



Normzeiten - Mädchen

| Jahrgang (Altersklasse) | Grundlage: Rudolph-Tabelle 2022 (Basis 2021) | 25 | 50 | 25 | 50 | 100 | 200 | 400 | 25 | 50 | 25 | 50 | 100 | 200 | 25 | 50 | 25 | 50 | 100 | 200 | 25 | 50 | 25 | 50 | 100 | 100 | 200 |
|--------------------------------|--|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | KrBei | KrBei | F | F | F | F | F | RüBei | RüBei | R | R | R | R | BrBei | BrBei | B | B | B | B | DeBei | DeBei | S | S | S | Lg | Lg |
| Jan.-Juni 2012 (AK 11 alt) | 7 Punkte | ~ | 0:52,50 | ~ | 0:33,61 | 1:13,66 | 2:39,86 | 5:39,82 | ~ | 0:55,00 | ~ | 0:38,27 | 1:22,95 | 2:58,76 | ~ | 0:58,00 | ~ | 0:42,59 | 1:32,50 | 3:20,64 | ~ | 0:56,50 | ~ | 0:35,78 | 1:21,62 | ~ | 3:00,92 |
| Jul.-Dez. 2012 (AK 11 jung) | 5 Punkte | ~ | 0:53,50 | ~ | 0:34,48 | 1:15,56 | 2:43,98 | 5:48,57 | ~ | 0:56,00 | ~ | 0:39,26 | 1:25,08 | 3:03,36 | ~ | 0:59,00 | ~ | 0:43,69 | 1:34,88 | 3:25,80 | ~ | 0:57,50 | ~ | 0:36,70 | 1:23,72 | ~ | 3:05,58 |
| Jan.-Juni 2013 (AK 10 alt) | 5 Punkte | ~ | 0:55,00 | ~ | 0:36,47 | 1:21,14 | 2:56,44 | ~ | ~ | 0:57,50 | ~ | 0:42,47 | 1:32,43 | 3:20,27 | ~ | 1:00,50 | ~ | 0:46,46 | 1:41,34 | 3:38,05 | ~ | 0:59,00 | ~ | 0:39,52 | 1:30,09 | ~ | 3:19,89 |
| Jul.-Dez. 2013 (AK 10 jung) | 3 Punkte | ~ | 0:56,00 | ~ | 0:37,39 | 1:23,18 | 3:00,87 | ~ | ~ | 0:58,50 | ~ | 0:43,54 | 1:34,75 | 3:25,30 | ~ | 1:01,50 | ~ | 0:47,63 | 1:43,88 | 3:43,53 | ~ | 1:00,00 | ~ | 0:40,51 | 1:32,35 | ~ | 3:24,91 |
| Jan.-Juni 2014 (AK 9 alt) | 3 Punkte | ~ | 0:57,50 | ~ | 0:39,87 | 1:29,31 | ~ | ~ | ~ | 1:00,00 | ~ | 0:46,43 | 1:42,12 | ~ | ~ | 1:03,00 | ~ | 0:52,19 | 1:55,02 | ~ | ~ | 1:01,50 | ~ | 0:44,81 | ~ | 1:43,95 | ~ |
| Jul.-Dez. 2014 (AK 9 jung) | 1 Punkt | ~ | 0:58,50 | ~ | 0:40,85 | 1:31,50 | ~ | ~ | ~ | 1:01,00 | ~ | 0:47,56 | 1:44,62 | ~ | ~ | 1:04,00 | ~ | 0:53,46 | 1:57,83 | ~ | ~ | 1:02,50 | ~ | 0:45,91 | ~ | 1:46,35 | ~ |
| Jan.-Juni 2015 (AK 8 alt) | ~ | 0:29,50 | ~ | 0:22,00 | ~ | ~ | ~ | ~ | 0:30,50 | ~ | 0:25,00 | ~ | ~ | ~ | 0:32,00 | ~ | 0:26,90 | ~ | ~ | ~ | 0:31,50 | ~ | 0:24,00 | ~ | ~ | ~ | ~ |
| Jul.-Dez. 2015 (AK 8 jung) | ~ | 0:31,00 | ~ | 0:24,70 | ~ | ~ | ~ | ~ | 0:32,00 | ~ | 0:27,70 | ~ | ~ | ~ | 0:33,50 | ~ | 0:29,60 | ~ | ~ | ~ | 0:33,00 | ~ | 0:26,70 | ~ | ~ | ~ | ~ |

Normzeiten - Jungen

| Jahrgang (Altersklasse) | Grundlage: Rudolph-Tabelle 2022 (Basis 2021) | 25 | 50 | 25 | 50 | 100 | 200 | 400 | 25 | 50 | 25 | 50 | 100 | 200 | 25 | 50 | 25 | 50 | 100 | 200 | 25 | 50 | 25 | 50 | 100 | 100 | 200 |
|--------------------------------|--|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | KrBei | KrBei | F | F | F | F | F | RüBei | RüBei | R | R | R | R | BrBei | BrBei | B | B | B | B | DeBei | DeBei | S | S | S | Lg | Lg |
| Jan.-Juni 2012 (AK 11 alt) | 7 Punkte | ~ | 0:52,50 | ~ | 0:33,13 | 1:12,35 | 2:39,99 | 5:34,91 | ~ | 0:55,00 | ~ | 0:37,93 | 1:22,94 | 2:58,35 | ~ | 0:58,00 | ~ | 0:41,92 | 1:32,55 | 3:19,31 | ~ | 0:56,50 | ~ | 0:35,66 | 1:21,01 | ~ | 2:58,27 |
| Jul.-Dez. 2012 (AK 11 jung) | 5 Punkte | ~ | 0:53,50 | ~ | 0:33,99 | 1:14,21 | 2:44,11 | 5:43,54 | ~ | 0:56,00 | ~ | 0:38,91 | 1:25,07 | 3:02,94 | ~ | 0:59,00 | ~ | 0:43,00 | 1:34,93 | 3:24,44 | ~ | 0:57,50 | ~ | 0:36,58 | 1:23,10 | ~ | 3:02,86 |
| Jan.-Juni 2013 (AK 10 alt) | 5 Punkte | ~ | 0:55,00 | ~ | 0:36,07 | 1:21,00 | 2:54,24 | ~ | ~ | 0:57,50 | ~ | 0:41,87 | 1:31,26 | 3:16,34 | ~ | 1:00,50 | ~ | 0:46,50 | 1:42,32 | 3:39,59 | ~ | 0:59,00 | ~ | 0:39,65 | 1:29,98 | ~ | 3:18,14 |
| Jul.-Dez. 2013 (AK 10 jung) | 3 Punkte | ~ | 0:56,00 | ~ | 0:36,97 | 1:23,03 | 2:58,62 | ~ | ~ | 0:58,50 | ~ | 0:42,92 | 1:33,55 | 3:21,27 | ~ | 1:01,50 | ~ | 0:47,66 | 1:44,88 | 3:45,11 | ~ | 1:00,00 | ~ | 0:40,65 | 1:32,24 | ~ | 3:23,12 |
| Jan.-Juni 2014 (AK 9 alt) | 3 Punkte | ~ | 0:57,50 | ~ | 0:39,76 | 1:29,05 | ~ | ~ | ~ | 1:00,00 | ~ | 0:46,55 | 1:42,59 | ~ | ~ | 1:03,00 | ~ | 0:52,00 | 1:55,97 | ~ | ~ | 1:01,50 | ~ | 0:44,91 | ~ | 1:43,43 | ~ |
| Jul.-Dez. 2014 (AK 9 jung) | 1 Punkt | ~ | 0:58,50 | ~ | 0:40,74 | 1:31,23 | ~ | ~ | ~ | 1:01,00 | ~ | 0:47,69 | 1:45,11 | ~ | ~ | 1:04,00 | ~ | 0:53,27 | 1:58,81 | ~ | ~ | 1:02,50 | ~ | 0:46,01 | ~ | 1:46,61 | ~ |
| Jan.-Juni 2015 (AK 8 alt) | ~ | 0:29,50 | ~ | 0:22,00 | ~ | ~ | ~ | ~ | 0:30,50 | ~ | 0:25,00 | ~ | ~ | ~ | 0:32,00 | ~ | 0:26,90 | ~ | ~ | ~ | 0:31,50 | ~ | 0:24,00 | ~ | ~ | ~ | ~ |
| Jul.-Dez. 2015 (AK 8 jung) | ~ | 0:31,00 | ~ | 0:24,70 | ~ | ~ | ~ | ~ | 0:32,00 | ~ | 0:27,70 | ~ | ~ | ~ | 0:33,50 | ~ | 0:29,60 | ~ | ~ | ~ | 0:33,00 | ~ | 0:26,70 | ~ | ~ | ~ | ~ |