

ZWEMMEN NORMEN 3 LOSP



PUNTEN	Schoolslag 50m	Schoolslag 8'	Crawl 50m	Crawl 8'	Schoolslag 50m	Schoolslag 8'	Crawl 50m	Crawl 8'
20	36"	500	34"	550	40"	450	38"	500
19	38"	475	35"	525	42"	425	39"	475
18	40"	450	36"	500	44"	400	40"	450
17	42"	425	37"	475	46"	375	41"	425
16	44"	400	39"	450	48"	350	43"	400
15	46"	375	41"	425	50"	325	45"	375
14	48"	350	43"	400	52"	300	47"	350
13	50"	325	45"	375	54"	275	49"	325
12	52"	300	47"	350	56"	250	51"	300
11	54"	275	49"	325	58"	225	53"	275
10	56"	250	51"	300	1'00"	200	55"	250
9	58"	225	53"	275	1'02"	175	57"	225
8	1'00"	200	55"	265	1'04"	150	59"	215
7	1'02"	190	57"	250	1'06"	140	1'01"	200
6	1'04"	180	59"	235	1'08"	130	1'03"	185
5	1'06"	170	1'01"	225	1'10"	120	1'05"	175
4	1'08"	160	1'03"	200	1'12"	110	1'07"	150
3	1'10"	150	1'05"	175	1'14"	100	1'09"	125
2	1'12"	140	1'07"	165	1'16"	90	1'11"	115
1	1'14"	130	1'09"	150	1'18"	80	1'13"	100