

Kadernormen Sächsischer Triathlon Verband - Saison 2023/24



mnl.	Jg.	AK	Schwimmen				Lauf			Athletik
			50m Freistil	200m Komplex*	400m Freistil	800m Freistil	1.000m	3.000m	5.000m	Bourbantest
10	2014	SchB jung	00:39,0	04:00,0	x	x	04:00,0	x	x	01:45,0
11	2013	SchB alt	00:38,0	03:55,0	x	x	03:55,0	x	x	01:45,0
12	2012	SchA jung	00:37,0	03:50,0	x	x	03:50,0	x	x	02:00,0
13	2011	SchA alt	00:36,0	03:45,0	x	x	03:40,0	x	x	02:00,0
14	2010	JugB jung	00:34,0	x	06:00,0	x	x	11:00,0	x	02:00,0
15	2009	JugB alt	00:31,0	x	05:25,0	x	x	10:30,0	x	02:00,0
16	2008	Jug A jung	00:30,0	x	05:05,0	10:40,0	x	10:10,0	18:00,0	02:30,0
17	2007	Jug A alt	00:29,5	x	04:55,0	10:10,0	x	09:50,0	17:00,0	02:30,0
18	2006	Jun jung	00:29,0	x	04:45,0	09:55,0	x	09:30,0	16:40,0	02:30,0
19	2005	Jun alt	00:28,5	x	04:40,0	09:40,0	x	09:15,0	16:20,0	02:30,0
20	2004	U23	00:28,0	x	x	09:35,0	x	09:15,0	16:20,0	02:30,0
21	2003	U23	00:27,5	x	x	09:25,0	x	09:10,0	16:15,0	02:30,0
22	2002	U23	00:27,0	x	x	09:20,0	x	09:05,0	16:00,0	02:30,0
23	2001	U23	00:27,0	x	x	09:15,0	x	09:00,0	15:45,0	02:30,0

wbl.	Jg.	AK	Schwimmen				Lauf			Athletik
			50m Freistil	200m Komplex*	400m Freistil	800m Freistil	1.000m	3.000m	5.000m	Bourbantest
10	2014	SchB jung	00:39,0	04:00,0	x	x	04:40,0	x	x	01:30,0
11	2013	SchB alt	00:38,0	03:50,0	x	x	04:30,0	x	x	01:30,0
12	2012	SchA jung	00:37,0	03:45,0	x	x	04:20,0	x	x	01:45,0
13	2011	SchA alt	00:36,0	03:35,0	x	x	04:00,0	x	x	01:45,0
14	2010	JugB jung	00:35,0	x	06:10,0	x	x	12:00,0	x	01:45,0
15	2009	JugB alt	00:33,5	x	05:45,0	x	x	11:40,0	x	02:00,0
16	2008	Jug A jung	00:32,5	x	05:25,0	11:10,0	x	11:25,0	20:00,0	02:30,0
17	2007	Jug A alt	00:31,5	x	05:15,0	10:55,0	x	11:00,0	19:40,0	02:30,0
18	2006	Jun jung	00:31,0	x	05:05,0	10:45,0	x	10:45,0	19:20,0	02:30,0
19	2005	Jun alt	00:30,5	x	05:00,0	10:25,0	x	10:30,0	19:00,0	02:30,0
20	2004	U23	00:30,0	x	x	10:10,0	x	10:30,0	19:00,0	02:30,0
21	2003	U23	00:30,0	x	x	10:00,0	x	10:25,0	18:40,0	02:30,0
22	2002	U23	00:29,5	x	x	09:50,0	x	10:20,0	18:30,0	02:30,0
23	2001	U23	00:29,5	x	x	09:40,0	x	10:15,0	18:20,0	02:30,0

SchB	Erfüllung von mindestens 3 von 4 Normen für Grundlagenkader
ab SchA	Erfüllung von 4 Normen für Grundlagenkader
ab JugB alt	Erfüllung von 4 Normen für Landeskader 1/2

*200m Komplex: je 50m Kraulbeine mit Brett/Brust/Kraul einarmig 25m~/Kraul