.94	0:32.35	0:32.77	0:33.38	0:34.49	0:36.65	0:37.62	0:41.50	0:44.46	0:50.73	0:55.58	1:14.12	1:27.72	
100m rugslag		1:02.93	1:05.51	1:06.30	1:09.15	1:09.70	1:11.24	1:16.38	1:17.02	1:21.71	1:30.34	1:37.82	1:56.17	2:00.97	2:42.60	3:27.52	
200m rugslag		2:17.56	2:17.86	2:23.55	2:33.70	2:32.36	2:32.98	2:41.28	2:42.19	2:57.24	3:20.15	3:33.05	4:04.63	4:19.49	6:57.86	7:19.81	
50m schoolslag		0:32.63	0:32.37	0:33.03	0:34.65	0:35.89	0:34.86	0:35.55	0:41.07	0:43.08	0:43.66	0:45.56	0:55.03	1:04.25	1:30.34	1:37.78	
100m schoolslag		1:12.47	1:13.43	1:12.74	1:17.85	1:18.85	1:18.62	1:20.01	1:28.07	1:33.49	1:34.56	1:42.89	2:06.76	2:30.04	3:16.09	3:29.73	
200m schoolslag		2:39.22	2:39.55	2:41.43	2:49.21	2:51.89	2:54.04	2:57.26	3:09.71	3:20.30	3:23.23	3:46.78	4:34.14	5:27.09	6:40.21	8:40.58	
50m vlinderslag		0:28.14	0:26.14	0:27.95	0:28.69	0:30.51	0:30.86	0:31.37	0:33.15	0:34.57	0:35.97	0:45.68	0:58.16	1:03.78			
100m vlinderslag		1:03.20	1:00.80	1:03.12	1:06.47	1:07.70	1:10.01	1:11.52	1:16.67	1:23.74	1:27.42	2:02.09	3:12.81	2:29.02			
200m vlinderslag		2:18.46	2:19.30	2:24.84	2:30.69	2:33.44	2:42.28	2:39.15	2:54.09	3:28.24	4:06.09	4:59.91					
100m wisselslag		1:05.29	1:05.73	1:07.72	1:08.29	1:10.93	1:11.36	1:13.52	1:15.58	1:19.05	1:26.28	1:33.40	1:57.94	2:14.61			
200m wisselslag		2:22.38	2:21.39	2:26.55	2:29.83	2:34.68	2:35.22	2:42.99	2:44.47	2:54.68	3:11.30	3:35.86	5:10.97				
400m wisselslag		5:04.85	5:05.12	5:03.27	5:28.27	5:30.28	5:33.47	5:53.86	5:54.23	6:33.68	7:57.77	8:56.07	10:46.66				
	50m baan	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99
50m vrije slag		0:25.42	0:25.42	0:27.31	0:28.31	0:26.64	0:28.00	0:29.31	0:30.03	0:30.95	0:32.07	0:35.03	0:39.42	0:40.60	1:09.41	1:16.67	
100m vrije slag		0:58.89	0:59.04	0:59.16	1:01.47	1:02.41	1:02.98	1:05.54	1:06.40	1:08.20	1:12.28	1:21.17	1:29.45	1:34.80	2:34.96	3:14.41	
200m vrije slag		2:08.88	2:08.62	2:11.58	2:15.03	2:18.55	2:20.50	2:23.62	2:28.93	2:33.09	2:42.50	3:08.00	3:15.74	3:40.81	6:21.26	7:15.64	
400m vrije slag		4:33.11	4:33.97	4:39.83	4:49.20	4:49.48	4:59.86	5:10.65	5:25.88	5:26.24	5:45.57	6:41.95	7:04.33	7:56.27	13:39.39		
800m vrije slag		9:16.61	9:22.57	9:43.10	9:50.01	9:52.17	10:10.33	10:49.75	11:08.13	11:26.49	11:47.84	13:43.35	14:59.75	16:15.33			
1500m vrije slag		17:30.58	18:18.61	18:48.96	18:37.27	18:47.76	19:10.33	20:38.75	21:31.80	22:17.27	22:41.46	26:37.42	32:53.58	31:22.53			
50m rugslag		0:29.64	0:30.01	0:31.90	0:33.00	0:33.70	0:34.12	0:34.96	0:36.98	0:37.72	0:42.72	0:44.81	0:51.19	0:54.51	1:07.98	1:31.61	
100m rugslag		1:06.22	1:06.08	1:08.46	1:12.34	1:13.56	1:14.06	1:18.30	1:18.80	1:24.02	1:36.33	1:41.30	1:55.72	2:02.78	2:46.42	3:19.12	
200m rugslag		2:24.18	2:23.12	2:23.47	2:38.76	2:40.56	2:39.08	2:43.83	2:46.64	3:00.41	3:28.82	3:45.13	4:12.57	4:28.02	6:21.38	6:55.37	
50m schoolslag		0:34.18	0:33.37	0:33.15	0:35.24	0:36.23	0:36.02	0:36.36	0:41.30	0:43.20	0:44.59	0:46.44	0:55.20	1:06.15	1:29.00	1:43.32	
100m schoolslag		1:14.95	1:13.77	1:13.68	1:19.34	1:21.88	1:21.14	1:22.58	1:29.46	1:32.45	1:35.58	1:48.98	2:02.35	2:25.55	3:16.80	3:46.60	
200m schoolslag		2:44.82	2:44.28	2:45.17	2:52.55	2:57.80	2:59.16	3:02.10	3:11.46	3:28.37	3:27.58	3:58.25	4:26.89	5:28.40	6:51.94	8:13.89	
50m vlinderslag		0:28.48	0:28.09	0:28.31	0:29.75	0:30.56	0:30.94	0:31.19	0:32.91	0:34.17	0:36.68	0:46.67	0:59.20	1:07.79			
100m vlinderslag		1:03.54	1:03.01	1:04.23	1:08.43	1:08.50	1:09.96	1:12.61	1:16.54	1:27.63	1:35.97	2:12.43		2:31.45			
200m vlinderslag		2:21.76	2:25.72	2:29.65	2:37.88	2:37.96	2:47.75	2:46.59	3:00.68	3:35.70	4:23.76	4:50.47					
200m wisselslag		2:26.46	2:28.14	2:29.28	2:33.98	2:38.94	2:40.90	2:46.18	2:48.67	2:59.41	3:18.51	3:38.70	4:33.65				
400m wisselslag		5:11.52	5:18.38	5:17.89	5:39.61	5:38.89	5:43.75	6:04.40	6:07.43	6:40.81	8:16.24	8:51.69					



KNZB Masters



OVERZICHT NEDERLANDSE MASTERSRECORDTIJDEN HEREN per 21 december 2019

	25m baan	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99
50m vrije slag		0:22.76	0:22.69	0:22.82	0:23.96	0:23.74	0:24.70	0:25.18	0:25.86	0:26.64	0:28.39	0:31.02	0:33.57	0:36.01	0:49.84	1:33.56	
100m vrije slag		0:50.20	0:50.20	0:50.46	0:51.90	0:52.22	0:54.56	0:56.31	0:57.52	0:59.27	1:03.42	1:09.88	1:16.45	1:23.39	1:53.10	3:23.03	
200m vrije slag		1:52.93	1:52.53	1:56.59	1:53.66	1:58.17	2:01.79	2:04.85	2:05.07	2:11.19	2:26.47	2:33.73	2:51.74	3:35.40	4:06.29		
400m vrije slag		4:03.40	4:06.04	4:10.97	4:07.22	4:19.38	4:27.04	4:32.59	4:30.73	4:40.45	5:15.16	5:30.15	6:07.53	7:46.67	8:28.50		
800m vrije slag		8:19.90	8:42.72	8:41.47	8:46.81	8:53.53	9:25.61	9:27.56	9:23.27	9:44.41	10:45.41	11:52.49	13:13.28	16:07.18	17:56.70		
1500m vrije slag		15:59.90	16:34.60	16:38.05	16:56.13	17:29.80	18:13.37	18:10.09	18:12.52	18:47.47	20:06.53	23:05.17	24:53.01	32:16.56	33:59.16		
50m rugslag		0:26.33	0:25.69	0:26.53	0:28.02	0:27.98	0:28.47	0:29.46	0:29.49	0:30.95	0:34.21	0:35.71	0:37.87	0:45.00	0:53.77	1:03.26	
100m rugslag		0:57.00	0:54.67	0:59.44	0:59.11	0:59.94	0:59.17	1:01.47	1:03.68	1:10.33	1:13.90	1:20.82	1:24.58	1:52.76	1:59.68	2:29.70	
200m rugslag		2:04.41	2:04.14	2:11.64	2:09.92	2:10.51	2:12.87	2:16.23	2:21.44	2:31.42	2:35.36	3:02.12	3:03.13	4:10.66	4:26.47		
50m schoolslag		0:28.71	0:28.57	0:29.65	0:28.95	0:29.08	0:30.86	0:31.63	0:33.07	0:34.51	0:36.51	0:40.87	0:42.05	0:45.82	1:13.17	2:14.59	
100m schoolslag		1:03.13	1:03.35	1:04.23	1:03.90	1:06.08	1:08.83	1:10.61	1:12.67	1:15.88	1:26.34	1:32.34	1:33.83	1:50.13	2:59.18		
200m schoolslag		2:19.77	2:22.63	2:24.82	2:22.53	2:27.09	2:29.71	2:33.55	2:39.25	2:54.32	3:06.88	3:21.66	3:28.89	3:50.86			
50m vlinderslag		0:25.18	0:24.92	0:25.21	0:25.95	0:26.20	0:27.42	0:26.97	0:27.35	0:27.82	0:31.75	0:37.52	0:41.18	0:46.28			
100m vlinderslag		0:56.30	0:55.85	0:57.99	0:58.43	0:58.33	1:00.97	0:59.91	1:00.58	1:01.38	1:15.28	1:34.70	1:38.40	1:43.20			
200m vlinderslag		2:07.31	2:05.72	2:11.59	2:13.13	2:16.22	2:15.14	2:12.90	2:15.97	2:20.27	3:01.91	3:33.94	3:45.16				
100m wisselslag		0:56.40	0:55.41	0:58.07	0:59.29	1:00.26	1:00.13	1:01.21	1:04.34	1:07.77	1:10.91	1:25.06	1:30.13	1:35.60	2:41.24		
200m wisselslag		2:06.30	2:05.88	2:08.41	2:08.21	2:12.86	2:11.92	2:17.09	2:23.49	2:26.43	2:50.78	3:15.01	3:22.04				
400m wisselslag		4:33.61	4:28.38	4:40.29	4:39.42	4:47.69	4:58.58	4:58.99	5:07.99	5:15.31	6:04.41	7:02.20	7:18.51				
	50m baan	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99
50m vrije slag		0:23.78	0:23.40	0:23.96	0:24.76	0:24.76	0:25.22	0:26.01	0:26.43	0:27.45	0:29.59	0:31.21	0:33.33	0:34.23	0:45.93	1:13.39	
100m vrije slag		0:51.83	0:51.37	0:52.77	0:53.87	0:54.42	0:56.89	0:57.05	0:59.55	1:00.46	1:06.20	1:10.42	1:17.41	1:21.86	1:40.66	3:05.39	
200m vrije slag		1:56.44	1:54.22	1:58.93	1:59.61	2:02.01	2:05.92	2:08.84	2:10.32	2:13.47	2:30.99	2:34.60	2:57.29	3:40.07	4:06.45		
400m vrije slag		4:17.05	4:12.70	4:14.13	4:20.44	4:28.16	4:35.06	4:40.35	4:39.18	4:46.99	5:24.88	5:33.24	6:22.00	8:01.52	8:39.11		
800m vrije slag		8:59.66	8:41.99	8:41.84	9:11.35	9:21.92	9:46.04	9:46.85	9:39.03	10:03.69	11:05.13	11:46.02	13:36.43	16:46.81	18:28.24		
1500m vrije slag		17:13.22	16:44.41	17:17.26	17:39.55	17:46.39	18:59.27	18:50.20	18:41.25	19:08.78	21:18.53	23:33.45	26:18.52	33:19.98	35:00.05		
50m rugslag		0:26.70	0:26.75	0:27.89	0:28.83	0:28.95	0:29.36	0:30.35	0:31.45	0:32.77	0:34.69	0:36.49	0:38.57	0:43.34	0:56.84	1:04.29	
100m rugslag		0:57.17	0:57.51	1:03.43	1:03.01	1:03.21	1:05.82	1:06.23	1:09.36	1:14.12	1:16.69	1:22.79	1:25.84	1:41.02	1:58.55	3:14.41	
200m rugslag		2:10.58	2:13.91	2:18.20	2:16.14	2:20.89	2:20.19	2:25.16	2:29.06	2:37.55	2:53.28	3:02.74	3:10.53	4:12.17	4:28.19		
50m schoolslag		0:29.53	0:29.16	0:30.08	0:30.11	0:30.77	0:32.21	0:32.96	0:34.51	0:37.50	0:37.72	0:40.64	0:42.76	0:45.45	1:05.08	1:52.51	
100m schoolslag		1:05.14	1:04.61	1:07.12	1:06.33	1:07.54	1:13.52	1:13.93	1:16.78	1:24.05	1:29.66	1:32.29	1:36.52	1:47.25	2:12.92	4:10.43	
200m schoolslag		2:25.31	2:25.25	2:32.94	2:26.21	2:28.07	2:37.17	2:42.82	2:49.48	2:56.77	3:13.37	3:25.99	3:31.87	3:58.49			
50m vlinderslag		0:25.06	0:24.72	0:25.88	0:26.28	0:26.66	0:27.77	0:27.10	0:27.47	0:27.65	0:31.21	0:37.40	0:40.03	0:41.36	1:01.29		
100m vlinderslag		0:56.17	0:57.06	0:59.93	0:59.40	1:00.82	1:00.64	0:59.67	1:01.29	1:02.00	1:16.82	1:38.79	1:41.93	1:49.38	2:12.47		
200m vlinderslag		2:05.66	2:12.82	2:18.66	2:19.11	2:18.45	2:17.94	2:15.06	2:19.18	2:23.52	3:14.03	3:36.41	3:52.46				
200m wisselslag		2:10.80	2:12.58	2:15.43	2:13.99	2:19.00	2:18.80	2:24.63	2:25.49	2:33.91	2:45.29	3:09.88	3:25.30	3:44.19	4:29.94		
400m wisselslag		4:58.02	4:42.78	4:57.25	4:54.18	5:00.37	5:07.68	5:06.60	5:22.27	5:31.07	6:15.57	7:10.36	7:34.02				



KNZB Masters



OVERZICHT NEDERLANDSE MASTERSRECORDTIJDEN DAMES per 21 december 2019

	80-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359	360-399
25m baan									
4x 50m vrije slag	1:49.61	1:49.61	1:50.88	1:53.16	2:07.14	2:21.98	2:25.83		
4x 50m wisselslag	2:01.92	2:01.92	2:08.59	2:09.39	2:13.08	2:34.89	2:48.97	4:24.96	
4x 100m vrije slag	3:56.94	4:06.62	4:11.11	4:15.85	4:27.71	5:17.73	5:29.60	8:54.89	
4x 100m wisselslag	4:28.06	4:24.86	4:53.07	4:39.06	4:52.48	5:50.52	6:39.47	9:25.40	
4x 200m vrije slag	9:07.37	9:00.04	9:20.10	9:40.49	10:05.23	11:38.59	12:06.47		
50m baan									
4x 50m vrije slag	1:51.98	1:51.61	1:55.47	1:54.42	2:02.69	2:13.23	2:30.19	4:21.78	
4x 50m wisselslag	2:06.85	2:04.09	2:10.36	2:11.62	2:17.15	2:36.22	3:05.98	4:17.01	
4x 100m vrije slag	4:06.67	4:06.21	4:20.68	4:23.88	4:36.16	5:00.73	5:39.58	8:50.07	
4x 100m wisselslag	4:48.96	4:39.75	4:49.37	4:52.88	4:58.55	6:04.52	6:43.79	10:22.93	
4x 200m vrije slag	9:41.13	9:25.00	9:32.87	9:53.86	10:23.41	11:18.86	12:25.08	18:39.49	

OVERZICHT NEDERLANDSE MASTERSRECORDTIJDEN HEREN per 21 december 2019

	80-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359	360-399
25m baan									
4x 50m vrije slag	1:36.53	1:36.32	1:35.70	1:40.10	1:45.02	1:52.33	2:32.24		
4x 50m wisselslag	1:49.12	1:51.09	1:46.28	1:50.35	2:01.82	2:07.37	2:39.01		
4x 100m vrije slag	3:37.54	3:31.31	3:35.42	3:39.90	3:57.04	4:15.08	5:57.31		
4x 100m wisselslag	4:03.16	3:50.38	3:59.37	4:03.20	4:31.97	4:50.13	7:03.23		
4x 200m vrije slag	8:10.63	8:10.47	8:08.40	8:15.42	9:04.60	10:26.62	12:17.60		
50m baan									
4x 50m vrije slag	1:37.66	1:38.74	1:40.52	1:43.25	1:48.44	1:54.53	2:27.20		
4x 50m wisselslag	1:50.26	1:50.00	1:51.61	1:56.93	2:03.79	2:11.97	2:48.28		
4x 100m vrije slag	3:45.69	3:37.83	3:48.82	3:51.14	4:03.54	4:17.68	6:29.03		
4x 100m wisselslag	4:11.22	4:02.05	4:04.86	4:18.44	4:48.44	4:56.99	6:17.00		
4x 200m vrije slag	8:39.26	8:33.26	8:39.33	8:47.18	9:26.96	11:43.12	12:44.37		

OVERZICHT NEDERLANDSE MASTERSRECORDTIJDEN MIXED per 21 december 2019

	80-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359	360-399
25m baan									
4x 50m vrije slag	1:41.16	1:41.34	1:44.78	1:46.71	1:52.89	2:08.89	2:17.41	3:14.99	
4x 50m wisselslag	1:51.57	1:52.04	1:53.87	1:59.34	2:05.42	2:23.06	2:38.89	4:07.47	
4x 100m vrije slag	3:44.58	3:42.76	3:45.25	3:58.63	4:10.79	4:39.43	5:18.73	9:37.53	
4x 100m wisselslag	4:05.79	4:05.65	4:16.64	4:20.45	4:31.75	5:12.61	5:54.71		
4x 200m vrije slag	8:37.80	8:40.12	8:45.89	8:53.25	9:13.45	10:44.20	12:07.16	18:56.81	
50m baan									
4x 50m vrije slag	1:44.27	1:41.21	1:42.44	1:48.90	1:51.50	2:05.37	2:23.07	3:32.73	
4x 50m wisselslag	1:57.14	1:57.41	1:57.54	2:00.30	2:07.81	2:17.82	2:45.76	4:34.35	
4x 100m vrije slag	3:59.01	3:56.93	4:01.90	4:06.63	4:15.97	4:32.37	6:11.01	7:16.29	
4x 100m wisselslag	4:30.69	4:22.53	4:23.51	4:40.84	4:46.35	5:19.08	8:06.42	9:21.81	
4x 200m vrije slag	9:01.54	8:44.61	8:53.72	9:18.16	9:46.40	11:01.59	13:57.75	16:59.28	