

Kadernormen Sächsischer Triathlon Verband - Saison 2022/23



mnl.	Jg.	AK	Schwimmen							Lauf				
			25m Freistil	50m Freistil	50m Brust	50m Kraulbeine	200m Komplex*	400m Freistil	800m Freistil	60m	100m	1.000m	3.000m	5.000m
12	2011	SchA	00:18,0	x	x	x	03:50,0	x	x	00:10,2	x	03:55,0	x	x
13	2010	SchA	00:17,0	x	x	x	03:35,0	x	x	00:09,7	x	03:45,0	x	x
14	2009	JugB jung	x	00:34,0	x	x	x	05:45,0	x	x	00:14,5	03:35,0	11:35,0	x
15	2008	JugB alt	x	00:32,0	x	x	x	05:25,0	x	x	00:14,0	03:25,0	11:10,0	x
16	2007	Jug A jung	x	00:30,5	x	x	x	05:15,0	10:45,0	x	00:13,5	x	10:45,0	18:00,0
17	2006	Jug A alt	x	00:30,0	x	x	x	05:05,0	10:25,0	x	00:13,2	x	10:25,0	17:30,0
18	2005	Jun jung	x	00:29,0	x	x	x	04:55,0	10:05,0	x	00:13,0	x	10:10,0	17:00,0
19	2004	Jun alt	x	00:28,0	x	x	x	04:45,0	09:55,0	x	00:12,8	x	09:55,0	16:45,0
20	2003	U23	x	00:27,5	x	x	x	x	09:35,0	x	00:12,5	x	09:45,0	16:30,0
21	2002	U23	x	00:27,5	x	x	x	x	09:25,0	x	00:12,5	x	09:36,0	16:15,0
22	2001	U23	x	00:27,0	x	x	x	x	09:20,0	x	00:12,5	x	09:27,0	16:00,0
23	2000	U23	x	00:27,0	x	x	x	x	09:15,0	x	00:12,0	x	09:20,0	15:45,0

wbl.	Jg.	AK	Schwimmen							Lauf				
			25m Freistil	50m Freistil	50m Brust	50m Kraulbeine	200m Komplex*	400m Freistil	800m Freistil	60m	100m	1.000m	3.000m	5.000m
12	2011	SchA	00:18,5	x	x	x	03:50,0	x	x	00:10,6	x	04:20,0	x	x
13	2010	SchA	00:17,5	x	x	x	03:35,0	x	x	00:10,1	x	04:10,0	x	x
14	2009	JugB jung	x	00:35,0	x	x	x	06:00,0	x	x	00:15,7	04:00,0	12:30,0	x
15	2008	JugB alt	x	00:34,0	x	x	x	05:40,0	x	x	00:15,5	03:50,0	12:20,0	x
16	2007	Jug A jung	x	00:33,5	x	x	x	05:30,0	11:10,0	x	00:15,2	x	12:10,0	20:45,0
17	2006	Jug A alt	x	00:33,0	x	x	x	05:20,0	10:50,0	x	00:14,9	x	11:55,0	20:00,0
18	2005	Jun jung	x	00:32,0	x	x	x	05:10,0	10:30,0	x	00:14,5	x	11:35,0	19:30,0
19	2004	Jun alt	x	00:31,5	x	x	x	05:00,0	10:20,0	x	00:14,2	x	11:15,0	19:00,0
20	2003	U23	x	00:30,0	x	x	x	x	10:00,0	x	00:14,0	x	11:05,0	18:50,0
21	2002	U23	x	00:30,0	x	x	x	x	09:50,0	x	00:14,0	x	11:00,0	18:40,0
22	2001	U23	x	00:29,5	x	x	x	x	09:45,0	x	00:14,0	x	10:55,0	18:30,0
23	2000	U23	x	00:29,5	x	x	x	x	09:40,0	x	00:13,5	x	10:50,0	18:20,0

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

Schüler A	Erfüllung von mindestens 3 von 4 Normen für Grundlagenkader
ab Jugend B	Erfüllung von 4 Normen für Landeskader 1/2