

**Deutsche Altersklassen Rekorde 25 m Bahn Stand 31.12.2023 Referenzzeiten zur Ermittlung der jeweiligen Punktzahlen für das Jahr 2024**

Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
100B	20	01:01,13	01:10,73	100L	20	00:56,23	01:03,19	100S	20	00:54,32	01:02,09
100B	25	01:02,03	01:10,65	100L	25	00:55,20	01:03,79	100S	25	00:53,93	01:01,00
100B	30	01:01,34	01:09,25	100L	30	00:55,00	01:04,83	100S	30	00:52,63	01:02,61
100B	35	01:02,63	01:09,07	100L	35	00:56,80	01:06,18	100S	35	00:55,20	01:03,77
100B	40	01:03,59	01:10,16	100L	40	00:59,82	01:06,66	100S	40	00:56,62	01:04,48
100B	45	01:05,07	01:17,42	100L	45	00:58,66	01:09,09	100S	45	00:58,55	01:06,05
100B	50	01:06,19	01:17,10	100L	50	00:59,26	01:09,06	100S	50	00:58,88	01:07,62
100B	55	01:08,13	01:23,22	100L	55	01:05,74	01:12,94	100S	55	00:59,42	01:10,88
100B	60	01:13,87	01:25,16	100L	60	01:08,28	01:19,09	100S	60	01:04,21	01:16,88
100B	65	01:16,94	01:28,47	100L	65	01:10,75	01:21,89	100S	65	01:11,25	01:23,41
100B	70	01:22,45	01:37,11	100L	70	01:17,58	01:23,42	100S	70	01:14,95	01:28,40
100B	75	01:26,76	01:38,81	100L	75	01:20,08	01:31,34	100S	75	01:19,34	01:36,09
100B	80	01:36,91	01:45,82	100L	80	01:28,47	01:47,41	100S	80	01:40,33	02:17,12
100B	85	01:42,69	02:21,58	100L	85	01:40,78	02:01,59	100S	85	02:11,49	
100B	90	01:56,64	02:46,46	100L	90	01:53,75		100S	90	02:23,21	
Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
100F	20	00:50,59	00:57,81	100R	100	05:01,82		1500F	20	15:59,04	17:10,54
100F	25	00:48,58	00:56,12	100R	20	00:54,82	01:02,65	1500F	25	16:08,62	17:32,82
100F	30	00:49,04	00:57,47	100R	25	00:55,04	01:02,23	1500F	30	16:21,62	18:22,67
100F	35	00:49,37	00:57,79	100R	30	00:55,72	01:03,42	1500F	35	16:42,13	17:55,37
100F	40	00:51,27	00:58,48	100R	35	00:55,93	01:05,93	1500F	40	16:37,00	18:40,71
100F	45	00:52,12	00:59,64	100R	40	00:57,53	01:07,96	1500F	45	16:28,63	19:12,83
100F	50	00:53,09	01:00,92	100R	45	00:58,94	01:07,87	1500F	50	16:57,60	18:56,66
100F	55	00:55,07	01:02,72	100R	50	00:59,90	01:07,16	1500F	55	17:35,99	19:45,50
100F	60	00:58,55	01:08,08	100R	55	01:03,73	01:12,23	1500F	60	18:23,61	21:34,20
100F	65	01:01,11	01:10,97	100R	60	01:07,61	01:18,94	1500F	65	20:05,35	24:12,34
100F	70	01:04,62	01:14,69	100R	65	01:12,36	01:25,58	1500F	70	23:05,60	25:14,99
100F	75	01:07,25	01:19,11	100R	70	01:15,08	01:29,10	1500F	75	23:50,64	27:59,27
100F	80	01:13,71	01:28,80	100R	75	01:18,84	01:33,68	1500F	80	24:36,75	28:57,32
100F	85	01:27,11	01:41,35	100R	80	01:26,12	01:44,27				
100F	90	01:35,17	02:39,54	100R	85	01:42,84	02:11,73				
100F	95	03:06,54		100R	90	01:58,74	02:45,49				
				100R	95	04:00,58					
Strecke Altersklasse Männer Frauen								Strecke Altersklasse Männer Frauen			
								200B	20	02:17,07	02:31,88
								200B	25	02:18,42	02:33,67
								200B	30	02:18,58	02:32,78

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Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
200B	35	02:20,59	02:35,15	200L	40	02:07,88	02:26,80	200S	45	02:11,66	02:26,45
200B	40	02:22,89	02:32,17	200L	45	02:12,38	02:30,10	200S	50	02:15,24	02:30,27
200B	45	02:26,70	02:49,26	200L	50	02:11,97	02:33,36	200S	55	02:19,02	02:32,97
200B	50	02:30,13	02:48,21	200L	55	02:21,90	02:36,92	200S	60	02:26,10	03:12,39
200B	55	02:41,14	03:05,26	200L	60	02:31,52	02:54,28	200S	65	02:47,38	03:28,93
200B	60	02:44,66	03:07,44	200L	65	02:38,63	03:02,58	200S	70	02:57,84	03:37,23
200B	65	03:01,75	03:20,83	200L	70	02:57,72	03:11,17	200S	75	03:14,19	03:56,97
200B	70	03:05,27	03:33,22	200L	75	03:00,19	03:28,12	200S	80	03:49,18	
200B	75	03:15,57	03:36,11	200L	80	03:26,48	04:07,37	200S	85	08:03,31	
200B	80	03:37,14	04:33,55	200L	85	03:55,24		<b>Strecke Altersklasse Männer Frauen</b>			
200B	85	03:55,98	04:55,49	200L	90	04:17,75		400F	20	04:03,50	04:16,78
200B	90	04:21,52	06:31,21	<b>Strecke Altersklasse Männer Frauen</b>				400F	25	04:02,25	04:23,31
<b>Strecke Altersklasse Männer Frauen</b>				200R	20	02:03,89	02:11,79	400F	30	04:00,26	04:29,50
200F	20	01:50,03	02:03,16	200R	25	01:56,22	02:16,45	400F	35	04:02,35	04:28,12
200F	25	01:51,17	02:05,05	200R	30	01:56,65	02:21,28	400F	40	04:00,67	04:36,94
200F	30	01:46,52	02:05,68	200R	35	02:01,55	02:22,81	400F	45	04:05,90	04:43,85
200F	35	01:51,47	02:08,12	200R	40	02:08,65	02:29,40	400F	50	04:12,88	04:46,36
200F	40	01:53,03	02:09,32	200R	45	02:10,76	02:31,75	400F	55	04:29,77	04:50,18
200F	45	01:54,73	02:10,47	200R	50	02:10,00	02:26,85	400F	60	04:37,14	05:09,41
200F	50	01:57,76	02:13,95	200R	55	02:23,24	02:37,06	400F	65	05:05,06	05:52,36
200F	55	02:06,72	02:17,77	200R	60	02:34,88	02:54,37	400F	70	05:21,40	06:19,80
200F	60	02:10,49	02:26,74	200R	65	02:37,65	03:08,42	400F	75	05:50,63	06:49,27
200F	65	02:19,42	02:43,27	200R	70	03:01,94	03:17,86	400F	80	06:00,25	07:20,91
200F	70	02:28,00	02:47,82	200R	75	03:00,13	03:22,68	400F	85	07:01,79	07:31,52
200F	75	02:34,44	03:00,26	200R	80	03:11,14	04:09,21	400F	90	07:51,75	
200F	80	02:46,61	03:13,78	200R	85	04:05,25	04:41,70	<b>Strecke Altersklasse Männer Frauen</b>			
200F	85	03:10,44	03:39,36	200R	90	04:20,68		400L	20	04:28,32	05:01,72
200F	90	03:27,14	05:23,71	<b>Strecke Altersklasse Männer Frauen</b>				400L	25	04:29,57	05:00,29
<b>Strecke Altersklasse Männer Frauen</b>				200S	20	02:04,83	02:15,43	400L	30	04:27,02	04:58,66
200L	20	02:07,00	02:18,08	200S	25	02:06,28	02:17,87	400L	35	04:32,97	05:04,10
200L	25	02:00,56	02:20,98	200S	30	02:04,03	02:22,75	400L	40	04:31,08	05:18,30
200L	30	01:58,13	02:21,46	200S	35	02:06,65	02:22,57	400L	45	04:49,08	05:23,42
200L	35	02:07,31	02:23,52	200S	40	02:06,06	02:27,36	400L	50	04:46,15	05:24,23

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Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
400L	55	05:03,99	05:31,00	50F	60	00:26,67	00:31,01	50S	50	00:26,20	00:30,85
400L	60	05:23,93	06:21,05	50F	65	00:27,58	00:32,25	50S	55	00:26,41	00:31,95
400L	65	05:55,50	06:50,87	50F	70	00:28,40	00:33,34	50S	60	00:28,48	00:33,43
400L	70	06:36,19	06:47,91	50F	75	00:31,30	00:34,58	50S	65	00:30,56	00:35,38
400L	75	06:52,62	07:31,69	50F	80	00:32,07	00:38,97	50S	70	00:32,03	00:36,69
400L	80	07:26,06	08:47,93	50F	85	00:37,57	00:47,14	50S	75	00:33,56	00:41,14
400L	85	11:51,85		50F	90	00:43,18	01:09,77	50S	80	00:36,11	00:48,51
				50F	95	01:00,40	01:26,81	50S	85	00:47,01	00:59,34
								50S	90	00:54,10	
Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
50B	20	00:27,41	00:32,51	50R	100	02:09,73					
50B	25	00:28,26	00:31,59	50R	20	00:25,43	00:29,00	800F	20	08:24,96	08:59,01
50B	30	00:27,81	00:31,35	50R	25	00:25,05	00:28,83	800F	25	08:31,16	09:06,61
50B	35	00:28,69	00:31,66	50R	30	00:25,73	00:29,83	800F	30	08:19,13	09:30,35
50B	40	00:29,08	00:31,81	50R	35	00:24,48	00:30,54	800F	35	08:33,28	09:23,13
50B	45	00:29,95	00:34,77	50R	40	00:26,78	00:30,55	800F	40	08:31,69	09:35,07
50B	50	00:30,12	00:35,81	50R	45	00:26,38	00:30,49	800F	45	08:39,84	09:35,81
50B	55	00:30,50	00:37,56	50R	50	00:27,13	00:31,30	800F	50	08:49,64	09:45,13
50B	60	00:32,74	00:38,12	50R	55	00:28,95	00:33,30	800F	55	09:18,11	09:57,42
50B	65	00:33,79	00:38,90	50R	60	00:30,29	00:35,91	800F	60	09:25,89	10:48,22
50B	70	00:35,53	00:43,18	50R	65	00:33,32	00:38,78	800F	65	10:31,14	12:00,16
50B	75	00:39,20	00:47,07	50R	70	00:34,68	00:41,82	800F	70	10:57,49	13:03,64
50B	80	00:42,99	00:49,26	50R	75	00:35,88	00:43,64	800F	75	12:08,92	13:55,30
50B	85	00:45,05	01:04,44	50R	80	00:38,67	00:47,60	800F	80	12:50,74	15:12,42
50B	90	00:51,68	01:11,00	50R	85	00:47,03	00:53,00	800F	85	14:51,31	15:33,71
Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
50F	100	02:07,41		50R	90	00:53,12	01:15,02				
50F	20	00:22,94	00:26,02	50R	95	01:21,47					
50F	25	00:22,84	00:25,29								
50F	30	00:22,13	00:25,90	Strecke Altersklasse Männer Frauen							
50F	35	00:22,03	00:26,18	50S	20	00:24,58	00:27,86				
50F	40	00:23,21	00:26,28	50S	25	00:23,70	00:27,59				
50F	45	00:23,68	00:26,91	50S	30	00:22,87	00:28,19				
50F	50	00:23,97	00:27,45	50S	35	00:23,63	00:28,44				
50F	55	00:24,97	00:28,73	50S	40	00:25,13	00:29,16				
				50S	45	00:25,19	00:29,87				