

Rechenzeiten 100m - Strecken

Prozent	125%	120%	115%	110%	109%	108%	107%	106%	105%	104%	103%	102%	101%	100%	99%	98%	97%	96%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
01:34,50	01:40,80	01:47,10	01:53,40	01:54,66	01:55,92	01:57,18	01:58,44	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	03:02,70	03:09,00	
01:33,75	01:40,00	01:46,25	01:52,50	01:53,75	01:55,00	01:56,25	01:57,50	01:58,75	02:00,00	02:01,25	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	03:07,50	
01:33,00	01:39,20	01:45,40	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	02:04,00	02:05,24	02:06,48	02:07,72	02:08,96	02:10,20	02:16,40	02:22,60	02:28,80	02:35,00	02:41,20	02:47,40	02:53,60	03:00,00	03:06,40	
01:32,25	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	02:01,77	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	02:39,90	02:46,05	02:52,20	02:58,35	03:04,50	
01:31,50	01:37,60	01:43,70	01:49,80	01:51,02	01:52,24	01:53,46	01:54,68	01:55,90	01:57,12	01:58,34	01:59,56	02:00,78	02:02,00	02:03,22	02:04,44	02:05,66	02:06,88	02:08,10	02:14,20	02:20,30	02:26,40	02:32,50	02:38,60	02:44,70	02:50,80	02:56,90	03:03,00	
01:30,75	01:36,80	01:42,85	01:48,90	01:50,11	01:51,32	01:52,53	01:53,74	01:54,95	01:56,16	01:57,37	01:58,58	01:59,79	02:01,00	02:02,21	02:03,42	02:04,63	02:05,84	02:07,05	02:13,10	02:19,15	02:25,20	02:31,25	02:37,30	02:43,35	02:49,40	02:55,45	03:01,50	
01:30,00	01:36,00	01:42,00	01:48,00	01:49,20	01:50,40	01:51,60	01:52,80	01:54,00	01:55,20	01:56,40	01:57,60	01:58,80	02:00,00	02:01,20	02:02,40	02:03,60	02:04,80	02:06,00	02:12,00	02:18,00	02:24,00	02:30,00	02:36,00	02:42,00	02:48,00	02:54,00	03:00,00	
01:29,25	01:35,20	01:41,15	01:47,10	01:48,29	01:49,48	01:50,67	01:51,86	01:53,05	01:54,24	01:55,43	01:56,62	01:57,81	01:59,00	02:00,19	02:01,38	02:02,57	02:03,76	02:04,95	02:10,90	02:16,85	02:22,80	02:28,75	02:34,70	02:40,65	02:46,60	02:52,55	02:58,50	
01:28,50	01:34,40	01:40,30	01:46,20	01:47,38	01:48,56	01:49,74	01:50,92	01:52,10	01:53,28	01:54,46	01:55,64	01:56,82	01:58,00	01:59,18	02:00,36	02:01,54	02:02,72	02:03,90	02:09,80	02:15,70	02:21,60	02:27,50	02:33,40	02:39,30	02:45,20	02:51,10	02:57,00	
01:27,75	01:33,60	01:39,45	01:45,30	01:46,47	01:47,64	01:48,81	01:49,98	01:51,15	01:52,32	01:53,49	01:54,66	01:55,83	01:57,00	01:58,17	01:59,34	02:00,51	02:01,68	02:02,85	02:08,70	02:14,55	02:20,40	02:26,25	02:32,10	02:37,95	02:43,80	02:49,65	02:55,50	
01:27,00	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	01:54,84	01:56,00	01:57,16	01:58,32	01:59,48	02:00,64	02:01,80	02:07,60	02:13,40	02:19,20	02:25,00	02:30,80	02:36,60	02:42,40	02:48,20	02:54,00	
01:26,25	01:32,00	01:37,75	01:43,50	01:44,65	01:45,80	01:46,95	01:48,10	01:49,25	01:50,40	01:51,55	01:52,70	01:53,85	01:55,00	01:56,15	01:57,30	01:58,45	01:59,60	02:00,75	02:06,50	02:12,25	02:18,00	02:23,75	02:29,50	02:35,25	02:41,00	02:46,75	02:52,50	
01:25,50	01:31,20	01:36,90	01:42,60	01:43,74	01:44,88	01:46,02	01:47,16	01:48,30	01:49,44	01:50,58	01:51,72	01:52,86	01:54,00	01:55,14	01:56,28	01:57,42	01:58,56	01:59,70	02:05,40	02:11,10	02:16,80	02:22,50	02:28,20	02:33,90	02:39,60	02:45,30	02:51,00	
01:24,75	01:30,40	01:36,05	01:41,70	01:42,83	01:43,96	01:45,09	01:46,22	01:47,35	01:48,48	01:49,61	01:50,74	01:51,87	01:53,00	01:54,13	01:55,26	01:56,39	01:57,52	01:58,65	02:04,30	02:09,95	02:15,60	02:21,25	02:26,90	02:32,55	02:38,20	02:43,85	02:49,50	
01:24,00	01:29,60	01:35,20	01:40,80	01:41,92	01:43,04	01:44,16	01:45,28	01:46,40	01:47,52	01:48,64	01:49,76	01:50,88	01:52,00	01:53,12	01:54,24	01:55,36	01:56,48	01:57,60	02:03,20	02:08,80	02:14,40	02:20,00	02:25,60	02:31,20	02:36,80	02:42,40	02:48,00	
01:23,25	01:28,80	01:34,35	01:39,90	01:41,01	01:42,12	01:43,23	01:44,34	01:45,45	01:46,56	01:47,67	01:48,78	01:49,89	01:51,00	01:52,11	01:53,22	01:54,33	01:55,44	01:56,55	02:02,10	02:07,65	02:13,20	02:18,75	02:24,30	02:29,85	02:35,40	02:40,95	02:46,50	
01:22,50	01:28,00	01:33,50	01:39,00	01:40,10	01:41,20	01:42,30	01:43,40	01:44,50	01:45,60	01:46,70	01:47,80	01:48,90	01:50,00	01:51,10	01:52,20	01:53,30	01:54,40	01:55,50	02:01,00	02:06,50	02:12,00	02:17,50	02:23,00	02:28,50	02:34,00	02:39,50	02:45,00	
01:21,75	01:27,20	01:32,65	01:38,10	01:39,19	01:40,28	01:41,37	01:42,46	01:43,55	01:44,64	01:45,73	01:46,82	01:47,91	01:49,00	01:50,09	01:51,18	01:52,27	01:53,36	01:54,45	01:59,90	02:05,35	02:10,80	02:16,25	02:21,70	02:27,15	02:32,60	02:38,05	02:43,50	
01:21,00	01:26,40	01:31,80	01:37,20	01:38,28	01:39,36	01:40,44	01:41,52	01:42,60	01:43,68	01:44,76	01:45,84	01:46,92	01:48,00	01:49,08	01:50,16	01:51,24	01:52,32	01:53,40	01:58,80	02:04,20	02:09,60	02:15,00	02:20,40	02:25,80	02:31,20	02:36,60	02:42,00	
01:20,25	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	01:45,93	01:47,00	01:48,07	01:49,14	01:50,21	01:51,28	01:52,35	01:57,70	02:03,05	02:08,40	02:13,75	02:19,10	02:24,45	02:29,80	02:35,15	02:40,50	
01:19,50	01:24,80	01:30,10	01:35,40	01:36,46	01:37,52	01:38,58	01:39,64	01:40,70	01:41,76	01:42,82	01:43,88	01:44,94	01:46,00	01:47,06	01:48,12	01:49,18	01:50,24	01:51,30	01:56,60	02:01,90	02:07,20	02:12,50	02:17,80	02:23,10	02:28,40	02:33,70	02:39,00	
01:18,75	01:24,00	01:29,25	01:34,50	01:35,55	01:36,60	01:37,65	01:38,70	01:39,75	01:40,80	01:41,85	01:42,90	01:43,95	01:45,00	01:46,05	01:47,10	01:48,15	01:49,20	01:50,25	01:55,50	02:00,75	02:06,00	02:11,25	02:16,50	02:21,75	02:27,00	02:32,25	02:37,50	
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	01:42,96	01:44,00	01:45,04	01:46,08	01:47,12	01:48,16	01:49,20	01:54,40	01:59,60	02:04,80	02:10,00	02:15,20	02:20,40	02:25,60	02:30,80	02:36,00	
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	01:41,97	01:43,00	01:44,03	01:45,06	01:46,09	01:47,12	01:48,15	01:53,30	01:58,45	02:03,60	02:08,75	02:13,90	02:19,05	02:24,20	02:29,35	02:34,50	
01:16,50	01:21,60	01:26,70	01:31,80	01:32,82	01:33,84	01:34,86	01:35,88	01:36,90	01:37,92	01:38,94	01:39,96	01:40,98	01:42,00	01:43,02	01:44,04	01:45,06	01:46,08	01:47,10	01:52,20	01:57,30	02:02,40	02:07,50	02:12,60	02:17,70	02:22,80	02:27,90	02:33,00	
01:15,75	01:20,80	01:25,85	01:30,90	01:31,91	01:32,92	01:33,93	01:34,94	01:35,95	01:36,96	01:37,97	01:38,98	01:39,99	01:41,00	01:42,01	01:43,02	01:44,03	01:45,04	01:46,05	01:51,10	01:56,15	02:01,20	02:06,25	02:11,30	02:16,35	02:21,40	02:26,45	02:31,50	
01:15,00	01:20,00	01:25,00	01:30,00	01:31,00	01:32,00	01:33,00	01:34,00	01:35,00	01:36,00	01:37,00	01:38,00	01:39,00	01:40,00	01:41,00	01:42,00	01:43,00	01:44,00	01:45,00	01:50,00	01:55,00	02:00,00	02:05,00	02:10,00	02:15,00	02:20,00	02:25,00	02:30,00	
01:14,25	01:19,20	01:24,15	01:29,10	01:30,09	01:31,08	01:32,07	01:33,06	01:34,05	01:35,04	01:36,03	01:37,02	01:38,01	01:39,00	01:39,99	01:40,98	01:41,97	01:42,96	01:43,95	01:48,90	01:53,85	01:58,80	02:03,75	02:08,70	02:13,65	02:18,60	02:23,55	02:28,50	
01:13,50	01:18,40	01:23,30	01:28,20	01:29,18	01:30,16	01:31,14	01:32,12	01:33,10	01:34,08	01:35,06	01:36,04	01:37,02	01:38,00	01:38,98	01:39,96	01:40,94	01:41,92	01:42,90	01:47,80	01:52,70	01:57,60	02:02,50	02:07,40	02:12,30	02:17,20	02:22,10	02:27,00	
01:12,75	01:17,60	01:22,45	01:27,30	01:28,27	01:29,24	01:30,21	01:31,18	01:32,15	01:33,12	01:34,09	01:35,06	01:36,03	01:37,00	01:37,97	01:38,94	01:39,91	01:40,88	01:41,85	01:46,70	01:51,55	01:56,40	02:01,25	02:06,10	02:10,95	02:15,80	02:20,65	02:25,50	
01:12,00	01:16,80	01:21,60	01:26,40	01:27,36	01:28,32	01:29,28	01:30,24	01:31,20	01:32,16	01:33,12	01:34,08	01:35,04	01:36,00	01:36,96	01:37,92	01:38,88	01:39,84	01:40,80	01:45,60	01:50,40	01:55,20	02:00,00	02:04,80	02:09,60	02:14,40	02:19,20	02:24,00	
01:11,25	01:16,00	01:20,75	01:25,50	01:26,45	01:27,40	01:28,35	01:29,30	01:30,25	01:31,20	01:32,15	01:33,10	01:34,05	01:35,00	01:35,95	01:36,90	01:37,85	01:38,80	01:39,75	01:44,50	01:49,25	01:54,00	01:58,75	02:03,50	02:08,25	02:13,00	02:17,75	02:22,50	
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	01:33,06	01:34,00	01:34,94	01:35,88	01:36,82												

Rechenzeiten 100m - Strecken

Prozent	125%	120%	115%	110%	109%	108%	107%	106%	105%	104%	103%	102%	101%	100%	99%	98%	97%	96%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
	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	01:33,00
	00:45,75	00:48,80	00:51,85	00:54,90	00:55,51	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	01:31,50
	00:45,00	00:48,00	00:51,00	00:54,00	00:54,60	00:55,20	00:55,80	00:56,40	00:57,00	00:57,60	00:58,20	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	01:30,00
	00:44,25	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	01:01,36	01:01,95	01:04,90	01:07,85	01:10,80	01:13,75	01:16,70	01:19,65	01:22,60	01:25,55	01:28,50
	00:43,50	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	00:57,42	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	01:27,00
	00:42,75	00:45,60	00:48,45	00:51,30	00:51,87	00:52,44	00:53,01	00:53,58	00:54,15	00:54,72	00:55,29	00:55,86	00:56,43	00:57,00	00:57,57	00:58,14	00:58,71	00:59,28	00:59,85	01:02,70	01:05,55	01:08,40	01:11,25	01:14,10	01:16,95	01:19,80	01:22,65	01:25,50
	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	00:55,44	00:56,00	00:56,56	00:57,12	00:57,68	00:58,24	00:58,80	01:01,60	01:04,40	01:07,20	01:10,00	01:12,80	01:15,60	01:18,40	01:21,20	01:24,00
	00:41,25	00:44,00	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	00:54,45	00:55,00	00:55,55	00:56,10	00:56,65	00:57,20	00:57,75	01:00,50	01:03,25	01:06,00	01:08,75	01:11,50	01:14,25	01:17,00	01:19,75	01:22,50