

Voraussichtliche Pflichtzeiten

Norddeutsche Meisterschaften und Norddeutsche Jahrgangsmeisterschaften im Schwimmen
der Jahrgänge 1991 – 1997 weiblich und 1991 – 1996 männlich und des Jugend-
Mehrkampfes der Jahrgänge 1998 – 1999 weiblich und 1997 – 1998 männlich

Pflichtzeiten weiblich

Strecken	1997	1996	1995	1994	1993	1992	1991	Offen
50 m F	00:30,50	00:30,00	00:29,80	00:29,50	00:29,20	00:29,00	00:29,00	00:28,00
100 m F	01:06,50	01:05,30	01:05,00	01:04,20	01:04,00	01:03,50	01:03,00	01:02,00
200 m F	02:23,00	02:20,00	02:18,00	02:17,00	02:16,50	02:16,50	02:16,50	02:15,00
400 m F	05:05,00	04:56,00	04:53,00	04:53,00	04:51,00	04:51,00	04:51,00	04:40,00
50 m B	00:39,80	00:39,00	00:38,50	00:37,50	00:37,50	00:37,50	00:37,00	00:35,50
100 m B	01:26,00	01:23,50	01:22,80	01:22,50	01:22,50	01:22,00	01:21,00	01:19,50
200 m B	03:06,00	03:02,00	03:01,00	03:00,00	02:58,00	02:57,00	02:54,00	02:50,00
50 m R	00:36,30	00:35,40	00:35,20	00:35,10	00:34,30	00:33,40	00:33,00	00:33,00
100 m R	01:17,00	01:15,60	01:15,00	01:14,50	01:13,50	01:13,00	01:12,00	01:11,00
200 m R	02:44,00	02:43,00	02:38,50	02:38,00	02:37,00	02:37,00	02:35,00	02:33,00
50 m S	00:33,00	00:32,50	00:32,20	00:32,00	00:31,90	00:31,90	00:31,50	00:30,00
100 m S	01:17,00	01:14,80	01:14,00	01:13,00	01:12,00	01:11,50	01:11,00	01:08,50
200 m S	02:50,00	02:44,00	02:40,00	02:37,00	02:36,50	02:36,50	02:36,00	02:34,50
200 m L	02:44,00	02:41,00	02:40,00	02:38,00	02:38,00	02:37,50	02:36,00	02:35,00

Pflichtzeiten männlich

Strecken	1996	1995	1994	1993	1992	1991	Offen
50 m F	00:28,30	00:27,30	00:26,60	00:26,50	00:26,20	00:26,00	00:25,00
100 m F	01:01,50	00:59,50	00:58,20	00:57,00	00:56,50	00:56,00	00:54,50
200 m F	02:16,00	02:12,00	02:08,00	02:07,50	02:05,00	02:05,00	02:01,00
400 m F	04:50,00	04:36,00	04:33,00	04:30,00	04:22,00	04:22,00	04:16,00
50 m B	00:36,50	00:35,10	00:34,70	00:34,30	00:34,00	00:33,50	00:31,50
100 m B	01:20,00	01:18,00	01:16,00	01:15,00	01:13,50	01:13,00	01:10,00
200 m B	02:56,00	02:52,00	02:48,00	02:42,50	02:42,00	02:40,00	02:35,00
50 m R	00:34,00	00:32,70	00:32,00	00:31,50	00:31,20	00:30,80	00:29,00
100 m R	01:12,00	01:10,80	01:10,00	01:08,00	01:07,50	01:06,00	01:03,50
200 m R	02:36,00	02:33,00	02:27,00	02:26,50	02:25,00	02:24,50	02:19,50
50 m S	00:31,00	00:29,50	00:28,50	00:28,30	00:28,20	00:28,00	00:27,00
100 m S	01:11,50	01:06,50	01:05,00	01:04,00	01:03,70	01:03,00	01:00,50
200 m S	02:42,00	02:35,00	02:30,00	02:26,00	02:24,00	02:21,00	02:18,00
200 m L	02:33,00	02:29,00	02:25,50	02:24,50	02:24,00	02:22,50	02:19,50