

LEISTUNGSABZEICHEN- FLOSSENSCHWIMMEN



GOLD

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

*) ab AK 60 als Flossenschwimmen