

# JUGEND- LEISTUNGSABZEICHEN- FLOSSENSCHWIMMEN



## GOLD



\_\_\_\_\_

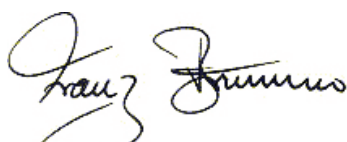
hat erfolgreich zum \_\_\_\_\_ Mal in der Altersklasse \_\_\_\_\_ mit  
folgenden Ergebnissen das Leistungsabzeichen absolviert:

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

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

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

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

  
VDST-Präsident

Ort, Datum

Prüferin/Prüfer  
Stempel, Unterschrift



# LEISTUNGSANFORDERUNGEN

WEIBLICHE JUGEND		8-9	10-11	12-13	14-15	16-17
25 m Tauchsprint/Flossenschwimmen	Br	00:22,0	00:20,0	00:19,0	00:18,0	00:17,5
	Si	00:21,5	00:19,5	00:18,5	00:17,5	00:17,0
	Go	00:21,0	00:19,0	00:18,0	00:17,0	00:16,5
100 m Flossenschwimmen	Br	01:40,0	01:30,0	01:24,0	01:20,0	01:19,0
	Si	01:37,0	01:27,0	01:21,0	01:17,0	01:15,0
	Go	01:34,0	01:24,0	01:18,0	01:14,0	01:11,0
400 m Flossenschwimmen	Br	08:00,0	07:00,0	06:40,0	06:25,0	06:15,0
	Si	07:45,0	06:45,0	06:25,0	06:10,0	06:00,0
	Go	07:30,0	06:30,0	06:10,0	05:55,0	05:45,0
800 m Flossenschwimmen	Br	-	-	15:00,0	14:00,0	13:30,0
	Si	-	-	14:30,0	13:30,0	13:00,0
	Go	-	-	14:00,0	13:10,0	12:40,0

MÄNNLICHE JUGEND		8-9	10-11	12-13	14-15	16-17
25 m Tauchsprint/Flossenschwimmen	Br	00:22,0	00:20,0	00:18,5	00:17,5	00:17,0
	Si	00:21,5	00:19,5	00:18,0	00:17,0	00:16,5
	Go	00:21,0	00:19,0	00:17,5	00:16,5	00:16,0
100 m Flossenschwimmen	Br	01:40,0	01:30,0	01:22,0	01:18,0	01:17,0
	Si	01:37,0	01:27,0	01:19,0	01:15,0	01:13,0
	Go	01:34,0	01:24,0	01:16,0	01:12,0	01:09,0
400 m Flossenschwimmen	Br	08:10,0	07:10,0	06:30,0	06:15,0	06:05,0
	Si	07:55,0	06:55,0	06:15,0	06:00,0	05:50,0
	Go	07:40,0	06:40,0	06:00,0	05:45,0	05:35,0
800 m Flossenschwimmen	Br			14:40,0	13:40,0	13:10,0
	Si			14:10,0	13:10,0	12:40,0
	Go			13:40,0	12:50,0	12:20,0

\*) bis AK 10/11 als Flossenschwimmen