

Nederlandse Kamioenschappen lange baan 2026											
Heren											
onder 16			onder 18			Onder 20			Senioren		
Afstand	25m	50m	Afstand	25m	50m	Afstand	25m	50m	Afstand	25m	50m
800m vrije slag	10:04.38	10:20.42	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
1500m vrije slag	18:56.41	19:29.15	100m vrije slag	00:55.73	00:57.67	100m vrije slag	00:53.43	00:55.28	100m vrije slag	00:51.89	00:53.70
			200m vrije slag	02:01.58	02:04.80	200m vrije slag	01:56.91	02:00.01	200m vrije slag	01:53.80	01:56.81
			400m vrije slag	04:22.51	04:32.18	400m vrije slag	04:15.62	04:25.04	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	00:32.00	00:33.28	50m schoolslag	00:30.56	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
			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
									4 x 200m vrijeslag Estafette	07:53.40	08:10.30
									4 x 100m vrijeslag Estafette	03:35.87	03:42.35
									4 x 100m wisselslag Estafette	04:02.15	04:11.64

Nederlandse Kamioenschappen lange baan 2026											
Dames											
onder 16			onder 18			Onder 20			Senioren		
Afstand	25m	50m	Afstand	25m	50m	Afstand	25m	50m	Afstand	25m	50m
800m vrije slag	10:21.81	10:31.70	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
1500m vrije slag	20:04.29	20:21.42	100m vrije slag	01:01.45	01:03.24	100m vrije slag	00:59.75	01:01.48	100m vrije slag	00:58.61	01:00.31
			200m vrije slag	02:14.95	02:17.30	200m vrije slag	02:10.22	02:12.49	200m vrije slag	02:07.07	02:09.28
			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
			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
									4 x 200m vrije slag Estafette	08:48.60	08:56.37
									4 x 100m vrije slag Estafette	04:03.83	04:06.83
									4 x 100m wisselslag Estafette	04:34.58	04:41.04