

Tabelle 1

DSV D - KADERNORMEN - WASSERBALL 2020 Testabnahme im Herbst 2019									
	Kaderstufe	D4	D3	D3	D2	D2	D1	D1	D1
	Jahrgang	2001/02	2003	2004	2005	2006	2007	2008	2009
	Altersklasse	U19	U17	U16	U15	U14	U13	U12	U11
1.	15m Spurt Start ohne Wand [s]	8,0	8,5	9,0	9,5	10,0	10,5	11,5	13,0
2.	25m Kraul mit Ball [s]	13,6	14,0	14,5	15,5	17,0	18,5	20,5	24,0
3.	25m Kraul [s]	13,2	13,5	14,0	15,0	16,0	17,5	19,0	21,0
4.	50m Kraul [s]	28,5	29,0	29,5	30,5	33,5	37,0	42,0	50
5.	100m Freistil [s]	63	64	66	70	75	83	95	110
6.	400m Freistil [s]	300	310	320	340	360			
6. a)	200m Freistil [s]						190	(205)	(230)
7.	25m Kraulbeine	24,0	24,5	25,0	26,0	27,0	28,0	30,0	40,0
8.	25m Brustbeine	23,0	24,0	24,5	25,0	26,0	30,0	35,0	42,0
9.	25m Wassertreten	25,0	26,0	27,0	28,0	30,0	32,0	34,5	37,0
10.	Wassertreten mit Gewicht [s]	15 (10kg)	10 (kg)	5 (10kg)	25 (5kg)	15 (5kg)	10 (5kg)	3 (5kg)	60 (ohne)