

Pflichtzeiten Schwimmverband NRW 2009

Pflichtzeiten der NRW-Jahrgangs-Meisterschaften 1997/F1997/M1996/F1996/M1995/F1995/M1994/M1993/M50m

F	00:32,4	00:31,6	00:32,1	00:30,0	00:31,9	00:28,9	00:27,9	00:27,4	100m
F	01:11,0	01:12,0	01:08,0	01:07,0	01:07,0	01:04,0	01:01,0	00:59,0	200m
F	02:36,0	02:37,0	02:28,0	02:28,0	02:25,0	02:20,0	02:15,0	02:11,0	400m
F	05:25,0	05:30,0	05:12,0	05:10,0	05:08,0	05:03,0	04:54,0	04:43,0	50m
B	00:41,0	00:40,0	00:39,5	00:37,6	00:38,6	00:36,3	00:35,5	00:34,6	100m
B	01:32,0	01:35,0	01:29,0	01:28,0	01:26,0	01:22,0	01:20,0	01:19,0	200m
	03:19,0	03:20,0	03:09,0	03:10,0	03:05,0	03:00,0	02:54,0	02:52,0	50m
R	00:37,2	00:36,3	00:35,9	00:34,5	00:35,3	00:33,8	00:33,4	00:33,1	100m
R	01:23,0	01:25,0	01:20,0	01:18,0	01:17,0	01:15,0	01:12,0	01:10,0	200m
R	03:00,0	03:00,0	02:53,0	02:49,0	02:46,0	02:43,0	02:37,0	02:32,0	50 m
S	00:34,9	00:34,3	00:33,4	00:32,2	00:33,0	00:30,7	00:29,7	00:29,3	100m
S	01:26,0	01:30,0	01:20,0	01:22,0	01:18,0	01:15,0	01:10,0	01:08,0	200m
S	03:20,0	03:20,0	03:03,0	03:07,0	02:58,0	02:58,0	02:47,0	02:42,0	200m
L	02:56,0	03:00,0	02:51,0	02:48,0	02:48,0	02:41,0	02:35,0	02:31,0	

Pflichtzeiten der NRW-Meisterschaften 1994/F1993/F1992/F1992/M1991/F1991/M1990/F1990/MOffen/FOffen/M50m

F	00:30,0	00:29,3	00:29,2	00:26,5	00:29,0	00:26,0	00:29,0	00:26,0	00:28,5	00:25,4	100m		
F	01:06,0	01:05,5	01:05,5	00:58,5	01:04,0	00:58,0	01:04,0	00:58,0	01:02,5	00:56,5	200m		
F	02:22,0	02:20,0	02:20,0	02:08,0	02:20,0	02:06,0	02:20,0	02:06,0	02:15,0	02:04,0	400m		
F	05:06,0	05:04,0	05:02,0	04:30,0	05:02,0	04:25,0	05:02,0	04:25,0	04:50,0	04:22,0	50m		
B	00:37,5	00:37,5	00:37,5	00:33,4	00:37,5	00:33,0	00:37,5	00:33,0	00:37,0	00:32,0	100m		
B	01:27,0	01:26,0	01:25,0	01:16,5	01:24,0	01:16,0	01:24,0	01:16,0	01:22,0	01:14,0	200m		
B	03:05,0	03:04,0	03:04,0	02:48,0	03:03,0	02:48,0	03:03,0	02:48,0	02:58,0	02:43,0	50m		
R	00:34,5	00:34,5	00:34,0	00:32,0	00:33,3	00:31,1	00:33,0	00:31,1	00:33,0	00:29,2	100m		
R	01:16,0	01:16,0	01:16,0	01:08,5	01:15,0	01:08,0	01:15,5	01:08,0	01:13,0	01:06,5	200m		
R	02:43,0	02:42,0	02:42,0	02:30,0	02:40,0	02:28,0	02:40,0	02:28,0	02:37,0	02:24,0	50m		
S	00:32,0	00:31,8	00:31,5	00:28,5	00:31,2	00:28,0	00:31,2	00:28,0	00:31,0	00:27,0	100m		
S	01:15,5	01:14,5	01:14,0	01:06,0	01:14,0	01:04,0	01:14,0	01:04,0	01:12,0	01:03,0	200m		
S	02:55,0	02:54,0	02:48,0	02:35,0	02:42,0	02:28,0	02:42,0	02:28,0	02:40,0	02:25,0	200m		
L	02:41,5	02:41,0	02:40,0	02:29,5	02:40,0	02:29,0	02:40,0	02:29,0	02:37,0	02:25,0	4x100m		
F	./.	./.	./.	./.	./.	./.	./.	./.	./.	./.	09:42,0	09:00,0	4x100

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

M1997	6:20	6:30	11:35	22:10	1996	6:05	6:08	10:51	21:10	1995	6:00	5:51	10:33	20:20	1994	5:50	5:35	1
0	19:00	1992	5:50	5:20	10:25	18:45	1991/90	5:47	5:20	10:25	18:25	89 u. älter	5:45	5:15	10:25	18:25		

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

AK20253035404550556065707580Jahrg. 89-85 84-80 79-75 74-70 69-65 64-60 59-55 54-50 49-45 44-40 39-35 34-30 25 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

RückenM3:003:103:203:253:303:404:004:104:254:505:105:406:30F3:253:303:353:403:454:004:204:405:055:255:56:207:20200m

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

FreistilM5:455:556:106:256:406:557:157:308:008:159:009:3010:00F6:006:156:306:457:157:307:458:008:309:009:309:4510:30800m 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 1995/F1994/F1993/F1993/M1992/M1991/MOffen/FOffen/M50m

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											