

ZIK Limieten
Kapellen, 21/12/2025

Tijdschema sessienr. 1 - ZiK Limieten

21/12/2025 - 14:00

Inzwemmen: 13:00 tot 13:55

Juryvergadering: 13:15

14:00	1.	400m vrije slag	Alle	series	9 - 10	0:11	2 Series	7
14:11	2.	200m wisselslag	Alle	series	9 - 10	0:08	2 Series	6
14:19	3.	100m vrije slag	Alle	series	9 - 10	0:05	2 Series	7
14:24	4.	400m vrije slag	Heren	series	11 +	0:06	1 Serie	4
14:30	5.	400m vrije slag	Dames	series	11 +	0:14	2 Series	8
14:44	6.	100m vrije slag	Heren	series	11 +	0:03	2 Series	6
14:47	7.	100m vrije slag	Dames	series	11 +	0:04	2 Series	8
14:51	8.	100m rugslag	Heren	series	11 +	0:03	1 Serie	4
14:54	9.	100m rugslag	Dames	series	11 +	0:04	2 Series	6
14:58	10.	100m vlinderslag	Heren	series	11 +	0:05	2 Series	6
15:03	11.	100m vlinderslag	Dames	series	11 +	0:04	2 Series	8
15:07	12.	100m schoolslag	Heren	series	11 +	0:05	2 Series	5
15:12	13.	100m schoolslag	Dames	series	11 +	0:02	1 Serie	3
15:14	14.	100m wisselslag	Heren	series	11 +	0:04	2 Series	6
15:18	15.	100m wisselslag	Dames	series	11 +	0:02	1 Serie	2
15:20	16.	100m rugslag	Alle	series	9 - 10	0:11	4 Series	13
15:31	Pauze					0:15		
15:46	17.	200m vrije slag	Heren	series	11 +	0:07	2 Series	8
15:53	18.	200m vrije slag	Dames	series	11 +	0:10	3 Series	10
16:03	19.	200m rugslag	Heren	series	11 +	0:08	2 Series	7
16:11	20.	200m rugslag	Dames	series	11 +	0:13	3 Series	10
16:24	21.	200m schoolslag	Heren	series	11 +	0:09	2 Series	5
16:33	22.	200m schoolslag	Dames	series	11 +	0:04	1 Serie	3
16:37	23.	200m wisselslag	Heren	series	11 +	0:07	2 Series	7
16:44	24.	200m wisselslag	Dames	series	11 +	0:08	2 Series	8
16:52	25.	400m wisselslag	Heren	series	11 +	0:11	2 Series	5
17:03	26.	400m wisselslag	Dames	series	11 +	0:07	1 Serie	2
17:10	Einde sessie				Totale duur	3:10		