

punten	4x25m vervoeren met duikring	4x25m estafette met zwemvliezen	4x30m lijnredding	50m ringduiken voor ploegen	4x25m wisselslag estafette	punten
	1:58.80	0:59.60	1:46.80	0:46.20	1:24.60	
	RB Gouda	RB Gouda	RB Gouda	RB Gouda	RB Gouda	
1200	1:42.24	0:51.29	1:31.92	0:39.76	1:12.81	1200
1190	1:43.03	0:51.69	1:32.62	0:40.07	1:13.37	1190
1180	1:43.82	0:52.09	1:33.33	0:40.37	1:13.93	1180
1170	1:44.62	0:52.48	1:34.05	0:40.68	1:14.50	1170
1160	1:45.42	0:52.89	1:34.77	0:40.99	1:15.07	1160
1150	1:46.22	0:53.29	1:35.49	0:41.31	1:15.64	1150
1140	1:47.03	0:53.69	1:36.22	0:41.62	1:16.22	1140
1130	1:47.84	0:54.10	1:36.94	0:41.94	1:16.79	1130
1120	1:48.65	0:54.51	1:37.68	0:42.25	1:17.37	1120
1110	1:49.47	0:54.92	1:38.42	0:42.57	1:17.96	1110
1100	1:50.30	0:55.33	1:39.16	0:42.89	1:18.55	1100
1090	1:51.13	0:55.75	1:39.90	0:43.22	1:19.14	1090
1080	1:51.96	0:56.17	1:40.65	0:43.54	1:19.73	1080
1070	1:52.80	0:56.59	1:41.40	0:43.87	1:20.33	1070
1060	1:53.64	0:57.01	1:42.16	0:44.19	1:20.93	1060
1050	1:54.49	0:57.44	1:42.92	0:44.52	1:21.53	1050
1040	1:55.34	0:57.86	1:43.69	0:44.85	1:22.14	1040
1030	1:56.20	0:58.29	1:44.46	0:45.19	1:22.75	1030
1020	1:57.06	0:58.73	1:45.24	0:45.52	1:23.36	1020
1010	1:57.93	0:59.16	1:46.02	0:45.86	1:23.98	1010
1000	1:58.80	0:59.60	1:46.80	0:46.20	1:24.60	1000
990	1:59.68	1:00.04	1:47.59	0:46.54	1:25.23	990
980	2:00.56	1:00.48	1:48.38	0:46.88	1:25.85	980
970	2:01.45	1:00.93	1:49.18	0:47.23	1:26.49	970
960	2:02.34	1:01.38	1:49.99	0:47.58	1:27.12	960
950	2:03.24	1:01.83	1:50.80	0:47.93	1:27.77	950
940	2:04.15	1:02.28	1:51.61	0:48.28	1:28.41	940
930	2:05.06	1:02.74	1:52.43	0:48.64	1:29.06	930
920	2:05.98	1:03.20	1:53.25	0:48.99	1:29.71	920
910	2:06.90	1:03.67	1:54.09	0:49.35	1:30.37	910
900	2:07.83	1:04.13	1:54.92	0:49.71	1:31.03	900
890	2:08.77	1:04.60	1:55.76	0:50.08	1:31.70	890
880	2:09.71	1:05.08	1:56.61	0:50.44	1:32.37	880
870	2:10.66	1:05.55	1:57.47	0:50.81	1:33.05	870
860	2:11.62	1:06.03	1:58.33	0:51.19	1:33.73	860
850	2:12.59	1:06.52	1:59.19	0:51.56	1:34.42	850
840	2:13.56	1:07.00	2:00.07	0:51.94	1:35.11	840
830	2:14.53	1:07.49	2:00.95	0:52.32	1:35.81	830
820	2:15.52	1:07.99	2:01.83	0:52.70	1:36.51	820
810	2:16.51	1:08.49	2:02.72	0:53.09	1:37.21	810
800	2:17.52	1:08.99	2:03.63	0:53.48	1:37.93	800
790	2:18.52	1:09.50	2:04.53	0:53.87	1:38.65	790
780	2:19.54	1:10.01	2:05.45	0:54.27	1:39.37	780
770	2:20.57	1:10.52	2:06.37	0:54.67	1:40.10	770
760	2:21.60	1:11.04	2:07.30	0:55.07	1:40.84	760
750	2:22.65	1:11.56	2:08.24	0:55.47	1:41.58	750
740	2:23.70	1:12.09	2:09.18	0:55.88	1:42.33	740
730	2:24.76	1:12.62	2:10.14	0:56.30	1:43.09	730
720	2:25.83	1:13.16	2:11.10	0:56.71	1:43.85	720
710	2:26.91	1:13.70	2:12.07	0:57.13	1:44.62	710
700	2:28.01	1:14.25	2:13.06	0:57.56	1:45.40	700
690	2:29.11	1:14.80	2:14.05	0:57.99	1:46.18	690
680	2:30.22	1:15.36	2:15.05	0:58.42	1:46.97	680
670	2:31.34	1:15.93	2:16.06	0:58.86	1:47.78	670
660	2:32.48	1:16.50	2:17.08	0:59.30	1:48.58	660
650	2:33.63	1:17.07	2:18.11	0:59.74	1:49.40	650
640	2:34.78	1:17.65	2:19.15	1:00.19	1:50.23	640
630	2:35.96	1:18.24	2:20.20	1:00.65	1:51.06	630
620	2:37.14	1:18.83	2:21.27	1:01.11	1:51.90	620
610	2:38.34	1:19.44	2:22.34	1:01.58	1:52.76	610

punten	4x25m vervoeren met duikring	4x25m estafette met zwemvliezen	4x30m lijnredding	50m ringduiken voor ploegen	4x25m wisselslag estafette	punten
	1:58.80	0:59.60	1:46.80	0:46.20	1:24.60	
	RB Gouda	RB Gouda	RB Gouda	RB Gouda	RB Gouda	
600	2:39.55	1:20.04	2:23.43	1:02.05	1:53.62	600
590	2:40.77	1:20.66	2:24.53	1:02.52	1:54.49	590
580	2:42.02	1:21.28	2:25.65	1:03.01	1:55.37	580
570	2:43.27	1:21.91	2:26.78	1:03.49	1:56.27	570
560	2:44.54	1:22.55	2:27.92	1:03.99	1:57.17	560
550	2:45.83	1:23.19	2:29.08	1:04.49	1:58.09	550
540	2:47.14	1:23.85	2:30.25	1:05.00	1:59.02	540
530	2:48.46	1:24.51	2:31.44	1:05.51	1:59.96	530
520	2:49.80	1:25.19	2:32.65	1:06.03	2:00.92	520
510	2:51.16	1:25.87	2:33.87	1:06.56	2:01.89	510
500	2:52.55	1:26.56	2:35.12	1:07.10	2:02.87	500
490	2:53.95	1:27.27	2:36.38	1:07.65	2:03.87	490
480	2:55.38	1:27.98	2:37.66	1:08.20	2:04.89	480
470	2:56.83	1:28.71	2:38.96	1:08.77	2:05.92	470
460	2:58.30	1:29.45	2:40.29	1:09.34	2:06.97	460
450	2:59.80	1:30.20	2:41.64	1:09.92	2:08.04	450
440	3:01.33	1:30.97	2:43.01	1:10.52	2:09.13	440
430	3:02.88	1:31.75	2:44.41	1:11.12	2:10.23	430
420	3:04.47	1:32.55	2:45.84	1:11.74	2:11.36	420
410	3:06.09	1:33.36	2:47.29	1:12.37	2:12.52	410
400	3:07.74	1:34.19	2:48.78	1:13.01	2:13.70	400
390	3:09.43	1:35.04	2:50.30	1:13.67	2:14.90	390
380	3:11.16	1:35.90	2:51.86	1:14.34	2:16.13	380
370	3:12.94	1:36.79	2:53.45	1:15.03	2:17.40	370
360	3:14.76	1:37.71	2:55.08	1:15.74	2:18.69	360
350	3:16.62	1:38.64	2:56.76	1:16.47	2:20.02	350
340	3:18.55	1:39.61	2:58.49	1:17.21	2:21.39	340
330	3:20.53	1:40.60	3:00.27	1:17.98	2:22.80	330
320	3:22.57	1:41.63	3:02.11	1:18.78	2:24.26	320
310	3:24.69	1:42.69	3:04.01	1:19.60	2:25.76	310
300	3:26.88	1:43.79	3:05.99	1:20.45	2:27.33	300
290	3:29.17	1:44.94	3:08.04	1:21.34	2:28.95	290
280	3:31.55	1:46.13	3:10.18	1:22.27	2:30.65	280
270	3:34.05	1:47.39	3:12.43	1:23.24	2:32.43	270
260	3:36.68	1:48.71	3:14.80	1:24.27	2:34.31	260
250	3:39.47	1:50.11	3:17.30	1:25.35	2:36.29	250
240	3:42.45	1:51.60	3:19.98	1:26.51	2:38.41	240
230	3:45.67	1:53.21	3:22.87	1:27.76	2:40.70	230
220	3:49.18	1:54.98	3:26.03	1:29.13	2:43.20	220
210	3:53.10	1:56.94	3:29.55	1:30.65	2:45.99	210
200	3:57.60	1:59.20	3:33.60	1:32.40	2:49.20	200
190	4:02.55	2:01.68	3:38.05	1:34.32	2:52.73	190
180	4:07.50	2:04.17	3:42.50	1:36.25	2:56.25	180
170	4:12.45	2:06.65	3:46.95	1:38.18	2:59.78	170
160	4:17.40	2:09.13	3:51.40	1:40.10	3:03.30	160
150	4:22.35	2:11.62	3:55.85	1:42.02	3:06.83	150
140	4:27.30	2:14.10	4:00.30	1:43.95	3:10.35	140
130	4:32.25	2:16.58	4:04.75	1:45.87	3:13.88	130
120	4:37.20	2:19.07	4:09.20	1:47.80	3:17.40	120
110	4:42.15	2:21.55	4:13.65	1:49.72	3:20.93	110
100	4:47.10	2:24.03	4:18.10	1:51.65	3:24.45	100
90	4:52.05	2:26.52	4:22.55	1:53.57	3:27.98	90
80	4:57.00	2:29.00	4:27.00	1:55.50	3:31.50	80
70	5:04.43	2:32.73	4:33.67	1:58.39	3:36.79	70
60	5:11.85	2:36.45	4:40.35	2:01.27	3:42.08	60
50	5:19.28	2:40.18	4:47.02	2:04.16	3:47.36	50
40	5:26.70	2:43.90	4:53.70	2:07.05	3:52.65	40
30	5:34.12	2:47.63	5:00.37	2:09.94	3:57.94	30
20	5:41.55	2:51.35	5:07.05	2:12.82	4:03.23	20
10	5:48.98	2:55.08	5:13.72	2:15.71	4:08.51	10
0	5:56.40	2:58.80	5:20.40	2:18.60	4:13.80	0