

BSV/ DSV-Kadernormen 2008-2009, um für die Saison 2009/2010 Kader werden zu können

Männer							Berliner Schwimm-Verband				D-Kadernormen		
Leistungskadernormen					D/C-Kadernormen						12-P. Rud.Tab.	11-P. Rud.Tab.	10-P. Rud.Tab.
Strecke	offene Klasse JG 89 u. älter	Übergang JG 9/91 18/19 Jahre	Junioren JG 92 17 Jahre	Junioren JG 93 16 Jahre	D/C Kader JG 93 16 Jahre	D/C Kader JG 94 15 Jahre	D4-Kader JG 93 16 Jahre	D4-Kader JG 94 15 Jahre	D3-Kader JG 95 14 Jahre	D3-Kader JG 96 13 Jahre	D2-Kader 1997 (12 Jahre)	D2-Kader 1998 (11 Jahre)	D1-Kader 1999 (10 Jahre)
50 m F	00:22.52	00:22.75	00:23.42	00:23.76	00:24.32	00:24.77	00:25.22	00:25.67	00:26.57		00:30,10	00:32,70	00:34,70
100 m F	00:49.43	00:49.92	00:51.41	00:52.15	00:53.38	00:54.37	00:55.36	00:56.35	00:58.33	01:02.28	01:05,60	01:11,30	01:16,60
200 m F	01:48.78	01:49.87	01:53.13	01:54.76	01:57.48	01:59.66	02:01.83	02:04.01	02:08.36	02:17.06	02:23,90	02:36,50	02:47,40
400 m F	03:52.35	03:54.67	04:01.64	04:05.13	04:10.94	04:15.59	04:20.23	04:24.88	04:34.17	04:52.76	05:01,50	05:27,80	05:53,40
800 m 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	10:49,90	11:43,30	
1500 m F	15:21.74	15:30.96	15:58.61	16:12.44	16:35.48	16:53.91	17:12.35	17:30.78	18:07.65	19:21.39	20:18,3		
50 m R	00:25.49	00:25.74	00:26.51	00:26.89	00:27.53						00:34,90	00:38,00	00:41,30
100 m R	00:55.47	00:56.02	00:57.69	00:58.52	00:59.91	01:01.02	01:02.13	01:03.24	01:05.45	01:09.89	01:15,00	01:21,70	01:28,40
200 m R	02:00.89	02:02.10	02:05.73	02:07.54	02:10.56	02:12.98	02:15.40	02:17.81	02:22.65	02:32.32	02:42,40	02:59,60	03:13,20
50 m B	00:27.98	00:28.26	00:29.10	00:29.52	00:30.22						00:38,10	00:42,20	00:45,70
100 m B	01:01.86	01:02.48	01:04.33	01:05.26	01:06.81	01:08.05	01:09.28	01:10.52	01:12.99	01:17.94	01:23,90	01:31,30	01:40,90
200 m B	02:14.65	02:16.00	02:20.04	02:22.06	02:25.42	02:28.12	02:30.81	02:33.50	02:38.89	02:49.66	03:01,70	03:20,30	03:38,20
50 m S	00:23.83	00:24.07	00:24.78	00:25.14	00:25.74						00:32,70	00:35,90	00:39,20
100 m S	00:53.37	00:53.90	00:55.50	00:56.31	00:57.64	00:58.71	00:59.77	01:00.84	01:02.98	01:07.25	01:12,80	01:21,70	
200 m S	01:58.80	01:59.99	02:03.56	02:05.33	02:08.30	02:10.68	02:13.06	02:15.43	02:20.18	02:29.69	02:45,60		
200 m L	02:02.43	02:03.65	02:07.33	02:09.16	02:12.22	02:14.67	02:17.12	02:19.57	02:24.47	02:34.26	02:43,30	02:57,90	03:13,20
400 m L	04:29.68	04:23.29	04:31.11	04:35.02	04:41.53	04:46.75	04:51.96	04:57.18	05:07.60	05:28.26	05:48,30		

Die Kadernormen können bis zum 31.08.2009 unterboten werden !

Es werden ausschließlich Zeiten anerkannt, die auf einer 50 m Bahn erzielt worden sind !

auch Nachweis auf 25m Bahn möglich

BSV/ DSV-Kadernormen 2008-2009, um für die Saison 2009/2010 Kader werden zu können

Frauen							Berliner Schwimm-Verband D-Kadernormen				
Leistungskadernormen					D/C-Kadernormen						12 P.-Rudolph
Strecke	offene Klasse JG 89 u. älter	Übergang JG 92/93 16/17 Jahre	Junioren JG 94 15 Jahre	Junioren JG 95 14 Jahre	D/C-Kader JG 95 14 Jahre	D/C-Kader JG 96 13 Jahre	D4-Kader JG 95 14 Jahre	D4-Kader JG 96 13 Jahre	D3-Kader JG 97 12 Jahre	D2-Kader JG 98 11 Jahre	D 1- Kader 1999 (10 Jahre)
50 m F	00:25.52	00:25.78	00:26.54	00:26.92	00:27.56	00:28.07	00:28.58	00:29.60	00:30.88	00:32,0	00:34,20
100 m F	00:55.42	00:55.97	00:57.64	00:58.47	00:59.85	01:00.96	01:02.07	01:04.29	01:07.06	01:09.83	01:15,50
200 m F	01:59.91	02:01.11	02:04.71	02:06.51	02:09.50	02:11.90	02:14.30	02:19.10	02:25.09	02:31.09	02:48,40
400 m F	04:12.21	04:14.73	04:22.30	04:26.08	04:32.39	04:37.43	04:42.48	04:52.56	05:05.17	05:17.78	05:49,30
800 m F	08:40.02	08:45.22	09:00.82	09:08.62	09:21.62	09:32.02	09:42.42	10:03.22	10:29.22	10:55.23	
1500 m 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	
50 m R	00:28.87	00:29.16	00:30.02	00:30.46	00:31.18		00:33,4	00:34,0	00:35,1	00:37,2	00:39,80
100 m R	01:02.45	01:03.07	01:04.95	01:05.88	01:07.45	01:08.70	01:09.94	01:12.44	01:15.56	01:18.69	01:27,10
200 m R	02:13.39	02:14.72	02:18.73	02:20.73	02:24.06	02:26.73	02:29.40	02:34.73	02:41.40	02:48.07	03:06,40
50 m B	00:31.44	00:31.75	00:32.70	00:33.17	00:33.96		00:36,8	00:37,7	00:38,9	00:41,2	00:44,20
100 m B	01:09.81	01:10.51	01:12.60	01:13.65	01:15.39	01:16.79	01:18.19	01:20.98	01:24.47	01:27.96	01:36,50
200 m B	02:30.07	02:31.57	02:36.07	02:38.32	02:42.08	02:45.08	02:48.08	02:54.08	03:01.58	03:09.09	03:27,20
50 m S	00:26.79	00:27.06	00:27.86	00:28.26	00:28.93		00:31,0	00:31,6	00:32,6	00:34,6	00:37,40
100 m S	00:59.77	01:00.37	01:02.16	01:03.06	01:04.55	01:05.75	01:06.94	01:09.33	01:12.32	01:15.31	
200 m S	02:11.95	02:13.27	02:17.23	02:19.21	02:22.51	02:25.14	02:27.78	02:33.06	02:39.66	02:46.26	
200 m L	02:16.18	02:17.54	02:21.63	02:23.67	02:27.07	02:29.80	02:32.52	02:37.97	02:44.78	02:51.59	03:07,00
400 m L	04:47.17	04:50.04	04:58.66	05:02.96	05:10.14	05:15.89	05:21.63	05:33.12	05:47.48	06:01.83	

Es werden ausschließlich Zeiten anerkannt, die auf einer 50 m Bahn erzielt worden sind !

25m Bahn