

**Rhein-Wupper Verbandsmeisterschaften auf der 50m-Bahn
Pflichtzeiten 2020**

Männer		18/19	17	16	15	14	13	12	11	10
	offen	2001/02	2003	2004	2005	2006	2007	2008	2009	2010
50 m Freistil	00:28	00:28	00:28	00:29	00:30	00:32	00:33	00:35	00:39	00:40
100 m Freistil	01:01	01:04	01:06	01:07	01:08	01:10	01:13	01:18	01:27	01:34
200 m Freistil	02:18	02:19	02:24	02:26	02:28	02:33	02:41	02:53	03:08	03:22
400 m Freistil	05:00	05:02	05:05	05:10	05:18	05:25	05:35	06:05	06:45	07:00
200 m Lagen	02:38	02:40	02:41	02:44	02:48	02:54	03:02	03:14	03:30	03:50
50 m Rücken	00:33	00:34	00:35	00:36	00:37	00:39	00:41	00:43	00:46	00:49
100 m Rücken	01:12	01:13	01:15	01:17	01:19	01:23	01:27	01:31	01:38	01:46
200 m Rücken	02:35	02:37	02:41	02:45	02:52	02:56	03:02	03:13	03:35	03:50
50 m Brust	00:36	00:37	00:39	00:40	00:41	00:42	00:46	00:48	00:50	00:54
100 m Brust	01:19	01:21	01:23	01:25	01:27	01:30	01:34	01:41	01:50	01:55
200 m Brust	02:54	02:56	03:04	03:10	03:14	03:18	03:24	03:32	03:50	04:00
50 m Schmetterling	00:29	00:30	00:32	00:34	00:35	00:37	00:39	00:44	00:48	00:52
100 m Schmetterling	01:11	01:13	01:16	01:18	01:22	01:25	01:31	01:38	01:50	02:00
200 m Schmetterling	03:00	03:05	03:10	03:15	03:20	03:25	03:30	03:45	04:00	xxx

**Rhein-Wupper Verbandsmeisterschaften auf der 50m-Bahn
Pflichtzeiten 2020**

Frauen		18/19	17	16	15	14	13	12	11	10
	offen	2001/02	2003	2004	2005	2006	2007	2008	2009	2010
50 m Freistil	00:31	00:31	00:31	00:31	00:32	00:32	00:33	00:34	00:37	00:41
100 m Freistil	01:05	01:07	01:09	01:10	01:11	01:12	01:14	01:19	01:27	01:33
200 m Freistil	02:26	02:26	02:28	02:31	02:34	02:38	02:42	02:51	03:06	03:20
400 m Freistil	05:15	05:15	05:20	05:25	05:27	05:35	05:40	06:10	06:40	07:00
200 m Lagen	02:51	02:51	02:53	02:55	02:56	02:58	03:00	03:14	03:26	03:45
50 m Rücken	00:38	00:38	00:38	00:38	00:39	00:40	00:41	00:42	00:45	00:49
100 m Rücken	01:20	01:20	01:22	01:23	01:24	01:26	01:28	01:31	01:37	01:46
200 m Rücken	02:50	02:50	02:50	02:52	02:56	03:02	03:04	03:12	03:30	03:40
50 m Brust	00:41	00:41	00:42	00:42	00:42	00:43	00:44	00:46	00:49	00:52
100 m Brust	01:29	01:29	01:30	01:31	01:32	01:33	01:35	01:39	01:47	01:54
200 m Brust	03:14	03:14	03:16	03:16	03:18	03:18	03:24	03:30	03:50	04:00
50 m Schmetterling	00:35	00:35	00:35	00:37	00:39	00:40	00:40	00:41	00:46	00:52
100 m Schmetterling	01:21	01:21	01:23	01:25	01:27	01:28	01:31	01:37	01:50	02:00
200 m Schmetterling	03:25	03:25	03:25	03:25	03:30	03:35	03:35	03:45	04:00	xxx

Nachweise können durch Leistungen auf der 25m- oder 50m-Bahn erbracht werden.