

## E-Kader-Normen 2016/2017

### Normzeiten - weiblich

AK (Jg.)	Grundlage: 1000 Pkt-Tab. FINA 2015, 50m-B.	50 KrBei	50 F	100 F	200 F	400 F	50 RüBei	50 R	100 R	200 R	50 BrBei	50 B	100 B	200 B	50 DeBei	50 S	100 S	100 Lg	200 Lg
Jg. 2005 (AK 11)	325 (200-400 - 20P, 1S/2L - 25P)	0:52,50	0:34,51	1:15,73	2:47,84	5:54,84	0:55,00	0:39,35	1:24,53	3:04,30	0:56,50	0:42,87	1:33,59	3:26,66	0:56,50	0:36,46	1:23,62	~	3:08,44
Jg. 2006 (AK 10)	245 (S, 200m - 25P)	0:55,00	0:37,92	1:23,21	3:07,15	~	0:57,50	0:43,24	1:32,88	~	0:59,00	0:47,11	1:42,83	~	0:59,00	0:41,52	1:32,73	~	3:28,96
Jg. 2007 (AK 9)	175 (S -25P)	0:57,50	0:42,42	~	~	~	1:00,00	0:48,37	~	~	1:01,50	0:52,70	~	~	1:01,50	0:47,18	~	1:42,70	~

### Normzeiten - männlich

AK (Jg.)	Grundlage: 1000 Pkt-Tab. FINA 2015, 50m-B.	50 KrBei	50 F	100 F	200 F	400 F	50 RüBei	50 R	100 R	200 R	50 BrBei	50 B	100 B	200 B	50 DeBei	50 S	100 S	100 Lg	200 Lg
Jg. 2004 (AK 12)	295 (S, 200- 400m -15P)	0:50,00	0:31,41	1:10,46	2:35,91	5:36,38	0:52,50	0:36,11	1:18,02	2:51,07	0:54,00	0:39,98	1:27,81	3:14,14	0:54,00	0:34,28	1:16,15	~	2:54,25
Jg. 2005 (AK 11)	230 (S -20P, 200L -15P.)	0:52,50	0:34,12	1:16,56	2:46,47	5:59,18	0:55,00	0:39,23	1:24,77	3:02,66	0:56,50	0:43,44	1:35,41	3:27,29	0:56,50	0:37,73	1:23,81	~	3:10,29
Jg. 2006 (AK 10)	175 (S -25P, 200-400m -15P)	0:55,00	0:37,38	1:23,86	3:07,88	~	0:57,50	0:42,97	1:32,85	~	0:59,00	0:47,59	1:44,51	~	0:59,00	0:42,21	1:33,76	~	3:29,98
Jg. 2007 (AK 9)	130 (S -25P)	0:57,50	0:41,27	~	~	~	1:00,00	0:47,45	~	~	1:01,50	0:52,54	~	~	1:01,50	0:47,54	~	1:40,10	~