

# LEISTUNGSABZEICHEN- FLOSSENSCHWIMMEN



## SILBER

\_\_\_\_\_

hat erfolgreich zum \_\_\_\_\_ Mal in der Altersklasse \_\_\_\_\_ mit  
folgenden Ergebnissen das Leistungsabzeichen absolviert:

25m Tauchsprint (s) \_\_\_\_\_

100m Flossenschwimmen (min) \_\_\_\_\_

400m Flossenschwimmen (min) \_\_\_\_\_

800m Flossenschwimmen (min) \_\_\_\_\_

VDST-Präsident

Ort, Datum

Prüferin/Prüfer  
Stempel, Unterschrift



Durch Vorlage dieser Urkunde gilt im Jahr Ihrer  
Ausstellung die Prüfung in der Disziplingruppe  
Ausdauer des Deutschen Sportabzeichens auf der  
Leistungsebene Gold als erfolgreich absolviert.



# LEISTUNGSANFORDERUNGEN

	8-9	10-11	12-13	14-15	16-17	18-34	35-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
25 m Tauchsprint / Flossenschwimmen	Br	00:22,0	00:20,0	00:19,0	00:18,0	00:17,5	00:17,3	00:17,5	00:18,3	00:19,3	00:20,1	00:21,7	00:22,5	00:23,5	00:24,5	00:25,5
	Si	00:21,5	00:19,5	00:18,5	00:17,5	00:17,0	00:16,8	00:17,8	00:18,8	00:19,6	00:20,4	00:21,2	00:22,0	00:23,0	00:24,0	00:25,0
	Go	00:21,0	00:19,0	00:18,0	00:17,0	00:16,5	00:16,3	00:17,3	00:18,3	00:19,1	00:19,9	00:20,7	00:21,5	00:22,5	00:23,5	00:24,5
100 m Flossenschwimmen	Br	01:40,0	01:30,0	01:24,0	01:20,0	01:19,0	01:18,0	01:20,0	01:28,0	01:32,0	01:36,0	01:40,0	01:44,0	01:48,0	01:52,0	01:57,0
	Si	01:37,0	01:27,0	01:21,0	01:17,0	01:15,0	01:14,0	01:16,0	01:24,0	01:28,0	01:32,0	01:36,0	01:40,0	01:44,0	01:48,0	01:53,0
	Go	01:34,0	01:24,0	01:18,0	01:14,0	01:11,0	01:10,0	01:12,0	01:20,0	01:24,0	01:28,0	01:32,0	01:36,0	01:40,0	01:44,0	01:49,0
400 m Flossenschwimmen	Br	08:00,0	07:00,0	06:40,0	06:25,0	06:15,0	06:10,0	06:05,0	06:55,0	07:10,0	07:30,0	07:50,0	08:10,0	08:30,0	08:50,0	09:10,0
	Si	07:45,0	06:45,0	06:25,0	06:10,0	06:00,0	05:55,0	06:05,0	06:35,0	06:50,0	07:10,0	07:30,0	07:50,0	08:10,0	08:30,0	08:50,0
	Go	07:30,0	06:30,0	06:10,0	05:55,0	05:45,0	05:40,0	05:50,0	06:15,0	06:30,0	06:50,0	07:10,0	07:30,0	07:50,0	08:10,0	08:30,0
800 m Flossenschwimmen	Br	-	-	15:00,0	14:00,0	13:30,0	13:25,0	13:55,0	14:30,0	15:10,0	16:30,0	17:10,0	17:45,0	18:20,0	18:55,0	19:30,0
	Si	-	-	14:30,0	13:30,0	13:00,0	13:00,0	13:20,0	13:55,0	14:35,0	15:15,0	16:35,0	17:10,0	17:45,0	18:20,0	18:55,0
	Go	-	-	14:00,0	13:10,0	12:40,0	12:35,0	12:45,0	13:20,0	14:00,0	14:40,0	15:20,0	16:00,0	16:35,0	17:10,0	17:45,0
25 m Tauchsprint / Flossenschwimmen	Br	00:22,0	00:20,0	00:18,5	00:17,5	00:17,0	00:16,8	00:17,8	00:18,8	00:19,6	00:20,4	00:21,2	00:22,0	00:23,0	00:24,0	00:25,0
	Si	00:21,5	00:19,5	00:18,0	00:17,0	00:16,5	00:16,3	00:17,3	00:18,3	00:19,1	00:19,9	00:20,7	00:21,5	00:22,5	00:23,5	00:24,5
	Go	00:21,0	00:19,0	00:17,5	00:16,5	00:16,0	00:15,8	00:16,8	00:17,8	00:18,6	00:19,4	00:20,2	00:21,0	00:22,0	00:23,0	00:24,0
100 m Flossenschwimmen	Br	01:40,0	01:30,0	01:22,0	01:18,0	01:17,0	01:16,0	01:18,0	01:26,0	01:30,0	01:34,0	01:38,0	01:42,0	01:46,0	01:50,0	01:55,0
	Si	01:37,0	01:27,0	01:19,0	01:15,0	01:13,0	01:12,0	01:14,0	01:22,0	01:26,0	01:30,0	01:34,0	01:38,0	01:42,0	01:46,0	01:51,0
	Go	01:34,0	01:24,0	01:16,0	01:12,0	01:09,0	01:08,0	01:10,0	01:18,0	01:22,0	01:26,0	01:30,0	01:34,0	01:38,0	01:42,0	01:47,0
400 m Flossenschwimmen	Br	08:10,0	07:10,0	06:30,0	06:15,0	06:05,0	06:00,0	06:10,0	06:25,0	06:45,0	07:00,0	07:20,0	07:40,0	08:00,0	08:20,0	08:40,0
	Si	07:55,0	06:55,0	06:15,0	06:00,0	05:50,0	05:45,0	05:55,0	06:05,0	06:25,0	06:40,0	07:00,0	07:20,0	07:40,0	08:00,0	08:20,0
	Go	07:40,0	06:40,0	06:00,0	05:45,0	05:35,0	05:30,0	05:40,0	05:50,0	06:05,0	06:20,0	06:40,0	07:00,0	07:20,0	07:40,0	08:00,0
800 m Flossenschwimmen	Br	-	-	14:40,0	13:40,0	13:10,0	13:05,0	13:35,0	14:10,0	14:50,0	15:30,0	16:10,0	16:50,0	17:25,0	18:00,0	18:35,0
	Si	-	-	14:10,0	13:10,0	12:40,0	12:40,0	13:00,0	13:35,0	14:15,0	14:55,0	15:35,0	16:15,0	16:50,0	17:25,0	18:00,0
	Go	-	-	13:40,0	12:50,0	12:20,0	12:15,0	12:25,0	13:00,0	13:40,0	14:20,0	15:00,0	15:40,0	16:15,0	16:50,0	17:25,0

\*) ab AK 60 als Flossenschwimmen