

Pflichtzeiten Schwimmverband NRW 2010

Pflichtzeiten der NRW-Jahrgangs-Meisterschaften 1998/F1998/M1997/F1997/M1996/F1996/M1995/M1994/M50m

F	00:32,40	00:31,60	00:32,10	00:30,00	00:31,90	00:28,90	00:27,90	00:27,40	100m
F	01:11,00	01:12,00	01:08,00	01:07,00	01:07,00	01:04,00	01:01,00	00:59,00	200m
F	02:36,00	02:37,00	02:28,00	02:28,00	02:25,00	02:20,00	02:15,00	02:11,00	400m
F	05:25,00	05:30,00	05:12,00	05:10,00	05:08,00	05:03,00	04:54,00	04:43,00	50m
B	00:41,00	00:40,00	00:39,50	00:37,60	00:38,60	00:36,30	00:35,50	00:34,60	100m
B	01:32,00	01:35,00	01:29,00	01:28,00	01:26,00	01:22,00	01:20,00	01:19,00	200m
	03:19,00	03:20,00	03:09,00	03:10,00	03:05,00	03:00,00	02:54,00	02:52,00	50m
R	00:37,20	00:36,30	00:35,90	00:34,50	00:35,30	00:33,80	00:33,40	00:33,10	100m
R	01:23,00	01:25,00	01:20,00	01:18,00	01:17,00	01:15,00	01:12,00	01:10,00	200m
R	03:00,00	03:00,00	02:53,00	02:49,00	02:46,00	02:43,00	02:37,00	02:32,00	50 m
S	00:34,90	00:34,30	00:33,40	00:32,20	00:33,00	00:30,70	00:29,70	00:29,30	100m
S	01:26,00	01:30,00	01:20,00	01:22,00	01:18,00	01:15,00	01:10,00	01:08,00	200m
S	03:20,00	03:20,00	03:03,00	03:07,00	02:58,00	02:58,00	02:47,00	02:42,00	200m
L	02:56,00	03:00,00	02:51,00	02:48,00	02:48,00	02:41,00	02:35,00	02:31,00	

Pflichtzeiten der NRW-Meisterschaften 1995/F1994/F1993/F1993/M1992/F1992/M1991/F1991/MOffen/FOffen/M JEM-JqJEM-Jq JEM-Jq JEM-Jq 50m

F	00:30,00	00:29,30	00:29,20	00:26,50	00:29,00	00:26,00	00:29,00	00:26,00	00:28,50	00:25,40	100m
F	01:06,00	01:05,50	01:05,50	00:58,50	01:04,00	00:58,00	01:04,00	00:58,00	01:02,50	00:56,50	200m
F	02:22,00	02:20,00	02:20,00	02:08,00	02:20,00	02:06,00	02:20,00	02:06,00	02:15,00	02:04,00	400m
F	05:06,00	05:04,00	05:02,00	04:30,00	05:02,00	04:25,00	05:02,00	04:25,00	04:50,00	04:22,00	50m
B	00:37,50	00:37,50	00:37,50	00:33,40	00:37,50	00:33,00	00:37,50	00:33,00	00:37,00	00:32,00	100m
B	01:27,00	01:26,00	01:25,00	01:16,50	01:24,00	01:16,00	01:24,00	01:16,00	01:22,00	01:14,00	200m
B	03:05,00	03:04,00	03:04,00	02:48,00	03:03,00	02:48,00	03:03,00	02:48,00	02:58,00	02:43,00	50m
R	00:34,50	00:34,50	00:34,00	00:32,00	00:33,30	00:31,10	00:33,00	00:31,10	00:33,00	00:29,20	100m
R	01:16,00	01:16,00	01:16,00	01:08,50	01:15,00	01:08,00	01:15,50	01:08,00	01:13,00	01:06,50	200m
R	02:43,00	02:42,00	02:42,00	02:30,00	02:40,00	02:28,00	02:40,00	02:28,00	02:37,00	02:24,00	50m
S	00:32,00	00:31,80	00:31,50	00:28,50	00:31,20	00:28,00	00:31,20	00:28,00	00:31,00	00:27,00	100m
S	01:15,50	01:14,50	01:14,00	01:06,00	01:14,00	01:04,00	01:14,00	01:04,00	01:12,00	01:03,00	200m
S	02:55,00	02:54,00	02:48,00	02:35,00	02:42,00	02:28,00	02:42,00	02:28,00	02:40,00	02:25,00	200m
L	02:41,50	02:41,00	02:40,00	02:29,50	02:40,00	02:29,00	02:40,00	02:29,00	02:37,00	02:25,00	4x100m
F	./. /. /. /. /. /. /. /. /.	04:25,00	03:55,00	4x200m F	./. /. /. /. /. /. /. /. /.	09:42,00	09:00,00	4x400m F	./. /. /. /. /. /. /. /. /.	04:00,00	03:40,00

Pflichtzeiten der NRW-Jahrgangs-Meisterschaften lange-Strecken: Lagen/FLagen/MFreistil/800 FFreistil/1500

M1998	6:20	6:30	11:35	22:10	1997	6:05	6:08	10:51	21:10	1996	6:00	5:51	10:33	20:20	1995	5:50	5:35
0	19:00	1993	5:50	5:20	10:25	18:45	1992/91	5:47	5:20	10:25	18:25	90 u. älter	5:45	5:15	10:25	18:25	

Pflichtzeiten der NRW-Masters-Meisterschaften mittlere und lange Strecken:

AK20253035404550556065707580Jahrg. 90-86 85-81 80-76 75-71 70-66 65-61 60-56 55-51 50-46 45-41 40-36 35-31
26 400m

LagenM6:156:306:507:157:458:209:009:4510:3511:3011:3011:3012:00F7:007:207:458:309:059:4510:3011:2012:1513:1513:1513:1514:15200m

SchmetterlingM3:003:253:303:353:403:454:004:104:254:505:105:456:40F3:253:303:503:554:004:154:304:505:105:356:056:407:40200m

RückenM3:003:103:203:253:303:404:004:104:254:505:105:406:30F3:253:303:353:403:454:004:204:405:055:255:556:207:
20200m

BrustM3:153:253:303:353:453:504:004:154:254:505:105:406:40F3:403:453:503:554:004:154:304:505:105:356:056:407:40400m

FreistilM5:455:556:106:256:406:557:157:308:008:159:009:3010:00F6:006:156:306:457:157:307:458:008:309:009:309:45
10:30800m FreistilF12:3013:0013:3014:0014:4015:1516:0016:4517:4518:3020:3021:3022:301500m

FreistilM21:3022:0022:3023:1524:3025:4026:3027:3028:3029:3031:0032:0033:30

Pflichtzeiten der NRW Kurzbahn-Meisterschaften 1996/F1995/F1994/F1994/M1993/M1992/MOffen/FOffen/M JEM-

Jg	JEM-Jg	50m F	00:30,70	00:29,80	00:29,80	00:26,50	00:25,80	00:25,80	00:29,00	00:25,00	100m
F	01:04,00	01:03,20	01:03,20	00:57,40	00:56,30	00:56,30	01:02,50	00:55,50	200m		
F	02:18,70	02:17,50	02:17,50	02:04,40	02:03,20	02:03,20	02:16,00	02:02,00	400m		
F	04:58,00	04:53,00	04:53,00	04:23,00	04:19,80	04:19,80	04:48,00	04:15,00	800/1500m		
F	10:10,00	10:00,00	10:00,00	17:38,00	17:25,00	17:25,00	09:50,00	17:00,00	50m		
B	00:37,50	00:37,00	00:37,00	00:33,60	00:32,80	00:32,80	00:36,50	00:32,00	100m		
B	01:19,00	01:18,40	01:18,40	01:12,30	01:11,30	01:11,30	01:18,00	01:10,00	200m		
B	02:54,00	02:52,30	02:52,30	02:38,20	02:37,00	02:37,00	02:50,00	02:35,00	50m		
R	00:34,80	00:34,10	00:34,10	00:31,40	00:30,70	00:30,70	00:33,50	00:30,00	100m		

R	01:12,80	01:11,70	01:11,70	01:04,90	01:03,90	01:03,90	01:10,50	01:03,00	200m							
R	02:34,90	02:32,90	02:32,90	02:23,20	02:20,90	02:20,90	02:31,00	02:19,00	50m							
S	00:33,00	00:32,20	00:32,20	00:29,00	00:28,10	00:28,10	00:31,50	00:27,50	100m							
S	01:11,40	01:10,20	01:10,20	01:02,50	01:01,50	01:01,50	01:09,00	01:00,50	200m							
S	02:39,00	02:37,00	02:37,00	02:22,20	02:19,80	02:19,80	02:35,00	02:18,00	100m							
L	01:14,40	01:13,20	01:13,20	01:05,90	01:04,90	01:04,90	01:12,00	01:04,00	200m							
L	02:36,40	02:34,80	02:34,80	02:21,90	02:20,00	02:20,00	02:33,00	02:18,00	400m							
L	05:36,00	05:35,00	05:35,00	05:12,00	05:06,00	05:06,00	05:30,00	05:00,00	4x50m F	/.	/.	/.	/.	/.	/.	/.
L	/.	/.	/.	/.	/.	/.	/.	/.								
				02:12,00	01:56,00											