

**Nordrhein-Westfälische Jahrgangs-Meisterschaften
der Jahrgänge 1998 – 1996 weiblich, 1998 - 1994 männlich
am 08. – 09. Mai 2010 in Warendorf**

4.2 Pflichtzeiten der NRW-Jahrgangs-Meisterschaften:

	1998/F	1998/M	1997/F	1997/M	1996/F	1996/M	1995/M	1994/M
50m F	0:32,40	0:31,60	0:32,10	0:30,00	0:31,90	0:28,90	0:27,90	0:27,40
100m F	1:11,00	1:12,00	1:08,00	1:07,00	1:07,00	1:04,00	1:01,00	0:59,00
200m F	2:36,00	2:37,00	2:28,00	2:28,00	2:25,00	2:20,00	2:15,00	2:11,00
400m F	5:25,00	5:30,00	5:12,00	5:10,00	5:08,00	5:03,00	4:54,00	4:43,00
50m B	0:41,00	0:40,00	0:39,50	0:37,60	0:38,60	0:36,30	0:35,50	0:34,60
100m B	1:32,00	1:35,00	1:29,00	1:28,00	1:26,00	1:22,00	1:20,00	1:19,00
200m B	3:19,00	3:20,00	3:09,00	3:10,00	3:05,00	3:00,00	2:54,00	2:52,00
50m R	0:37,20	0:36,30	0:35,90	0:34,50	0:35,30	0:33,80	0:33,40	0:33,10
100m R	1:23,00	1:25,00	1:20,00	1:18,00	1:17,00	1:15,00	1:12,00	1:10,00
200m R	3:00,00	3:00,00	2:53,00	2:49,00	2:46,00	2:43,00	2:37,00	2:32,00
50 m S	0:34,90	0:34,30	0:33,40	0:32,20	0:33,00	0:30,70	0:29,70	0:29,30
100m S	1:26,00	1:30,00	1:20,00	1:22,00	1:18,00	1:15,00	1:10,00	1:08,00
200m S	3:20,00	3:20,00	3:03,00	3:07,00	2:58,00	2:58,00	2:47,00	2:42,00
200m L	2:56,00	3:00,00	2:51,00	2:48,00	2:48,00	2:41,00	2:35,00	2:31,00

**Nordrhein-Westfälische Meisterschaften
und Jahrgangs-Meisterschaften
der Jahrgänge 1995 - 1991 weiblich und 1993 - 1991 männlich
am 15. - 16.05.2010 in Wuppertal**

4.2 Pflichtzeiten NRW-Meisterschaften:

	1995/F JEM-Jg	1994/F JEM-Jg	1993/F	1993/M JEM-Jg	1992/F	1992/M JEM-Jg	1991/F	1991/M	Offen/F	Offen/M
50m F	0:30,00	0:29,30	0:29,20	0:26,50	0:29,00	0:26,00	0:29,00	0:26,00	0:28,50	0:25,40
100m F	1:06,00	1:05,50	1:05,50	0:58,50	1:04,00	0:58,00	1:04,00	0:58,00	1:02,50	0:56,50
200m F	2:22,00	2:20,00	2:20,00	2:08,00	2:20,00	2:06,00	2:20,00	2:06,00	2:15,00	2:04,00
400m F	5:06,00	5:04,00	5:02,00	4:30,00	5:02,00	4:25,00	5:02,00	4:25,00	4:50,00	4:22,00
50m B	0:37,50	0:37,50	0:37,50	0:33,40	0:37,50	0:33,00	0:37,50	0:33,00	0:37,00	0:32,00
100m B	1:27,00	1:26,00	1:25,00	1:16,50	1:24,00	1:16,00	1:24,00	1:16,00	1:22,00	1:14,00
200m B	3:05,00	3:04,00	3:04,00	2:48,00	3:03,00	2:48,00	3:03,00	2:48,00	2:58,00	2:43,00
50m R	0:34,50	0:34,50	0:34,00	0:32,00	0:33,30	0:31,10	0:33,30	0:31,10	0:33,00	0:29,20
100m R	1:16,00	1:16,00	1:16,00	1:08,50	1:15,50	1:08,00	1:15,50	1:08,00	1:13,00	1:06,50
200m R	2:43,00	2:42,00	2:42,00	2:30,00	2:40,00	2:28,00	2:40,00	2:28,00	2:37,00	2:24,00
50m S	0:32,00	0:31,80	0:31,50	0:28,50	0:31,20	0:28,00	0:31,20	0:28,00	0:31,00	0:27,00
100m S	1:15,50	1:14,50	1:14,00	1:06,00	1:14,00	1:04,00	1:14,00	1:04,00	1:12,00	1:03,00
200m S	2:55,00	2:54,00	2:48,00	2:35,00	2:42,00	2:28,00	2:42,00	2:28,00	2:40,00	2:25,00
200m L	2:41,50	2:41,00	2:40,00	2:29,50	2:40,00	2:29,00	2:40,00	2:29,00	2:37,00	2:25,00
4x100m F	J.	J.	J.	J.	J.	J.	J.	J.	4:25,00	3:55,00
4x200m F	J.	J.	J.	J.	J.	J.	J.	J.	9:42,00	9:00,00
4x100m L	J.	J.	J.	J.	J.	J.	J.	J.	4:50,00	4:30,00

**Schwimmverband Nordrhein-Westfalen
Pflichtzeiten Meisterschaften 2011 (50m-Bahn)**

Stand: 22.01.2011

Weiblich

AK Jahrgang	12 1999	13 1998	14 1997	15 1996	16 1995	17 1994	18/19 93+92	20+ offen
50m F	0:32,4	0:31,2	0:30,8	0:30,4	0:30,0	0:29,6	0:29,3	0:28,9
100m F	1:11,0	1:08,0	1:06,5	1:05,5	1:05,0	1:05,0	1:04,5	1:03,0
200m F	2:35,0	2:26,0	2:23,0	2:22,0	2:21,0	2:21,0	2:20,0	2:18,0
400m F	5:27,0	5:12,0	5:06,0	5:02,0	4:59,0	4:59,0	4:59,0	4:55,0
800m F	11:29	10:54	10:35	10:31	10:30	10:27	10:26	10:11
50m B	0:41,7	0:40,3	0:39,4	0:38,9	0:38,3	0:38,3	0:38,3	0:37,5
100m B	1:31,5	1:28,5	1:26,5	1:25,5	1:24,5	1:24,5	1:23,5	1:22,0
200m B	3:17,0	3:10,0	3:06,0	3:03,0	3:00,0	3:00,0	3:00,0	3:00,0
50m S	0:35,1	0:33,7	0:33,1	0:32,6	0:32,4	0:32,1	0:31,9	0:31,5
100m S	1:22,0	1:17,5	1:16,0	1:15,0	1:14,5	1:14,0	1:14,0	1:12,5
200m S	3:08,0	2:57,0	2:52,0	2:49,0	2:48,0	2:47,0	2:46,0	2:42,0
50m R	0:37,8	0:36,4	0:35,8	0:35,3	0:34,9	0:34,5	0:34,3	0:33,9
100m R	1:22,0	1:18,5	1:17,0	1:16,0	1:15,5	1:15,5	1:15,5	1:14,0
200m R	2:58,0	2:49,0	2:45,0	2:43,0	2:42,0	2:42,0	2:41,0	2:38,0
200m L	2:57,0	2:51,0	2:47,0	2:46,0	2:44,0	2:42,0	2:41,0	2:39,0
400m L	6:21,0	6:07,0	6:00,0	5:53,0	5:52,0	5:51,0	5:50,0	5:45,0
4x 100 F								4:25,0
4x 200 F								9:42,0
4x 100 L								4:50,0

Männlich

AK Jahrgang	12 1999	13 1998	14 1997	15 1996	16 1995	17 1994	18/19 93+92	20+ offen
50m F	0:31,4	0:30,2	0:28,9	0:28,0	0:27,5	0:27,0	0:26,6	0:25,8
100m F	1:09,5	1:06,0	1:03,5	1:01,5	1:00,0	0:59,0	0:58,0	0:57,0
200m F	2:33,0	2:26,0	2:20,0	2:14,0	2:11,0	2:09,0	2:07,0	2:05,0
400m F	5:26,0	5:11,0	4:59,0	4:49,0	4:43,0	4:37,0	4:34,0	4:28,0
1500m F	22:12	20:51	19:59	19:38	19:07	18:52	18:40	18:06
50m B	0:40,2	0:37,9	0:36,6	0:35,6	0:35,1	0:34,2	0:33,8	0:32,6
100m B	1:32,0	1:26,5	1:22,0	1:20,0	1:18,0	1:17,0	1:15,5	1:14,0
200m B	3:18,0	3:07,0	2:57,0	2:54,0	2:51,0	2:48,0	2:46,0	2:44,0
50m S	0:34,4	0:32,6	0:31,2	0:30,2	0:29,6	0:29,1	0:28,7	0:27,9
100m S	1:23,5	1:17,5	1:12,5	1:08,5	1:06,5	1:05,5	1:04,5	1:03,0
200m S	3:07,0	2:55,0	2:45,0	2:39,0	2:35,0	2:33,0	2:32,0	2:27,0
50m R	0:36,7	0:35,0	0:33,4	0:32,5	0:31,8	0:31,5	0:30,8	0:29,7
100m R	1:21,5	1:17,0	1:13,5	1:11,5	1:09,5	1:08,5	1:08,0	1:05,0
200m R	2:57,0	2:47,0	2:40,0	2:35,0	2:31,0	2:28,0	2:26,0	2:23,0
200m L	2:55,0	2:45,0	2:39,0	2:35,0	2:31,0	2:29,0	2:26,0	2:24,0
400m L	6:20,0	5:56,0	5:43,0	5:31,0	5:31,0	5:21,0	5:21,0	5:12,0
4x 100 F								3:55,0
4x 200 F								9:00,0
4x 100 L								4:30,0

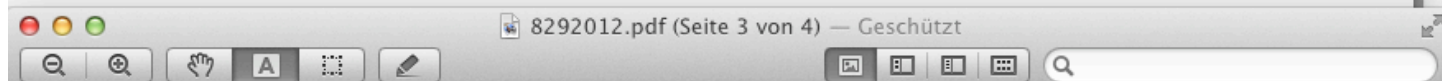
Sachbearbeiterin Wettkampfwesen
Petra Hein

Landestrainer Schwimmen
Jürgen Verhöltsdonk



4.2. Pflichtzeiten der NRW-Jahrgangs-Meisterschaften: **Bochum jüngere**

AK	12 / W	13 / W	14 / W	12 / M	13 / M	14 / M	15 / M	16 / M
Jahrgang	2000	1999	1998	2000	1999	1998	1997	1996
50m F	0:32,4	0:31,2	0:30,8	0:31,4	0:30,2	0:28,9	0:28,0	0:27,5
100m F	1:11,0	1:08,0	1:06,5	1:09,5	1:06,0	1:03,5	1:01,5	1:00,0
200m F	2:35,0	2:26,0	2:23,0	2:33,0	2:26,0	2:20,0	2:14,0	2:11,0
400m F	5:27,0	5:12,0	5:06,0	5:26,0	5:11,0	4:59,0	4:49,0	4:43,0
50m B	0:41,7	0:40,3	0:39,4	0:40,2	0:37,9	0:36,6	0:35,6	0:35,1
100m B	1:31,5	1:28,5	1:26,5	1:32,0	1:26,5	1:22,0	1:20,0	1:18,0
200m B	3:17,0	3:10,0	3:06,0	3:18,0	3:07,0	2:57,0	2:54,0	2:51,0
50m S	0:35,1	0:33,7	0:33,1	0:34,4	0:32,6	0:31,2	0:30,2	0:29,6
100m S	1:22,0	1:17,5	1:16,0	1:23,5	1:17,5	1:12,5	1:08,5	1:06,5
200m S	3:08,0	2:57,0	2:52,0	3:07,0	2:55,0	2:45,0	2:39,0	2:35,0
50m R	0:37,8	0:36,4	0:35,8	0:36,7	0:35,0	0:33,4	0:32,5	0:31,8
100m R	1:22,0	1:18,5	1:17,0	1:21,5	1:17,0	1:13,5	1:11,5	1:09,5
200m R	2:58,0	2:49,0	2:45,0	2:57,0	2:47,0	2:40,0	2:35,0	2:31,0
200m L	2:57,0	2:51,0	2:47,0	2:55,0	2:45,0	2:39,0	2:35,0	2:31,0



4.2. Pflichtzeiten NRW-Meisterschaften:

Wuppertal ältere

AK	15 / W	16 / W	17 / W	18/19 / W	20+ / W	17 / M	18/19 / M	20+ / M
Jahrgang	1997	1996	1995	94 + 93	offen	1995	94 + 93	offen
50m F	0:30,4	0:30,0	0:29,6	0:29,3	0:28,9	0:27,0	0:26,6	0:25,8
100m F	1:05,5	1:05,0	1:05,0	1:04,5	1:03,0	0:59,0	0:58,0	0:57,0
200m F	2:22,0	2:21,0	2:21,0	2:20,0	2:18,0	2:09,0	2:07,0	2:05,0
400m F	5:02,0	4:59,0	4:59,0	4:59,0	4:55,0	4:37,0	4:34,0	4:28,0
50m B	0:38,9	0:38,3	0:38,3	0:38,3	0:37,5	0:34,2	0:33,8	0:32,6
100m B	1:25,5	1:24,5	1:24,5	1:23,5	1:22,0	1:17,0	1:15,5	1:14,0
200m B	3:03,0	3:00,0	3:00,0	3:00,0	3:00,0	2:48,0	2:46,0	2:44,0
50m S	0:32,6	0:32,4	0:32,1	0:31,9	0:31,5	0:29,1	0:28,7	0:27,9
100m S	1:15,0	1:14,5	1:14,0	1:14,0	1:12,5	1:05,5	1:04,5	1:03,0
200m S	2:49,0	2:48,0	2:47,0	2:46,0	2:42,0	2:33,0	2:32,0	2:27,0
50m R	0:35,3	0:34,9	0:34,5	0:34,3	0:33,9	0:31,5	0:30,8	0:29,7
100m R	1:16,0	1:15,5	1:15,5	1:15,5	1:14,0	1:08,5	1:08,0	1:05,0
200m R	2:43,0	2:42,0	2:42,0	2:41,0	2:38,0	2:28,0	2:26,0	2:23,0
200m L	2:46,0	2:44,0	2:42,0	2:41,0	2:39,0	2:29,0	2:26,0	2:24,0
4x100m F	J.	J.	J.	J.	4:25,0	J.	J.	3:55,0
4x200m F	J.	J.	J.	J.	9:42,0	J.	J.	9:00,0
4x100m L	J.	J.	J.	J.	4:50,0	J.	J.	4:30,0

**Schwimmverband Nordrhein-Westfalen
Pflichtzeiten Meisterschaften 2013 (50m-Bahn)**

Stand: 17.01.2013

Weiblich

AK Jahrgang	12 2001	13 2000	14 1999	15 1998	16 1997	17 1996	18/19 95+94	20+ offen
50m F	0:32,4	0:31,2	0:30,8	0:30,4	0:30,0	0:29,6	0:29,3	0:28,9
100m F	1:11,0	1:08,0	1:06,5	1:05,5	1:05,0	1:05,0	1:04,5	1:03,0
200m F	2:35,0	2:26,0	2:23,0	2:22,0	2:21,0	2:21,0	2:20,0	2:18,0
400m F	5:27,0	5:12,0	5:06,0	5:02,0	4:59,0	4:59,0	4:59,0	4:55,0
800m F	11:29	10:54	10:35	10:31	10:30	10:27	10:26	10:11
50m B	0:41,7	0:40,3	0:39,4	0:38,9	0:38,3	0:38,3	0:38,3	0:37,5
100m B	1:31,5	1:28,5	1:26,5	1:25,5	1:24,5	1:24,5	1:23,5	1:22,0
200m B	3:17,0	3:10,0	3:06,0	3:03,0	3:00,0	3:00,0	3:00,0	3:00,0
50m S	0:35,1	0:33,7	0:33,1	0:32,6	0:32,4	0:32,1	0:31,9	0:31,5
100m S	1:22,0	1:17,5	1:16,0	1:15,0	1:14,5	1:14,0	1:14,0	1:12,5
200m S	3:08,0	2:57,0	2:52,0	2:49,0	2:48,0	2:47,0	2:46,0	2:42,0
50m R	0:37,8	0:36,4	0:35,8	0:35,3	0:34,9	0:34,5	0:34,3	0:33,9
100m R	1:22,0	1:18,5	1:17,0	1:16,0	1:15,5	1:15,5	1:15,5	1:14,0
200m R	2:58,0	2:49,0	2:45,0	2:43,0	2:42,0	2:42,0	2:41,0	2:38,0
200m L	2:57,0	2:51,0	2:47,0	2:46,0	2:44,0	2:42,0	2:41,0	2:39,0
400m L	6:21,0	6:07,0	6:00,0	5:53,0	5:52,0	5:51,0	5:50,0	5:45,0
4x 100 F								4:25,0
4x 200 F								9:42,0
4x 100 L								4:50,0

Männlich

AK Jahrgang	12 2001	13 2000	14 1999	15 1998	16 1997	17 1996	18/19 95+94	20+ offen
50m F	0:31,4	0:30,2	0:28,9	0:28,0	0:27,5	0:27,0	0:26,6	0:25,8
100m F	1:09,5	1:06,0	1:03,5	1:01,5	1:00,0	0:59,0	0:58,0	0:57,0
200m F	2:33,0	2:26,0	2:20,0	2:14,0	2:11,0	2:09,0	2:07,0	2:05,0
400m F	5:26,0	5:11,0	4:59,0	4:49,0	4:43,0	4:37,0	4:34,0	4:28,0
1500m F	22:12	20:51	19:59	19:38	19:07	18:52	18:40	18:06
50m B	0:40,2	0:37,9	0:36,6	0:35,6	0:35,1	0:34,2	0:33,8	0:32,6
100m B	1:32,0	1:26,5	1:22,0	1:20,0	1:18,0	1:17,0	1:15,5	1:14,0
200m B	3:18,0	3:07,0	2:57,0	2:54,0	2:51,0	2:48,0	2:46,0	2:44,0
50m S	0:34,4	0:32,6	0:31,2	0:30,2	0:29,6	0:29,1	0:28,7	0:27,9
100m S	1:23,5	1:17,5	1:12,5	1:08,5	1:06,5	1:05,5	1:04,5	1:03,0
200m S	3:07,0	2:55,0	2:45,0	2:39,0	2:35,0	2:33,0	2:32,0	2:27,0
50m R	0:36,7	0:35,0	0:33,4	0:32,5	0:31,8	0:31,5	0:30,8	0:29,7
100m R	1:21,5	1:17,0	1:13,5	1:11,5	1:09,5	1:08,5	1:08,0	1:05,0
200m R	2:57,0	2:47,0	2:40,0	2:35,0	2:31,0	2:28,0	2:26,0	2:23,0
200m L	2:55,0	2:45,0	2:39,0	2:35,0	2:31,0	2:29,0	2:26,0	2:24,0
400m L	6:20,0	5:56,0	5:43,0	5:31,0	5:31,0	5:21,0	5:21,0	5:12,0
4x 100 F								3:55,0
4x 200 F								9:00,0
4x 100 L								4:30,0

Jürgen Verhölsson
Landestrainer Schwimmen

**Schwimmverband Nordrhein-Westfalen
Pflichtzeiten Meisterschaften 2014 (50m-Bahn)**

Stand: 03.12.2013

Weiblich

AK Jahrgang	12 2002	13 2001	14 2000	15 1999	16 1998	17 1997	18/19 96+95	20+ offen
50m F	0:32,4	0:31,2	0:30,8	0:30,4	0:30,0	0:29,6	0:29,3	0:28,9
100m F	1:11,0	1:08,0	1:06,5	1:05,5	1:05,0	1:05,0	1:04,5	1:03,0
200m F	2:35,0	2:26,0	2:23,0	2:22,0	2:21,0	2:21,0	2:20,0	2:18,0
400m F	5:27,0	5:12,0	5:06,0	5:02,0	4:59,0	4:59,0	4:59,0	4:55,0
800m F	11:29	10:54	10:35	10:31	10:30	10:27	10:26	10:11
50m B	0:41,7	0:40,3	0:39,4	0:38,9	0:38,3	0:38,3	0:38,3	0:37,5
100m B	1:31,5	1:28,5	1:26,5	1:25,5	1:24,5	1:24,5	1:23,5	1:22,0
200m B	3:17,0	3:10,0	3:06,0	3:03,0	3:00,0	3:00,0	3:00,0	3:00,0
50m S	0:35,1	0:33,7	0:33,1	0:32,6	0:32,4	0:32,1	0:31,9	0:31,5
100m S	1:22,0	1:17,5	1:16,0	1:15,0	1:14,5	1:14,0	1:14,0	1:12,5
200m S	3:08,0	2:57,0	2:52,0	2:49,0	2:48,0	2:47,0	2:46,0	2:42,0
50m R	0:37,8	0:36,4	0:35,8	0:35,3	0:34,9	0:34,5	0:34,3	0:33,9
100m R	1:22,0	1:18,5	1:17,0	1:16,0	1:15,5	1:15,5	1:15,5	1:14,0
200m R	2:58,0	2:49,0	2:45,0	2:43,0	2:42,0	2:42,0	2:41,0	2:38,0
200m L	2:57,0	2:51,0	2:47,0	2:46,0	2:44,0	2:42,0	2:41,0	2:39,0
400m L	6:21,0	6:07,0	6:00,0	5:53,0	5:52,0	5:51,0	5:50,0	5:45,0
4x 100 F								4:25,0
4x 200 F								9:42,0
4x 100 L								4:50,0

Männlich

AK Jahrgang	12 2002	13 2001	14 2000	15 1999	16 1998	17 1997	18/19 96+95	20+ offen
50m F	0:31,4	0:30,2	0:28,9	0:28,0	0:27,5	0:27,0	0:26,6	0:25,8
100m F	1:09,5	1:06,0	1:03,5	1:01,5	1:00,0	0:59,0	0:58,0	0:57,0
200m F	2:33,0	2:26,0	2:20,0	2:14,0	2:11,0	2:09,0	2:07,0	2:05,0
400m F	5:26,0	5:11,0	4:59,0	4:49,0	4:43,0	4:37,0	4:34,0	4:28,0
1500m F	22:12	20:51	19:59	19:38	19:07	18:52	18:40	18:06
50m B	0:40,2	0:37,9	0:36,6	0:35,6	0:35,1	0:34,2	0:33,8	0:32,6
100m B	1:32,0	1:26,5	1:22,0	1:20,0	1:18,0	1:17,0	1:15,5	1:14,0
200m B	3:18,0	3:07,0	2:57,0	2:54,0	2:51,0	2:48,0	2:46,0	2:44,0
50m S	0:34,4	0:32,6	0:31,2	0:30,2	0:29,6	0:29,1	0:28,7	0:27,9
100m S	1:23,5	1:17,5	1:12,5	1:08,5	1:06,5	1:05,5	1:04,5	1:03,0
200m S	3:07,0	2:55,0	2:45,0	2:39,0	2:35,0	2:33,0	2:32,0	2:27,0
50m R	0:36,7	0:35,0	0:33,4	0:32,5	0:31,8	0:31,5	0:30,8	0:29,7
100m R	1:21,5	1:17,0	1:13,5	1:11,5	1:09,5	1:08,5	1:08,0	1:05,0
200m R	2:57,0	2:47,0	2:40,0	2:35,0	2:31,0	2:28,0	2:26,0	2:23,0
200m L	2:55,0	2:45,0	2:39,0	2:35,0	2:31,0	2:29,0	2:26,0	2:24,0
400m L	6:20,0	5:56,0	5:43,0	5:31,0	5:31,0	5:21,0	5:21,0	5:12,0
4x 100 F								3:55,0
4x 200 F								9:00,0
4x 100 L								4:30,0

Jürgen Verhöltsdonk
Landestrainer Schwimmen

Schwimmverband Nordrhein-Westfalen
Pflichtzeiten Meisterschaften 2015 (50m-Bahn)

Stand: 08.01.2015

Weiblich

AK Jahrgang	12 2003	13 2002	14 2001	15 2000	16 1999	17 1998	18/19 97+96	20+ offen
50m F	0:32,4	0:31,2	0:30,8	0:30,4	0:30,0	0:29,6	0:29,3	0:28,9
100m F	1:11,0	1:08,0	1:06,5	1:05,5	1:05,0	1:05,0	1:04,5	1:03,0
200m F	2:35,0	2:26,0	2:23,0	2:22,0	2:21,0	2:21,0	2:20,0	2:18,0
400m F	5:27,0	5:12,0	5:06,0	5:02,0	4:59,0	4:59,0	4:59,0	4:55,0
800m F	11:29	10:54	10:35	10:31	10:30	10:27	10:26	10:11
50m B	0:41,7	0:40,3	0:39,4	0:38,9	0:38,3	0:38,3	0:38,3	0:37,5
100m B	1:31,5	1:28,5	1:26,5	1:25,5	1:24,5	1:24,5	1:23,5	1:22,0
200m B	3:17,0	3:10,0	3:06,0	3:03,0	3:00,0	3:00,0	3:00,0	3:00,0
50m S	0:35,1	0:33,7	0:33,1	0:32,6	0:32,4	0:32,1	0:31,9	0:31,5
100m S	1:22,0	1:17,5	1:16,0	1:15,0	1:14,5	1:14,0	1:14,0	1:12,5
200m S	3:08,0	2:57,0	2:52,0	2:49,0	2:48,0	2:47,0	2:46,0	2:42,0
50m R	0:37,8	0:36,4	0:35,8	0:35,3	0:34,9	0:34,5	0:34,3	0:33,9
100m R	1:22,0	1:18,5	1:17,0	1:16,0	1:15,5	1:15,5	1:15,5	1:14,0
200m R	2:58,0	2:49,0	2:45,0	2:43,0	2:42,0	2:42,0	2:41,0	2:38,0
200m L	2:57,0	2:51,0	2:47,0	2:46,0	2:44,0	2:42,0	2:41,0	2:39,0
400m L	6:21,0	6:07,0	6:00,0	5:53,0	5:52,0	5:51,0	5:50,0	5:45,0
4x 100 F								4:25,0
4x 200 F								9:42,0
4x 100 L								4:50,0

Männlich

AK Jahrgang	12 2003	13 2002	14 2001	15 2000	16 1999	17 1998	18/19 97+96	20+ offen
50m F	0:31,4	0:30,2	0:28,9	0:28,0	0:27,5	0:27,0	0:26,6	0:25,8
100m F	1:09,5	1:06,0	1:03,5	1:01,5	1:00,0	0:59,0	0:58,0	0:57,0
200m F	2:33,0	2:26,0	2:20,0	2:14,0	2:11,0	2:09,0	2:07,0	2:05,0
400m F	5:26,0	5:11,0	4:59,0	4:49,0	4:43,0	4:37,0	4:34,0	4:28,0
1500m F	22:12	20:51	19:59	19:38	19:07	18:52	18:40	18:06
50m B	0:40,2	0:37,9	0:36,6	0:35,6	0:35,1	0:34,2	0:33,8	0:32,6
100m B	1:32,0	1:26,5	1:22,0	1:20,0	1:18,0	1:17,0	1:15,5	1:14,0
200m B	3:18,0	3:07,0	2:57,0	2:54,0	2:51,0	2:48,0	2:46,0	2:44,0
50m S	0:34,4	0:32,6	0:31,2	0:30,2	0:29,6	0:29,1	0:28,7	0:27,9
100m S	1:23,5	1:17,5	1:12,5	1:08,5	1:06,5	1:05,5	1:04,5	1:03,0
200m S	3:07,0	2:55,0	2:45,0	2:39,0	2:35,0	2:33,0	2:32,0	2:27,0
50m R	0:36,7	0:35,0	0:33,4	0:32,5	0:31,8	0:31,5	0:30,8	0:29,7
100m R	1:21,5	1:17,0	1:13,5	1:11,5	1:09,5	1:08,5	1:08,0	1:05,0
200m R	2:57,0	2:47,0	2:40,0	2:35,0	2:31,0	2:28,0	2:26,0	2:23,0
200m L	2:55,0	2:45,0	2:39,0	2:35,0	2:31,0	2:29,0	2:26,0	2:24,0
400m L	6:20,0	5:56,0	5:43,0	5:31,0	5:31,0	5:21,0	5:21,0	5:12,0
4x 100 F								3:55,0
4x 200 F								9:00,0
4x 100 L								4:30,0

Jürgen Verhölssonk
Landestrainer Schwimmen

**Schwimmverband Nordrhein-Westfalen
Pflichtzeiten Meisterschaften 2016 (50m-Bahn)**

Stand: 15.01.2016

Weiblich

AK Jahrgang	12 2004	13 2003	14 2002	15 2001	16 2000	17 1999	18/19 98+97	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 2004	13 2003	14 2002	15 2001	16 2000	17 1999	18/19 98+97	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

Jürgen Verhöltsdonk
Landestrainer Schwimmen