

Schwimmverband NRW

Kadernormen 2020 - Anschlusskader 1 und Anschlusskader 2

15 Punkte in olympischer Disziplin*

	50 F	100 F	200 F	400 F	800 F	1500 F	100 B	200 B	100 S	200 S	100 R	200 R	200 L	400 L
weiblich														
AK 10 / 2009	00:32,00	01:11,07	02:34,61	05:26,86	11:15,24	22:28,05	01:28,79	03:11,64	01:18,78	03:03,71	01:21,11	02:55,22	02:55,12	06:08,87
AK 11 / 2008	00:30,17	01:06,28	02:23,76	05:05,50	10:30,78	20:46,69	01:23,22	03:01,09	01:13,39	02:45,62	01:14,45	02:40,67	02:42,31	05:47,50
AK 12 / 2007	00:29,05	01:03,19	02:18,15	04:49,20	10:03,91	19:38,67	01:19,78	02:51,54	01:09,70	02:35,18	01:10,30	02:32,27	02:33,94	05:29,46
AK 13 / 2006	00:27,94	01:00,88	02:11,81	04:38,02	09:35,18	18:41,29	01:16,53	02:44,87	01:06,29	02:27,65	01:08,03	02:26,94	02:28,90	05:15,61
AK 14 / 2005	00:27,45	00:59,24	02:08,23	04:31,27	09:16,92	18:06,61	01:15,02	02:42,09	01:04,33	02:23,35	01:06,65	02:23,85	02:25,27	05:08,94
AK 15 / 2004	00:26,98	00:58,36	02:06,47	04:26,73	09:10,40	17:35,76	01:13,52	02:39,04	01:03,55	02:20,32	01:05,90	02:20,99	02:22,83	05:03,99
AK 16 / 2003	00:26,91	00:58,27	02:05,20	04:24,11	09:04,28	17:26,20	01:12,96	02:37,17	01:02,91	02:19,05	01:05,40	02:19,83	02:21,94	05:00,41
männlich														
AK 10 / 2009	00:31,62	01:10,98	02:33,26	05:19,14	11:22,47	21:23,02	01:29,56	03:12,14	01:19,48	03:12,97	01:19,96	02:51,95	02:53,27	06:10,69
AK 11 / 2008	00:29,88	01:05,38	02:24,87	05:03,05	10:28,95	20:09,44	01:24,19	03:00,81	01:12,94	02:44,52	01:14,49	02:40,28	02:40,20	05:45,01
AK 12 / 2007	00:28,00	01:01,02	02:14,43	04:38,59	10:03,18	18:53,00	01:17,38	02:47,23	01:06,88	02:30,89	01:09,12	02:28,85	02:29,42	05:19,29
AK 13 / 2006	00:26,62	00:57,96	02:06,98	04:29,27	09:34,53	17:53,56	01:13,09	02:38,76	01:02,98	02:21,51	01:05,31	02:21,46	02:21,94	05:02,42
AK 14 / 2005	00:25,47	00:55,91	02:02,41	04:21,05	09:08,62	17:16,16	01:10,34	02:32,54	01:00,27	02:15,79	01:02,70	02:16,08	02:17,93	04:53,14
AK 15 / 2004	00:24,80	00:54,31	01:58,62	04:13,14	08:56,22	16:52,64	01:09,04	02:29,54	00:58,26	02:11,51	01:01,15	02:12,97	02:13,98	04:46,78
AK 16 / 2003	00:24,40	00:53,61	01:57,19	04:10,02	08:46,21	16:34,82	01:07,22	02:25,40	00:57,35	02:08,52	00:59,71	02:09,84	02:11,72	04:40,82
AK 17 / 2002	00:24,14	00:52,93	01:55,69	04:06,20	08:33,05	16:18,45	01:06,13	02:22,54	00:56,84	02:06,44	00:58,68	02:08,32	02:10,01	04:37,21

* Rudolphtabelle 2019

Jürgen Verhöltsdonk

Landestrainer Schwimmen