

**Schwimmverband Nordrhein-Westfalen
Pflichtzeiten Meisterschaften 2015 (50m-Bahn)**

Stand: 08.01.2015

Weiblich

AK Jahrgang	12 2003	13 2002	14 2001	15 2000	16 1999	17 1998	18/19 97+96	20+ offen
50m F	0:32,4	0:31,2	0:30,8	0:30,4	0:30,0	0:29,6	0:29,3	0:28,9
100m F	1:11,0	1:08,0	1:06,5	1:05,5	1:05,0	1:05,0	1:04,5	1:03,0
200m F	2:35,0	2:26,0	2:23,0	2:22,0	2:21,0	2:21,0	2:20,0	2:18,0
400m F	5:27,0	5:12,0	5:06,0	5:02,0	4:59,0	4:59,0	4:59,0	4:55,0
800m F	11:29	10:54	10:35	10:31	10:30	10:27	10:26	10:11
50m B	0:41,7	0:40,3	0:39,4	0:38,9	0:38,3	0:38,3	0:38,3	0:37,5
100m B	1:31,5	1:28,5	1:26,5	1:25,5	1:24,5	1:24,5	1:23,5	1:22,0
200m B	3:17,0	3:10,0	3:06,0	3:03,0	3:00,0	3:00,0	3:00,0	3:00,0
50m S	0:35,1	0:33,7	0:33,1	0:32,6	0:32,4	0:32,1	0:31,9	0:31,5
100m S	1:22,0	1:17,5	1:16,0	1:15,0	1:14,5	1:14,0	1:14,0	1:12,5
200m S	3:08,0	2:57,0	2:52,0	2:49,0	2:48,0	2:47,0	2:46,0	2:42,0
50m R	0:37,8	0:36,4	0:35,8	0:35,3	0:34,9	0:34,5	0:34,3	0:33,9
100m R	1:22,0	1:18,5	1:17,0	1:16,0	1:15,5	1:15,5	1:15,5	1:14,0
200m R	2:58,0	2:49,0	2:45,0	2:43,0	2:42,0	2:42,0	2:41,0	2:38,0
200m L	2:57,0	2:51,0	2:47,0	2:46,0	2:44,0	2:42,0	2:41,0	2:39,0
400m L	6:21,0	6:07,0	6:00,0	5:53,0	5:52,0	5:51,0	5:50,0	5:45,0
4x 100 F								4:25,0
4x 200 F								9:42,0
4x 100 L								4:50,0

Männlich

AK Jahrgang	12 2003	13 2002	14 2001	15 2000	16 1999	17 1998	18/19 97+96	20+ offen
50m F	0:31,4	0:30,2	0:28,9	0:28,0	0:27,5	0:27,0	0:26,6	0:25,8
100m F	1:09,5	1:06,0	1:03,5	1:01,5	1:00,0	0:59,0	0:58,0	0:57,0
200m F	2:33,0	2:26,0	2:20,0	2:14,0	2:11,0	2:09,0	2:07,0	2:05,0
400m F	5:26,0	5:11,0	4:59,0	4:49,0	4:43,0	4:37,0	4:34,0	4:28,0
1500m F	22:12	20:51	19:59	19:38	19:07	18:52	18:40	18:06
50m B	0:40,2	0:37,9	0:36,6	0:35,6	0:35,1	0:34,2	0:33,8	0:32,6
100m B	1:32,0	1:26,5	1:22,0	1:20,0	1:18,0	1:17,0	1:15,5	1:14,0
200m B	3:18,0	3:07,0	2:57,0	2:54,0	2:51,0	2:48,0	2:46,0	2:44,0
50m S	0:34,4	0:32,6	0:31,2	0:30,2	0:29,6	0:29,1	0:28,7	0:27,9
100m S	1:23,5	1:17,5	1:12,5	1:08,5	1:06,5	1:05,5	1:04,5	1:03,0
200m S	3:07,0	2:55,0	2:45,0	2:39,0	2:35,0	2:33,0	2:32,0	2:27,0
50m R	0:36,7	0:35,0	0:33,4	0:32,5	0:31,8	0:31,5	0:30,8	0:29,7
100m R	1:21,5	1:17,0	1:13,5	1:11,5	1:09,5	1:08,5	1:08,0	1:05,0
200m R	2:57,0	2:47,0	2:40,0	2:35,0	2:31,0	2:28,0	2:26,0	2:23,0
200m L	2:55,0	2:45,0	2:39,0	2:35,0	2:31,0	2:29,0	2:26,0	2:24,0
400m L	6:20,0	5:56,0	5:43,0	5:31,0	5:31,0	5:21,0	5:21,0	5:12,0
4x 100 F								3:55,0
4x 200 F								9:00,0
4x 100 L								4:30,0

Jürgen Verhöltsdonk
Landestrainer Schwimmen