

Limieten PK 2026 Vlaams-Brabant & Brussel

Dames	11	12	13	14	15	16	17	18	19+
geboortejaar	2015	2014	2013	2012	2011	2010	2009	2008	2007
50 vs			00:32,5	00:31,6	00:31,0	00:30,9	00:30,7	00:30,4	00:29,9
100 vs	01:22,3	01:15,1	01:09,8	01:08,0	01:07,1	01:06,8	01:06,5	01:05,7	01:04,8
200 vs			02:30,8	02:27,2	02:25,1	02:23,6	02:23,1	02:22,6	02:20,8
400 vs			05:21,0	05:10,9	05:06,4	05:02,9	05:02,5	05:00,4	04:56,8
50 ss			00:41,4	00:40,7	00:39,5	00:38,9	00:38,7	00:38,6	00:37,8
100 ss	01:42,1	01:36,3	01:30,0	01:29,6	01:25,5	01:25,1	01:24,8	01:24,6	01:22,4
200 ss			03:13,5	03:10,7	03:05,0	03:02,2	03:01,7	03:00,8	02:57,8
50 vl	00:43,0	00:39,6	00:36,3	00:35,9	00:33,8	00:33,5	00:33,7	00:33,3	00:32,6
100 vl			01:21,9	01:20,3	01:16,0	01:14,0	01:13,5	01:13,0	01:11,9
200 vl			03:06,0	02:57,8	02:44,5	02:43,6	02:43,1	02:42,2	02:39,1
50 rg			00:37,6	00:36,8	00:35,6	00:35,4	00:35,1	00:34,8	00:34,3
100 rg	01:31,4	01:24,0	01:20,3	01:18,3	01:16,6	01:15,8	01:15,2	01:14,8	01:13,6
200 rg			02:53,4	02:48,7	02:43,5	02:42,4	02:41,4	02:40,8	02:37,8
100 ws	01:35,41	01:30,13	01:23,51	01:19,56	01:16,50	01:15,21	01:15,92	01:15,10	01:11,56
200 ws	03:20,3	03:05,3	02:59,0	02:50,6	02:46,0	02:44,7	02:43,8	02:43,2	02:41,7
400 ws			06:19,3	06:04,0	05:52,7	05:49,1	05:47,7	05:47,1	05:42,7

Heren	11	12	13	14	15	16	17	18	19+
geboortejaar	2015	2014	2013	2012	2011	2010	2009	2008	2007
50 vs			00:31,1	00:29,5	00:28,5	00:28,1	00:27,7	00:27,3	00:26,6
100 vs	01:22,2	01:14,2	01:07,2	01:04,2	01:02,3	01:01,6	01:00,8	00:59,8	00:58,3
200 vs			02:30,9	02:21,1	02:16,4	02:14,4	02:12,9	02:11,0	02:08,0
400 vs			05:12,8	05:00,0	04:52,0	04:46,9	04:41,6	04:38,4	04:31,8
50 ss			00:40,6	00:38,1	00:36,5	00:35,9	00:35,2	00:34,7	00:33,5
100 ss	01:47,7	01:38,7	01:30,1	01:22,5	01:20,2	01:18,1	01:17,2	01:15,4	01:13,4
200 ss			03:17,0	02:58,8	02:53,3	02:48,6	02:45,6	02:43,6	02:38,8
50 vl	00:42,6	00:39,1	00:36,1	00:32,5	00:31,2	00:30,8	00:30,3	00:29,9	00:29,0
100 vl			01:18,0	01:12,2	01:08,9	01:08,0	01:06,9	01:06,3	01:04,2
200 vl			02:54,0	02:47,0	02:34,7	02:31,6	02:28,9	02:27,5	02:23,9
50 rg			00:36,3	00:34,8	00:33,1	00:32,7	00:32,2	00:31,4	00:30,4
100 rg	01:32,7	01:25,5	01:19,5	01:14,0	01:10,9	01:09,5	01:08,9	01:07,5	01:05,5
200 rg			02:46,9	02:40,4	02:34,1	02:30,5	02:29,1	02:27,2	02:22,9
100 ws	01:35,46	01:29,32	01:24,02	01:18,15	01:11,38	01:09,15	01:05,88	01:05,08	01:03,56
200 ws	03:21,2	03:04,2	02:51,6	02:42,2	02:35,9	02:32,8	02:31,0	02:28,8	02:25,3
400 ws			06:05,2	05:46,6	05:32,4	05:25,8	05:23,0	05:18,9	05:11,0