

Kadernormen STV 2018/2019

männlich	Schwimmen							Lauf				
	25m F	50m F	50m B	50m KB	200m Komplex	400m F	800m F	60m	100m	1000m	3000m	5000m
8 / 9	00:25,0	x	01:00,0	01:10,0	x	x	x	00:11,8	x	04:30,0	x	x
10 / 11	00:23,0	x	x	x	04:10,0	x	x	00:11,3	x	04:05,0	x	x
12	00:18,0	x	x	x	03:50,0	x	x	00:10,2	x	03:55,0	x	x
13	00:17,0	x	x	x	03:35,0	x	x	00:09,7	x	03:45,0	x	x
14	x	00:34,0	x	x	x	05:45,0	x	x	00:14,5	03:35,0	11:35,0	x
15	x	00:32,0	x	x	x	05:20,0	x	x	00:14,0	03:25,0	11:10,0	x
16	x	00:30,5	x	x	x	05:10,0	x	x	00:13,5	x	10:45,0	x
17	x	00:30,0	x	x	x	05:03,0	x	x	00:13,2	x	10:25,0	x
18	x	00:29,0	x	x	x	04:56,0	10:05,0	x	00:13,0	x	10:10,0	17:00,0
19	x	00:28,0	x	x	x	04:48,0	09:55,0	x	00:12,8	x	09:55,0	16:45,0
20	x	00:27,5	x	x	x	x	09:35,0	x	00:12,5	x	09:45,0	16:30,0
21	x	00:27,5	x	x	x	x	09:25,0	x	00:12,5	x	09:36,0	16:15,0
22	x	00:27,5	x	x	x	x	09:15,0	x	00:12,5	x	09:27,0	16:00,0
23	x	00:27,5	x	x	x	x	09:15,0	x	00:12,5	x	09:20,0	15:45,0
weiblich	Schwimmen							Lauf				
	25m F	50m F	50m B	50m KB	200m Komplex	400m F	800m F	60m	100m	1000m	3000m	5000m
8 / 9	00:25,0	x	01:00,0	01:10,0	x	x	x	00:12,0	x	04:45,0	x	x
10 / 11	00:24,0	x	x	x	04:10,0	x	x	00:11,6	x	04:30,0	x	x
12	00:18,5	x	x	x	03:50,0	x	x	00:10,6	x	04:20,0	x	x
13	00:17,5	x	x	x	03:35,0	x	x	00:10,1	x	04:10,0	x	x
14	x	00:35,0	x	x	x	06:05,0	x	x	00:15,7	04:00,0	12:30,0	x
15	x	00:34,0	x	x	x	05:45,0	x	x	00:15,5	03:55,0	12:20,0	x
16	x	00:33,5	x	x	x	05:30,0	x	x	00:15,2	x	12:10,0	x
17	x	00:33,0	x	x	x	05:20,0	x	x	00:14,9	x	11:55,0	x
18	x	00:32,0	x	x	x	05:13,0	10:46,0	x	00:14,5	x	11:35,0	19:30,0
19	x	00:31,5	x	x	x	05:05,0	10:36,0	x	00:14,2	x	11:15,0	19:00,0
20	x	00:31,0	x	x	x	x	10:15,0	x	00:14,0	x	11:05,0	18:50,0
21	x	00:31,0	x	x	x	x	10:05,0	x	00:14,0	x	11:00,0	18:40,0
22	x	00:31,0	x	x	x	x	09:55,0	x	00:14,0	x	10:55,0	18:30,0
23	x	00:31,0	x	x	x	x	09:55,0	x	00:14,0	x	10:50,0	18:20,0