

## 400 Meter Ausdauerschwimmen Zwischenprüfung

| Pkt. | Zeiten |
|------|--------|
| 100  | 7:50   |
| 99   | 7:55   |
| 98   | 8:00   |
| 97   | 8:05   |
| 96   | 8:10   |
| 95   | 8:15   |
| 94   | 8:20   |
| 93   | 8:25   |
| 92   | 8:30   |
| 91   | 8:35   |
| 90   | 8:40   |
| 89   | 8:45   |
| 88   | 8:50   |
| 87   | 8:55   |
| 86   | 9:00   |
| 85   | 9:05   |
| 84   | 9:10   |

| Pkt. | Zeiten |
|------|--------|
| 83   | 09:15  |
| 82   | 09:20  |
| 81   | 09:25  |
| 80   | 09:30  |
| 79   | 09:35  |
| 78   | 09:40  |
| 77   | 09:45  |
| 76   | 09:50  |
| 75   | 09:55  |
| 74   | 10:00  |
| 73   | 10:05  |
| 72   | 10:10  |
| 71   | 10:15  |
| 70   | 10:20  |
| 69   | 10:25  |
| 68   | 10:30  |
| 67   | 10:35  |

| Pkt. | Zeiten |
|------|--------|
| 66   | 10:40  |
| 65   | 10:45  |
| 64   | 10:50  |
| 63   | 10:55  |
| 62   | 11:00  |
| 61   | 11:05  |
| 60   | 11:10  |
| 59   | 11:15  |
| 58   | 11:20  |
| 57   | 11:25  |
| 56   | 11:30  |
| 55   | 11:35  |
| 54   | 11:40  |
| 53   | 11:45  |
| 52   | 11:50  |
| 51   | 11:55  |
| 50   | 12:00  |

| Pkt. | Zeiten |
|------|--------|
| 49   | 12:05  |
| 48   | 12:10  |
| 47   | 12:15  |
| 46   | 12:20  |
| 45   | 12:25  |
| 44   | 12:30  |
| 43   | 12:35  |
| 42   | 12:40  |
| 41   | 12:45  |
| 40   | 12:50  |
| 39   | 12:55  |
| 38   | 13:00  |
| 37   | 13:05  |
| 36   | 13:10  |
| 35   | 13:15  |
| 34   | 13:20  |
| 33   | 13:25  |

| Pkt. | Zeiten |
|------|--------|
| 32   | 13:30  |
| 31   | 13:35  |
| 30   | 13:40  |
| 29   | 13:45  |
| 28   | 13:50  |
| 27   | 13:55  |
| 26   | 14:00  |
| 25   | 14:05  |
| 24   | 14:10  |
| 23   | 14:15  |
| 22   | 14:20  |
| 21   | 14:25  |
| 20   | 14:30  |
| 19   | 14:35  |
| 18   | 14:40  |
| 17   | 14:45  |
| 16   | 14:50  |

| Pkt. | Zeiten |
|------|--------|
| 15   | 14:55  |
| 14   | 15:00  |
| 13   | 15:05  |
| 12   | 15:10  |
| 11   | 15:15  |
| 10   | 15:20  |
| 9    | 15:25  |
| 8    | 15:30  |
| 7    | 15:35  |
| 6    | 15:40  |
| 5    | 15:45  |
| 4    | 15:50  |
| 3    | 15:55  |
| 2    | 16:00  |
| 1    | 16:05  |
| 0    | 16:10  |