



## 8. Kadernormen

### 8.1 Männer

#### Kadernormen (Zeiten für 2010-2011) Männer

Basiswert	101,0%	104,0%	105,5%	108,0%	110,0%	112,0%	114,0%	118,0%	126,0%	
Strecke	Basiswert Norm offene Kl.	Übergang 18/19 J.	Junioren 17 J.	Junioren 16 J.	D/C-Kader 16 J.	D/C-Kader 15 J.	D4-Kader 15 J.	D4-Kader 14 J.	D3-Kader 14 J.	D3-Kader 13 J.
50m F	00:22,37	00:22,59	00:23,26	00:23,60	00:24,16	00:24,61	00:25,05	00:25,50	00:26,40	
100m F	00:49,09	00:49,58	00:51,05	00:51,79	00:53,02	00:54,00	00:54,98	00:55,96	00:57,93	01:01,85
200m F	01:48,02	01:49,10	01:52,34	01:53,96	01:56,66	01:58,82	02:00,98	02:03,14	02:07,46	02:16,11
400m F	03:50,67	03:52,98	03:59,90	04:03,36	04:09,12	04:13,74	04:18,35	04:22,96	04:32,19	04:50,64
800m F	07:54,95	07:59,70	08:13,95	08:21,07	08:32,95	08:42,45	08:51,94	09:01,44	09:20,44	09:58,44
1500m F	15:18,58	15:27,77	15:55,32	16:09,10	16:32,07	16:50,44	17:08,81	17:27,18	18:03,92	19:17,41
50m R	00:25,49	00:25,74	00:26,51	00:26,89	00:27,53					
100m R	00:54,99	00:55,54	00:57,19	00:58,01	00:59,39	01:00,49	01:01,59	01:02,69	01:04,89	01:09,29
200m R	01:59,77	02:00,97	02:04,56	02:06,36	02:09,35	02:11,75	02:14,14	02:16,54	02:21,33	02:30,91
50m B	00:27,98	00:28,26	00:29,10	00:29,52	00:30,22					
100m B	01:01,49	01:02,10	01:03,95	01:04,87	01:06,41	01:07,64	01:08,87	01:10,10	01:12,56	01:17,48
200m B	02:13,11	02:14,44	02:18,43	02:20,43	02:23,76	02:26,42	02:29,08	02:31,75	02:37,07	02:47,72
50m S	00:23,83	00:24,07	00:24,78	00:25,14	00:25,74					
100m S	00:52,62	00:53,15	00:54,72	00:55,51	00:56,83	00:57,88	00:58,93	00:59,99	01:02,09	01:06,30
200m S	01:58,62	01:59,81	02:03,36	02:05,14	02:08,11	02:10,48	02:12,85	02:15,23	02:19,97	02:29,46
200m L	02:01,83	02:03,05	02:06,70	02:08,53	02:11,58	02:14,01	02:16,45	02:18,89	02:23,76	02:33,51
400m L	04:19,95	04:22,55	04:30,35	04:34,25	04:40,75	04:45,94	04:51,14	04:56,34	05:06,74	05:27,54

### 8.2 Frauen

#### Kadernormen (Zeiten für 2010-2011) Frauen

Basiswert	101,0%	104,0%	105,5%	108,0%	110,0%	112,0%	116,0%	121,0%	126,0%	
Strecke	Basiswert Norm offene Kl.	Übergang 16/17 J.	Junioren 15 J.	Junioren 14 J.	D/C-Kader 14 J.	D/C-Kader 13 J.	D4-Kader 13 J.	D4-Kader 12 J.	D3-Kader 12 J.	D3-Kader 11 J.
50m F	00:25,37	00:25,62	00:26,38	00:26,77	00:27,40	00:27,91	00:28,41	00:29,43	00:30,70	
100m F	00:55,04	00:55,59	00:57,24	00:58,07	00:59,44	01:00,54	01:01,64	01:03,85	01:06,60	01:09,35
200m F	01:58,90	02:00,09	02:03,66	02:05,44	02:08,41	02:10,79	02:13,17	02:17,92	02:23,87	02:29,81
400m F	04:11,36	04:13,87	04:21,41	04:25,18	04:31,47	04:36,50	04:41,52	04:51,58	05:04,15	05:16,71
800m F	08:36,92	08:42,09	08:57,60	09:05,35	09:18,27	09:28,61	09:38,95	09:59,63	10:25,47	10:51,32
1500m F	16:20,79	16:30,60	17:00,02	17:14,73	17:39,25	17:58,87	18:18,48	18:57,72	19:46,76	20:35,80
50m R	00:28,87	00:29,16	00:30,02	00:30,46	00:31,18					
100m R	01:01,34	01:01,95	01:03,79	01:04,71	01:06,25	01:07,47	01:08,70	01:11,15	01:14,22	01:17,29
200m R	02:12,28	02:13,60	02:17,57	02:19,56	02:22,86	02:25,51	02:28,15	02:33,44	02:40,06	02:46,67
50m B	00:31,44	00:31,75	00:32,70	00:33,17	00:33,96					
100m B	01:08,97	01:09,66	01:11,73	01:12,76	01:14,49	01:15,87	01:17,25	01:20,01	01:23,45	01:26,90
200m B	02:28,45	02:29,93	02:34,39	02:36,61	02:40,33	02:43,30	02:46,26	02:52,20	02:59,62	03:07,05
50m S	00:26,79	00:27,06	00:27,86	00:28,26	00:28,93					
100m S	00:59,13	00:59,72	01:01,50	01:02,38	01:03,86	01:05,04	01:06,23	01:08,59	01:11,55	01:14,50
200m S	02:10,28	02:11,58	02:15,49	02:17,45	02:20,70	02:23,31	02:25,91	02:31,12	02:37,64	02:44,15
200m L	02:14,97	02:16,32	02:20,37	02:22,39	02:25,77	02:28,47	02:31,17	02:36,57	02:43,31	02:50,06
400m L	04:45,15	04:48,00	04:56,56	05:00,83	05:07,96	05:13,66	05:19,37	05:30,77	05:45,03	05:59,29