

**Deutsche Altersklassen Rekorde 50 m Bahn Stand 31.12.2024 Referenzzeiten zur Ermittlung der jeweiligen Punktzahlen für das Jahr 2025**

Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
100B	20	01:04,41	01:12,28	100R	20	00:58,31	01:05,76	1500F	20	15:36,97	17:51,13
100B	25	01:03,98	01:12,37	100R	25	00:58,09	01:06,50	1500F	25	16:28,63	17:47,63
100B	30	01:03,90	01:11,98	100R	30	00:56,55	01:06,80	1500F	30	15:25,79	18:08,73
100B	35	01:05,70	01:12,57	100R	35	00:59,04	01:09,71	1500F	35	17:08,23	18:23,39
100B	40	01:08,64	01:12,29	100R	40	00:59,89	01:10,09	1500F	40	16:45,53	19:00,77
100B	45	01:08,91	01:18,77	100R	45	01:01,86	01:10,40	1500F	45	17:11,41	19:24,50
100B	50	01:10,33	01:23,02	100R	50	01:02,00	01:15,40	1500F	50	17:37,54	19:13,43
100B	55	01:12,64	01:24,78	100R	55	01:07,79	01:15,64	1500F	55	18:17,12	19:44,07
100B	60	01:17,03	01:25,82	100R	60	01:07,52	01:18,44	1500F	60	18:21,57	20:47,34
100B	65	01:22,37	01:29,64	100R	65	01:13,82	01:30,23	1500F	65	20:55,68	24:16,00
100B	70	01:25,68	01:41,31	100R	70	01:16,14	01:32,02	1500F	70	21:20,45	25:58,02
100B	75	01:29,92	01:44,00	100R	75	01:21,89	01:35,14	1500F	75	23:31,64	27:38,03
100B	80	01:39,21	01:51,32	100R	80	01:26,87	01:43,79	1500F	80	25:03,24	28:22,56
100B	85	01:46,19	02:21,74	100R	85	01:42,86	02:04,88	1500F	85	30:18,91	30:04,00
100B	90	02:05,28	02:57,56	100R	90	01:58,06	02:37,74	1500F	90	42:04,81	
100R	95		04:12,55								
Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
100F	20	00:51,72	00:57,80	100S	20	00:55,55	01:03,39	200B	20	02:23,51	02:37,97
100F	25	00:51,71	00:57,26	100S	25	00:56,86	01:02,10	200B	25	02:24,68	02:35,82
100F	30	00:50,84	00:58,25	100S	30	00:55,96	01:03,09	200B	30	02:23,48	02:39,37
100F	35	00:51,98	00:59,48	100S	35	00:58,23	01:06,51	200B	35	02:28,78	02:38,95
100F	40	00:53,11	01:00,32	100S	40	00:58,68	01:06,30	200B	40	02:30,86	02:39,11
100F	45	00:55,85	00:59,94	100S	45	01:00,03	01:07,80	200B	45	02:33,74	02:50,94
100F	50	00:55,02	01:03,27	100S	50	00:59,67	01:11,44	200B	50	02:35,38	03:03,22
100F	55	00:56,67	01:03,68	100S	55	01:01,46	01:12,12	200B	55	02:43,47	03:09,35
100F	60	00:59,91	01:05,42	100S	60	01:07,89	01:14,67	200B	60	02:50,77	03:15,66
100F	65	01:02,79	01:12,00	100S	65	01:13,11	01:26,13	200B	65	03:04,58	03:26,88
100F	70	01:05,61	01:15,01	100S	70	01:15,99	01:28,99	200B	70	03:12,61	03:36,45
100F	75	01:09,37	01:20,10	100S	75	01:21,90	01:41,12	200B	75	03:24,08	03:43,29
100F	80	01:16,31	01:29,31	100S	80	01:40,57	02:02,16	200B	80	03:39,82	04:00,42
100F	85	01:25,38	01:44,15	100S	85	02:05,21		200B	85	03:58,36	04:59,83
100F	90	01:37,69	02:44,17	100S	90	02:38,92		200B	90	04:41,26	06:53,97
Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
100R	100	06:01,50						200F	20	01:53,36	02:04,25

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Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
200F	25	01:55,15	02:05,76	200R	30	02:10,09	02:23,47	400F	40	04:14,37	04:42,76
200F	30	01:55,71	02:07,46	200R	35	02:13,21	02:28,93	400F	45	04:16,20	04:44,38
200F	35	01:55,68	02:10,55	200R	40	02:13,87	02:33,98	400F	50	04:24,07	04:48,34
200F	40	01:56,90	02:11,63	200R	45	02:15,68	02:39,17	400F	55	04:36,31	04:50,80
200F	45	01:59,37	02:13,29	200R	50	02:15,89	02:43,77	400F	60	04:40,48	05:08,03
200F	50	02:03,43	02:18,09	200R	55	02:30,99	02:47,01	400F	65	05:14,28	06:00,59
200F	55	02:09,56	02:19,78	200R	60	02:33,02	02:52,99	400F	70	05:25,48	06:18,73
200F	60	02:13,80	02:26,91	200R	65	02:40,95	03:15,18	400F	75	05:43,91	06:29,37
200F	65	02:26,23	02:42,26	200R	70	02:49,85	03:21,23	400F	80	06:05,49	07:08,81
200F	70	02:32,94	02:48,03	200R	75	02:59,75	03:28,18	400F	85	07:02,50	07:45,93
200F	75	02:39,85	03:00,89	200R	80	03:12,84	03:41,65	400F	90	08:05,10	11:19,58
200F	80	02:48,61	03:18,47	200R	85	03:51,36	04:33,85	<b>Strecke Altersklasse Männer Frauen</b>			
200F	85	03:12,41	03:44,48	200R	90	04:29,06	05:29,12	400L	20	04:33,96	04:59,67
200F	90	03:39,15	05:55,88	<b>Strecke Altersklasse Männer Frauen</b>				400L	25	04:45,40	04:59,94
<b>Strecke Altersklasse Männer Frauen</b>				200S	20	02:06,05	02:19,52	400L	30	04:33,91	05:04,67
200L	20	02:09,61	02:21,10	200S	25	02:08,18	02:21,57	400L	35	04:44,98	05:08,98
200L	25	02:05,98	02:22,57	200S	30	02:12,36	02:22,35	400L	40	04:43,00	05:24,50
200L	30	02:10,08	02:23,94	200S	35	02:14,61	02:24,86	400L	45	05:02,41	05:32,69
200L	35	02:12,11	02:25,65	200S	40	02:12,36	02:30,14	400L	50	04:53,49	05:34,09
200L	40	02:12,41	02:31,45	200S	45	02:19,34	02:35,74	400L	55	05:25,03	05:38,69
200L	45	02:17,74	02:32,02	200S	50	02:21,47	02:33,75	400L	60	05:36,67	05:56,22
200L	50	02:14,71	02:37,79	200S	55	02:35,17	02:36,33	400L	65	06:09,08	06:50,17
200L	55	02:32,94	02:39,07	200S	60	02:49,22	02:58,49	400L	70	06:40,59	06:54,30
200L	60	02:37,02	02:45,54	200S	65	02:49,59	03:29,68	400L	75	07:18,01	07:29,06
200L	65	02:45,64	03:05,32	200S	70	02:57,43	03:44,93	400L	80	07:57,61	08:51,30
200L	70	02:59,95	03:10,64	200S	75	03:22,72	04:06,08	400L	85	08:34,82	
200L	75	03:07,29	03:27,77	200S	80	04:02,29	04:28,61	<b>Strecke Altersklasse Männer Frauen</b>			
200L	80	03:33,09	04:12,56	200S	85	04:46,99		50B	20	00:29,11	00:33,04
200L	85	03:57,74	05:03,50	<b>Strecke Altersklasse Männer Frauen</b>				50B	25	00:28,88	00:32,65
200L	90	04:27,72		400F	20	03:58,91	04:28,60	50B	30	00:28,79	00:32,22
<b>Strecke Altersklasse Männer Frauen</b>				400F	25	04:10,90	04:26,75	50B	35	00:29,21	00:32,67
200R	20	02:07,10	02:24,90	400F	30	04:08,53	04:32,72	50B	40	00:30,51	00:32,42
200R	25	02:03,80	02:26,11	400F	35	04:16,54	04:32,62	50B	45	00:29,90	00:35,66

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Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
50B	50	00:31,13	00:36,72	50R	35	00:25,76	00:31,96	800F	35	08:55,55	09:20,69
50B	55	00:31,05	00:37,80	50R	40	00:28,13	00:31,67	800F	40	08:46,51	09:48,02
50B	60	00:33,67	00:37,79	50R	45	00:27,70	00:31,34	800F	45	08:50,06	09:40,64
50B	65	00:34,51	00:40,11	50R	50	00:28,71	00:33,02	800F	50	09:09,32	09:52,39
50B	70	00:36,86	00:41,67	50R	55	00:30,92	00:34,64	800F	55	09:27,14	10:01,20
50B	75	00:39,57	00:47,59	50R	60	00:30,40	00:35,91	800F	60	09:44,75	10:28,90
50B	80	00:43,80	00:48,74	50R	65	00:33,50	00:40,45	800F	65	10:46,74	12:16,15
50B	85	00:46,45	00:55,94	50R	70	00:34,90	00:40,69	800F	70	11:04,75	13:11,32
50B	90	00:55,52	01:13,20	50R	75	00:37,15	00:44,54	800F	75	12:14,79	13:58,35
50B	95	01:55,64		50R	80	00:39,71	00:46,75	800F	80	13:00,08	14:52,17
<b>Strecke Altersklasse Männer Frauen</b>				50R	85	00:45,60	00:52,08	800F	85	14:56,28	15:54,30
50F	100	02:15,51		50R	90	00:51,01	01:09,07	800F	90	17:29,90	
50F	20	00:23,03	00:26,62	50R	95	01:28,61	01:30,96				
50F	25	00:23,15	00:26,10	<b>Strecke Altersklasse Männer Frauen</b>							
50F	30	00:23,25	00:26,46	50S	20	00:24,63	00:27,88				
50F	35	00:22,72	00:26,84	50S	25	00:25,07	00:27,80				
50F	40	00:24,11	00:27,40	50S	30	00:24,66	00:28,12				
50F	45	00:24,78	00:27,77	50S	35	00:24,03	00:29,07				
50F	50	00:25,06	00:28,41	50S	40	00:25,90	00:29,35				
50F	55	00:25,32	00:29,56	50S	45	00:26,15	00:30,17				
50F	60	00:27,15	00:30,07	50S	50	00:26,69	00:30,24				
50F	65	00:28,16	00:32,52	50S	55	00:26,47	00:31,83				
50F	70	00:28,46	00:33,57	50S	60	00:29,12	00:32,42				
50F	75	00:30,27	00:35,48	50S	65	00:30,53	00:35,77				
50F	80	00:32,03	00:39,06	50S	70	00:31,59	00:37,05				
50F	85	00:38,43	00:47,37	50S	75	00:33,37	00:40,06				
50F	90	00:44,23	01:13,33	50S	80	00:37,65	00:46,95				
50F	95	01:48,40	01:22,50	50S	85	00:48,21	01:00,01				
<b>Strecke Altersklasse Männer Frauen</b>				50S	90	00:54,13					
50R	100	02:25,23		<b>Strecke Altersklasse Männer Frauen</b>							
50R	20	00:26,76	00:30,45	800F	20	08:13,06	09:20,24				
50R	25	00:26,54	00:30,13	800F	25	08:35,45	08:56,44				
50R	30	00:26,02	00:30,73	800F	30	08:08,53	09:25,05				