

## Paralimieten Heren/Jongens 2020

Limiet ONK+SC	Limiet NJJK	Limiet NJJK	Limiet NJJK
Sen. S1-14	Jeugd S1-14	Jun 3/4 S1-14	Jun 1/2 S1-14

Klasse	Afstand					Klasse	Afstand
s2	50vs	01:13,12	01:20,78	01:35,53	01:41,42	s2	50vs
s3	50vs	00:54,08	00:59,75	01:10,66	01:15,02	s3	50vs
s4	50vs	00:48,17	00:53,22	01:02,93	01:06,82	s4	50vs
s5	50vs	00:39,59	00:43,74	00:51,72	00:54,91	s5	50vs
s6	50vs	00:36,83	00:40,69	00:48,11	00:51,08	s6	50vs
s7	50vs	00:34,22	00:37,81	00:44,71	00:47,47	s7	50vs
s8	50vs	00:32,67	00:36,10	00:40,32	00:42,69	s8	50vs
s9	50vs	00:31,25	00:34,52	00:38,56	00:40,82	s9	50vs
s10	50vs	00:29,16	00:32,21	00:35,98	00:38,09	s10	50vs
s11	50vs	00:32,19	00:35,57	00:39,72	00:42,06	s11	50vs
s12	50vs	00:29,36	00:32,44	00:36,23	00:38,36	s12	50vs
s13	50vs	00:29,58	00:32,68	00:36,50	00:38,64	s13	50vs
s14 *	50vs	00:28,63	00:31,64	00:35,33	00:37,41	s14	50vs
s2	100vs	02:33,87	02:50,00	03:21,03	03:33,43	s2	100vs
s3	100vs	02:01,60	02:14,35	02:38,87	02:48,67	s3	100vs
s4	100vs	01:43,68	01:54,55	02:15,46	02:23,82	s4	100vs
s5	100vs	01:27,42	01:36,58	01:54,20	02:01,25	s5	100vs
s6	100vs	01:21,70	01:30,27	01:46,74	01:53,33	s6	100vs
s7	100vs	01:16,31	01:24,31	01:39,70	01:45,85	s7	100vs
s8	100vs	01:11,77	01:19,30	01:28,56	01:33,77	s8	100vs
s9	100vs	01:09,06	01:16,30	01:25,21	01:30,22	s9	100vs
s10	100vs	01:03,87	01:10,57	01:18,81	01:23,45	s10	100vs
s11	100vs	01:11,99	01:19,54	01:28,83	01:34,06	s11	100vs
s12	100vs	01:05,37	01:12,22	01:20,66	01:25,40	s12	100vs
s13	100vs	01:05,11	01:11,93	01:20,34	01:25,06	s13	100vs
s14	100vs	01:05,48	01:12,34	01:20,79	01:25,54	s14	100vs
s3	200vs	04:11,29	04:37,63	05:28,29	05:48,56	s3	200vs
s4	200vs	03:39,95	04:03,01	04:47,36	05:05,09	s4	200vs
s5	200vs	03:11,64	03:31,73	04:10,37	04:25,82	s5	200vs
s6	200vs	03:10,75	03:30,75	04:09,21	04:24,59	s6	200vs
s7	200vs	03:00,93	03:19,90	03:56,38	04:10,97	s7	200vs
s8	200vs	02:46,13	03:03,54	03:24,98	03:37,04	s8	200vs
s9	200vs	02:35,68	02:52,00	03:12,09	03:23,39	s9	200vs
s10	200vs	02:28,89	02:44,50	03:03,71	03:14,52	s10	200vs
s11	200vs	02:55,84	03:14,28	03:36,97	03:49,73	s11	200vs
s12	200vs	02:41,34	02:58,25	03:19,07	03:30,78	s12	200vs
s13	200vs	02:29,22	02:44,86	03:04,12	03:14,95	s13	200vs
s14	200vs	02:22,57	02:37,51	02:55,91	03:06,26	s14	200vs
s6	400vs	06:19,89	06:59,72	08:16,31	08:46,95	s6	400vs
s7	400vs	05:48,62	06:25,17	07:35,46	08:03,57	s7	400vs
s8	400vs	05:33,97	06:08,99	06:52,08	07:16,32	s8	400vs
s9	400vs	05:16,37	05:49,53	06:30,35	06:53,32	s9	400vs
s10	400vs	05:03,41	05:35,22	06:14,37	06:36,39	s10	400vs
s11	400vs	05:44,45	06:20,56	07:05,00	07:30,00	s11	400vs
s12	400vs	05:14,05	05:46,98	06:27,50	06:50,29	s12	400vs
s13	400vs	05:03,70	05:35,54	06:14,73	06:36,78	s13	400vs
s14	400vs	05:15,35	05:48,41	06:29,10	06:51,99	s14	400vs

		Limiet ONK+SC	Limiet NJJK	Limiet NJJK	Limiet NJJK		
		Sen. S1-14	Jeugd S1-14	Jun 3/4 S1-14	Jun 1/2 S1-14		
s2	50rs	01:09,67	01:16,97	01:31,02	01:36,64	s2	50rs
s3	50rs	00:56,34	01:02,24	01:13,60	01:18,15	s3	50rs
s4	50rs	00:53,28	00:58,87	01:09,61	01:13,91	s4	50rs
s5	50rs	00:43,62	00:48,20	00:56,99	01:00,51	s5	50rs
s6	50rs	00:46,18	00:51,02	01:00,33	01:04,05	s6	50rs
s7	50rs	00:42,26	00:46,69	00:55,20	00:58,61	s7	50rs
s8	50rs	00:40,32	00:44,55	00:49,75	00:52,68	s8	50rs
s9	50rs	00:37,94	00:41,92	00:46,81	00:49,57	s9	50rs
s10	50rs	00:35,90	00:39,67	00:44,30	00:46,90	s10	50rs
s11	50rs	00:40,89	00:45,18	00:50,45	00:53,42	s11	50rs
s12	50rs	00:36,50	00:40,33	00:45,04	00:47,69	s12	50rs
s13	50rs	00:34,91	00:38,57	00:43,07	00:45,61	s13	50rs
s14*	50rs	00:33,61	00:37,14	00:41,48	00:43,91	s14	50rs
s3	100rs	02:16,37	02:30,67	02:58,16	03:09,16	s3	100rs
s4	100rs	02:02,23	02:15,05	02:39,69	02:49,55	s4	100rs
s5	100rs	01:53,78	02:05,71	02:28,65	02:37,82	s5	100rs
s6	100rs	01:32,59	01:42,29	02:00,96	02:08,43	s6	100rs
s7	100rs	01:27,02	01:36,14	01:53,69	02:00,70	s7	100rs
s8	100rs	01:23,68	01:32,45	01:43,24	01:49,32	s8	100rs
s9	100rs	01:17,12	01:25,21	01:35,16	01:40,76	s9	100rs
s10	100rs	01:13,43	01:21,13	01:30,61	01:35,94	s10	100rs
s11	100rs	01:26,20	01:35,23	01:46,36	01:52,61	s11	100rs
s12	100rs	01:15,02	01:22,89	01:32,56	01:38,01	s12	100rs
s13	100rs	01:13,89	01:21,63	01:31,17	01:36,53	s13	100rs
s14	100rs	01:14,90	01:22,75	01:32,42	01:37,85	s14	100rs
sb3	50ss	01:01,17	01:07,58	01:19,91	01:24,85	sb3	50ss
sb4	50ss	01:00,98	01:07,37	01:19,67	01:24,58	sb4	50ss
sb5	50ss	00:56,11	01:01,99	01:13,30	01:17,82	sb5	50ss
sb6	50ss	00:48,13	00:53,17	01:02,88	01:06,76	sb6	50ss
sb7	50ss	00:45,12	00:49,85	00:58,95	01:02,59	sb7	50ss
sb8	50ss	00:40,93	00:45,22	00:50,51	00:53,48	sb8	50ss
sb9	50ss	00:39,84	00:44,02	00:49,16	00:52,05	sb9	50ss
sb11	50ss	00:42,47	00:46,92	00:52,40	00:55,48	sb11	50ss
sb12	50ss	00:40,37	00:44,61	00:49,82	00:52,75	sb12	50ss
sb13	50ss	00:38,10	00:42,10	00:47,01	00:49,78	sb13	50ss
sb14 *	50ss	00:36,10	00:39,89	00:44,55	00:47,17	sb14	50ss
sb4	100ss	02:06,29	02:19,53	02:44,99	02:55,18	sb4	100ss
sb5	100ss	01:52,22	02:03,99	02:26,62	02:35,67	sb5	100ss
sb6	100ss	01:41,04	01:51,63	02:12,00	02:20,15	sb6	100ss
sb7	100ss	01:35,07	01:45,03	02:04,20	02:11,87	sb7	100ss
sb8	100ss	01:26,41	01:35,47	01:46,62	01:52,89	sb8	100ss
sb9	100ss	01:23,64	01:32,41	01:43,20	01:49,27	sb9	100ss
sb11	100ss	01:29,94	01:39,37	01:50,97	01:57,50	sb11	100ss
sb12	100ss	01:22,13	01:30,74	01:41,34	01:47,30	sb12	100ss
sb13	100ss	01:21,33	01:29,86	01:40,35	01:46,26	sb13	100ss
sb14	100ss	01:22,24	01:30,86	01:41,47	01:47,44	sb14	100ss
s5	50vl	00:42,31	00:46,75	00:55,28	00:58,69	s5	50vl
s6	50vl	00:38,53	00:42,57	00:50,33	00:53,44	s6	50vl
s7	50vl	00:36,55	00:40,38	00:47,75	00:50,70	s7	50vl
s8	50vl	00:36,10	00:39,89	00:44,55	00:47,17	s8	50vl
s9	50vl	00:34,57	00:38,19	00:42,65	00:45,16	s9	50vl
s10	50vl	00:32,92	00:36,37	00:40,62	00:43,01	s10	50vl
s11	50vl	00:41,80	00:46,18	00:51,58	00:54,61	s11	50vl
s12	50vl	00:33,58	00:37,10	00:41,44	00:43,87	s12	50vl
s13	50vl	00:31,98	00:35,33	00:39,46	00:41,78	s13	50vl
s14*	50vl	00:31,12	00:34,39	00:38,40	00:40,66	s14	50vl

		Limiet ONK+SC	Limiet NJJK	Limiet NJJK	Limiet NJJK		
		Sen. S1-14	Jeugd S1-14	Jun 3/4 S1-14	Jun 1/2 S1-14		
s8	100vl	01:17,76	01:25,91	01:35,94	01:41,58	s8	100vl
s9	100vl	01:14,95	01:22,81	01:32,48	01:37,92	s9	100vl
s10	100vl	01:09,57	01:16,86	01:25,84	01:30,89	s10	100vl
s11	100vl	01:19,14	01:27,43	01:37,64	01:43,39	s11	100vl
s12	100vl	01:11,19	01:18,65	01:27,84	01:33,00	s12	100vl
s13	100vl	01:09,94	01:17,28	01:26,30	01:31,38	s13	100vl
s14	100vl	01:09,97	01:17,31	01:26,34	01:31,42	s14	100vl
sm3	150ws	03:43,07	04:06,46	04:51,43	05:09,42	sm3	150ws
sm4	150ws	03:09,13	03:28,96	04:07,09	04:22,35	sm4	150ws
sm5	200ws	03:59,01	04:24,07	05:12,26	05:31,53	sm5	200ws
sm6	200ws	03:22,22	03:43,42	04:24,18	04:40,49	sm6	200ws
sm7	200ws	03:10,31	03:30,26	04:08,63	04:23,98	sm7	200ws
sm8	200ws	02:58,75	03:17,49	03:40,55	03:53,53	sm8	200ws
sm9	200ws	02:50,25	03:08,10	03:30,07	03:42,43	sm9	200ws
sm10	200ws	02:39,85	02:56,61	03:17,23	03:28,83	sm10	200ws
sm11	200ws	03:01,90	03:20,97	03:44,44	03:57,64	sm11	200ws
sm12	200ws	02:47,78	03:05,37	03:27,02	03:39,20	sm12	200ws
sm13	200ws	02:41,57	02:58,51	03:19,35	03:31,08	sm13	200ws
sm14	200ws	02:41,75	02:58,71	03:19,58	03:31,32	sm14	200ws

## Paralimieten Dames/Meisjes 2020

Limiet ONK+SC	Limiet NJJK	Limiet NJJK	Limiet NJJK
Sen. S1-14	Jeugd S1-14	Jun 3/4 S1-14	Jun 1/2 S1-14

Klasse	Afstand					Klasse	Afstand
s2	50vs	01:20,62	01:29,08	01:45,33	01:51,83	s2	50vs
s3	50vs	01:04,24	01:10,98	01:23,93	01:29,11	s3	50vs
s4	50vs	00:50,85	00:56,18	01:06,44	01:10,54	s4	50vs
s5	50vs	00:46,42	00:51,28	01:00,64	01:04,39	s5	50vs
s6	50vs	00:41,75	00:46,13	00:54,55	00:57,91	s6	50vs
s7	50vs	00:40,85	00:45,14	00:53,37	00:56,67	s7	50vs
s8	50vs	00:37,55	00:41,49	00:46,33	00:49,06	s8	50vs
s9	50vs	00:35,55	00:39,28	00:43,87	00:46,45	s9	50vs
s10	50vs	00:34,70	00:38,34	00:42,81	00:45,33	s10	50vs
s11	50vs	00:38,06	00:42,05	00:46,97	00:49,73	s11	50vs
s12	50vs	00:34,09	00:37,66	00:42,06	00:44,53	s12	50vs
s13	50vs	00:33,78	00:37,32	00:41,68	00:44,13	s13	50vs
s14 *	50vs	00:32,74	00:36,18	00:40,40	00:42,78	s14	50vs
s2	100vs	02:50,38	03:08,24	03:42,59	03:56,33	s2	100vs
s3	100vs	02:19,60	02:34,24	03:02,38	03:13,64	s3	100vs
s4	100vs	01:51,47	02:03,15	02:25,63	02:34,62	s4	100vs
s5	100vs	01:40,03	01:50,51	02:10,68	02:18,75	s5	100vs
s6	100vs	01:30,26	01:39,72	01:57,91	02:05,19	s6	100vs
s7	100vs	01:28,30	01:37,56	01:55,37	02:02,49	s7	100vs
s8	100vs	01:21,33	01:29,86	01:40,35	01:46,26	s8	100vs
s9	100vs	01:16,93	01:24,99	01:34,92	01:40,50	s9	100vs
s10	100vs	01:14,91	01:22,77	01:32,43	01:37,87	s10	100vs
s11	100vs	01:23,70	01:32,48	01:43,28	01:49,36	s11	100vs
s12	100vs	01:14,23	01:22,02	01:31,60	01:36,98	s12	100vs
s13	100vs	01:13,11	01:20,78	01:30,21	01:35,52	s13	100vs
s14	100vs	01:14,12	01:21,89	01:31,46	01:36,84	s14	100vs
s3	200vs	04:29,59	04:57,86	05:52,21	06:13,95	s3	200vs
s4	200vs	03:55,34	04:20,01	05:07,45	05:26,43	s4	200vs
s5	200vs	03:31,47	03:53,64	04:36,28	04:53,33	s5	200vs
S6	200vs	03:24,22	03:45,63	04:26,80	04:43,27	S6	200vs
S7	200vs	03:16,29	03:36,87	04:16,44	04:32,27	S7	200vs
S8	200vs	03:02,87	03:22,04	03:45,64	03:58,91	S8	200vs
S9	200vs	02:55,58	03:13,99	03:36,64	03:49,39	S9	200vs
S10	200vs	02:45,20	03:02,52	03:23,83	03:35,82	S10	200vs
S11	200vs	03:12,11	03:32,25	03:57,04	04:10,99	S11	200vs
S12	200vs	02:51,55	03:09,53	03:31,67	03:44,12	S12	200vs
S13	200vs	02:49,62	03:07,40	03:29,28	03:41,59	S13	200vs
s14	200vs	02:43,47	03:00,61	03:21,70	03:33,56	s14	200vs
s6	400vs	06:35,40	07:16,85	08:36,57	09:08,46	s6	400vs
s7	400vs	06:29,04	07:09,83	08:28,26	08:59,64	s7	400vs
s8	400vs	05:57,98	06:35,51	07:21,70	07:47,68	s8	400vs
s9	400vs	05:50,41	06:27,15	07:12,36	07:37,80	s9	400vs
s10	400vs	05:39,95	06:15,59	06:59,45	07:24,12	s10	400vs
s11	400vs	06:30,70	07:11,66	08:02,07	08:30,43	s11	400vs
s12	400vs	05:48,92	06:25,50	07:10,53	07:35,85	s12	400vs
s13	400vs	05:39,26	06:14,83	06:58,61	07:23,23	s13	400vs
s14	400vs	05:47,21	06:23,61	07:08,41	07:33,61	s14	400vs

		Limiet ONK+SC	Limiet NJJK	Limiet NJJK	Limiet NJJK		
		Sen. S1-14	Jeugd S1-14	Jun 3/4 S1-14	Jun 1/2 S1-14		
s2	50rs	01:22,75	01:31,42	01:48,11	01:54,78	s2	50rs
s3	50rs	01:08,60	01:15,79	01:29,62	01:35,16	s3	50rs
s4	50rs	01:05,14	01:11,97	01:25,10	01:30,36	s4	50rs
s5	50rs	00:53,99	00:59,65	01:10,53	01:14,89	s5	50rs
S6	50rs	00:51,98	00:57,43	01:07,92	01:12,11	S6	50rs
S7	50rs	00:48,84	00:53,96	01:03,81	01:07,75	S7	50rs
S8	50rs	00:44,39	00:49,04	00:54,77	00:57,99	S8	50rs
S9	50rs	00:42,11	00:46,53	00:51,96	00:55,02	S9	50rs
S10	50rs	00:41,25	00:45,58	00:50,90	00:53,89	S10	50rs
S11	50rs	00:51,15	00:56,51	01:03,11	01:06,82	S11	50rs
S12	50rs	00:41,94	00:46,33	00:51,74	00:54,79	S12	50rs
S13	50rs	00:40,95	00:45,25	00:50,53	00:53,50	S13	50rs
S14 *	50rs	00:37,47	00:41,40	00:46,24	00:48,96	S14	50rs
s3	100rs	02:52,30	03:10,36	03:45,10	03:58,99	s3	100rs
s4	100rs	02:31,91	02:47,83	03:18,46	03:30,71	s4	100rs
s5	100rs	02:16,44	02:30,75	02:58,25	03:09,26	s5	100rs
s6	100rs	01:44,35	01:55,29	02:16,33	02:24,75	s6	100rs
s7	100rs	01:40,46	01:50,99	02:11,25	02:19,35	s7	100rs
s8	100rs	01:32,55	01:42,26	01:54,20	02:00,92	s8	100rs
s9	100rs	01:26,65	01:35,73	01:46,91	01:53,20	s9	100rs
s10	100rs	01:25,37	01:34,32	01:45,34	01:51,54	s10	100rs
s11	100rs	01:38,18	01:48,48	02:01,15	02:08,27	s11	100rs
s12	100rs	01:27,44	01:36,61	01:47,90	01:54,24	s12	100rs
s13	100rs	01:22,80	01:31,48	01:42,17	01:48,18	s13	100rs
s14	100rs	01:23,45	01:32,20	01:42,96	01:49,02	s14	100rs
sb3	50ss	01:13,78	01:21,52	01:36,39	01:42,34	sb3	50ss
sb4	50ss	01:13,71	01:21,44	01:36,30	01:42,24	sb4	50ss
sb5	50ss	01:01,73	01:08,20	01:20,64	01:25,62	sb5	50ss
sb6	50ss	00:56,64	01:02,58	01:14,00	01:18,56	sb6	50ss
sb7	50ss	00:54,10	00:59,77	01:10,68	01:15,04	sb7	50ss
sb8	50ss	00:46,19	00:51,03	00:56,99	01:00,35	sb8	50ss
sb9	50ss	00:44,16	00:48,79	00:54,48	00:57,69	sb9	50ss
sb11	50ss	00:54,31	01:00,01	01:07,01	01:10,96	sb11	50ss
sb12	50ss	00:45,15	00:49,89	00:55,71	00:58,99	sb12	50ss
sb13	50ss	00:45,68	00:50,47	00:56,37	00:59,68	sb13	50ss
sb14 *	50ss	00:41,08	00:45,39	00:50,69	00:53,67	sb14	50ss
sb4	100ss	02:17,09	02:31,47	02:59,11	03:10,16	sb4	100ss
sb5	100ss	02:04,09	02:17,10	02:42,12	02:52,13	sb5	100ss
sb6	100ss	01:58,85	02:11,31	02:35,27	02:44,85	sb6	100ss
sb7	100ss	01:53,20	02:05,06	02:27,88	02:37,01	sb7	100ss
sb8	100ss	01:39,51	01:49,94	02:02,78	02:10,00	sb8	100ss
sb9	100ss	01:35,52	01:45,53	01:57,86	02:04,79	sb9	100ss
sb11	100ss	01:45,84	01:56,94	02:10,60	02:18,28	sb11	100ss
sb12	100ss	01:33,24	01:43,01	01:55,04	02:01,81	sb12	100ss
sb13	100ss	01:33,18	01:42,95	01:54,97	02:01,73	sb13	100ss
sb14	100ss	01:33,43	01:43,23	01:55,29	02:02,07	sb14	100ss
s5	50vl	00:55,62	01:01,45	01:12,66	01:17,15	s5	50vl
s6	50vl	00:45,29	00:50,04	00:59,17	01:02,83	s6	50vl
s7	50vl	00:43,85	00:48,45	00:57,29	01:00,83	s7	50vl
S8	50vl	00:42,18	00:46,60	00:52,04	00:55,10	S8	50vl
S9	50vl	00:37,50	00:41,43	00:46,27	00:48,99	S9	50vl
S10	50vl	00:37,49	00:41,42	00:46,26	00:48,98	S10	50vl
S11	50vl	00:44,18	00:48,81	00:54,51	00:57,72	S11	50vl
S12	50vl	00:39,56	00:43,70	00:48,81	00:51,68	S12	50vl
S13	50vl	00:37,07	00:40,96	00:45,74	00:48,43	S13	50vl
S14 *	50vl	00:34,19	00:37,77	00:42,18	00:44,66	S14	50vl

		Limiet ONK+SC	Limiet NJJK	Limiet NJJK	Limiet NJJK		
		Sen. S1-14	Jeugd S1-14	Jun 3/4 S1-14	Jun 1/2 S1-14		
s8	100vl	01:29,57	01:38,96	01:50,52	01:57,02	s8	100vl
s9	100vl	01:22,14	01:30,75	01:41,35	01:47,31	s9	100vl
s10	100vl	01:21,88	01:30,46	01:41,03	01:46,97	s10	100vl
s11	100vl	01:43,05	01:53,86	02:07,15	02:14,63	s11	100vl
s12	100vl	01:22,48	01:31,13	01:41,78	01:47,76	s12	100vl
s13	100vl	01:20,39	01:28,82	01:39,19	01:45,02	s13	100vl
s14	100vl	01:20,65	01:29,11	01:39,52	01:45,37	s14	100vl
sm3	150ws	04:03,34	04:28,85	05:17,91	05:37,54	sm3	150ws
sm4	150ws	03:41,57	04:04,80	04:49,47	05:07,34	sm4	150ws
sm5	200ws	04:17,51	04:44,51	05:36,43	05:57,20	sm5	200ws
sm6	200ws	03:44,81	04:08,38	04:53,71	05:11,84	sm6	200ws
sm7	200ws	03:41,03	04:04,21	04:48,77	05:06,60	sm7	200ws
sm8	200ws	03:21,02	03:42,09	04:08,03	04:22,62	sm8	200ws
sm9	200ws	03:09,15	03:28,98	03:53,39	04:07,11	sm9	200ws
sm10	200ws	03:03,92	03:23,20	03:46,93	04:00,28	sm10	200ws
sm11	200ws	03:30,58	03:52,65	04:19,82	04:35,11	sm11	200ws
sm12	200ws	03:06,98	03:26,58	03:50,70	04:04,27	sm12	200ws
sm13	200ws	03:01,99	03:21,07	03:44,55	03:57,76	sm13	200ws
sm14	200ws	03:00,01	03:18,88	03:42,11	03:55,18	sm14	200ws