

**Schwimmverband Nordrhein-Westfalen
Pflichtzeiten Meisterschaften 2022 (50m-Bahn)**

Stand: 10.12.2021

Weiblich

AK Jahrgang	12 2010	13 2009	14 2008	15 2007	16 2006	17 2005	18/19 04+03	20+ offen
50m F	0:32,0	0:30,8	0:30,3	0:29,7	0:29,7	0:29,5	0:29,3	0:28,8
100m F	1:09,5	1:07,0	1:05,5	1:04,5	1:04,5	1:04,0	1:03,5	1:02,5
200m F	2:32,0	2:25,0	2:22,0	2:20,0	2:18,0	2:18,0	2:18,0	2:15,0
400m F	5:23,0	5:10,0	5:03,0	4:58,0	4:55,0	4:55,0	4:53,0	4:49,0
800m F	11:14,0	10:42,0	10:21,0	10:14,0	10:07,0	10:05,0	10:02,0	9:52,0
1500m F	21:55,0	20:51,0	20:12,0	19:37,0	19:27,0	19:23,0	19:08,0	18:36,0
50m B	0:40,7	0:39,4	0:38,5	0:37,7	0:37,4	0:37,2	0:37,1	0:36,3
100m B	1:30,0	1:26,5	1:25,0	1:23,0	1:22,5	1:22,0	1:21,5	1:20,5
200m B	3:14,0	3:07,0	3:04,0	3:00,0	2:58,0	2:57,0	2:56,0	2:55,0
50m S	0:34,4	0:33,6	0:32,7	0:32,0	0:31,7	0:31,5	0:31,2	0:30,7
100m S	1:21,0	1:17,0	1:14,5	1:14,0	1:13,0	1:12,5	1:12,0	1:11,0
200m S	3:02,0	2:54,0	2:49,0	2:45,0	2:43,0	2:43,0	2:42,0	2:39,0
50m R	0:36,5	0:35,5	0:34,7	0:34,2	0:34,0	0:33,8	0:33,5	0:33,0
100m R	1:19,5	1:17,0	1:15,5	1:14,5	1:14,0	1:13,5	1:13,0	1:12,0
200m R	2:52,0	2:46,0	2:43,0	2:40,0	2:38,0	2:38,0	2:36,0	2:34,0
200m L	2:54,0	2:49,0	2:45,0	2:42,0	2:41,0	2:40,0	2:39,0	2:38,0
400m L	6:12,0	5:57,0	5:49,0	5:44,0	5:44,0	5:43,0	5:42,0	5:38,0
4x 100 F								4:25,0
4x 200 F								9:42,0
4x 100 L								4:55,0

Männlich

AK Jahrgang	12 2010	13 2009	14 2008	15 2007	16 2006	17 2005	18/19 04+03	20+ offen
50m F	0:30,9	0:29,3	0:28,1	0:27,3	0:26,9	0:26,6	0:26,2	0:25,6
100m F	1:08,5	1:05,0	1:02,0	1:00,0	0:59,0	0:58,5	0:57,5	0:56,0
200m F	2:30,0	2:22,0	2:17,0	2:11,0	2:09,0	2:08,0	2:06,0	2:03,0
400m F	5:15,0	5:05,0	4:55,0	4:43,0	4:39,0	4:35,0	4:31,0	4:25,0
800m F	11:30,0	10:49,0	10:20,0	10:06,0	09:55,0	09:40,0	09:32,0	09:16,0
1500m F	21:36,0	20:13,0	19:31,0	19:04,0	18:44,0	18:25,0	18:12,0	17:31,0
50m B	0:39,6	0:37,4	0:35,8	0:35,0	0:34,4	0:33,6	0:33,0	0:32,1
100m B	1:28,5	1:23,0	1:19,5	1:18,0	1:16,0	1:15,0	1:13,5	1:11,5
200m B	3:09,0	3:00,0	2:53,0	2:49,0	2:45,0	2:41,0	2:39,0	2:35,0
50m S	0:33,3	0:31,7	0:30,5	0:29,5	0:29,1	0:28,6	0:28,5	0:27,5
100m S	1:18,5	1:13,0	1:09,0	1:06,0	1:05,0	1:04,5	1:03,5	1:01,5
200m S	2:57,0	2:46,0	2:40,0	2:35,0	2:31,0	2:29,0	2:27,0	2:24,0
50m R	0:35,5	0:33,8	0:32,7	0:32,1	0:31,1	0:30,5	0:30,0	0:29,1
100m R	1:18,5	1:14,0	1:11,0	1:09,5	1:07,5	1:06,5	1:06,0	1:04,0
200m R	2:49,0	2:40,0	2:34,0	2:31,0	2:27,0	2:25,0	2:24,0	2:20,0
200m L	2:49,0	2:41,0	2:36,0	2:32,0	2:29,0	2:27,0	2:25,0	2:21,0
400m L	6:06,0	5:42,0	5:32,0	5:24,0	5:18,0	5:14,0	5:10,0	5:03,0
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 200 F								9:21,0
4x 100 L								4:40,0

Die Pflichtzeiten bleiben für den Zeitraum 2020 bis 2023 unverändert.

Dirk Lennhoff
Fachwart Schwimmen

Jürgen Verhölsson
Landestrainer Schwimmen

Lisa Golaschewski
Sachbearbeiterin Wettkampfwesen