

DSV D - KADERNORMEN - WASSERBALL 2019

Testabnahme im Herbst 2018

	Kaderstufe	D 4	D3	D 3	D 2	D2	D 1	D 1	D1
	Jahrgang	2001	2002	2003	2004	2005	2006	2007	2008
	Altersklasse	U19	U17	U16	U15	U14	U13	U12	U11
1.	15m Spurt Start ohne Wand [s]	8,0	8,5	9,0	9,5	10,0	10,5	11,5	13,0
2.	25m Kraul mit Ball [s]	13,6	14,0	14,5	15,5	17,0	18,5	20,5	24,0
3.	25m Kraul [s]	13,2	13,5	14,0	15,0	16,0	17,5	19,0	21,0
4.	50m Kraul [s]	28,5	29,0	29,5	30,5	33,5	37,0	42,0	50
5.	100m Freistil [s]	63	64	66	70	75	83	95	110
6.	400m Freistil [s]	300	310	320	340	360			
6. a)	200m Freistil [s]						190	205	230
7.	25m Kraulbeine	24,0	24,5	25,0	26,0	27,0	28,0	30,0	40,0
8.	25m Brustbeine	23,0	24,0	24,5	25,0	26,0	30,0	35,0	42,0
9.	25m Wassertreten	25,0	26,0	27,0	28,0	30,0	32,0	34,5	37,0
10.	Wassertreten mit Gewicht [s]	15 (10kg)	10 (kg)	5 (10kg)	25 (5kg)	15 (5kg)	10 (5kg)	3 (5kg)	60 (ohne)