sifiman.de

Vorgaben für Intervalle auf Basis der 400m-Bestzeit.

Von Karsten Keßler

SA: Schnelligkeitsausdauertraining
WSA: Wettkampfspezifisches Ausdauertraining
GA2: Intensiv ausgerichtetes Grundlagenausdauertraining
GA1: Extensiv ausgerichtetes Grundlagenausdauertraining

Lesebeispiel:
Bei einer 400m-Bestzeit von 6:20min schwimmt man die GA2-Intervalle über 100m in 1:40min.

Bestzeit	SA				WSA					GA2					GA1								
400	25	50	100		50	100	200	400		50	100	200	400		100	200	400	800	1.000	1.500	2.000	3.000	4.000
100	*100*	*100*	*100*		*100*	*100*	*100*	*100*		*100*	*100*	*100*	*100*		*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*
4:00	11,1	0:26	0:57		0:26	0:57	2:00	4:13		0:30	1:03	2:09	4:24		1:10	2:21	4:49	9:38	12:03	18:04	24:06	36:09	48:12
1:00	*0:44*	*0:52*	*0:57*		*0:52*	*0:57*	*1:00*	*1:03*		*1:00*	*1:03*	*1:05*	*1:06*		*1:10*	*1:11*	*1:12*	*1:12*	*1:12*	*1:12*	*1:12*	*1:12*	*1:12*
4:05	11,3	0:26	0:56		0:27	0:58	2:02	4:18		0:31	1:04	2:12	4:29		1:11	2:24	4:55	9:50	12:18	18:27	24:36	36:54	49:12
1:01	*0:45*	*0:51*	*0:56*		*0:53*	*0:58*	*1:01*	*1:04*		*1:01*	*1:04*	*1:06*	*1:07*		*1:11*	*1:12*	*1:14*	*1:14*	*1:14*	*1:14*	*1:14*	*1:14*	*1:14*
4:10	11,6	0:26	0:57		0:27	1:00	2:05	4:23		0:31	1:06	2:14	4:35		1:13	2:27	5:01	10:02	12:33	18:50	25:06	37:39	50:12
1:03	*0:46*	*0:52*	*0:57*		*0:54*	*1:00*	*1:03*	*1:06*		*1:03*	*1:06*	*1:07*	*1:09*		*1:13*	*1:14*	*1:15*	*1:15*	*1:15*	*1:15*	*1:15*	*1:15*	*1:15*
4:15	11,8	0:27	0:58		0:28	1:01	2:07	4:28		0:32	1:07	2:17	4:40		1:14	2:30	5:07	10:14	12:48	19:12	25:36	38:24	51:12
1:04	*0:47*	*0:53*	*0:58*		*0:55*	*1:01*	*1:04*	*1:07*		*1:04*	*1:07*	*1:09*	*1:10*		*1:14*	*1:15*	*1:17*	*1:17*	*1:17*	*1:17*	*1:17*	*1:17*	*1:17*
4:20	12,0	0:27	0:59		0:28	1:02	2:10	4:34		0:33	1:08	2:20	4:46		1:16	2:33	5:13	10:27	13:03	19:35	26:06	39:09	52:13
1:05	*0:48*	*0:54*	*0:59*		*0:57*	*1:02*	*1:05*	*1:08*		*1:05*	*1:08*	*1:10*	*1:11*		*1:16*	*1:16*	*1:18*	*1:18*	*1:18*	*1:18*	*1:18*	*1:18*	*1:18*
4:25	12,3	0:28	1:00		0:29	1:03	2:13	4:39		0:33	1:10	2:22	4:51		1:17	2:36	5:19	10:39	13:18	19:57	26:36	39:55	53:13
1:06	*0:49*	*0:55*	*1:00*		*0:58*	*1:03*	*1:06*	*1:10*		*1:06*	*1:10*	*1:11*	*1:13*		*1:17*	*1:18*	*1:20*	*1:20*	*1:20*	*1:20*	*1:20*	*1:20*	*1:20*
4:30	12,5	0:28	1:01		0:29	1:04	2:15	4:44		0:34	1:11	2:25	4:57		1:18	2:39	5:25	10:51	13:33	20:20	27:07	40:40	54:13
1:07	*0:50*	*0:56*	*1:01*		*0:59*	*1:04*	*1:07*	*1:11*		*1:07*	*1:11*	*1:13*	*1:14*		*1:18*	*1:19*	*1:21*	*1:21*	*1:21*	*1:21*	*1:21*	*1:21*	*1:21*
4:35	12,7	0:29	1:02		0:30	1:05	2:17	4:49		0:34	1:12	2:28	5:02		1:20	2:42	5:31	11:03	13:48	20:42	27:37	41:25	55:13
1:09	*0:51*	*0:57*	*1:02*		*1:00*	*1:05*	*1:09*	*1:12*		*1:09*	*1:12*	*1:14*	*1:16*		*1:20*	*1:21*	*1:23*	*1:23*	*1:23*	*1:23*	*1:23*	*1:23*	*1:23*
4:40	13,0	0:29	1:04		0:30	1:07	2:20	4:55		0:35	1:14	2:31	5:08		1:21	2:45	5:37	11:15	14:03	21:05	28:07	42:10	56:13
1:10	*0:52*	*0:58*	*1:04*		*1:01*	*1:07*	*1:10*	*1:14*		*1:10*	*1:14*	*1:15*	*1:17*		*1:21*	*1:22*	*1:24*	*1:24*	*1:24*	*1:24*	*1:24*	*1:24*	*1:24*
4:45	13,2	0:30	1:05		0:31	1:08	2:23	5:00		0:36	1:15	2:33	5:13		1:23	2:48	5:43	11:27	14:18	21:28	28:37	42:55	57:14
1:11	*0:53*	*0:59*	*1:05*		*1:02*	*1:08*	*1:11*	*1:15*		*1:11*	*1:15*	*1:17*	*1:18*		*1:23*	*1:24*	*1:26*	*1:26*	*1:26*	*1:26*	*1:26*	*1:26*	*1:26*
4:50	13,4	0:30	1:06		0:32	1:09	2:25	5:05		0:36	1:16	2:36	5:19		1:24	2:51	5:49	11:39	14:33	21:50	29:07	43:40	58:14
1:12	*0:54*	*1:00*	*1:06*		*1:03*	*1:09*	*1:12*	*1:16*		*1:12*	*1:16*	*1:18*	*1:20*		*1:24*	*1:25*	*1:27*	*1:27*	*1:27*	*1:27*	*1:27*	*1:27*	*1:27*
4:55	13,7	0:31	1:07		0:32	1:10	2:28	5:11		0:37	1:18	2:39	5:24		1:26	2:54	5:55	11:51	14:49	22:13	29:37	44:26	59:14
1:14	*0:55*	*1:01*	*1:07*		*1:04*	*1:10*	*1:14*	*1:18*		*1:14*	*1:18*	*1:19*	*1:21*		*1:26*	*1:27*	*1:29*	*1:29*	*1:29*	*1:29*	*1:29*	*1:29*	*1:29*

Bestzeit	SA				WSA					GA2					GA1								
400	25	50	100		50	100	200	400		50	100	200	400		100	200	400	800	1.000	1.500	2.000	3.000	4.000
100	*100*	*100*	*100*		*100*	*100*	*100*	*100*		*100*	*100*	*100*	*100*		*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*
5:00	13,9	0:31	1:08		0:33	1:11	2:30	5:16		0:38	1:19	2:41	5:30		1:27	2:56	6:01	12:03	15:04	22:35	30:07	45:11	1:00:14
1:15	*0:56*	*1:02*	*1:08*		*1:05*	*1:11*	*1:15*	*1:19*		*1:15*	*1:19*	*1:21*	*1:22*		*1:27*	*1:28*	*1:30*	*1:30*	*1:30*	*1:30*	*1:30*	*1:30*	*1:30*
5:05	14,1	0:32	1:09		0:33	1:13	2:32	5:21		0:38	1:20	2:44	5:35		1:29	2:59	6:07	12:15	15:19	22:58	30:37	45:56	1:01:15
1:16	*0:56*	*1:04*	*1:09*		*1:06*	*1:13*	*1:16*	*1:20*		*1:16*	*1:20*	*1:22*	*1:24*		*1:29*	*1:30*	*1:32*	*1:32*	*1:32*	*1:32*	*1:32*	*1:32*	*1:32*
5:10	14,4	0:32	1:10		0:34	1:14	2:35	5:26		0:39	1:22	2:47	5:41		1:30	3:02	6:13	12:27	15:34	23:21	31:07	46:41	1:02:15
1:18	*0:57*	*1:05*	*1:10*		*1:07*	*1:14*	*1:18*	*1:22*		*1:18*	*1:22*	*1:23*	*1:25*		*1:30*	*1:31*	*1:33*	*1:33*	*1:33*	*1:33*	*1:33*	*1:33*	*1:33*
5:15	14,6	0:33	1:12		0:34	1:15	2:37	5:32		0:39	1:23	2:49	5:46		1:32	3:05	6:20	12:39	15:49	23:43	31:38	47:26	1:03:15
1:19	*0:58*	*1:06*	*1:12*		*1:08*	*1:15*	*1:19*	*1:23*		*1:19*	*1:23*	*1:25*	*1:27*		*1:32*	*1:33*	*1:35*	*1:35*	*1:35*	*1:35*	*1:35*	*1:35*	*1:35*
5:20	14,8	0:33	1:13		0:35	1:16	2:40	5:37		0:40	1:24	2:52	5:52		1:33	3:08	6:26	12:51	16:04	24:06	32:08	48:12	1:04:15
1:20	*0:59*	*1:07*	*1:13*		*1:10*	*1:16*	*1:20*	*1:24*		*1:20*	*1:24*	*1:26*	*1:28*		*1:33*	*1:34*	*1:36*	*1:36*	*1:36*	*1:36*	*1:36*	*1:36*	*1:36*
5:25	15,0	0:34	1:14		0:35	1:17	2:43	5:42		0:41	1:26	2:55	5:57		1:34	3:11	6:32	13:03	16:19	24:28	32:38	48:57	1:05:16
1:21	*1:00*	*1:08*	*1:14*		*1:11*	*1:17*	*1:21*	*1:26*		*1:21*	*1:26*	*1:27*	*1:29*		*1:34*	*1:36*	*1:38*	*1:38*	*1:38*	*1:38*	*1:38*	*1:38*	*1:38*
5:30	15,3	0:34	1:15		0:36	1:19	2:45	5:47		0:41	1:27	2:57	6:03		1:36	3:14	6:38	13:15	16:34	24:51	33:08	49:42	1:06:16
1:23	*1:01*	*1:09*	*1:15*		*1:12*	*1:19*	*1:23*	*1:27*		*1:23*	*1:27*	*1:29*	*1:31*		*1:36*	*1:37*	*1:39*	*1:39*	*1:39*	*1:39*	*1:39*	*1:39*	*1:39*
5:35	15,5	0:35	1:16		0:36	1:20	2:47	5:53		0:42	1:28	3:00	6:08		1:37	3:17	6:44	13:27	16:49	25:14	33:38	50:27	1:07:16
1:24	*1:02*	*1:10*	*1:16*		*1:13*	*1:20*	*1:24*	*1:28*		*1:24*	*1:28*	*1:30*	*1:32*		*1:37*	*1:39*	*1:41*	*1:41*	*1:41*	*1:41*	*1:41*	*1:41*	*1:41*
5:40	15,7	0:35	1:17		0:37	1:21	2:50	5:58		0:43	1:29	3:03	6:14		1:39	3:20	6:50	13:39	17:04	25:36	34:08	51:12	1:08:16
1:25	*1:03*	*1:11*	*1:17*		*1:14*	*1:21*	*1:25*	*1:29*		*1:25*	*1:29*	*1:31*	*1:33*		*1:39*	*1:40*	*1:42*	*1:42*	*1:42*	*1:42*	*1:42*	*1:42*	*1:42*
5:45	16,0	0:36	1:18		0:38	1:22	2:53	6:03		0:43	1:31	3:05	6:19		1:40	3:23	6:56	13:51	17:19	25:59	34:38	51:57	1:09:17
1:26	*1:04*	*1:12*	*1:18*		*1:15*	*1:22*	*1:26*	*1:31*		*1:26*	*1:31*	*1:33*	*1:35*		*1:40*	*1:41*	*1:44*	*1:44*	*1:44*	*1:44*	*1:44*	*1:44*	*1:44*
5:50	16,2	0:36	1:20		0:38	1:23	2:55	6:08		0:44	1:32	3:08	6:25		1:42	3:26	7:02	14:03	17:34	26:21	35:08	52:43	1:10:17
1:27	*1:05*	*1:13*	*1:20*		*1:16*	*1:23*	*1:27*	*1:32*		*1:27*	*1:32*	*1:34*	*1:36*		*1:42*	*1:43*	*1:45*	*1:45*	*1:45*	*1:45*	*1:45*	*1:45*	*1:45*
5:55	16,4	0:37	1:21		0:39	1:25	2:58	6:14		0:44	1:33	3:11	6:30		1:43	3:29	7:08	14:15	17:49	26:44	35:39	53:28	1:11:17
1:29	*1:06*	*1:14*	*1:21*		*1:17*	*1:25*	*1:29*	*1:33*		*1:29*	*1:33*	*1:35*	*1:38*		*1:43*	*1:44*	*1:47*	*1:47*	*1:47*	*1:47*	*1:47*	*1:47*	*1:47*

Bestzeit	SA				WSA					GA2					GA1								
400	25	50	100		50	100	200	400		50	100	200	400		100	200	400	800	1.000	1.500	2.000	3.000	4.000
100	*100*	*100*	*100*		*100*	*100*	*100*	*100*		*100*	*100*	*100*	*100*		*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*
6:00	16,7	0:38	1:22		0:39	1:26	3:00	6:19		0:45	1:35	3:14	6:36		1:45	3:32	7:14	14:27	18:04	27:07	36:09	54:13	1:12:17
1:30	*1:07*	*1:15*	*1:22*		*1:18*	*1:26*	*1:30*	*1:35*		*1:30*	*1:35*	*1:37*	*1:39*		*1:45*	*1:46*	*1:48*	*1:48*	*1:48*	*1:48*	*1:48*	*1:48*	*1:48*
6:05	16,9	0:38	1:23		0:40	1:27	3:03	6:24		0:46	1:36	3:16	6:41		1:46	3:35	7:20	14:40	18:19	27:29	36:39	54:58	1:13:18
1:31	*1:08*	*1:16*	*1:23*		*1:19*	*1:27*	*1:31*	*1:36*		*1:31*	*1:36*	*1:38*	*1:40*		*1:46*	*1:47*	*1:50*	*1:50*	*1:50*	*1:50*	*1:50*	*1:50*	*1:50*
6:10	17,1	0:39	1:24		0:40	1:28	3:05	6:29		0:46	1:37	3:19	6:47		1:48	3:38	7:26	14:52	18:34	27:52	37:09	55:43	1:14:18
1:33	*1:09*	*1:17*	*1:24*		*1:20*	*1:28*	*1:33*	*1:37*		*1:33*	*1:37*	*1:39*	*1:42*		*1:48*	*1:49*	*1:51*	*1:51*	*1:51*	*1:51*	*1:51*	*1:51*	*1:51*
6:15	17,4	0:39	1:25		0:41	1:29	3:08	6:35		0:47	1:39	3:22	6:52		1:49	3:41	7:32	15:04	18:50	28:14	37:39	56:29	1:15:18
1:34	*1:09*	*1:18*	*1:25*		*1:22*	*1:29*	*1:34*	*1:39*		*1:34*	*1:39*	*1:41*	*1:43*		*1:49*	*1:50*	*1:53*	*1:53*	*1:53*	*1:53*	*1:53*	*1:53*	*1:53*
6:20	17,6	0:40	1:26		0:41	1:30	3:10	6:40		0:47	1:40	3:24	6:58		1:50	3:44	7:38	15:16	19:05	28:37	38:09	57:14	1:16:18
1:35	*1:10*	*1:19*	*1:26*		*1:23*	*1:30*	*1:35*	*1:40*		*1:35*	*1:40*	*1:42*	*1:44*		*1:50*	*1:52*	*1:54*	*1:54*	*1:54*	*1:54*	*1:54*	*1:54*	*1:54*
6:25	17,8	0:40	1:27		0:42	1:32	3:13	6:45		0:48	1:41	3:27	7:03		1:52	3:46	7:44	15:28	19:20	28:59	38:39	57:59	1:17:19
1:36	*1:11*	*1:20*	*1:27*		*1:24*	*1:32*	*1:36*	*1:41*		*1:36*	*1:41*	*1:43*	*1:46*		*1:52*	*1:53*	*1:56*	*1:56*	*1:56*	*1:56*	*1:56*	*1:56*	*1:56*
6:30	18,1	0:41	1:29		0:42	1:33	3:15	6:51		0:49	1:43	3:30	7:09		1:53	3:49	7:50	15:40	19:35	29:22	39:09	58:44	1:18:19
1:38	*1:12*	*1:21*	*1:29*		*1:25*	*1:33*	*1:38*	*1:43*		*1:38*	*1:43*	*1:45*	*1:47*		*1:53*	*1:55*	*1:57*	*1:57*	*1:57*	*1:57*	*1:57*	*1:57*	*1:57*
6:35	18,3	0:41	1:30		0:43	1:34	3:17	6:56		0:49	1:44	3:32	7:14		1:55	3:52	7:56	15:52	19:50	29:45	39:40	59:29	1:19:19
1:39	*1:13*	*1:22*	*1:30*		*1:26*	*1:34*	*1:39*	*1:44*		*1:39*	*1:44*	*1:46*	*1:49*		*1:55*	*1:56*	*1:59*	*1:59*	*1:59*	*1:59*	*1:59*	*1:59*	*1:59*
6:40	18,5	0:42	1:31		0:43	1:35	3:20	7:01		0:50	1:45	3:35	7:20		1:56	3:55	8:02	16:04	20:05	30:07	40:10	1:00:14	1:20:19
1:40	*1:14*	*1:23*	*1:31*		*1:27*	*1:35*	*1:40*	*1:45*		*1:40*	*1:45*	*1:48*	*1:50*		*1:56*	*1:58*	*2:00*	*2:00*	*2:00*	*2:00*	*2:00*	*2:00*	*2:00*
6:45	18,7	0:42	1:32		0:44	1:36	3:23	7:06		0:51	1:47	3:38	7:25		1:58	3:58	8:08	16:16	20:20	30:30	40:40	1:01:00	1:21:20
1:41	*1:15*	*1:24*	*1:32*		*1:28*	*1:36*	*1:41*	*1:47*		*1:41*	*1:47*	*1:49*	*1:51*		*1:58*	*1:59*	*2:02*	*2:02*	*2:02*	*2:02*	*2:02*	*2:02*	*2:02*
6:50	19,0	0:43	1:33		0:45	1:38	3:25	7:12		0:51	1:48	3:40	7:31		1:59	4:01	8:14	16:28	20:35	30:52	41:10	1:01:45	1:22:20
1:42	*1:16*	*1:25*	*1:33*		*1:29*	*1:38*	*1:42*	*1:48*		*1:42*	*1:48*	*1:50*	*1:53*		*1:59*	*2:01*	*2:03*	*2:03*	*2:03*	*2:03*	*2:03*	*2:03*	*2:03*
6:55	19,2	0:43	1:34		0:45	1:39	3:28	7:17		0:52	1:49	3:43	7:36		2:01	4:04	8:20	16:40	20:50	31:15	41:40	1:02:30	1:23:20
1:44	*1:17*	*1:26*	*1:34*		*1:30*	*1:39*	*1:44*	*1:49*		*1:44*	*1:49*	*1:52*	*1:54*		*2:01*	*2:02*	*2:05*	*2:05*	*2:05*	*2:05*	*2:05*	*2:05*	*2:05*

Bestzeit	SA				WSA					GA2					GA1								
400	25	50	100		50	100	200	400		50	100	200	400		100	200	400	800	1.000	1.500	2.000	3.000	4.000
100	*100*	*100*	*100*		*100*	*100*	*100*	*100*		*100*	*100*	*100*	*100*		*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*
7:00	19,4	0:44	1:35		0:46	1:40	3:30	7:22		0:53	1:51	3:46	7:42		2:02	4:07	8:26	16:52	21:05	31:38	42:10	1:03:15	1:24:20
1:45	*1:18*	*1:28*	*1:35*		*1:31*	*1:40*	*1:45*	*1:51*		*1:45*	*1:51*	*1:53*	*1:55*		*2:02*	*2:04*	*2:07*	*2:07*	*2:07*	*2:07*	*2:07*	*2:07*	*2:07*
7:05	19,7	0:44	1:37		0:46	1:41	3:33	7:27		0:53	1:52	3:48	7:47		2:04	4:10	8:32	17:04	21:20	32:00	42:40	1:04:00	1:25:20
1:46	*1:19*	*1:29*	*1:37*		*1:32*	*1:41*	*1:46*	*1:52*		*1:46*	*1:52*	*1:54*	*1:57*		*2:04*	*2:05*	*2:08*	*2:08*	*2:08*	*2:08*	*2:08*	*2:08*	*2:08*
7:10	19,9	0:45	1:38		0:47	1:42	3:35	7:33		0:54	1:53	3:51	7:53		2:05	4:13	8:38	17:16	21:35	32:23	43:10	1:04:46	1:26:21
1:47	*1:20*	*1:30*	*1:38*		*1:33*	*1:42*	*1:47*	*1:53*		*1:47*	*1:53*	*1:56*	*1:58*		*2:05*	*2:06*	*2:10*	*2:10*	*2:10*	*2:10*	*2:10*	*2:10*	*2:10*
7:15	20,1	0:45	1:39		0:47	1:44	3:38	7:38		0:54	1:54	3:54	7:58		2:06	4:16	8:44	17:28	21:50	32:45	43:40	1:05:31	1:27:21
1:49	*1:21*	*1:31*	*1:39*		*1:35*	*1:44*	*1:49*	*1:54*		*1:49*	*1:54*	*1:57*	*2:00*		*2:06*	*2:08*	*2:11*	*2:11*	*2:11*	*2:11*	*2:11*	*2:11*	*2:11*
7:20	20,4	0:46	1:40		0:48	1:45	3:40	7:43		0:55	1:56	3:57	8:04		2:08	4:19	8:50	17:40	22:05	33:08	44:11	1:06:16	1:28:21
1:50	*1:21*	*1:32*	*1:40*		*1:36*	*1:45*	*1:50*	*1:56*		*1:50*	*1:56*	*1:58*	*2:01*		*2:08*	*2:09*	*2:13*	*2:13*	*2:13*	*2:13*	*2:13*	*2:13*	*2:13*
7:25	20,6	0:46	1:41		0:48	1:46	3:43	7:48		0:56	1:57	3:59	8:09		2:09	4:22	8:56	17:52	22:20	33:31	44:41	1:07:01	1:29:21
1:51	*1:22*	*1:33*	*1:41*		*1:37*	*1:46*	*1:51*	*1:57*		*1:51*	*1:57*	*2:00*	*2:02*		*2:09*	*2:11*	*2:14*	*2:14*	*2:14*	*2:14*	*2:14*	*2:14*	*2:14*
7:30	20,8	0:47	1:42		0:49	1:47	3:45	7:54		0:56	1:58	4:02	8:15		2:11	4:25	9:02	18:04	22:35	33:53	45:11	1:07:46	1:30:22
1:52	*1:23*	*1:34*	*1:42*		*1:38*	*1:47*	*1:52*	*1:58*		*1:52*	*1:58*	*2:01*	*2:04*		*2:11*	*2:12*	*2:16*	*2:16*	*2:16*	*2:16*	*2:16*	*2:16*	*2:16*
7:35	21,1	0:47	1:43		0:49	1:48	3:48	7:59		0:57	2:00	4:05	8:20		2:12	4:28	9:08	18:16	22:50	34:16	45:41	1:08:31	1:31:22
1:54	*1:24*	*1:35*	*1:43*		*1:39*	*1:48*	*1:54*	*2:00*		*1:54*	*2:00*	*2:02*	*2:05*		*2:12*	*2:14*	*2:17*	*2:17*	*2:17*	*2:17*	*2:17*	*2:17*	*2:17*
7:40	21,3	0:48	1:45		0:50	1:50	3:50	8:04		0:58	2:01	4:07	8:25		2:14	4:31	9:14	18:28	23:06	34:38	46:11	1:09:17	1:32:22
1:55	*1:25*	*1:36*	*1:45*		*1:40*	*1:50*	*1:55*	*2:01*		*1:55*	*2:01*	*2:04*	*2:06*		*2:14*	*2:15*	*2:19*	*2:19*	*2:19*	*2:19*	*2:19*	*2:19*	*2:19*
7:45	21,5	0:48	1:46		0:51	1:51	3:53	8:09		0:58	2:02	4:10	8:31		2:15	4:34	9:20	18:40	23:21	35:01	46:41	1:10:02	1:33:22
1:56	*1:26*	*1:37*	*1:46*		*1:41*	*1:51*	*1:56*	*2:02*		*1:56*	*2:02*	*2:05*	*2:08*		*2:15*	*2:17*	*2:20*	*2:20*	*2:20*	*2:20*	*2:20*	*2:20*	*2:20*
7:50	21,8	0:49	1:47		0:51	1:52	3:55	8:15		0:59	2:04	4:13	8:36		2:17	4:36	9:26	18:53	23:36	35:23	47:11	1:10:47	1:34:23
1:58	*1:27*	*1:38*	*1:47*		*1:42*	*1:52*	*1:58*	*2:04*		*1:58*	*2:04*	*2:06*	*2:09*		*2:17*	*2:18*	*2:22*	*2:22*	*2:22*	*2:22*	*2:22*	*2:22*	*2:22*
7:55	22,0	0:49	1:48		0:52	1:53	3:58	8:20		0:59	2:05	4:15	8:42		2:18	4:39	9:32	19:05	23:51	35:46	47:41	1:11:32	1:35:23
1:59	*1:28*	*1:39*	*1:48*		*1:43*	*1:53*	*1:59*	*2:05*		*1:59*	*2:05*	*2:08*	*2:10*		*2:18*	*2:20*	*2:23*	*2:23*	*2:23*	*2:23*	*2:23*	*2:23*	*2:23*

Bestzeit	SA				WSA					GA2					GA1								
400	25	50	100		50	100	200	400		50	100	200	400		100	200	400	800	1.000	1.500	2.000	3.000	4.000
100	*100*	*100*	*100*		*100*	*100*	*100*	*100*		*100*	*100*	*100*	*100*		*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*
8:00	22,2	0:50	1:49		0:52	1:54	4:00	8:25		1:00	2:06	4:18	8:47		2:20	4:42	9:38	19:17	24:06	36:09	48:12	1:12:17	1:36:23
2:00	*1:29*	*1:40*	*1:49*		*1:44*	*1:54*	*2:00*	*2:06*		*2:00*	*2:06*	*2:09*	*2:12*		*2:20*	*2:21*	*2:25*	*2:25*	*2:25*	*2:25*	*2:25*	*2:25*	*2:25*
8:05	22,5	0:51	1:50		0:53	1:55	4:03	8:31		1:01	2:08	4:21	8:53		2:21	4:45	9:44	19:29	24:21	36:31	48:42	1:13:03	1:37:23
2:01	*1:30*	*1:41*	*1:50*		*1:45*	*1:55*	*2:01*	*2:08*		*2:01*	*2:08*	*2:10*	*2:13*		*2:21*	*2:23*	*2:26*	*2:26*	*2:26*	*2:26*	*2:26*	*2:26*	*2:26*
8:10	22,7	0:51	1:51		0:53	1:57	4:05	8:36		1:01	2:09	4:23	8:58		2:22	4:48	9:50	19:41	24:36	36:54	49:12	1:13:48	1:38:24
2:02	*1:31*	*1:42*	*1:51*		*1:47*	*1:57*	*2:02*	*2:09*		*2:02*	*2:09*	*2:12*	*2:15*		*2:22*	*2:24*	*2:28*	*2:28*	*2:28*	*2:28*	*2:28*	*2:28*	*2:28*
8:15	22,9	0:52	1:52		0:54	1:58	4:08	8:41		1:02	2:10	4:26	9:04		2:24	4:51	9:56	19:53	24:51	37:16	49:42	1:14:33	1:39:24
2:04	*1:32*	*1:43*	*1:52*		*1:48*	*1:58*	*2:04*	*2:10*		*2:04*	*2:10*	*2:13*	*2:16*		*2:24*	*2:26*	*2:29*	*2:29*	*2:29*	*2:29*	*2:29*	*2:29*	*2:29*
8:20	23,1	0:52	1:54		0:54	1:59	4:10	8:46		1:03	2:12	4:29	9:09		2:25	4:54	10:02	20:05	25:06	37:39	50:12	1:15:18	1:40:24
2:05	*1:33*	*1:44*	*1:54*		*1:49*	*1:59*	*2:05*	*2:12*		*2:05*	*2:12*	*2:14*	*2:17*		*2:25*	*2:27*	*2:31*	*2:31*	*2:31*	*2:31*	*2:31*	*2:31*	*2:31*
8:25	23,4	0:53	1:55		0:55	2:00	4:13	8:52		1:03	2:13	4:32	9:15		2:27	4:57	10:08	20:17	25:21	38:02	50:42	1:16:03	1:41:24
2:06	*1:34*	*1:45*	*1:55*		*1:50*	*2:00*	*2:06*	*2:13*		*2:06*	*2:13*	*2:16*	*2:19*		*2:27*	*2:29*	*2:32*	*2:32*	*2:32*	*2:32*	*2:32*	*2:32*	*2:32*
8:30	23,6	0:53	1:56		0:55	2:01	4:15	8:57		1:04	2:14	4:34	9:20		2:28	5:00	10:14	20:29	25:36	38:24	51:12	1:16:48	1:42:25
2:07	*1:34*	*1:46*	*1:56*		*1:51*	*2:01*	*2:07*	*2:14*		*2:07*	*2:14*	*2:17*	*2:20*		*2:28*	*2:30*	*2:34*	*2:34*	*2:34*	*2:34*	*2:34*	*2:34*	*2:34*
8:35	23,8	0:54	1:57		0:56	2:03	4:18	9:02		1:04	2:16	4:37	9:26		2:30	5:03	10:20	20:41	25:51	38:47	51:42	1:17:34	1:43:25
2:09	*1:35*	*1:47*	*1:57*		*1:52*	*2:03*	*2:09*	*2:16*		*2:09*	*2:16*	*2:18*	*2:21*		*2:30*	*2:31*	*2:35*	*2:35*	*2:35*	*2:35*	*2:35*	*2:35*	*2:35*
8:40	24,1	0:54	1:58		0:57	2:04	4:20	9:07		1:05	2:17	4:40	9:31		2:31	5:06	10:27	20:53	26:06	39:09	52:13	1:18:19	1:44:25
2:10	*1:36*	*1:48*	*1:58*		*1:53*	*2:04*	*2:10*	*2:17*		*2:10*	*2:17*	*2:20*	*2:23*		*2:31*	*2:33*	*2:37*	*2:37*	*2:37*	*2:37*	*2:37*	*2:37*	*2:37*
8:45	24,3	0:55	1:59		0:57	2:05	4:23	9:13		1:06	2:18	4:42	9:37		2:33	5:09	10:33	21:05	26:21	39:32	52:43	1:19:04	1:45:25
2:11	*1:37*	*1:49*	*1:59*		*1:54*	*2:05*	*2:11*	*2:18*		*2:11*	*2:18*	*2:21*	*2:24*		*2:33*	*2:34*	*2:38*	*2:38*	*2:38*	*2:38*	*2:38*	*2:38*	*2:38*
8:50	24,5	0:55	2:00		0:58	2:06	4:25	9:18		1:06	2:19	4:45	9:42		2:34	5:12	10:39	21:17	26:36	39:55	53:13	1:19:49	1:46:26
2:13	*1:38*	*1:50*	*2:00*		*1:55*	*2:06*	*2:13*	*2:19*		*2:13*	*2:19*	*2:22*	*2:26*		*2:34*	*2:36*	*2:40*	*2:40*	*2:40*	*2:40*	*2:40*	*2:40*	*2:40*
8:55	24,8	0:56	2:02		0:58	2:07	4:28	9:23		1:07	2:21	4:48	9:48		2:36	5:15	10:45	21:29	26:51	40:17	53:43	1:20:34	1:47:26
2:14	*1:39*	*1:51*	*2:02*		*1:56*	*2:07*	*2:14*	*2:21*		*2:14*	*2:21*	*2:24*	*2:27*		*2:36*	*2:37*	*2:41*	*2:41*	*2:41*	*2:41*	*2:41*	*2:41*	*2:41*

Bestzeit	SA				WSA					GA2					GA1								
400	25	50	100		50	100	200	400		50	100	200	400		100	200	400	800	1.000	1.500	2.000	3.000	4.000
100	*100*	*100*	*100*		*100*	*100*	*100*	*100*		*100*	*100*	*100*	*100*		*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*	*100*
9:00	25,0	0:56	2:03		0:59	2:09	4:30	9:28		1:07	2:22	4:50	9:53		2:37	5:18	10:51	21:41	27:07	40:40	54:13	1:21:20	1:48:26
2:15	*1:40*	*1:52*	*2:03*		*1:57*	*2:09*	*2:15*	*2:22*		*2:15*	*2:22*	*2:25*	*2:28*		*2:37*	*2:39*	*2:43*	*2:43*	*2:43*	*2:43*	*2:43*	*2:43*	*2:43*
9:05	25,2	0:57	2:04		0:59	2:10	4:32	9:34		1:08	2:23	4:53	9:59		2:38	5:21	10:57	21:53	27:22	41:02	54:43	1:22:05	1:49:26
2:16	*1:41*	*1:54*	*2:04*		*1:58*	*2:10*	*2:16*	*2:23*		*2:16*	*2:23*	*2:27*	*2:30*		*2:38*	*2:40*	*2:44*	*2:44*	*2:44*	*2:44*	*2:44*	*2:44*	*2:44*
9:10	25,5	0:57	2:05		1:00	2:11	4:35	9:39		1:09	2:25	4:56	10:04		2:40	5:24	11:03	22:05	27:37	41:25	55:13	1:22:50	1:50:27
2:17	*1:42*	*1:55*	*2:05*		*2:00*	*2:11*	*2:17*	*2:25*		*2:17*	*2:25*	*2:28*	*2:31*		*2:40*	*2:42*	*2:46*	*2:46*	*2:46*	*2:46*	*2:46*	*2:46*	*2:46*
9:15	25,7	0:58	2:06		1:00	2:12	4:38	9:44		1:09	2:26	4:58	10:10		2:41	5:26	11:09	22:17	27:52	41:48	55:43	1:23:35	1:51:27
2:19	*1:43*	*1:56*	*2:06*		*2:01*	*2:12*	*2:19*	*2:26*		*2:19*	*2:26*	*2:29*	*2:32*		*2:41*	*2:43*	*2:47*	*2:47*	*2:47*	*2:47*	*2:47*	*2:47*	*2:47*
9:20	25,9	0:58	2:07		1:01	2:13	4:40	9:49		1:10	2:27	5:01	10:15		2:43	5:29	11:15	22:29	28:07	42:10	56:13	1:24:20	1:52:27
2:20	*1:44*	*1:57*	*2:07*		*2:02*	*2:13*	*2:20*	*2:27*		*2:20*	*2:27*	*2:31*	*2:34*		*2:43*	*2:45*	*2:49*	*2:49*	*2:49*	*2:49*	*2:49*	*2:49*	*2:49*
9:25	26,2	0:59	2:08		1:01	2:15	4:43	9:55		1:11	2:29	5:04	10:21		2:44	5:32	11:21	22:41	28:22	42:33	56:44	1:25:05	1:53:27
2:21	*1:45*	*1:58*	*2:08*		*2:03*	*2:15*	*2:21*	*2:29*		*2:21*	*2:29*	*2:32*	*2:35*		*2:44*	*2:46*	*2:50*	*2:50*	*2:50*	*2:50*	*2:50*	*2:50*	*2:50*
9:30	26,4	0:59	2:10		1:02	2:16	4:45	10:00		1:11	2:30	5:06	10:26		2:46	5:35	11:27	22:53	28:37	42:55	57:14	1:25:51	1:54:27
2:23	*1:46*	*1:59*	*2:10*		*2:04*	*2:16*	*2:23*	*2:30*		*2:23*	*2:30*	*2:33*	*2:37*		*2:46*	*2:48*	*2:52*	*2:52*	*2:52*	*2:52*	*2:52*	*2:52*	*2:52*
9:35	26,6	1:00	2:11		1:03	2:17	4:48	10:05		1:12	2:31	5:09	10:32		2:47	5:38	11:33	23:06	28:52	43:18	57:44	1:26:36	1:55:28
2:24	*1:46*	*2:00*	*2:11*		*2:05*	*2:17*	*2:24*	*2:31*		*2:24*	*2:31*	*2:35*	*2:38*		*2:47*	*2:49*	*2:53*	*2:53*	*2:53*	*2:53*	*2:53*	*2:53*	*2:53*
9:40	26,9	1:00	2:12		1:03	2:18	4:50	10:11		1:12	2:33	5:12	10:37		2:49	5:41	11:39	23:18	29:07	43:40	58:14	1:27:21	1:56:28
2:25	*1:47*	*2:01*	*2:12*		*2:06*	*2:18*	*2:25*	*2:33*		*2:25*	*2:33*	*2:36*	*2:39*		*2:49*	*2:51*	*2:55*	*2:55*	*2:55*	*2:55*	*2:55*	*2:55*	*2:55*
9:45	27,1	1:01	2:13		1:04	2:19	4:53	10:16		1:13	2:34	5:15	10:43		2:50	5:44	11:45	23:30	29:22	44:03	58:44	1:28:06	1:57:28
2:26	*1:48*	*2:02*	*2:13*		*2:07*	*2:19*	*2:26*	*2:34*		*2:26*	*2:34*	*2:37*	*2:41*		*2:50*	*2:52*	*2:56*	*2:56*	*2:56*	*2:56*	*2:56*	*2:56*	*2:56*
9:50	27,3	1:01	2:14		1:04	2:20	4:55	10:21		1:14	2:35	5:17	10:48		2:52	5:47	11:51	23:42	29:37	44:26	59:14	1:28:51	1:58:28
2:28	*1:49*	*2:03*	*2:14*		*2:08*	*2:20*	*2:28*	*2:35*		*2:28*	*2:35*	*2:39*	*2:42*		*2:52*	*2:54*	*2:58*	*2:58*	*2:58*	*2:58*	*2:58*	*2:58*	*2:58*
9:55	27,5	1:02	2:15		1:05	2:22	4:58	10:26		1:14	2:37	5:20	10:54		2:53	5:50	11:57	23:54	29:52	44:48	59:44	1:29:37	1:59:29
2:29	*1:50*	*2:04*	*2:15*		*2:09*	*2:22*	*2:29*	*2:37*		*2:29*	*2:37*	*2:40*	*2:43*		*2:53*	*2:55*	*2:59*	*2:59*	*2:59*	*2:59*	*2:59*	*2:59*	*2:59*
10:00	27,8	1:02	2:16		1:05	2:23	5:00	10:32		1:15	2:38	5:23	10:59		2:54	5:53	12:03	24:06	30:07	45:11	1:00:14	1:30:22	2:00:29
2:30	*1:51*	*2:05*	*2:16*		*2:10*	*2:23*	*2:30*	*2:38*		*2:30*	*2:38*	*2:41*	*2:45*		*2:54*	*2:56*	*3:01*	*3:01*	*3:01*	*3:01*	*3:01*	*3:01*	*3:01*