

| Nederlandse Kampioenschappen korte baan 2026 |          |          |                           |          |          |                               |          |          |
|----------------------------------------------|----------|----------|---------------------------|----------|----------|-------------------------------|----------|----------|
| Heren                                        |          |          |                           |          |          |                               |          |          |
| onder 18                                     |          |          | Onder 20                  |          |          | Senioren                      |          |          |
| Afstand                                      | 25m      | 50m      | Afstand                   | 25m      | 50m      | Afstand                       | 25m      | 50m      |
| 50m vrije slag                               | 00:25,01 | 00:25,94 | 50m vrije slag            | 00:24,00 | 00:24,89 | 50m vrije slag                | 00:23,32 | 00:24,19 |
| 100m vrije slag                              | 00:55,06 | 00:56,98 | 100m vrije slag           | 00:53,00 | 00:54,85 | 100m vrije slag               | 00:51,63 | 00:53,43 |
| 200m vrije slag                              | 02:01,58 | 02:04,80 | 200m vrije slag           | 01:57,46 | 02:00,57 | 200m vrije slag               | 01:54,71 | 01:57,75 |
| 400m vrije slag                              | 04:20,65 | 04:30,25 | 400m vrije slag           | 04:16,52 | 04:25,98 | 400m vrije slag               | 04:11,03 | 04:20,28 |
| 800m vrije slag (all-in)                     | 08:57,23 | 09:12,12 | 800m vrije slag (all-in)  | 08:57,23 | 09:12,12 | 800m vrije slag (all-in)      | 08:57,23 | 09:12,12 |
| 1500m vrije slag (all-in)                    | 16:50,14 | 17:18,52 | 1500m vrije slag (all-in) | 16:50,14 | 17:18,52 | 1500m vrije slag (all-in)     | 16:50,14 | 17:18,52 |
| 50m schoolslag                               | 00:33,00 | 00:33,28 | 50m schoolslag            | 00:30,96 | 00:31,78 | 50m schoolslag                | 00:29,60 | 00:30,79 |
| 100m schoolslag                              | 01:10,77 | 01:12,82 | 100m schoolslag           | 01:07,22 | 01:09,16 | 100m schoolslag               | 01:04,85 | 01:06,73 |
| 200m schoolslag                              | 02:33,21 | 02:39,99 | 200m schoolslag           | 02:26,29 | 02:32,76 | 200m schoolslag               | 02:21,67 | 02:27,94 |
| 50m vlinderslag                              | 00:27,34 | 00:27,99 | 50m vlinderslag           | 00:26,16 | 00:26,79 | 50m vlinderslag               | 00:25,38 | 00:25,99 |
| 100m vlinderslag                             | 01:01,14 | 01:03,28 | 100m vlinderslag          | 00:58,68 | 01:00,73 | 100m vlinderslag              | 00:57,04 | 00:59,03 |
| 200m vlinderslag                             | 02:24,39 | 02:29,11 | 200m vlinderslag          | 02:18,80 | 02:23,34 | 200m vlinderslag              | 02:15,08 | 02:19,49 |
| 50m rugslag                                  | 00:29,20 | 00:31,10 | 50m rugslag               | 00:27,89 | 00:29,71 | 50m rugslag                   | 00:27,02 | 00:28,78 |
| 100m rugslag                                 | 01:02,03 | 01:06,23 | 100m rugslag              | 01:00,25 | 01:04,32 | 100m rugslag                  | 00:59,06 | 01:03,06 |
| 200m rugslag                                 | 02:14,97 | 02:23,01 | 200m rugslag              | 02:10,52 | 02:18,30 | 200m rugslag                  | 02:07,56 | 02:15,16 |
| 100m wisselslag                              | 01:02,51 |          | 100m wisselslag           | 00:59,87 |          | 100m wisselslag               | 00:58,11 |          |
| 200m wisselslag                              | 02:18,81 | 02:24,34 | 200m wisselslag           | 02:12,95 | 02:18,25 | 200m wisselslag               | 02:09,04 | 02:14,18 |
| 400m wisselslag                              | 05:03,24 | 05:13,17 | 400m wisselslag           | 04:56,69 | 05:06,41 | 400m wisselslag               | 04:52,33 | 05:01,90 |
| Limiet periode:                              |          |          |                           |          |          | 4 x 200m vrije slag Estafette | 07:53,40 | 08:10,30 |
| Van maandag                                  |          |          |                           |          |          | 4 x 100m vrije slag Estafette | 03:35,87 | 03:42,35 |
| Tot zondag                                   |          |          |                           |          |          | 4 x 100m wisselslag Estafette | 04:02,15 | 04:11,64 |

| Nederlandse Kampioenschappen korte baan 2026 |          |          |                           |          |          |                               |          |          |
|----------------------------------------------|----------|----------|---------------------------|----------|----------|-------------------------------|----------|----------|
| Dames                                        |          |          |                           |          |          |                               |          |          |
| onder 18                                     |          |          | Onder 20                  |          |          | Senioren                      |          |          |
| Afstand                                      | 25m      | 50m      | Afstand                   | 25m      | 50m      | Afstand                       | 25m      | 50m      |
| 50m vrije slag                               | 00:27,99 | 00:28,82 | 50m vrije slag            | 00:27,15 | 00:27,96 | 50m vrije slag                | 00:26,59 | 00:27,38 |
| 100m vrije slag                              | 01:01,45 | 01:03,24 | 100m vrije slag           | 00:59,75 | 01:01,49 | 100m vrije slag               | 00:58,62 | 01:00,32 |
| 200m vrije slag                              | 02:14,95 | 02:17,30 | 200m vrije slag           | 02:12,44 | 02:13,47 | 200m vrije slag               | 02:08,68 | 02:10,92 |
| 400m vrije slag                              | 04:48,49 | 04:53,58 | 400m vrije slag           | 04:40,10 | 04:45,04 | 400m vrije slag               | 04:34,51 | 04:39,35 |
| 800m vrije slag (all-in)                     | 09:30,47 | 09:39,28 | 800m vrije slag (all-in)  | 09:30,47 | 09:39,28 | 800m vrije slag (all-in)      | 09:30,47 | 09:39,28 |
| 1500m vrije slag (all-in)                    | 18:24,85 | 18:39,74 | 1500m vrije slag (all-in) | 18:24,85 | 18:39,74 | 1500m vrije slag (all-in)     | 18:24,85 | 18:39,74 |
| 50m schoolslag                               | 00:36,03 | 00:37,03 | 50m schoolslag            | 00:34,88 | 00:35,85 | 50m schoolslag                | 00:34,11 | 00:35,06 |
| 100m schoolslag                              | 01:18,33 | 01:20,55 | 100m schoolslag           | 01:15,89 | 01:18,04 | 100m schoolslag               | 01:14,26 | 01:16,37 |
| 200m schoolslag                              | 02:49,49 | 02:53,24 | 200m schoolslag           | 02:45,17 | 02:48,83 | 200m schoolslag               | 02:42,29 | 02:45,88 |
| 50m vlinderslag                              | 00:30,45 | 00:30,51 | 50m vlinderslag           | 00:29,47 | 00:29,53 | 50m vlinderslag               | 00:28,82 | 00:28,88 |
| 100m vlinderslag                             | 01:08,55 | 01:09,98 | 100m vlinderslag          | 01:06,32 | 01:07,71 | 100m vlinderslag              | 01:04,84 | 01:06,20 |
| 200m vlinderslag                             | 02:39,59 | 02:42,53 | 200m vlinderslag          | 02:34,63 | 02:37,47 | 200m vlinderslag              | 02:31,32 | 02:34,10 |
| 50m rugslag                                  | 00:32,25 | 00:34,31 | 50m rugslag               | 00:31,21 | 00:33,20 | 50m rugslag                   | 00:30,51 | 00:32,46 |
| 100m rugslag                                 | 01:09,18 | 01:12,00 | 100m rugslag              | 01:07,46 | 01:10,21 | 100m rugslag                  | 01:06,31 | 01:09,02 |
| 200m rugslag                                 | 02:28,44 | 02:33,68 | 200m rugslag              | 02:23,88 | 02:28,96 | 200m rugslag                  | 02:20,84 | 02:25,81 |
| 100m wisselslag                              | 01:08,98 |          | 100m wisselslag           | 01:07,25 |          | 100m wisselslag               | 01:06,10 | 00:00,00 |
| 200m wisselslag                              | 02:32,50 | 02:37,83 | 200m wisselslag           | 02:27,29 | 02:32,44 | 200m wisselslag               | 02:23,82 | 02:28,85 |
| 400m wisselslag                              | 05:28,73 | 05:35,64 | 400m wisselslag           | 05:20,45 | 05:27,18 | 400m wisselslag               | 05:14,93 | 05:21,55 |
| Limiet periode:                              |          |          |                           |          |          | 4 x 200m vrije slag Estafette | 08:48,60 | 08:56,37 |
| Van maandag                                  |          |          |                           |          |          | 4 x 100m vrije slag Estafette | 04:03,83 | 04:06,83 |
| Tot zondag                                   |          |          |                           |          |          | 4 x 100m wisselslag Estafette | 04:34,58 | 04:41,04 |