

Rechenzeiten 50m - Strecken

Prozent		130%	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%
Zeit		00:45,50	00:48,75	00:52,00	00:55,25	00:58,50	00:59,15	00:59,80	01:00,45	01:01,10	01:01,75	01:02,40	01:03,05	01:03,70	01:04,35	01:05,00	01:05,65	01:06,30	01:06,95	01:07,60	01:08,25	01:11,50	01:14,75	01:18,00	01:21,25	01:24,50	01:27,75	01:31,00	01:34,25	01:37,50
		00:44,80	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	01:03,36	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	01:36,00
		00:44,10	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	01:34,50
		00:43,40	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
		00:42,70	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
		00:42,00	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
		00:41,30	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
		00:40,60	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
		00:39,90	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
		00:39,20	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
		00:38,50	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
		00:37,80	00:40,50	00:43,20	00:45,90	00:48,60	00:49,14	00:49,68	00:50,22	00:50,76	00:51,30	00:51,84	00:52,38	00:52,92	00:53,46	00:54,00	00:54,54	00:55,08	00:55,62	00:56,16	00:56,70	00:59,40	01:02,10	01:04,80	01:07,50	01:10,20	01:12,90	01:15,60	01:18,30	01:21,00
		00:37,10	00:39,75	00:42,40	00:45,05	00:47,70	00:48,23	00:48,76	00:49,29	00:49,82	00:50,35	00:50,88	00:51,41	00:51,94	00:52,47	00:53,00	00:53,53	00:54,06	00:54,59	00:55,12	00:55,65	00:58,30	01:00,95	01:03,60	01:06,25	01:08,90	01:11,55	01:14,20	01:16,85	01:19,50
		00:36,40	00:39,00	00:41,60	00:44,20	00:46,80	00:47,32	00:47,84	00:48,36	00:48,88	00:49,40	00:49,92	00:50,44	00:50,96	00:51,48	00:52,00	00:52,52	00:53,04	00:53,56	00:54,08	00:54,60	00:57,20	00:59,80	01:02,40	01:05,00	01:07,60	01:10,20	01:12,80	01:15,40	01:18,00
		00:35,70	00:38,25	00:40,80	00:43,35	00:45,90	00:46,41	00:46,92	00:47,43	00:47,94	00:48,45	00:48,96	00:49,47	00:49,98	00:50,49	00:51,00	00:51,51	00:52,02	00:52,53	00:53,04	00:53,55	00:56,10	00:58,65	01:01,20	01:03,75	01:06,30	01:08,85	01:11,40	01:13,95	01:16,50
		00:35,00	00:37,50	00:40,00	00:42,50	00:45,00	00:45,50	00:46,00	00:46,50	00:47,00	00:47,50	00:48,00	00:48,50	00:49,00	00:49,50	00:50,00	00:50,50	00:51,00	00:51,50	00:52,00	00:52,50	00:55,00	00:57,50	01:00,00	01:02,50	01:05,00	01:07,50	01:10,00	01:12,50	01:15,00
		00:34,30	00:36,75	00:39,20	00:41,65	00:44,10	00:44,59	00:45,08	00:45,57	00:46,06	00:46,55	00:47,04	00:47,53	00:48,02	00:48,51	00:49,00	00:49,49	00:49,98	00:50,47	00:50,96	00:51,45	00:53,90	00:56,35	00:58,80	01:01,25	01:03,70	01:06,15	01:08,60	01:11,05	01:13,50
		00:33,60	00:36,00	00:38,40	00:40,80	00:43,20	00:43,68	00:44,16	00:44,64	00:45,12	00:45,60	00:46,08	00:46,56	00:47,04	00:47,52	00:48,00	00:48,48	00:48,96	00:49,44	00:49,92	00:50,40	00:52,80	00:55,20	00:57,60	01:00,00	01:02,40	01:04,80	01:07,20	01:09,60	01:12,00
		00:32,90	00:35,25	00:37,60	00:39,95	00:42,30	00:42,77	00:43,24	00:43,71	00:44,18	00:44,65	00:45,12	00:45,59	00:46,06	00:46,53	00:47,00	00:47,47	00:47,94	00:48,41	00:48,88	00:49,35	00:51,70	00:54,05	00:56,40	00:58,75	01:01,10	01:03,45	01:05,80	01:08,15	01:10,50
		00:32,20	00:34,50	00:36,80	00:39,10	00:41,40	00:41,86	00:42,32	00:42,78	00:43,24	00:43,70	00:44,16	00:44,62	00:45,08	00:45,54	00:46,00	00:46,46	00:46,92	00:47,38	00:47,84	00:48,30	00:50,60	00:52,90	00:55,20	00:57,50	00:59,80	01:02,10	01:04,40	01:06,70	01:09,00
		00:31,50	00:33,75	00:36,00	00:38,25	00:40,50	00:40,95	00:41,40	00:41,85	00:42,30	00:42,75	00:43,20	00:43,65	00:44,10	00:44,55	00:45,00	00:45,45	00:45,90	00:46,35	00:46,80	00:47,25	00:49,50	00:51,75	00:54,00	00:56,25	00:58,50	01:00,75	01:03,00	01:05,25	01:07,50
		00:30,80	00:33,00	00:35,20	00:37,40	00:39,60	00:40,04	00:40,48	00:40,92	00:41,36	00:41,80	00:42,24	00:42,68	00:43,12	00:43,56	00:44,00	00:44,44	00:44,88	00:45,32	00:45,76	00:46,20	00:48,40	00:50,60	00:52,80	00:55,00	00:57,20	00:59,40	01:01,60	01:03,80	01:06,00
		00:30,10	00:32,25	00:34,40	00:36,55	00:38,70	00:39,13	00:39,56	00:39,99	00:40,42	00:40,85	00:41,28	00:41,71	00:42,14	00:42,57	00:43,00	00:43,43	00:43,86	00:44,29	00:44,72	00:45,15	00:47,30	00:49,45	00:51,60	00:53,75	00:55,90	00:58,05	01:00,20	01:02,35	01:04,50
		00:29,40	00:31,50	00:33,60	00:35,70	00:37,80	00:38,22	00:38,64	00:39,06	00:39,48	00:39,90	00:40,32	00:40,74	00:41,16	00:41,58	00:42,00	00:42,42	00:42,84	00:43,26	00:43,68	00:44,10	00:46,20	00:48,30	00:50,40	00:52,50	00:54,60	00:56,70	00:58,80	01:00,90	01:03,00
		00:28,70	00:30,75	00:32,80	00:34,85	00:36,90	00:37,31	00:37,72	00:38,13	00:38,54	00:38,95	00:39,36	00:39,77	00:40,18	00:40,59	00:41,00	00:41,41	00:41,82	00:42,23	00:42,64	00:43,05	00:45,10	00:47,15	00:49,20	00:51,25	00:53,30	00:55,35	00:57,40	00:59,45	01:01,50
		00:28,00	00:30,00	00:32,00	00:34,00	00:36,00	00:36,40	00:36,80	00:37,20	00:37,60	00:38,00	00:38,40	00:38,80	00:39,20	00:39,60	00:40,00	00:40,40	00:40,80	00:41,20	00:41,60	00:42,00	00:44,00	00:46,00	00:48,00	00:50,00	00:52,00	00:54,00	00:56,00	00:58,00	01:00,00
		00:27,30	00:29,25	00:31,20	00:33,15	00:35,10	00:35,49	00:35,88	00:36,27	00:36,66	00:37,05	00:37,44	00:37,83	00:38,22	00:38,61	00:39,00	00:39,39	00:39,78	00:40,17	00:40,56	00:40,95	00:42,90	00:44,85	00:46,80	00:48,75	00:50,70	00:52,65	00:54,60	00:56,55	00:58,50
		00:26,60	00:28,50	00:30,40	00:32,30	00:34,20	00:34,58	00:34,96	00:35,34	00:35,72	00:36,10	00:36,48	00:36,86	00:37,24	00:37,62	00:38,00	00:38,38	00:38,76	00:39,14	00:39,52	00:39,90	00:41,80	00:43,70	00:45,60	00:47,50	00:49,40	00:51,30	00:53,20	00:55,10	00:57,00
		00:25,90	00:27,75	00:29,60	00:31,45	00:33,30	00:33,67	00:34,04	00:34,41	00:34,78	00:35,15	00:35,52	00:35,89	00:36,26	00:36,63	00:37,00	00:37,37	00:37,74	00:38,11	00:38,48	00:38,85	00:40,70	00:42,55	00:44,40	00:46,25	00:48,10	00:49,95	00:51,80	00:53,65	00:55,50
		00:25,20	00:27,00	00:28,80	00:30,60	00:32,40	00:32,76	00:33,12	00:33,48	00:33,84	00:34,20	00:34,56	00:34,92	00:35,28	00:35,64	00:36,00	00:36,36	00:36,72	00:37,08	00:37,44	00:37,80	00:39,60	00:41,40	00:43,20	00:45,00	00:46,80	00:48,60	00:50,40	00:52,20	00:54,00
		00:24,50	00:26,25	00:28,00	00:29,75	00:31,50	00:31,85	00:32,20	00:32,55	00:32,90	00:33,25	00:33,60	00:33,95	00:34,30	00:34,65	00:35,00	00:35,35	00:35,70	00:36,05	00:36,40	00:36,75	00:38,50	00:40,25	00:42,00	00:43,75	00:45,50	00:47,25	00:49,00	00:50,75	00:52,50
		00:23,80	00:25,50	00:27,20	00:28,90	00:30,60	00:30,94	00:31,28	00:31,62	00:31,96																				