

**Schwimmverband Nordrhein-Westfalen
Pflichtzeiten Meisterschaften 2019 (50m-Bahn)**

Stand: 08.11.2018

Weiblich

AK Jahrgang	12 2007	13 2006	14 2005	15 2004	16 2003	17 2002	18/19 01+00	20+ offen
50m F	0:32,1	0:30,8	0:30,5	0:29,8	0:29,7	0:29,4	0:29,2	0:28,8
100m F	1:10,0	1:07,5	1:05,5	1:04,5	1:04,5	1:04,0	1:03,5	1:02,5
200m F	2:33,0	2:26,0	2:22,0	2:20,0	2:19,0	2:19,0	2:19,0	2:18,0
400m F	5:24,0	5:11,0	5:04,0	5:00,0	4:56,0	4:55,0	4:54,0	4:53,0
800m F	11:16	10:43	10:25	10:18	10:18	10:16	10:12	10:00
50m B	0:41,1	0:39,4	0:38,8	0:38,0	0:37,6	0:37,5	0:37,2	0:36,8
100m B	1:30,5	1:27,0	1:25,5	1:23,5	1:23,5	1:23,5	1:23,0	1:21,5
200m B	3:15,0	3:07,0	3:05,0	3:01,0	3:00,0	3:00,0	2:59,0	2:58,0
50m S	0:34,8	0:33,7	0:32,9	0:32,1	0:31,9	0:31,7	0:31,3	0:31,0
100m S	1:21,0	1:17,5	1:15,0	1:14,0	1:13,5	1:13,0	1:12,5	1:11,5
200m S	3:06,0	2:56,0	2:51,0	2:48,0	2:46,0	2:46,0	2:45,0	2:42,0
50m R	0:37,2	0:35,8	0:35,1	0:34,3	0:34,2	0:33,8	0:33,6	0:33,1
100m R	1:20,5	1:17,5	1:15,5	1:15,0	1:14,5	1:14,5	1:14,0	1:13,0
200m R	2:54,0	2:48,0	2:43,0	2:41,0	2:41,0	2:41,0	2:40,0	2:37,0
200m L	2:55,0	2:49,0	2:46,0	2:43,0	2:42,0	2:41,0	2:40,0	2:38,0
400m L	6:14,0	5:59,0	5:52,0	5:45,0	5:45,0	5:45,0	5:43,0	5:39,0
4x 100 F								4:25,0
4x 200 F								9:42,0
4x 100 L								4:55,0

Männlich

AK Jahrgang	12 2007	13 2006	14 2005	15 2004	16 2003	17 2002	18/19 01+00	20+ offen
50m F	0:31,0	0:29,5	0:28,2	0:27,5	0:27,2	0:26,7	0:26,3	0:25,6
100m F	1:09,0	1:05,0	1:02,0	1:00,5	0:59,5	0:58,5	0:58,0	0:56,5
200m F	2:32,0	2:23,0	2:18,0	2:12,0	2:10,0	2:09,0	2:07,0	2:04,0
400m F	5:20,0	5:08,0	4:57,0	4:45,0	4:41,0	4:36,0	4:33,0	4:26,0
1500m F	21:46	20:30	19:41	19:15	18:48	18:28	18:16	17:50
50m B	0:40,0	0:37,7	0:36,3	0:35,2	0:34,8	0:34,0	0:33,4	0:32,4
100m B	1:31,0	1:25,5	1:21,0	1:19,5	1:18,0	1:16,5	1:14,5	1:13,0
200m B	3:16,0	3:03,0	2:54,0	2:52,0	2:50,0	2:46,0	2:44,0	2:39,0
50m S	0:34,1	0:32,0	0:30,7	0:29,8	0:29,3	0:28,8	0:28,5	0:27,6
100m S	1:22,5	1:16,0	1:11,0	1:07,0	1:06,0	1:05,0	1:04,0	1:02,0
200m S	3:04,0	2:52,0	2:43,0	2:37,0	2:34,0	2:32,0	2:30,0	2:26,0
50m R	0:36,2	0:34,1	0:32,9	0:32,1	0:31,5	0:31,0	0:30,3	0:29,3
100m R	1:20,0	1:15,0	1:12,5	1:11,0	1:09,0	1:08,5	1:07,0	1:05,0
200m R	2:53,0	2:44,0	2:37,0	2:33,0	2:30,0	2:28,0	2:26,0	2:22,0
200m L	2:53,0	2:43,0	2:37,0	2:33,0	2:30,0	2:28,0	2:26,0	2:22,0
400m L	6:11,0	5:47,0	5:35,0	5:22,0	5:20,0	5:16,0	5:12,0	5:05,0
4x 100 F								3:55,0
4x 200 F								9:00,0
4x 100 L								4:30,0

Mixed

4x 100 F								4:10,0
4x 100 L								4:40,0

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Landestrainer Schwimmen