



Schwimmen 400 -Meter

Altersgruppe	20-29	30-34	35-39	40-44	45-49	50-54	55-63
Frauen	11'15"	11'45"	12'15"	12'45"	13'15"	13'45"	14'00"
Manner	10'15"	10'45"	11'15"	11'45"	12'15"	12'45"	13'00"

Indoor- Rudern 15 Minuten

Altersgruppe	20-29	30-34	35-39	40-44	45-49	50-54	55-63
Frauen	3000m	2900m	2800m	2700m	2500m	2300m	2100m
Manner	3300m	3200m	3100m	3000m	2800m	2600m	2400m

12' Minute Lauf

Altersgruppe	20-29	30-34	35-39	40-44	45-49	50-54	55-63
Frauen	1950m	1900m	1850m	1800m	1750m	1700m	1650m
Manner	2200m	2150m	2100m	2050m	2000m	1950m	1900m