



SSLZ Limitzeiten Kinder und Jugendliche

weiblich										
Alter	9	10	11	12	13	14	15	16	17	>=18
50 F	00:52	00:44	00:41	00:36	00:35	00:34	00:33	00:32	00:32	00:32
100 F		01:40	01:35	01:25	01:18	01:15	01:15	01:13	01:11	01:09
200F		03:45	03:17	03:01	02:48	02:44	02:39	02:35	02:32	02:30
400F		07:20	07:00	06:25	05:53	05:45	05:38	05:33	05:28	05:23
50 R	01:00	00:53	00:47	00:44	00:43	00:42	00:40	00:39	00:39	00:39
100R		01:57	01:41	01:38	01:33	01:30	01:26	01:25	01:24	01:22
200R		04:00	03:42	03:25	03:10	03:08	03:01	02:56	02:54	02:54
50B	00:55	00:55	00:50	00:49	00:46	00:45	00:43	00:43	00:43	00:42
100B		02:02	01:52	01:48	01:40	01:37	01:34	01:33	01:32	01:31
200B		04:15	03:59	03:42	03:30	03:24	03:23	03:22	03:20	03:18
50S		00:53	00:48	00:43	00:42	00:42	00:40	00:38	00:36	00:36
100S		02:06	01:58	01:41	01:35	01:30	01:29	01:27	01:25	01:23
200S			04:15	03:52	03:42	03:42	03:34	03:29	03:29	03:29
100L				01:51	01:41	01:31	01:25	01:24	01:19	01:19
200L		03:59	03:45	03:22	03:09	03:04	03:02	02:59	02:57	02:55

männlich										
Alter	9	10	11	12	13	14	15	16	17	>=18
50 F	00:52	00:43	00:40	00:36	00:34	00:33	00:31	00:30	00:29	00:29
100 F		01:43	01:32	01:22	01:16	01:12	01:10	01:09	01:08	01:06
200F		03:30	03:18	03:00	02:55	02:37	02:32	02:30	02:28	02:23
400F		07:20	07:10	06:30	05:45	05:39	05:30	05:18	05:13	05:10
50 R	01:00	01:00	00:48	00:44	00:42	00:40	00:38	00:37	00:36	00:35
100R		01:55	01:48	01:35	01:31	01:27	01:22	01:19	01:17	01:15
200R		04:10	03:52	03:22	03:08	03:04	02:59	02:49	02:45	02:41
50B	00:55	00:55	00:51		00:47	00:43	00:42	00:41	00:40	00:38
100B		02:05	02:00	01:45	01:38	01:34	01:30	01:27	01:25	01:23
200B		04:15	04:10	03:40	03:32	03:27	03:20	03:14	03:08	03:00
50S		00:55	00:50	00:45	00:40	00:38	00:36	00:35	00:33	00:31
100S		02:05	01:58	01:40	01:33	01:29	01:25	01:20	01:18	01:15
200S			04:15	03:55	03:34	03:35	03:27	03:19	03:14	03:09
100L				01:36	01:31	01:20	01:15	01:13	01:08	01:09
200L		04:10	03:50	03:25	03:08	03:05	02:54	02:48	02:45	02:44

Stand: Januar.2023