

Deutsche Altersklassen Rekorde 25 m Bahn Stand 31.12.2019 Referenzzeiten zur Ermittlung der jeweiligen Punktzahlen für das Jahr 2020

Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
100B	20	01:01,74	01:10,73	100L	20	00:56,23	01:03,19	100S	20	00:54,32	01:02,15
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	01:03,24
100B	35	01:04,02	01:09,07	100L	35	00:56,80	01:06,18	100S	35	00:55,20	01:03,77
100B	40	01:03,59	01:15,69	100L	40	00:59,82	01:08,14	100S	40	00:56,62	01:04,60
100B	45	01:06,06	01:17,80	100L	45	00:59,98	01:09,13	100S	45	00:58,55	01:06,05
100B	50	01:09,55	01:17,10	100L	50	01:04,42	01:09,06	100S	50	01:02,28	01:07,62
100B	55	01:08,13	01:23,22	100L	55	01:05,74	01:12,94	100S	55	01:03,08	01:12,08
100B	60	01:13,87	01:25,16	100L	60	01:10,37	01:19,09	100S	60	01:07,41	01:21,44
100B	65	01:16,94	01:31,13	100L	65	01:13,90	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	01:15,57	01:28,40
100B	75	01:26,76	01:38,81	100L	75	01:23,53	01:33,86	100S	75	01:25,07	01:46,98
100B	80	01:36,91	01:45,82	100L	80	01:28,47	01:53,71	100S	80	01:44,87	02:17,12
100B	85	01:43,72	02:35,60	100L	85	01:40,78		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	00:57,83	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	01:04,39	1500F	25	16:08,62	17:53,79
100F	30	00:49,04	00:57,47	100R	25	00:55,04	01:03,77	1500F	30	16:21,62	18:22,67
100F	35	00:51,41	00:57,79	100R	30	00:57,57	01:04,31	1500F	35	16:42,13	18:21,55
100F	40	00:51,27	00:59,43	100R	35	00:55,93	01:05,93	1500F	40	16:37,00	18:40,71
100F	45	00:52,92	00:59,64	100R	40	00:59,06	01:07,96	1500F	45	16:28,63	19:24,80
100F	50	00:54,74	01:00,94	100R	45	00:59,41	01:07,87	1500F	50	16:57,60	18:56,66
100F	55	00:58,03	01:02,72	100R	50	01:03,65	01:07,16	1500F	55	17:35,99	19:45,50
100F	60	00:59,87	01:11,41	100R	55	01:04,76	01:14,41	1500F	60	19:35,32	23:31,10
100F	65	01:01,11	01:10,97	100R	60	01:12,18	01:21,11	1500F	65	20:05,35	24:12,34
100F	70	01:04,62	01:14,69	100R	65	01:12,36	01:27,54	1500F	70	23:05,60	25:14,99
100F	75	01:11,15	01:19,11	100R	70	01:15,08	01:29,10	1500F	75	23:50,64	27:59,27
100F	80	01:13,71	01:35,79	100R	75	01:21,65	01:33,68	1500F	80	24:36,75	28:57,32
100F	85	01:27,11	02:06,95	100R	80	01:31,94	01:57,88				
100F	90	01:35,17	02:39,54	100R	85	01:42,84	02:33,29				
100F	95	03:06,54		100R	90	01:58,74	02:45,49				
100R	95			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	02:20,52	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	02:46,13	200L	45	02:12,38	02:30,10	200S	50	02:18,96	02:30,27
200B	45	02:27,65	02:49,26	200L	50	02:21,14	02:33,36	200S	55	02:19,02	02:39,54
200B	50	02:34,74	02:48,21	200L	55	02:21,90	02:36,92	200S	60	02:39,75	03:23,25
200B	55	02:42,02	03:05,26	200L	60	02:33,82	02:54,28	200S	65	02:47,38	03:28,93
200B	60	02:45,93	03:07,44	200L	65	02:41,64	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	03:25,16	03:56,97
200B	70	03:05,27	03:33,22	200L	75	03:10,06	03:30,27	200S	80	04:20,52	
200B	75	03:15,57	03:36,11	200L	80	03:26,48	04:07,37	200S	85	08:03,31	
200B	80	03:39,28	04:55,07	200L	85	03:55,24		Strecke Altersklasse Männer Frauen			
200B	85	04:15,02	05:55,47	200L	90	04:17,75		400F	20	04:03,50	04:16,78
200B	90	04:21,52	06:31,21	Strecke Altersklasse Männer Frauen				400F	25	04:02,25	04:27,87
Strecke Altersklasse Männer Frauen				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	04:33,11
200F	25	01:51,17	02:05,05	200R	30	01:56,65	02:21,61	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	02:10,47	02:29,40	400F	50	04:20,48	04:46,36
200F	40	01:53,03	02:09,32	200R	45	02:11,58	02:33,76	400F	55	04:29,77	04:51,43
200F	45	01:54,73	02:10,47	200R	50	02:19,15	02:26,85	400F	60	04:51,22	05:50,14
200F	50	02:03,55	02:13,95	200R	55	02:23,24	02:44,49	400F	65	05:05,06	05:52,36
200F	55	02:06,72	02:17,77	200R	60	02:37,03	02:56,53	400F	70	05:27,85	06:19,80
200F	60	02:16,49	02:35,95	200R	65	02:37,65	03:08,42	400F	75	05:50,63	06:49,27
200F	65	02:22,73	02:44,02	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	07:28,04	11:21,98
200F	75	02:38,97	03:00,26	200R	80	03:15,61	04:09,21	400F	90	07:51,75	
200F	80	02:46,61	03:27,10	200R	85	04:05,25	05:28,60	Strecke Altersklasse Männer Frauen			
200F	85	03:14,70	04:32,73	200R	90	04:20,68		400L	20	04:28,32	05:01,72
200F	90	03:27,14	05:23,71	Strecke Altersklasse Männer Frauen				400L	25	04:29,57	05:00,29
Strecke Altersklasse Männer Frauen				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	05:15,60
200L	25	02:00,56	02:22,07	200S	30	02:04,03	02:22,75	400L	40	04:31,08	05:18,30
200L	30	01:58,13	02:22,91	200S	35	02:06,65	02:22,57	400L	45	04:49,08	05:23,42
200L	35	02:07,31	02:25,26	200S	40	02:06,06	02:27,65	400L	50	05:01,01	05:24,23

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Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
400L	55	05:03,99	05:58,87	50F	60	00:26,84	00:31,01	50S	50	00:27,38	00:31,15
400L	60	05:36,63	06:21,36	50F	65	00:27,58	00:32,25	50S	55	00:28,05	00:31,95
400L	65	06:08,23	06:50,87	50F	70	00:28,40	00:33,34	50S	60	00:29,15	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	08:10,61	50F	80	00:32,07	00:42,17	50S	70	00:32,03	00:36,69
400L	80	07:26,06	08:47,93	50F	85	00:38,82	00:54,76	50S	75	00:33,99	00:41,46
400L	85	11:51,85		50F	90	00:43,18	01:09,77	50S	80	00:36,11	00:48,77
50F	95			50F	95	01:00,40	01:26,81	50S	85	00:47,01	
Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen			
50B	20	00:28,26	00:32,51	50R	100	02:09,73		800F	20	08:24,96	09:04,31
50B	25	00:28,26	00:31,59	50R	20	00:25,43	00:29,28	800F	25	08:31,16	09:16,54
50B	30	00:27,81	00:31,35	50R	25	00:25,05	00:29,61	800F	30	08:19,13	09:30,35
50B	35	00:28,87	00:31,66	50R	30	00:26,50	00:29,83	800F	35	08:33,28	09:26,31
50B	40	00:29,08	00:34,34	50R	35	00:25,70	00:30,89	800F	40	08:31,69	09:35,07
50B	45	00:30,29	00:35,16	50R	40	00:27,15	00:30,55	800F	45	08:39,84	09:35,81
50B	50	00:30,76	00:35,81	50R	45	00:26,29	00:30,49	800F	50	08:57,67	09:45,13
50B	55	00:30,50	00:37,56	50R	50	00:29,26	00:31,30	800F	55	09:18,11	10:09,29
50B	60	00:32,74	00:38,12	50R	55	00:29,35	00:33,85	800F	60	10:19,78	12:01,73
50B	65	00:33,96	00:41,24	50R	60	00:31,79	00:36,31	800F	65	10:31,14	12:15,14
50B	70	00:35,53	00:43,18	50R	65	00:33,32	00:40,04	800F	70	11:28,02	13:03,64
50B	75	00:39,20	00:47,15	50R	70	00:34,68	00:41,82	800F	75	12:08,92	13:55,30
50B	80	00:42,99	00:49,26	50R	75	00:36,41	00:43,64	800F	80	12:50,74	15:12,42
50B	85	00:47,53	01:06,67	50R	80	00:38,67	00:52,37	800F	85	18:28,54	
50B	90	00:51,68	01:11,00	50R	85	00:47,03	01:04,94				
Strecke Altersklasse Männer Frauen				Strecke Altersklasse Männer Frauen							
50F	100	02:07,41		50R	90	00:53,24	01:15,02				
50F	20	00:22,94	00:26,02	50R	95	01:21,47					
50F	25	00:22,84	00:25,29	Strecke Altersklasse Männer Frauen							
50F	30	00:22,13	00:26,14	50S	20	00:24,58	00:27,93				
50F	35	00:23,00	00:26,18	50S	25	00:23,70	00:27,80				
50F	40	00:23,21	00:27,18	50S	30	00:22,87	00:28,19				
50F	45	00:23,87	00:26,91	50S	35	00:24,88	00:28,44				
50F	50	00:24,72	00:28,29	50S	40	00:25,13	00:29,30				
50F	55	00:26,03	00:28,73	50S	45	00:25,68	00:30,02				