## Rechenzeiten 100m - Strecken

| roze | 25\% | 120\% | 15\% | 110\% | 109\% | 108\% | 107\% | 106\% | 5\% | 104\% | 103\% | 102\% | 101\% | 100\% | 99\% | 98\% | 7\% | 96\% | 5\% | 90\% | 85\% | 80\% | 75\% | 70\% | 65\% | 60\% | 55\% |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Zeit | 01:34,50 | 01:40,80 | 01:47,10 | 01:53,40 | 01:54,66 | 01:55,92 | 01:57,18 | 01: | 01:59,70 | 02:00,96 | 02:02,22 | 02:03,48 | 02:04,74 | 02:06,00 | 02:07,26 | 02:08,52 | 02:09,78 | 02:11,04 | 02:12,30 | 02:18,60 | 02:24,90 | 02:31,20 | 02:37,50 | 02:43,80 | 02:50,10 | 02:56,40 | 33:02,70 | 09, |
|  | 01:33,75 | 01:40,00 | 01:46,25 | 01:52,50 | 01:53,75 | 01:55,00 | 01:56,25 | 01:5 | 01:58,75 | 02:00,00 | 02 | 02:02,50 | 02:03,75 | 02:05,00 | 02:06,25 | 02:07,50 | 02:08,75 | 02:10,00 | 02:11,25 | 02:17,50 | 02:23,75 | 02:30,00 | 02:36,25 | 02:42,50 | 02:48,75 | 02:55,00 | 03:01,25 |  |
|  | 01:33,00 | 01:39,2 | 01:45,4 | 01:51,60 | 01:52,84 | 01:54,08 | 01:55,32 | 01:56,56 | 01:57,80 | 01:59,04 | 02:00,28 | 02:01,52 | 02:02,76 | :04,0 | 02:05, | 02:06,48 | 02:07,72 | 02:08,96 | 02:10, | 02:16, | 02:22,60 | 02:28,80 | 02:35,0 | 02:41,2 | 02:47, | 02:53,60 | 02:59,80 | 03:06,0 |
|  | 1:32,25 | 01:38,40 | 01:44,55 | 01:50,70 | 01:51,93 | 01:53,16 | 01:54,39 | 01:55,62 | 01:56,85 | 01:58,08 | 01:59,31 | 02:00,54 | 02:01, 7 | 02:03,00 | 02:04,23 | 02:05,46 | 02:06,69 | 02:07,92 | 02:09,15 | 02:15,30 | 02:21,45 | 02:27,60 | 02:33,75 | 02:39,9 | 02:46,05 | 02:52,20 | 02:58,35 |  |
|  | 01:31,50 |  | 01:43,70 | 01:49 | $01: 51$ |  |  | 01:5 |  | 01:57,12 |  |  |  |  |  | 02:04,44 |  | 02:06,88 | 02:08,10 | 02:14,20 |  |  | 02:32,50 |  | 02:44,70 | 02:50,80 | 02:56,90 |  |
|  | 01:30,75 | 01:36 | 01:4 | 01:48,90 | 01:50 | $01: 5$ | 01:5 | 01:53 | 01:54 | 01:56, | 01:57,3 | 01:58,58 | 01:59,79 | 02:01,0 | 02:02,21 | 02:3 | 02:04 | 02:05, | 02:01 | 02: | 02:19,15 | 02:25 | 02:31,2 | 02:37 | 02:4 | 02:4 | 02:55,4 | 03:01,5 |
|  | 01:30, | 01:36, | 01:42 | 01:48 | 01:49,20 | 01:50, | 01:51, | 01:52,80 | 01:54,00 | 01:55,20 | 01:56,40 | 01:57,60 | 01:58, | 02: | 1,20 | 02:02,40 | 02:03,6 | 02:04,80 | 02 | 02:12,00 | 02:18,00 | 02:24,00 | 02:30,00 | 02:36,00 | 02:42,00 | 02:48,00 | 4,00 | 03:00 |
|  | 01:29,25 | 01:35,2 | 01:41, | 01:47,10 | 01:48,29 | 01:49, | 01:50,6 | 01:51 | 01:53,05 | 01:54,24 | 01:55,43 | 01:56,62 | 01:57, | 01:59,0 | 02:00,19 | 02: | 02:02 | 02: | 02:04,95 | 02: | 02:16,85 | 02:22 | 02:28,75 |  | 02:40,65 |  |  |  |
|  | 01:28,50 | 01:34,40 | 01:40,30 | 01 | 01: | 01: | 01:49 | 01:5 | $1: 52$ | 01:53,28 | $01: 54$ | 01:55,64 | 01:56,8 | 01:58,00 | 01:59,18 | 02:00,36 | 02:01,54 | 02:02,72 | 02:03,90 | 80 | 02:15,70 | 02:21,60 | 02:27,50 | 02:33,40 | 02:39,30 | ,20 | 10 |  |
|  | 01:27,75 | 11:3 | 01:39,45 | 01:45,30 | 01:46,47 | 01:47,64 | 01:48,81 | 01:49,98 | :51,15 | 2,32 | 3,49 | 01:54,66 | 01:55,8 | 01:57,00 | 01:58,17 | 01:59,34 | 0,51 | 02:01,68 | 85 | 70 | 02:14,55 | 02:20,40 | 02:26,25 | 02:32,10 | 7,95 | 80 | 65 |  |
|  | 1:27,00 | 01:32,80 | 01:38,60 | 01:44,40 | 01:45,56 | 01:46,72 | 01:47,88 | 01:49,04 | 01:50,20 | 01:51,36 | 01:52,52 | 01:53,68 | 01:54,8 | 01:56,0 | 01:57,16 | 01:58,32 | 01:59,48 | 02:00,64 | 02:01,80 | 02:010 | 02:13,40 | 9,20 | 25,00 | 02:30,80 | 02:36,60 | , 40 | 20 |  |
|  | 01:26,25 | 01:3 | 01:37,75 | 43,50 | 01:44,65 | 01:45, | 01:46,95 | 01:48,10 | 01:49,25 | .50,40 | 01:51,55 | 52,70 |  | 01:55,00 | 6,15 | 迷 | 01:58,4 | 01:5 | 75 |  | 20 | 02:18,00 | 02:23,75 | 02:29,50 | 25 | 241,00 | ,75 |  |
|  | 01:25,50 | 01:31,2 | 01:36,9 | 01:42,60 | 01:43,74 | 01:44,88 | 01:46,02 | 01:47,16 | 01:48,30 | 01:49,44 | :50,58 | :51,72 | 52 | 01:54,00 | :55,14 | 1:56,28 | 1:57,42 | :58,56 | :59,70 | 2:05,40 | 02:11,10 | 02:16,80 | 2:22,50 | 2:28,20 | 2:33,90 | :39,60 | 5,30 | 02:51,0 |
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|  | 01:24,00 | 01 | $01:$ | 01:4 | 01: | 01: | O1 | 0. | 0. | O. | 01:48,64 | 01:49,76 | 01:50,8 | 01:5 | 01:53,12 | 01:54,2 | 01:55 | 01:56,48 | 01:57 | 02:03,20 | 02:08,80 | 02:1 | 02:20,00 | 02:25 | 02:31,20 | 02:36,80 | 40 |  |
|  | 01:23,25 | :28,8 | :34 | 01:39,90 | 01: | 01:42,12 | 01:43,23 | 01:44,34 | 01:45,4 | 01:46,5 | 01:47,67 | 01:48,78 | 01:49,8 | 01:51,00 | 52,11 | :53,2 | 01:54,3 | 01:55,44 | :56,55 | 02:02,10 | 02:07,65 | 02:13,20 | :18, | 02:24,3 | 2:29,85 | 2:35,40 | 2:40,95 |  |
|  | 01:22,50 | 01:28,00 | 01:33,50 | 01:39,00 | 10 | 01:41,20 | 01:42,30 | 01:43,40 | :44,50 | 01:45,60 | 01:46,70 | 01:47,80 | 01:48,9 | 01:50,00 | 51,10 | 01:52,20 | 01:53,30 | 01:54,40 | 01:55,50 | 02:01,00 | :06,5 | 02: | 2:17,50 | 02:23,0 | 02:28,50 | 02:34,00 | 39,50 | 02:45 |
|  | 01:21,75 | 01:27,20 | 65 | , 10 | 9,19 | 0,28 | 1,37 | 01:42,46 | ,55 | ,64 | 01:45,73 | 6,82 | 01:47,9 | 01:49,0 | ,09 | , 18 | 2,27 | 3,36 | 01:54,45 | 01:59,90 | 02:05,35 | 02:10,80 | 02:16,25 | 02:21,70 | 02:27,15 | 02:32,60 | 05 |  |
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|  | 0,2 | 01:25,60 | 01:30,95 | 01:36,30 | 01:37,37 | 01:38,44 | 01:39,51 | 01:40,58 | 01:41,65 | 01:42,72 | 01:43,79 | 01:44,86 | :45 | 01:47,0 | :48,07 | 01:49,14 | 1:50,21 | 01:51,28 | 152,35 | 01:57,70 | 02:03,05 | 02:08,40 | 2:13,75 | 02:19,1 | 02:24,45 | 9,8 | 35,15 | 02:40 |
|  | 01:19,50 | 4,80 | 3,10 | :35,40 | :36,46 | 01:37,52 | 01:38,58 | 01:39,64 | 01:40,70 | 01:41,76 | 01:42,82 | 01:43,88 | 01:44,9 | 01:46,0 | :47,06 | 01:48,12 | 01:49,18 | 01:50,24 | 1:51,30 | 01:56, | 02:01,90 | 02:07,20 | 2:12,5 | 02:17, | 02:23,10 | 02:28,40 | 3,70 |  |
|  | 01:18,75 | 01:24,00 | 01:29,25 | 01:34,50 | , | 01 | 01:37,65 | 38,70 | 01:39,75 | 01:40,80 | 1:41,85 | :42,90 | 01:43,9 | 01:45,0 | 01:46,05 | 01:47,10 | 0 | 01:49,20 | 01:50,25 | 01:55,50 | 75 | 02:06, | 02.1 | 02 | 02:21, | 02:27,00 | 2,25 |  |
|  | 01:18,00 | 01:23,20 | 01:28,40 | 01:33,60 | 01:34,64 | 01:35,68 | 01:36,72 | 01:37,76 | 01:38,80 | 01:39,84 | 01:40,88 | 01:41,92 | 01:42 | 01:44 | :45,04 | 01:46,08 | 01:47,12 | 01:48,16 | 01:49,20 | 01:54,40 | 1:59,60 | 02:04,80 | 02:10,00 | 02:15,20 | 02:20,40 | 02:25,60 | 30,80 |  |
|  | 01:17,25 | 01:22,40 | 01:27,55 | 01:32,70 | 01:33,73 | 01:34,76 | 01:35,79 | 01:36,82 | 01:37,85 | 01:38,88 | 01:39,91 | 01:40,94 | 01:41,9 | 01:43,0 | 44,0 | 5,06 | 01:46,09 | 01:47,12 | 01:48,15 | :53 | 01:58,45 | 02:03, | 02:08,75 | 02:13,90 | 02:19,05 | 02:24,20 | 35 | 02:34 |
|  | 01:16,50 | 01:21,60 | 01:26,70 | 01 | 01:32,82 | 01:33,84 | 01:34,86 | 01:35,88 | 01:36,90 | 01:37,92 | 01:38,94 | 9,96 | 01:40,9 | 01:42,00 | 3,02 | 4,04 | 01:45,06 | 01:46,08 | 01:4 | 01:52,20 | 01 | 02:02,40 | 02:07,50 | 02:12, | 02 | 02:22,80 | 90 |  |
|  | 01:15,75 | 01:20,8 | 01:25,85 | 01:30,90 | :31,91 | 01:32,92 | 01:33,93 | 01:34,9 | :35,9 | :36,96 | 01:37,97 | 01:38,98 | 01:39,9 | 01:41 | 1:42 | 01:43,0 | 01:44,03 | 01:45, | 01:46 | 01:51 | 01:56, | 02:01,2 | 02:06,2 | 02:11,3 | 02:16,35 | 02:21,40 | 2:26,45 |  |
|  | 01:15,00 | 01:20,00 | 01:25,00 | :30,00 | 01:31,00 | 01:32,00 | 01:33,00 | 01:34,00 | 01:35,00 | 01:36,00 | 01:37,00 | 01:38,00 | 01:39,0 | 01:40, | :41,00 | 01:42,00 | 01:43,00 | 01:44,00 | 01:45,00 | 01:50, | 01:55, | 02:00, | 02:05,00 | 02:10,00 | 02:15,00 | 02:20,00 | 00 |  |
|  | 01:14,25 | ,20 | 4,15 | , 10 | 0,09 | 1,08 | 2,07 | 3,06 | 4,05 | 5,04 | 01:36,03 | :37,02 | 01:38, | 01:39,00 | 01:39,99 | 01:40,98 | 01:41,9 | 01:42,9 | 01:43,95 | 01:48,90 | 01:53,85 | 01:58,80 | :03, | 02 | 02:13 | 02:18,60 | 55 |  |
|  | 01:13,50 | :18,4 | 23,3 | :28,20 | :29,18 | 01:30,16 | 01:31, | 01:32,12 | 1:33,1 | 01:34,0 | 01:35,06 | 01:36,04 | 01:37,0 | 01:38, | 1:38, | 1:39, | 01:40,9 | 01:41,9 | 01:42, | 01:47, | 01:52, | 01:57,6 | 02:02,50 | 02:07,40 | 02:12,30 | 02:17,20 | 2:22,10 |  |
|  | 01:12,75 | 01:17,60 | 01:22,45 | :27,30 | 01:28,27 | 01:29,24 | 01:30,21 | 01:31,18 | 1:32,15 | 01:33,12 | 01:34,09 | 01:35,06 | 01:36 | 01:37,0 | 01:37,97 | 01:38,94 | 01:39,91 | 01:40,88 | 01:41,85 | 01:46,70 | 1:51,5 | 01:56,40 | 02:01,25 | 02:06,10 | 02:10,95 | 02:15,80 | 20,65 |  |
|  | 01:12,00 | 6,80 | :21,60 | :26,40 | :27,36 | 01:28,32 | 01:29,28 | 01:30,24 | 31,20 | 1:32,16 | 01:33,12 | 01:34,08 | 01:35 | 01:36,0 | 01:36,96 | 01:37,92 | 01:38,88 | 01:39,84 | 01:40,80 | 01:45,60 | 01:50,40 | 01:55, | 02:00,00 | 02:04,8 | 02:09,60 | 02:14,40 | 9,20 |  |
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|  | 01:10,50 | 01:15,20 | 01:19,90 | 01:24,60 | 01:25,54 | 01:26,48 | 01:27,42 | 01:28,36 | 01:29,30 | 01:30,24 | 01:31,18 | 01:32,12 | 01:33 | 01:34, | 01:34,94 | 01:35,88 | 01:36,82 | 01:37,76 | 01:38,70 | 01:43,40 | 01:48,10 | 01:52,80 | 01:57,50 | 02:02,20 | 02:06,90 | 02:11,60 | 02:16,30 | 2. |
|  | 1.09, | 01:14,40 | 01:19,05 | 01:23,70 | 01:24,63 | 01:25,56 | 01:26,49 | 01:27,42 | 01:28,35 | 01:29,28 | 01:30,21 | 01:31,14 | 01:32, | 01:33 | 01:33,93 | 01:34,8 | 01:35,79 | 01:36,7 | 01:37 | 01:42, | 01:46,95 | 01:51, | 01:56,25 | 02:00, | 02:05 | 02:10,20 | 02:14,85 |  |
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|  | 01:06,75 | 01:11,20 | 5,65 | 20,10 | 01:20,99 | 01:21,88 | 01:22,77 | 01:23,66 | 24,55 | 1:25,44 | 01:26,33 | 01:27,22 | 01:28 | 01:29,0 | 01:29,89 | 01:30,78 | 01:31,67 | 01:32,56 | 01:33,45 | 01:37,90 | 01:42,35 | 01 | 1:51,2 | 01:55,7 | 02:00,15 | 02.0460 | 9,05 |  |
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|  | 01:03,75 | 01:08,00 | 01:12,25 | 01:16, | 01:17,35 | 01:18,20 | 01:19,05 | 01:19,90 | 01:20,75 | 01:21,60 | 01:22,45 | 01:2 | 01:24,15 | 01: | 01:25,85 | 01:26,70 | 01:27,55 | 01:28,40 | 01:29,25 | 01:33,50 | 01:37,75 | 01:42,00 | 01:46,2 | 01:50,50 | 01:54,75 | 01:59,00 | 02:03,25 |  |
|  | 01:03,00 | 01:07,20 | 01:11,40 | 01:15,60 | 01:16,44 | 01:17,28 | 01:18,12 | 01:18,96 | 01:19,80 | 01:20,64 | 01:21,48 | 01:22,32 | 01:23, | 01:24, | 01:24,84 | 01:25,68 | 01:26,52 | 01:27,36 | 01:28,20 | 01:32,40 | 01:36,60 | 01:40,80 | 01:45,00 | 01:49,20 | 01:53,40 | 01:57,60 | 02:01,80 | 02:010 |
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|  | 01:010 | 01:05,60 | 01:09,70 | 01:13,80 | 01:14,62 | 01:15,44 | 01:16,26 | 01:17,08 | 01:17,90 | 01:18,72 | 01:19,54 | 01:20,36 | 01:21,1 | 01:210 | 01:22,82 | 01:23,64 | 01:24,46 | 01:25,2 | 01 | 20 | 01 | 01:38,40 | 01:42,50 | 01466, 1 | 70 | 80 | 58,90 |  |
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|  | 01:00,00 | 01:04,00 | 01:08,00 | 01:12,00 | 01:12,80 | 01:13,60 | 01:14,40 | 01:15,20 | 01:16,00 | 01:16,80 | 01:17,60 | 01:18,40 | 01:19,2 | 01:20,0 | 01:20,80 | 01:21,60 | 01:22,40 | 01:23,20 | 01:24,00 | 01:28,00 | 01:32, | 01:36,00 | 01:40,00 | 01:44,00 | 01:48,00 | 01:52,00 | 01:56,00 |  |
|  | 00:59,25 | 01:03,20 | 01:07,15 | 01:11,10 | 01:11,89 | 01:12,68 | 01:13,47 | 01:14,26 | 01:15,05 | 01:15,84 | 01:16,63 | 01:17,42 | 01:18,2 | 01:19,0 | 01:19,79 | 01:20,58 | 01:21,37 | 01:22,16 | 01:22,95 | 1.26,90 | 0,30,8 | 1.34,8 | 01:38,7 | 0.42, | 01:46,6 | 01:50,60 | 54,55 |  |
|  | 00:58,50 | 01:02,40 | 01:06,30 | 01:10,20 | 01:10,98 | 01:11,76 | 01:12,54 | 01:13,32 | 1:14,10 | 01:14,88 | 01:15,66 | 01:16,44 | 01:17, | 01:18,0 | 01:18,78 | 01:19,56 | 01:20,34 | 01:21,12 | 01:21,90 | 01:25,8 | 01:29,7 | 01:33,6 | 01:37,5 | 01:41,4 | 01:45,30 | 01:49,20 | 01:53,10 |  |
|  | 00:57, | 01:01,60 | 01:05,45 | 01:09,30 | 01:10,07 | 01:10,84 | 01:11,61 | 01:12,38 | 01:13,15 | 01:13,92 | 01:14,69 | 01:15,46 | 01:16,2 | 01:17,0 | 01:17,77 | 01:18,54 | 01:19,31 | 01:20,08 | 01:20,85 | 01:24,70 | 01:28,55 | 01:32,40 | 01:36,25 | 01:40,10 | 01:43,95 | 01:47,80 | 01:51,65 |  |
|  | 00:57, | 01:00, | 04, | 08,4 | :09,16 | 09,9 | 01:10,68 | 01:11,44 | 12,20 | 01:12,96 | 01:13,72 | 01:14,48 | 01:15,2 | 01:16,0 | 01:16,76 | 01:17,52 | 01:18,28 | 01:19,04 | 01:19,80 | 01:23,60 | 01:27,40 | 01:31,20 | 01:35,00 | 01:38,80 | 01:42,60 | 01:46,40 | 01:50,20 | 01:54, |
|  | 00:56 | 01:00, | 01:03, | 01:07, | 01:08,25 | 01:09, | 01:09,75 | 01:10,50 | 01:11,25 | 01:12,00 | 01:12,75 | 01:13,50 | 01:14, | 01:15, | 01:15,75 | 01:16,50 | 01:17,25 | 01:18,00 | 01:18,75 | 01:22,50 | 01:26,25 | 01:30,00 | 01:33,7 | 01:37,50 | 01:41,25 | 01:45,00 | 01:48,75 |  |
|  | 00:55,50 | 00:59,20 | 01:02,90 | 01:06,60 | 01:07,34 | 01:08,08 | 01:08,82 | 01:09,56 | 01:10,30 | 01:11,04 | 01:11,78 | 01:12,52 | 01:13,2 | 01:14,00 | 01:14,74 | 01:15,48 | 01:16,22 | 01:16,96 | 01:17,70 | 01:21,40 | 01:25,10 | 01:28,80 | 01:32,50 | 01:36,20 | 01:39,90 | 01:43,60 | 01:47,30 |  |
|  | 00:54,7 | 00:58,40 | 01:02,05 | 01:05,70 | 01:06,43 | 01:07,16 | 01:07,89 | 01:08,62 | 01:09,35 | 01:10,08 | 01:10,81 | 01:11,54 | 01:12, | 01:13,0 | 01:13,73 | 01:14,46 | 01:15,19 | 01:15,92 | 01:16,65 | 01:20,30 | 01:23,95 | 01:27,60 | 01:31,25 | 01:34,90 | 01:38,55 | 01:42,20 | 01:45,85 |  |
|  | 00:54,0 | 00:57,60 | 01:01,20 | 01:04,80 | 01:05,52 | 01:06,24 | 01:06,96 | 01:07,68 | 01:08,40 | 01:09,12 | 01:09,84 | 01:10,56 | 01:11, | 01:12,0 | 01:12,72 | 01:13,4 | 01:14,16 | 01:14,8 | 01:15,6 | 01:19,20 | 01:22,8 | 01:26,4 | 01:30,0 | 01:33,6 | 01:37,2 | 01:40,8 | 01:44,40 |  |
|  | 00:53,25 | 00:56,80 | 01:00,35 | 01:03,90 | 01:04,61 | 01:05,32 | 01:06,03 | 01:06,74 | 01:07,45 | 01:08,16 | 01:08,87 | 01:09,58 | 01:10,2 | 01:11,00 | 01:11,71 | 01:12,42 | 01:13,13 | 01:13,84 | 01:14,55 | 01:18,10 | 01:21,65 | 01:25,20 | 01:28,75 | 01:32,30 | 01:35,85 | 01:39,40 | 01:42,95 |  |
|  | 00:52,50 | 00:56,00 | 00:59,50 | 01:03,00 | 01:03,70 | 01:04,40 | 01:05,10 | 01:05,80 | 01:06,50 | 01:07,20 | 01:07,90 | 01:08,60 | 01:09,3 | 01:10,00 | 01:10,70 | 01:11,40 | 01:12,10 | 01:12,80 | 01:13,50 | 01:17,00 | 01:20,50 | 01:24,00 | 01:27,50 | 01:31,00 | 01:34,50 | 01:38,00 | 01:41,50 |  |
|  | 00:51,7 | 00:55,20 | 00:58,65 | 01:02,10 | 01:02,79 | 01:03,48 | 01:04,17 | 01:04,86 | 01:05,55 | 01:06,24 | 01:06,93 | 01:07,62 | 01:08,3 | 01:09,0 | 01:09,69 | 01:10,38 | 01:11,07 | 01:11,76 | 01:12,45 | 01:15,90 | 01:19,35 | 01:22,8 | 01:26,2 | 01:29,7 | 01:33,15 | 01:36,6 | 01:40,0 | 01:43,5 |
|  | 00:51,00 | 00:54,4 | 00:57 | 01:01,20 | 01:01,88 | 01:02,56 | :03,24 | 3,92 | 01:04,60 | 01:05,28 | 01:05,96 | 01:06,64 | 01:07, | 01:08,0 | 01:08,68 | 01:09,36 | 01:10,04 | 01:10,72 | 01:11,40 | 80 | 01:18,20 | 01:21, | 01:25,00 | 01:28,40 | 80 | 20 | 01:38,60 | 01:42, |
|  | 00:50,25 | 00:53,60 | 00:56,95 | 01:00,30 | 01:00,97 | 01:01,64 | 01:02,31 | 01:02,98 | 01:03,65 | 01:04,32 | 01:04,99 | 01:05,66 | 01:06,3 | 01:07,0 | 01:07,67 | 01:08,34 | 01:09,01 | 01:09,68 | 01:10,35 | 01:13,70 | 01:17,05 | 01:20,40 | 01:23,75 | 01:27,10 | 01:30,45 | 01:33,80 | 01:37,15 |  |
|  | 00:49,50 | 00:52,80 | 00:56,10 | 00:59,40 | 01:00,06 | 01:00,72 | 01:01,38 | 01:02,04 | 01:02,70 | 01:03,36 | 01:04,02 | 01:04,68 | 01:05,3 | 01:06,00 | 01:06,66 | 01:07,32 | 01:07,98 | 01:08,64 | 01:09,30 | 01:12,60 | 01:15,90 | 01:19,20 | 01:22,50 | 01:25,80 | 01:29,10 | 01:32,40 | 01:35,70 | 01:3 |
|  | 00:48,75 | 00:5 | 00:55 | 00:58 | 00:59,15 | 00:59 | 01:00,45 | 01:01,10 | 01:01,75 | 01:02,40 | 01:03,05 | 01:03,70 | 01:04,3 | 01:05,00 | 01:05,65 | 01:06,30 | 01:06,95 | 01:07,60 | 01:08,25 | 01:11,50 | 01:14,75 | 01:18,0 | 01:21,25 | 01:24,50 | 01:27 | 01:3 | 01:34,25 | , |
|  | 00:48,00 | 00:51,20 | 00:54,40 | 00:57,60 | 00:58,24 | 00:58,88 | 00:59,52 | 01:00,16 | 01:00,80 | 01:01,44 | 01:02,08 | 01:02,72 | 01:03,3 | 01:04,00 | 01:04,64 | 01:05,28 | 01:05,92 | 01:06,56 | 01:07,20 | 01:10,40 | 01:13,60 | 01:16,80 | 01:20,00 | 01:23,20 | 01:26,40 | 01:29,60 | 01:32,80 | 01:36,0 |
|  | 00:47,25 | 00:50,40 | 00:53,55 | 00:56,70 | 00:57,33 | 00:57,96 | 00:58,59 | 00:59,22 | 00:59,85 | 01:00,48 | 01:01,11 | 01:01,74 | 01:02,37 | 01:03,00 | 01:03,63 | 01:04,26 | 01:04,89 | 01:05,52 | 01:06,15 | 01:09,30 | 01:12,45 | 01:15,60 | 01:18,75 | 01:21,90 | 01:25,05 | 01:28,20 | 01:31,35 |  |

## Rechenzeiten 100m - Strecken

| Prozent | 25\% | 20\% | 15\% | 10\% | 09\% | 18\% | 107\% | 106\% | 105\% | 104\% | 103\% | 102\% | 101\% | 100\% | 99\% | 98\% | 97\% | 96\% | 95\% | 90\% | 85\% | 80\% | 75\% | 70\% | 65\% | 60\% | 55\% |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 00:46,50 | 00:49,60 | 00:52,70 | 00:55,80 | 00:56,42 | 00:57,04 | 00:57,66 | 00:58,28 | 00:58,90 | 00:59,52 | 01:00,14 | 01:00,76 | 01:01,38 | 01:02,00 | 01:02,62 | 01:03,24 | 01:03,86 | 01:04,48 | 01:05,10 | 01:08,20 | 01:11,30 | 01:14,40 | 01:17,50 | 01:20,60 | 01:23,70 | 01:26,80 | 01:29,90 | 01:33,000 |
|  | 00:45,75 | 00:48,80 | 00:51,85 | 00 | 00: | 00:56,12 | 00:56,73 | 00:57,34 | 00:57,95 | 00:58,56 | 00:59,17 | 00:59,78 | 01:00,39 | 01:01,00 | 01:01,61 | 01:02,22 | 01:02,83 | 01:03,44 | 01:04,05 | 01:07,10 | 01:10,15 | 01:13,20 | 01:16,25 | 01:19,30 | 01:22,35 | 01:25,40 | 01:28,45 | 01:31, |
|  | 00:45,00 | 00:48,00 | 00:51,00 | 00:5 | 00 | 00:55,20 | 00 | 00:56,40 | 00:57,00 | 00:57,60 | 20 | 00:58,80 | 00:59,40 | 01:00,00 | 01:00,60 | 01:01,20 | 01:01,80 | 01:02,40 | 01:03,00 | 01:06,00 | 01:09,00 | 01:12,00 | 01:15,00 | 01:18,00 | 01:21,00 | 01:24,00 | 01:27,00 | 01:30,0 |
|  | 00:44,2 | 00:47,20 | 00:50,15 | 00:53,10 | 00:53,69 | 00:54,28 | 00:54,87 | 00:55,46 | 00:56,05 | 00:56,64 | 00:57,23 | 00:57,82 | 00:58,41 | 00:59,00 | 00:59,59 | 01:00,18 | 01:00,77 | 01:01,3 | 01:01,9 | 01:04,9 | 01:07,8 | 01:10,80 | 01:13,75 | 01:16, | 01:19, | 01:22 | 1:25,55 | 01:28,5 |
|  | 00:43,5 | 00:46,40 | 00:49,30 | 00:52,20 | 00:52,78 | 00:53,36 | 00:53,94 | 00:54,52 | 00:55,10 | 00:55,68 | 00:56,26 | 00:56,84 | 00:57,4 | 00:58,00 | 00:58,58 | 00:59,16 | 00:59,74 | 01:00,32 | 01:00,90 | 01:03,80 | 01:06,70 | 01:09,60 | 01:12,50 | 01:15,40 | 01:18,30 | 01:21,20 | 01:24,10 |  |
|  | 00:42,75 | 00:4 | 00:48,45 | 00:51,30 | 00:51,8 | 00:52,44 | 00 | 00:53,58 | 00:54,15 | 00:54,72 | 00:55,29 | 00:55,86 | 00:5 | 00:57,00 | 00: | 00:58,14 | 00:58,71 | 00:59 | 00:59 | 01:020 | 01:05,55 | 01:08,40 | 01:11, | 01:14, | 01:16 | 01:19,80 | 01:22,65 |  |
|  | 00:42,00 | 00:44,80 | 00:47,60 | 00:50,40 | 00:50,96 | 00:51,52 | 00:52,08 | 00:52,64 | 00:53,20 | 00:53,76 | 00:54,32 | 00:54,88 | 00:55,4 | 00:56, | 00:56,56 | 00:57,12 | 00:57,68 | 00:58,2 | 00:58, | 01:01,6 | 01:04,4 | 01:07,20 | 01:10,0 | 01:12,8 | 01:15,6 | 01:18, | 01:21,20 | 01:24,0 |
|  | :41,2 | 0:44,0 | 00:46,75 | 00:49,50 | 00:50,05 | 00:50,60 | 00:51,15 | 00:51,70 | 00:52,25 | 00:52,80 | 00:53,35 | 00:53,90 | 00:54, | 00:55,0 | 00:55,55 | 00:56,10 | 00:56,65 | 00:57,2 | 00:57,75 | 01:00,50 | 01:03,25 | 01:06,00 | 01:08,75 | 01:11,5 | 01:14,25 | 01:17,00 | 1:19,75 | 01:22 |

