



Protokoll

Qualifikationswettkampf 5km, 7,5km, 10km & 25km Freistil und 200m Lagen

Termin	Sonntag, 12. Mai 2024
Veranstalter	Bayerischer Schwimmverband e.V.
Ausrichter	SV Bayreuth 1921 e.V.
Ort	SVB Hallenbad Am Sportpark 5 95448 Bayreuth
Wettkampfbecken	50m, 8 Bahnen, Wellenkillerleinen Wassertemperatur 27°C
Zeitmessung	Handzeitnahme

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen

Bayreuth
am 12.05.2024

Anzahl Meldungen

Teilnehmer: weiblich/männlich Meldungen: Einzel/Staffel

Bayerischer Schwimmverband (LSV-Nr.: 2)

Verein	DSV-Id	Teilnehmer	Abs.1	Abs.2	Abs.3	Gesamt
1.FCN Schwimmen	4163	0/ 1	1/ 0	0/ 0	0/ 0	1/ 0
SC 53 Landshut	4290	0/ 1	1/ 0	0/ 0	0/ 0	1/ 0
SG Bamberg	5085	1/ 1	0/ 0	2/ 0	0/ 0	2/ 0
SG Stadtwerke München	6423	1/ 1	0/ 0	0/ 0	2/ 0	2/ 0
SSG Coburg	6695	5/ 1	0/ 0	6/ 0	0/ 0	6/ 0
SSG Günzburg-Leipheim	4329	0/ 2	1/ 0	0/ 0	1/ 0	2/ 0
SV Bayreuth	4347	0/ 1	1/ 0	0/ 0	0/ 0	1/ 0
SV Würzburg 05	4339	0/ 4	1/ 0	3/ 0	0/ 0	4/ 0
TB 1888 Erlangen	4392	1/ 0	1/ 0	0/ 0	0/ 0	1/ 0
Gesamt für den Verband		8/ 12	6/ 0	11/ 0	3/ 0	20/ 0

Hessischer Schwimm-Verband (LSV-Nr.: 7)

Verein	DSV-Id	Teilnehmer	Abs.1	Abs.2	Abs.3	Gesamt
SC Wiesbaden 1911	4950	0/ 2	2/ 0	0/ 0	0/ 0	2/ 0
Gesamt für den Verband		0/ 2	2/ 0	0/ 0	0/ 0	2/ 0

Thüringer Schwimmverband (LSV-Nr.: 16)

Verein	DSV-Id	Teilnehmer	Abs.1	Abs.2	Abs.3	Gesamt
Erfurter SSC	5555	1/ 0	0/ 0	1/ 0	0/ 0	1/ 0
Gesamt für den Verband		1/ 0	0/ 0	1/ 0	0/ 0	1/ 0

Gesamtzahl der Meldungen

Verein	DSV-Id	Teilnehmer	Abs.1	Abs.2	Abs.3	Gesamt
Alle Vereine		9/ 14	8/ 0	12/ 0	3/ 0	23/ 0

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen
Bayreuth
am 12.05.2024

Abschnitt 1 - Sonntag 12.05.2024

Einlass: 10:00 Uhr | Einschwimmen: 10:00 Uhr | Kampfrichtersitzung: 00:00 Uhr
Beginn: 11:00 Uhr

Kampfgericht Abschnitt 1

Position	Name	Verein
Schiedsrichter weiblich	Sandra Rettlinger	SSG Coburg
Schiedsrichter männlich	Sandra Rettlinger	SSG Coburg
Starter weiblich	Sandra Rettlinger	SSG Coburg
Auswerter 1	Sabine Jacksteit	BSV
Protokollführer	Sabine Jacksteit	BSV

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen
Bayreuth
am 12.05.2024

Wettkampffolge für Abschnitt 1

Wettkampf 1 - 5000m Freistil weiblich

Wettkampf 2 - 5000m Freistil männlich

Wettkampf 3 - 7500m Freistil weiblich

Wettkampf 4 - 7500m Freistil männlich

Wettkampf 1 - 5000m Freistil weiblich

Wettkampf 2 - 5000m Freistil männlich

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1.	Simon Brugger	2009	SV Bayreuth	57:19,22
	<i>100m: 01:01,55 (01:01,55) 200m: 02:07,32 (01:05,77) 300m: 03:15,03 (01:07,71) 400m: 04:23,05 (01:08,02) 500m: 05:32,02 (01:08,97) 600m: 06:41,05 (01:09,03) 700m: 07:49,58 (01:08,53) 800m: 08:57,55 (01:07,97) 900m: 10:05,18 (01:07,63) 1000m: 11:12,99 (01:07,81) 1100m: 12:20,88 (01:07,89) 1200m: 13:29,07 (01:08,19) 1300m: 14:37,90 (01:08,83) 1400m: 15:44,66 (01:06,76) 1500m: 16:55,46 (01:10,80) 1600m: 18:04,46 (01:09,00) 1700m: 19:14,32 (01:09,86) 1800m: 20:23,59 (01:09,27) 1900m: 21:33,10 (01:09,51) 2000m: 22:42,02 (01:08,92) 2100m: 23:50,21 (01:08,19) 2200m: 24:59,52 (01:09,31) 2300m: 26:08,37 (01:08,85) 2400m: 27:16,86 (01:08,49) 2500m: 28:24,71 (01:07,85) 2600m: 29:33,24 (01:08,53) 2700m: 30:41,83 (01:08,59) 2800m: 31:50,56 (01:08,73) 2900m: 32:59,99 (01:09,43) 3000m: 34:08,62 (01:08,63) 3100m: 35:17,35 (01:08,73) 3200m: 36:26,66 (01:09,31) 3300m: 37:36,62 (01:09,96) 3400m: 38:45,83 (01:09,21) 3500m: 39:55,26 (01:09,43) 3600m: 41:04,06 (01:08,80) 3700m: 42:13,56 (01:09,50) 3800m: 43:23,00 (01:09,44) 3900m: 44:33,42 (01:10,42) 4000m: 45:41,19 (01:07,77) 5000m: 57:19,22 (11:38,03)</i>			
2.	Florentin Bensalah	2009	SC Wiesbaden 1911	58:52,50
	<i>100m: 01:05,00 (01:05,00) 200m: 02:14,82 (01:09,82) 300m: 03:25,57 (01:10,75) 400m: 04:36,50 (01:10,93) 500m: 05:47,53 (01:11,03) 600m: 06:58,18 (01:10,65) 700m: 08:09,11 (01:10,93) 800m: 09:19,90 (01:10,79) 900m: 10:30,53 (01:10,63) 1000m: 11:41,75 (01:11,22) 1100m: 12:52,61 (01:10,86) 1200m: 14:03,58 (01:10,97) 1300m: 15:14,15 (01:10,57) 1400m: 16:24,43 (01:10,28) 1500m: 17:34,47 (01:10,04) 1600m: 18:44,36 (01:09,89) 1700m: 19:54,36 (01:10,00) 1800m: 21:04,07 (01:09,71) 1900m: 22:13,53 (01:09,46) 2000m: 23:23,15 (01:09,62) 2100m: 24:32,75 (01:09,60) 2200m: 25:42,97 (01:10,22) 2300m: 26:54,00 (01:11,03) 2400m: 28:05,22 (01:11,22) 2500m: 29:16,43 (01:11,21) 2600m: 30:28,25 (01:11,82) 2700m: 31:40,18 (01:11,93) 2800m: 32:52,25 (01:12,07) 2900m: 34:03,72 (01:11,47) 3000m: 35:16,03 (01:12,31) 3100m: 36:27,00 (01:10,97) 3200m: 37:36,72 (01:09,72) 3300m: 38:46,25 (01:09,53) 3400m: 39:55,57 (01:09,32) 3500m: 41:04,78 (01:09,21) 3600m: 42:14,25 (01:09,47) 3700m: 43:23,65 (01:09,40) 3800m: 44:33,61 (01:09,96) 3900m: 45:43,36 (01:09,75) 4000m: 46:53,75 (01:10,39) 5000m: 58:52,50 (11:58,75)</i>			

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen
Bayreuth
am 12.05.2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
3.	Jonathan Koepnick	2009	1.FCN Schwimmen	01:00:24,22
<i>100m: 01:02,25 (01:02,25) 200m: 02:08,54 (01:06,29) 300m: 03:16,25 (01:07,71) 400m: 04:24,50 (01:08,25) 500m: 05:33,19 (01:08,69) 600m: 06:42,37 (01:09,18) 700m: 07:50,97 (01:08,60) 800m: 09:00,07 (01:09,10) 900m: 10:09,79 (01:09,72) 1000m: 11:19,50 (01:09,71) 1100m: 12:30,65 (01:11,15) 1200m: 13:41,97 (01:11,32) 1300m: 14:53,54 (01:11,57) 1400m: 16:01,60 (01:08,06) 1500m: 17:18,69 (01:17,09) 1600m: 18:30,69 (01:12,00) 1700m: 19:42,97 (01:12,28) 1800m: 20:55,04 (01:12,07) 1900m: 22:07,19 (01:12,15) 2000m: 23:19,87 (01:12,68) 2100m: 24:32,62 (01:12,75) 2200m: 25:42,37 (01:09,75) 2300m: 26:59,04 (01:16,67) 2400m: 28:13,62 (01:14,58) 2500m: 29:27,46 (01:13,84) 2600m: 30:41,82 (01:14,36) 2700m: 31:54,75 (01:12,93) 2800m: 33:08,93 (01:14,18) 2900m: 34:23,22 (01:14,29) 3000m: 35:37,47 (01:14,25) 3100m: 36:51,50 (01:14,03) 3200m: 38:06,43 (01:14,93) 3300m: 39:20,69 (01:14,26) 3400m: 40:35,00 (01:14,31) 3500m: 41:49,43 (01:14,43) 3600m: 43:03,62 (01:14,19) 3700m: 44:18,37 (01:14,75) 3800m: 45:33,37 (01:15,00) 3900m: 45:48,25 (00:14,88) 4000m: 48:02,22 (02:13,97) 5000m: 01:00:24,22 (12:22,00)</i>				

Wettkampf 3 - 7500m Freistil weiblich

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1.	Annika Dewdney	2008	TB 1888 Erlangen	01:31:53,94
<i>100m: 01:08,22 (01:08,22) 200m: 02:20,22 (01:12,00) 300m: 03:32,05 (01:11,83) 400m: 04:44,02 (01:11,97) 500m: 05:55,69 (01:11,67) 600m: 07:07,66 (01:11,97) 700m: 08:16,59 (01:08,93) 800m: 09:31,47 (01:14,88) 900m: 10:43,47 (01:12,00) 1000m: 11:55,59 (01:12,12) 1100m: 13:07,59 (01:12,00) 1200m: 14:19,47 (01:11,88) 1300m: 15:31,62 (01:12,15) 1400m: 16:43,79 (01:12,17) 1500m: 17:55,51 (01:11,72) 1600m: 19:07,30 (01:11,79) 1700m: 20:19,69 (01:12,39) 1800m: 21:32,47 (01:12,78) 1900m: 22:44,91 (01:12,44) 2000m: 23:58,02 (01:13,11) 2100m: 25:12,43 (01:14,41) 2200m: 26:25,69 (01:13,26) 2300m: 27:37,94 (01:12,25) 2400m: 28:50,76 (01:12,82) 2500m: 30:03,57 (01:12,81) 2600m: 31:16,00 (01:12,43) 2700m: 32:29,47 (01:13,47) 2800m: 33:42,91 (01:13,44) 2900m: 34:56,41 (01:13,50) 3000m: 36:09,22 (01:12,81) 3100m: 37:22,55 (01:13,33) 3200m: 38:35,97 (01:13,42) 3300m: 39:49,69 (01:13,72) 3400m: 41:03,78 (01:14,09) 3500m: 42:17,62 (01:13,84) 3600m: 43:31,84 (01:14,22) 3700m: 44:46,37 (01:14,53) 3800m: 46:00,44 (01:14,07) 3900m: 47:15,44 (01:15,00) 4000m: 48:29,97 (01:14,53) 7500m: 01:31:53,94 (43:23,97)</i>				

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen
Bayreuth
am 12.05.2024

Wettkampf 4 - 7500m Freistil männlich

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1.	Jakob Lerch	2008	SSG Günzburg-Leipheim	01:25:24,54
	<i>100m: 01:06,11 (01:06,11) 200m: 02:14,51 (01:08,40) 300m: 03:22,68 (01:08,17) 400m: 04:31,27 (01:08,59) 500m: 05:39,59 (01:08,32) 600m: 06:48,20 (01:08,61) 700m: 07:56,24 (01:08,04) 800m: 09:04,64 (01:08,40) 900m: 10:13,21 (01:08,57) 1000m: 11:22,16 (01:08,95) 1100m: 12:29,84 (01:07,68) 1200m: 13:37,97 (01:08,13) 1300m: 14:45,61 (01:07,64) 1400m: 15:53,29 (01:07,68) 1500m: 17:01,00 (01:07,71) 1600m: 18:08,68 (01:07,68) 1700m: 19:15,85 (01:07,17) 1800m: 20:24,19 (01:08,34) 1900m: 21:32,30 (01:08,11) 2000m: 22:40,28 (01:07,98) 2100m: 23:48,03 (01:07,75) 2200m: 24:55,89 (01:07,86) 2300m: 26:03,87 (01:07,98) 2400m: 27:11,74 (01:07,87) 2500m: 28:20,21 (01:08,47) 2600m: 29:28,35 (01:08,14) 2700m: 30:36,07 (01:07,72) 2800m: 31:44,89 (01:08,82) 2900m: 32:53,76 (01:08,87) 3000m: 34:02,29 (01:08,53) 3100m: 35:10,29 (01:08,00) 3200m: 36:18,01 (01:07,72) 3300m: 37:26,27 (01:08,26) 3400m: 38:34,69 (01:08,42) 3500m: 39:43,59 (01:08,90) 3600m: 40:52,40 (01:08,81) 3700m: 42:01,84 (01:09,44) 3800m: 43:10,78 (01:08,94) 3900m: 44:19,07 (01:08,29) 4000m: 45:27,09 (01:08,02) 7500m: 01:25:24,54 (39:57,45)</i>			
2.	Lauri Schnabel	2008	SC 53 Landshut	01:27:09,17
	<i>100m: 01:05,46 (01:05,46) 200m: 02:13,46 (01:08,00) 300m: 03:21,73 (01:08,27) 400m: 04:29,95 (01:08,22) 500m: 05:38,50 (01:08,55) 600m: 06:48,35 (01:09,85) 700m: 07:58,73 (01:10,38) 800m: 09:09,50 (01:10,77) 900m: 10:20,14 (01:10,64) 1000m: 11:30,68 (01:10,54) 1100m: 12:41,06 (01:10,38) 1200m: 13:51,48 (01:10,42) 1300m: 15:01,30 (01:09,82) 1400m: 16:11,18 (01:09,88) 1500m: 17:21,13 (01:09,95) 1600m: 18:31,31 (01:10,18) 1700m: 19:41,01 (01:09,70) 1800m: 20:50,86 (01:09,85) 1900m: 22:01,09 (01:10,23) 2000m: 23:11,21 (01:10,12) 2100m: 24:21,86 (01:10,65) 2200m: 25:31,75 (01:09,89) 2300m: 26:41,88 (01:10,13) 2400m: 27:52,21 (01:10,33) 2500m: 29:02,27 (01:10,06) 2600m: 30:15,56 (01:13,29) 2700m: 31:25,16 (01:09,60) 2800m: 32:35,43 (01:10,27) 2900m: 33:45,80 (01:10,37) 3000m: 34:56,36 (01:10,56) 3100m: 36:06,39 (01:10,03) 3200m: 37:16,09 (01:09,70) 3300m: 38:26,27 (01:10,18) 3400m: 39:36,42 (01:10,15) 3500m: 40:46,64 (01:10,22) 3600m: 41:56,76 (01:10,12) 3700m: 43:06,97 (01:10,21) 3800m: 44:16,82 (01:09,85) 3900m: 45:27,14 (01:10,32) 4000m: 46:36,88 (01:09,74) 7500m: 01:27:09,17 (40:32,29)</i>			
	<u>aufgegeben</u>			
	David Kuhn	2007	SV Würzburg 05	
	<u>abgemeldet</u>			
	Diego Alfons Heinze	2007	SC Wiesbaden 1911	

Bayreuth, den 12.05.2024

Abschnittende: 12:40 Uhr

Protokollende: 12:51 Uhr

gez. Sandra Rettlinger
Schiedsrichter weiblich

gez. Sandra Rettlinger
Schiedsrichter männlich

gez. Sabine Jacksteit
Protokollführer

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen
Bayreuth
am 12.05.2024

Abschnitt 2 - Sonntag 12.05.2024

Einlass: 12:45 Uhr | Einschwimmen: 12:45 Uhr | Kampfrichtersitzung: 13:00 Uhr
Beginn: 13:15 Uhr

Kampfgericht Abschnitt 2

Position	Name	Verein
Schiedsrichter weiblich	Sandra Rettlinger	SSG Coburg
Schiedsrichter männlich	Sandra Rettlinger	SSG Coburg
Starter weiblich	Karsten Schmidt	BSV
Schwimmrichter 1	Karsten Schmidt	BSV
Schwimmrichter 2	Thomas Patz	Erfurter SSC
Sprecher 1	Martin Ott	SV Bayreuth
Auswerter 1	Sabine Jacksteit	BSV
Protokollführer	Sabine Jacksteit	BSV

Zielgericht

Position	Name	Verein
Zielrichterobmann	Sebastian Seuß	SSG Coburg
Zielrichter 1	Tobias Zwenzner	SV Bayreuth
Zielrichter 2	Sandra Rettlinger	SSG Coburg

Zeitgericht 1

Position	Name	Verein
Zeitnehmerobmann	Britta Heider	SSG Coburg
Zeitnehmer Bahn 2	Oscar Mendez Doportto	SSG Coburg
Zeitnehmer Bahn 3	Britta Fenßlein	SSG Coburg
Zeitnehmer Bahn 4	Helga Brugger	SV Bayreuth
Zeitnehmer Bahn 5	Jonas Zwenzner	SV Bayreuth
Zeitnehmer Bahn 6	Kathi Kosowski	SV Bayreuth

Wendegericht

Position	Name	Verein
Wenderichter Obmann	Sarah Prüfer	SV Bayreuth
Wenderichter Bahn 1	Valentin Schmidt	SV Bayreuth
Wenderichter Bahn 2	Angela Schmidt	SV Bayreuth

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen
Bayreuth
am 12.05.2024

Wettkampffolge für Abschnitt 2

Wettkampf 5 - 200m Lagen weiblich

Wettkampf 6 - 200m Lagen männlich

Wettkampf 5 - 200m Lagen weiblich

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1.	Paula Fieblinger	2013	SSG Coburg	02:53,86
2.	Marie Schellenberger	2013	SG Bamberg	02:57,19
3.	Enie-Marleen Seuß	2013	SSG Coburg	03:03,46
4.	Sophie Rettlinger	2013	SSG Coburg	03:18,98

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1.	Natalie Fenßlein	2012	SSG Coburg	02:50,81
2.	Henriette Irene Patz	2012	Erfurter SSC	02:53,00
3.	Mia Heider	2012	SSG Coburg	02:53,99

Wettkampf 6 - 200m Lagen männlich

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1.	Bruno Mendez Nüchterlein	2013	SSG Coburg	03:02,81
2.	Hendrik Schick	2013	SG Bamberg	03:09,57

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1.	Egemen Altintepe	2012	SV Würzburg 05	02:48,45
2.	Kyrylo Dolinskyi	2012	SV Würzburg 05	02:51,74
3.	Matthes Leo Steinert	2012	SV Würzburg 05	03:06,66

Bayreuth, den 12.05.2024

Abschnittende: 13:24 Uhr

Protokollende: 13:33 Uhr

gez. Sandra Rettlinger
Schiedsrichter weiblich

gez. Sandra Rettlinger
Schiedsrichter männlich

gez. Sabine Jacksteit
Protokollführer

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen
Bayreuth
am 12.05.2024

Abschnitt 3 - Sonntag 12.05.2024

Einlass: 13:45 Uhr | Einschwimmen: 13:45 Uhr | Kampfrichtersitzung: 00:00 Uhr
Beginn: 14:15 Uhr

Kampfgericht Abschnitt 3

Position	Name	Verein
Schiedsrichter weiblich	Karsten Schmidt	BSV
Schiedsrichter männlich	Karsten Schmidt	BSV
Starter weiblich	Karsten Schmidt	BSV
Auswerter 1	Sabine Jacksteit	BSV
Protokollführer	Sabine Jacksteit	BSV

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen
Bayreuth
am 12.05.2024

Wettkampffolge für Abschnitt 3

Wettkampf 7 - 10000m Freistil weiblich
Wettkampf 8 - 10000m Freistil männlich
Wettkampf 9 - 25000m Freistil weiblich
Wettkampf 10 - 25000m Freistil männlich

Wettkampf 7 - 10000m Freistil weiblich

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1.	Luisa Rumler	2006	SG Stadtwerke München	02:02:36,15
	<i>100m: 01:08,18 (01:08,18) 200m: 02:18,93 (01:10,75) 300m: 03:29,49 (01:10,56) 400m: 04:39,98 (01:10,49) 500m: 05:50,58 (01:10,60) 600m: 07:00,92 (01:10,34) 700m: 08:11,26 (01:10,34) 800m: 09:21,63 (01:10,37) 900m: 10:31,62 (01:09,99) 1000m: 11:41,82 (01:10,20) 1100m: 12:51,11 (01:09,29) 1200m: 14:02,23 (01:11,12) 1300m: 15:13,07 (01:10,84) 1400m: 16:23,34 (01:10,27) 1500m: 17:34,26 (01:10,92) 1600m: 18:44,85 (01:10,59) 1700m: 19:55,75 (01:10,90) 1800m: 21:06,39 (01:10,64) 1900m: 22:16,93 (01:10,54) 2000m: 23:27,78 (01:10,85) 2100m: 24:38,63 (01:10,85) 2200m: 25:49,53 (01:10,90) 2300m: 27:00,67 (01:11,14) 2400m: 28:11,75 (01:11,08) 2500m: 29:22,94 (01:11,19) 2600m: 30:34,80 (01:11,86) 2700m: 31:46,48 (01:11,68) 2800m: 32:58,50 (01:12,02) 2900m: 34:10,23 (01:11,73) 3000m: 35:21,59 (01:11,36) 3100m: 36:34,61 (01:13,02) 3200m: 37:45,12 (01:10,51) 3300m: 38:55,98 (01:10,86) 3400m: 40:07,87 (01:11,89) 3500m: 41:18,60 (01:10,73) 3600m: 42:30,35 (01:11,75) 3700m: 43:42,28 (01:11,93) 3800m: 44:53,91 (01:11,63) 3900m: 46:05,23 (01:11,32) 4000m: 47:16,17 (01:10,94) 10000m: 02:02:36,15 (01:15:19,98)</i>			

500m-Zwischenzeiten:

500m 00:05:50,58
1000m 00:11:41,82
1500m 00:17:34,26
2000m 00:23:27,78
2500m 00:29:22,94
3000m 00:35:21,59
3500m 00:41:18,60
4000m 00:47:16,17
4500m 00:53:14,33
5000m 00:59:17,51
5500m 01:05:21,93
6000m 01:11:40,75
6500m 01:17:57,26
7000m 01:24:16,53
7500m 01:30:35,84
8000m 01:36:59,48
8500m 01:43:27,13
9000m 01:49:51,05
9500m 01:56:14,31

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen
Bayreuth
am 12.05.2024

Wettkampf 8 - 10000m Freistil männlich

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1.	Noah Lerch	2004	SSG Günzburg-Leipheim	01:50:29,59
	<i>100m: 01:01,79 (01:01,79) 200m: 02:06,08 (01:04,29) 300m: 03:10,73 (01:04,65) 400m: 04:15,09 (01:04,36) 500m: 05:19,41 (01:04,32) 600m: 06:23,66 (01:04,25) 700m: 07:27,90 (01:04,24) 800m: 08:52,51 (01:24,61) 900m: 09:37,02 (00:44,51) 1000m: 10:42,21 (01:05,19) 1100m: 11:47,53 (01:05,32) 1200m: 12:52,82 (01:05,29) 1300m: 13:57,76 (01:04,94) 1400m: 15:02,92 (01:05,16) 1500m: 16:07,80 (01:04,88) 1600m: 17:12,43 (01:04,63) 1700m: 18:17,80 (01:05,37) 1800m: 19:22,94 (01:05,14) 1900m: 20:28,39 (01:05,45) 2000m: 21:33,53 (01:05,14) 2100m: 22:38,88 (01:05,35) 2200m: 23:44,15 (01:05,27) 2300m: 24:49,59 (01:05,44) 2400m: 25:54,89 (01:05,30) 2500m: 27:00,06 (01:05,17) 2600m: 28:05,55 (01:05,49) 2700m: 29:11,41 (01:05,86) 2800m: 30:16,97 (01:05,56) 2900m: 31:22,77 (01:05,80) 3000m: 32:28,34 (01:05,57) 3100m: 33:35,83 (01:07,49) 3200m: 34:41,06 (01:05,23) 3300m: 35:46,53 (01:05,47) 3400m: 36:52,46 (01:05,93) 3500m: 37:58,37 (01:05,91) 3600m: 39:04,12 (01:05,75) 3700m: 40:10,29 (01:06,17) 3800m: 41:15,76 (01:05,47) 3900m: 42:21,46 (01:05,70) 4000m: 43:27,38 (01:05,92) 10000m: 01:50:29,59 (01:07:02,21)</i>			

500m-Zwischenzeiten:

500m 00:05:19,41
 1000m 00:10:42,21
 1500m 00:16:07,80
 2000m 00:21:33,53
 2500m 00:27:00,06
 3000m 00:32:28,34
 3500m 00:37:58,37
 4000m 00:43:27,38
 4500m 00:48:58,26
 5000m 00:54:30,08
 5500m 01:00:02,16
 6000m 01:05:36,36
 6500m 01:11:12,51
 7000m 01:16:48,44
 7500m 01:22:24,20
 8000m 01:28:01,57
 8500m 01:33:40,11
 9000m 01:39:18,46
 9500m 01:44:56,17

Wettkampf 9 - 25000m Freistil weiblich

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen
Bayreuth
am 12.05.2024

Wettkampf 10 - 25000m Freistil männlich

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1.	Moritz Bockes	2003	SG Stadtwerke München	04:46:56,21
	<i>100m: 01:05,54 (01:05,54) 200m: 02:12,73 (01:07,19) 300m: 03:19,60 (01:06,87) 400m: 04:26,77 (01:07,17) 500m: 05:34,03 (01:07,26) 600m: 06:41,55 (01:07,52) 700m: 07:48,79 (01:07,24) 800m: 08:55,89 (01:07,10) 900m: 10:03,05 (01:07,16) 1000m: 11:09,73 (01:06,68) 1100m: 12:16,79 (01:07,06) 1200m: 13:23,58 (01:06,79) 1300m: 14:30,54 (01:06,96) 1400m: 15:37,46 (01:06,92) 1500m: 16:44,44 (01:06,98) 1600m: 17:51,21 (01:06,77) 1700m: 18:57,97 (01:06,76) 1800m: 20:04,73 (01:06,76) 1900m: 21:11,93 (01:07,20) 2000m: 22:19,28 (01:07,35) 2100m: 23:27,15 (01:07,87) 2200m: 24:33,41 (01:06,26) 2300m: 25:39,25 (01:05,84) 2400m: 26:45,62 (01:06,37) 2500m: 27:51,39 (01:05,77) 2600m: 28:57,52 (01:06,13) 2700m: 30:03,71 (01:06,19) 2800m: 31:10,20 (01:06,49) 2900m: 32:16,56 (01:06,36) 3000m: 33:24,99 (01:08,43) 3100m: 34:29,74 (01:04,75) 3200m: 35:36,63 (01:06,89) 3300m: 36:43,51 (01:06,88) 3400m: 37:50,01 (01:06,50) 3500m: 38:56,34 (01:06,33) 3600m: 40:02,88 (01:06,54) 3700m: 41:09,51 (01:06,63) 3800m: 42:16,23 (01:06,72) 3900m: 43:22,77 (01:06,54) 4000m: 44:29,79 (01:07,02) 25000m: 04:46:56,21 (04:02:26,42)</i>			

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen

Bayreuth
am 12.05.2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
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500m-Zwischenzeiten:

500m 00:05:34,03
1000m 00:11:09,73
1500m 00:16:44,44
2000m 00:22:19,28
2500m 00:27:51,39
3000m 00:33:24,99
3500m 00:38:56,34
4000m 00:44:29,79
4500m 00:50:04,80
5000m 00:55:38,98
5500m 01:01:14,48
6000m 01:06:53,09
6500m 01:12:33,03
7000m 01:18:12,24
7500m 01:23:50,74
8000m 01:29:30,45
8500m 01:35:09,09
9000m 01:40:54,36
9500m 01:46:35,62
10000m 01:52:18,17
10500m 01:58:02,68
11000m 02:03:43,20
11500m 02:09:25,40
12000m 02:15:09,33
12500m 02:20:56,32
13000m 02:26:51,76
13500m 02:32:36,26
14000m 02:38:24,28
14500m 02:44:18,82
15000m 02:50:12,26
15500m 02:56:04,97
16000m 03:02:01,01
16500m 03:07:58,59
17000m 03:13:54,63
17500m 03:19:51,26
18000m 03:25:36,64
18500m 03:31:24,57
19000m 03:37:11,32
19500m 03:42:55,99
20000m 03:48:43,29
20500m 03:54:33,92
21000m 04:00:23,19
21500m 04:06:16,59
22000m 04:12:05,83
22500m 04:17:57,08
23000m 04:23:48,59
23500m 04:29:39,48
24000m 04:35:29,83
24500m 04:41:17,60

Qualifikationswettkampf über 5km, 7,5km, 10km und 25km Freistil und 200m Lagen
Bayreuth
am 12.05.2024

Bayreuth, den 12.05.2024

Abschnittende: 18:48 Uhr

Protokollende: 18:50 Uhr

gez. Karsten Schmidt
Schiedsrichter weiblich

gez. Karsten Schmidt
Schiedsrichter männlich

gez. Sabine Jacksteit
Protokollführer

5000m Test												Simon Brugger	
Datum:	12.05.2024		Bahnlänge:	50		Name SportlerIn:	Simon Brugger			Jahrgang:	2009		
Name TrainerIn:	Alexandra Labdy				Email TrainerIn:	alexandra.labdy@sobayrauth.de			Puls				
									Laktat				
1000	100	200	300	400	500	600	700	800	900	1000	Schnitt		
Fq	29,80 31,75	32,96 32,81	34,15 33,56	34,45 33,57	35,00 33,97	34,79 34,24	34,61 33,92	34,25 33,72	34,38 33,25	33,99 33,82			
Zeit	1:01,55	2:07,32	3:15,03	4:23,05	5:32,02	6:41,05	7:49,58	8:57,35	10:05,18	11:12,99			
Split													
2000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	Schnitt		
Fq	34,32 33,57	34,31 33,88	34,73 34,60	34,63 34,16	34,55 34,21	34,56 34,44	35,17 34,69	34,80 34,46	34,74 34,78	34,53 34,39			
Zeit	12:20,88	13:29,07	14:37,90	15:46,69	16:55,46	18:04,46	19:14,32	20:23,58	21:33,10	22:42,02			
Split													
3000	2100	2200	2300	2400	2500	2600	2700	2800	2900	3000	Schnitt		
Fq	34,12 34,07	34,90 34,81	34,74 34,11	34,34 34,15	33,83 34,02	34,30 34,23	34,31 34,28	34,54 34,19	35,17 34,26	34,74 33,89			
Zeit	23:59,21	24:59,52	26:08,37	27:16,86	28:24,71	29:33,24	30:41,83	31:50,56	32:59,99	34:08,62			
Split													
4000	3100	3200	3300	3400	3500	3600	3700	3800	3900	34 4000	Schnitt		
Fq	34,57 34,36	34,40 34,91	34,54 35,42	34,41 34,80	34,37 35,11	34,46 34,34	34,51 34,99	34,68 34,76	35,25 35,17	35,10 33,66			
Zeit	35:17,35	36:26,66	37:36,62	38:45,83	39:55,26	41:04,06	42:13,56	43:23,00	44:33,42	45:41,18			
Split													
5000	4100	4200	4300	4400	4500	4600	4700	4800	4900	5000	Schnitt		
Fq	34,94 34,73	34,98 35,07	35,67 34,55	35,53 35,25	35,54 35,57	35,45 35,19	35,18 35,18	35,17 35,38	35,26 34,38	34,79 30,27			
Zeit	46:50,85	48:00,90	49:11,12	50:21,90	51:33,01	52:43,61	53:53,97	55:04,52	56:14,16	57:19,22			
Split													
Puls	direkt	28	30s		60s								
Laktat	direkt		3 Min		5 Min								
									Gesamtzeit:	57:19,22			

Labdy

5000m Test

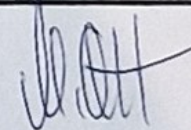
Floriani Seuzeloh

Pool

Datum:	12.05.2024		Bahnlänge:	50		Name SportlerIn:	Floriani Seuzeloh			Jahrgang:	2009
Name TrainerIn:	swimmiles1970@icloud.com				Email TrainerIn:	Oliver Juppeler			Puls		
			Laktat								
1000	100	200	300	400	500	600	700	800	900	1000	Schnitt
Fq	1:05,00	2:14,82	3:25,57	4:36,50	5:47,53	6:58,18	8:09,11	9:19,90	10:30,53	11:41,75	
Zelt											
Split											
2000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	Schnitt
Fq	12:52,61	14:03,68	15:14,15	16:24,43	17:34,47	18:44,36	19:54,36	21:04,07	22:13,53	23:23,15	
Zelt											
Split											
3000	2100	2200	2300	2400	2500	2600	2700	2800	2900	3000	Schnitt
Fq	24:32,75	25:42,97	26:54,00	28:05,22	29:16,43	30:28,25	31:40,18	32:52,25	34:03,72	35:16,03	
Zelt											
Split											
4000	3100	3200	3300	3400	3500	3600	3700	3800	3900	4000	Schnitt
Fq	36:27,00	37:36,72	38:46,25	39:55,57	41:04,78	42:14,25	43:23,65	44:33,61	45:43,36	46:53,75	
Zelt											
Split											
5000	4100	4200	4300	4400	4500	4600	4700	4800	4900	5000	Schnitt
Fq	48:05,11	49:16,93	50:28,57	51:40,82	52:53,00	54:05,53	55:17,32	56:29,47	57:41,43	58:52,10	
Zelt											
Split											
Puls	direkt		30s		60s						
Laktat	direkt		3 Min		5 Min						
Gesamtzeit:										58:52,50	

H. Bruggen

5000m Test													
Datum:	12.05.2024			Bahnlänge:	50		Name SportlerIn:	Jonathan Koepnick			Jahrgang:	2009	
Name TrainerIn:						Email TrainerIn:						Puls	
												Laktat	
1000	100	200	300	400	500	600	700	800	900	1000	Schnitt		
Fq													
Zeit	1:02,25	2:08,54	3:16,25	4:24,50	5:33,19	6:42,37	7:50,97	9:00,07	10:09,79	11:19,50			
Split		1:06,29	1:07,71	1:08,25	1:08,69	1:09,18	1:08,60	1:09,10	1:09,72	1:09,71			
2000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	Schnitt		
Fq													
Zeit	12:30,65	13:41,97	14:53,54	16:06,00	17:18,69	18:30,69	19:42,97	20:55,04	22:07,19	23:19,89			
Split	1:11,15	1:11,32	1:11,57	1:12,46	1:12,69	1:12,00	1:12,28	1:12,07	1:12,15	1:12,68			
3000	2100	2200	2300	2400	2500	2600	2700	2800	2900	3000	Schnitt		
Fq													
Zeit	24:32,62	25:45,37	26:59,04	28:13,62	29:27,40	30:41,82	31:54,75	33:08,93	34:23,22	35:37,47			
Split	1:12,75	1:12,75	1:13,67	1:14,58	1:13,78	1:14,42	1:12,93	1:14,18	1:14,29	1:14,25			
4000	3100	3200	3300	3400	3500	3600	3700	3800	3900	4000	Schnitt		
Fq													
Zeit	36:51,50	38:06,43	39:20,69	40:35,00	41:49,43	43:03,62	44:18,37	45:33,37	46:48,25	48:02,22			
Split	1:14,03	1:14,93	1:14,26	1:14,31	1:14,43	1:14,19	1:14,75	1:15,00	1:14,89	1:13,97			
5000	4100	4200	4300	4400	4500	4600	4700	4800	4900	5000	Schnitt		
Fq													
Zeit	49:17,15	50:31,72	51:46,62	53:01,12	54:16,00	55:30,75	56:45,22	57:59,69	59:12,69	1:00:24,22			
Split	1:14,93	1:14,57	1:14,90	1:14,50	1:14,88	1:14,75	1:14,47	1:14,47	1:13,00	1:11,53			
Puls	direkt		30s		60s								
Laktat	direkt		3 Min		5 Min								
											Gesamtzeit: 1h 00:24,22		



7

Annika Dewdney JG 2008

2	4	6	8	10	12	14	16	18	20
100	200	300	400	500	600	700	800	900	1000
1:08:22	1:12:00	1:11:83	1:11:97	1:11:67	1:11:97	1:11:97	1:11:88	1:12:00	1:12:12
1:08:22	2:20:22	3:32:05	4:44:02	5:55:69	7:07:66	8:19:59	9:31:47	10:43:47	11:55:59
22	24	26	28	30	32	34	36	38	40
1100	1200	1300	1400	1500	1600	1700	1800	1900	2000
1:12:10	1:11:78	1:12:15	1:12:17	1:11:72	1:11:79	1:12:39	1:12:78	1:12:44	1:13:11
13:07:69	14:19:47	15:31:62	16:43:79	17:55:51	19:07:30	20:19:69	21:32:47	22:44:91	23:58:02
42	44	46	48	50	52	54	56	58	60
Verpflegung 2100	2200	2300	2400	2500	2600	2700	2800	2900	3000
1:14:04	1:	1:12:25	1:12:82	1:12:75	1:12:96	1:13:44	1:13:50	1:12:81	1:13:33
25:12:43	26:25:69	27:37:94	28:50:76	30:03:57	32:29:47	33:42:91	34:56:41	36:09:22	37:22:55
62	64	66	68	70	72	74	76	78	80
3100	3200	3300	3400	3500	3600	3700	3800	3900	4000
1:13:42	1:13:72	1:13:78	1:14:15	1:14:22	1:14:53	1:14:07	1:15:00	1:14:53	1:14:69
38:35:97	39:49:69	41:03:78	42:17:62	43:31:84	44:46:37	46:00:44	47:15:44	48:29:97	49:44:66
82	84	86	88	90	92	94	96	98	100
Verpflegung 4100	Verpflegung 4200	4300	4400	4500	4600	4700	4800	4900	5000
1:14:50	1:15:35	1:15:75	1:14:29	1:14:14	1:14:47	1:14:60	1:14:68	1:14:35	1:14:18
50:55:16	52:14:51	53:30:26	54:44:55	55:58:69	57:13:16	58:27:76	59:42:14	1:00:56:75	1:02:10:97
102	104	106	108	110	112	114	116	118	120
5100	5200	5300	5400	5500	5600	5700	5800	5900	6000
1:14:25	1:14:75	1:14:90	1:15:15	1:14:95	1:14:37	1:14:17	1:14:33	1:14:52	1:14:43
1:03:25:22	1:04:39:97	1:05:54:97	1:07:10:02	1:08:24:97	1:09:39:34	1:10:53:51	1:12:07:84	1:13:22:76	1:14:37:19
122	124	126	128	130	132	134	136	138	140
Verpflegung 6100	6200	6300	6400	6500	6600	6700	6800	6900	7000
1:15:00	1:13:36	1:13:89	1:14:03	1:14:00	1:14:22	1:14:18	1:14:35	1:14:75	1:13:97
1:15:52:19	1:17:05:55	1:17:08:99	1:19:33:47	1:20:47:47	1:22:01:69	1:23:15:87	1:24:30:22	1:25:44:97	1:26:58:94
142	144	1:18:15:44 146	148	150					
7100	7200	7300	7400	7500					
1:13:72	1:13:81	1:13:87	1:13:60	1:14:43					
1:28:12:66	1:29:26:47	1:30:40	1:31:53:94	1:33:05:37					

Fehler zwischen 2500 + 2600m
 => jede Zeit eins vor!! S. Rott

5,0km / 7,5km / 10km Test

Datum:	12.05.24			Bahnlänge:	50m		SportlerIn:	Jakob Lerch			Jahrgang:	2008	
TrainerIn:	Olaf Bünde (Stops: Sheela)						Email TrainerIn:						
Unterschrift	[Signature]						Unterschrift Mitglied Gremium Verein				Anzug:	Pool	
1000m	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1000m Split		
Frequenz													
Zeit	1'06,11	1'08,40	1'08,17	1'08,59	1'08,32	1'08,61	1'08,04	1'08,40	1'08,57	1'08,95			
		2'14,51	3'22,68	4'31,27	5'39,59	6'48,20	7'56,24	9'04,64	10'13,21	11'22,16			
2000m	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m	1000m Split		
Frequenz													
Zeit	1'07,68	1'08,13	1'07,64	1'07,68	1'07,71	1'07,68	1'07,17	1'08,34	1'08,11	1'07,98			
	12'29,34	13'37,97	14'45,61	15'53,29	17'01,00	18'08,68	19'15,85	20'24,19	21'32,30	22'40,28			
3000m	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m	1000m Split		
Frequenz											Verpfl.		
Zeit	1'07,75	1'07,86	1'07,98	1'07,87	1'08,47	1'08,14	1'07,72	1'08,89	1'08,87	1'08,53			
	23'48,03	24'55,89	26'03,87	27'11,74	28'20,21	29'28,35	30'36,07	31'44,89	32'53,76	34'02,29			
4000m	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m	1000m Split		
Frequenz													
Zeit	1'08,00	1'07,72	1'08,26	1'08,41	1'08,91	1'08,81	1'09,44	1'08,94	1'08,29	1'08,09			
	35'10,29	36'18,01	37'26,27	38'34,68	39'43,59	40'52,40	42'01,84	43'10,78	44'19,07	45'27,09			
5000m	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m	1000m Split		
Frequenz													
Zeit	1'07,76	1'08,51	1'08,45	1'08,53	1'07,55	1'08,28	1'08,59	1'08,27	1'08,74	1'09,19			
	46'34,92	47'43,43	48'51,88	50'00,41	51'07,96	52'16,24	53'24,83	54'33,10	55'41,84	56'51,03			
6000m	5100m	5200m	5300m	5400m	5500m	5600m	5700m	5800m	5900m	6000m	1000m Split		
Frequenz													
Zeit	1'08,52	1'08,25	1'08,13	1'08,44	1'08,80	1'08,42	1'08,59	1'08,74	1'08,73	1'08,41			
	57'59,55	59'07,80	1:00'15,93	1:01'24,37	1:02'33,17	1:03'41,59	1:04'50,18	1:05'58,92	1:07'07,65	1:08'16,06			
7000m	6100m	6200m	6300m	6400m	6500m	6600m	6700m	6800m	6900m	7000m	1000m Split		
Frequenz													
Zeit	1'08,34	1'08,56	1'08,93	1'08,13	1'08,48	1'09,24	1'09,03	1'09,14	1'09,26	1'09,00			
	1:09'24,40	1:10'32,96	1:11'41,89	1:12'50,02	1:13'58,50	1:15'07,74	1:16'16,77	1:17'25,14	1:18'35,17	1:19'44,17			
8000m	7100m	7200m	7300m	7400m	7500m	7600m	7700m	7800m	7900m	8000m	1000m Split		
Frequenz													
Zeit	1'08,60	1'09,44	1'08,84	1'07,86	1'05,63								
	1:20'52,77	1:22'02,21	1:23'11,05	1:24'18,91	1:25'24,54								
9000m	8100m	8200m	8300m	8400m	8500m	8600m	8700m	8800m	8900m	9000m	1000m Split		
Frequenz													
Zeit													
10000m	9100m	9200m	9300m	9400m	9500m	9600m	9700m	9800m	9900m	10000m	1000m Split		
Frequenz													
Zeit													
Puls	direkt		30s		60s		Gesamtzeit: 1h 25'24,54					100m Mittel	
Laktat	direkt		3 Min		5 Min								

5,0km / 7,5km / 10km Test

Datum:	12.05.2024		Bahnlänge:	50m		SportlerIn:	Schunabel Lenni			Jahrgang:	2008		
TrainerIn:	Sünde ogy					Email TrainerIn:	lunende@dsv.de						
Unterschrift						Unterschrift Mitglied Gremium Verein						Anzug:	Pool
1000m	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1000m Split		
Frequenz													
Zeit	1:05,46	2:13,16	3:21,73	4:29,15	5:38,50	6:48,35	7:58,73	9:09,50	10:21,14	11:32,68			
2000m	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m	1000m Split		
Frequenz													
Zeit	12:41,06	13:51,48	15:01,30	16:11,18	17:21,13	18:31,31	19:41,01	20:50,95	22:01,09	23:11,21			
3000m	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m	1000m Split		
Frequenz													
Zeit	24:21,26	25:31,75	26:41,88	27:52,21	29:02,27	30:12,56	31:22,16	32:31,43	33:41,80	34:51,36			
4000m	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m	1000m Split		
Frequenz													
Zeit	36:06,39	37:16,09	38:26,27	39:36,47	40:46,64	41:56,76	43:06,94	44:16,92	45:27,14	46:36,88			
5000m	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m	1000m Split		
Frequenz													
Zeit	47:46,64	48:56,59	50:06,46	51:16,24	52:25,98	53:35,65	54:45,61	55:55,37	57:04,99	58:14,52			
6000m	5100m	5200m	5300m	5400m	5500m	5600m	5700m	5800m	5900m	6000m	1000m Split		
Frequenz													
Zeit	59:26,49	1:00:35,64	1:01:45,12	1:02:54,76	1:04:04,31	1:05:13,67	1:06:23,11	1:07:32,64	1:08:42,24	1:09:51,99			
7000m	6100m	6200m	6300m	6400m	6500m	6600m	6700m	6800m	6900m	7000m	1000m Split		
Frequenz													
Zeit	1:11:00,71	1:12:09,86	1:13:19,34	1:14:28,99	1:15:38,33	1:16:47,45	1:17:56,45	1:19:05,70	1:20:14,04	1:21:22,31			
8000m	7100m	7200m	7300m	7400m	7500m	7600m	7700m	7800m	7900m	8000m	1000m Split		
Frequenz													
Zeit	1:22:33,76	1:23:42,83	1:24:51,93	1:26:01,14	1:27:09,14								
9000m	8100m	8200m	8300m	8400m	8500m	8600m	8700m	8800m	8900m	9000m	1000m Split		
Frequenz													
Zeit													
10000m	9100m	9200m	9300m	9400m	9500m	9600m	9700m	9800m	9900m	10000m	1000m Split		
Frequenz													
Zeit													
Puls	direkt		30s		60s		Gesamtzeit:			1:27:09,17		100m Mittel	
Laktat	direkt		3 Min		5 Min								

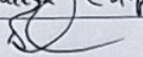
5,0km / 7,5km / 10km Test

Datum:	12.05.2024		Bahnlänge:	50m		SportlerIn:	Kuku David			Jahrgang:	2007	
TrainerIn:	Binde Olga					Email TrainerIn:	bunde@dnv.de					
Unterschrift						Unterschrift Mitglied Gremium Verein				Anzug:	Pool	
1000m	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1000m Split	
Frequenz												
Zeit	1:24,92	2:17,34	3:22,02	4:24,40	5:35,11	6:42,24	7:49,07	8:56,78	10:04,30	11:13,29		
2000m	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m	1000m Split	
Frequenz												
Zeit	12:22,27	13:31,36	14:41,27	15:51,37	17:01,70	18:11,51	19:21,95	20:32,98	21:43,50	22:53,78		
3000m	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m	1000m Split	
Frequenz					28:21							
Zeit	24:04,16	25:15,74	26:27,29	27:38,51	HSbank							
4000m	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m	1000m Split	
Frequenz												
Zeit												
5000m	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m	1000m Split	
Frequenz												
Zeit												
6000m	5100m	5200m	5300m	5400m	5500m	5600m	5700m	5800m	5900m	6000m	1000m Split	
Frequenz												
Zeit												
7000m	6100m	6200m	6300m	6400m	6500m	6600m	6700m	6800m	6900m	7000m	1000m Split	
Frequenz												
Zeit												
8000m	7100m	7200m	7300m	7400m	7500m	7600m	7700m	7800m	7900m	8000m	1000m Split	
Frequenz												
Zeit												
9000m	8100m	8200m	8300m	8400m	8500m	8600m	8700m	8800m	8900m	9000m	1000m Split	
Frequenz												
Zeit												
10000m	9100m	9200m	9300m	9400m	9500m	9600m	9700m	9800m	9900m	10000m	1000m Split	
Frequenz												
Zeit												
Puls	direkt		30s		60s		Gesamtzeit:				100m Mittel	
Laktat	direkt		3 Min		5 Min							

5,0km / 7,5km / 10km Test

Datum:	12.05.2024		Bahnlänge:	50m		SportlerIn:	Rumbe Lisa			Jahrgang:	2006	
TrainerIn:	Schulz Steffen (Bppa: Org)					Email TrainerIn:						
Unterschrift						Unterschrift Mitglied Gremium Verein				Anzug:	Pool	
1000m	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1000m Split	
Frequenz												
Zeit	1:08,18	2:18,93	3:29,49	4:39,98	5:50,58	7:00,92	8:11,26	9:21,63	10:31,62	11:41,82		
2000m	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m	1000m Split	
Frequenz												
Zeit	12:51,91 12:51,91	14:02,23	15:13,04	16:23,34	17:34,26	18:44,85	19:55,75	21:06,39	22:16,93	23:27,18		
3000m	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m	1000m Split	
Frequenz												
Zeit	24:36,63	25:49,53	27:00,67	28:11,71	29:22,94	30:34,60	31:46,48	32:58,00	34:10,23	35:21,59		
4000m	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m	1000m Split	
Frequenz												
Zeit	36:34,61	38:45,12	40:55,98	42:07,17	43:18,60	44:30,35	45:42,28	46:53,94	48:05,23	49:16,14		
5000m	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m	1000m Split	
Frequenz												
Zeit	48:27,50	49:39,10	50:50,49	52:02,46	53:14,33	54:26,58	55:38,91	56:51,09	58:03,72	59:17,51		
6000m	5100m	5200m	5300m	5400m	5500m	5600m	5700m	5800m	5900m	6000m	1000m Split	
Frequenz												
Zeit	1:00:33,79	1:01:46,31	1:02:59,08	1:04:13,60	1:05:28,93	1:06:42,44	1:07:57,12	1:09:11,70	1:10:26,41	1:11:41,01		
7000m	6100m	6200m	6300m	6400m	6500m	6600m	6700m	6800m	6900m	7000m	1000m Split	
Frequenz												
Zeit	1:12:58,50	1:14:10,60	1:15:26,44	1:16:41,98	1:17:57,70	1:19:12,97	1:20:28,72	1:21:44,31	1:23:00,22	1:24:16,57		
8000m	7100m	7200m	7300m	7400m	7500m	7600m	7700m	7800m	7900m	8000m	1000m Split	
Frequenz												
Zeit	1:26:32,15	1:27:47,51	1:29:04,09	1:30:21,92	1:31:39,84	1:32:57,73	1:34:15,15	1:35:32,68	1:36:50,29	1:38:07,48		
9000m	8100m	8200m	8300m	8400m	8500m	8600m	8700m	8800m	8900m	9000m	1000m Split	
Frequenz												
Zeit	1:38:19,87	1:39:35,97	1:40:52,72	1:42:10,22	1:43:27,13	1:44:44,10	1:46:00,95	1:47:18,16	1:48:35,12	1:49:51,97		
10000m	9100m	9200m	9300m	9400m	9500m	9600m	9700m	9800m	9900m	10000m	1000m Split	
Frequenz												
Zeit	1:51:28,04	1:52:45,58	1:54:03,12 1:53:41,65	1:54:58,13	1:56:14,31	1:57:31,00	1:58:47,57	2:00:04,81	2:01:21,62	2:02:38,15		
Puls	direkt		30s		60s		Gesamtzeit:			2:02:36,15		100m Mittel
Laktat	direkt		3 Min		5 Min							

5,0km / 7,5km / 10km Test

Datum:	12.05.2024			Bahnlänge:	50m		Sportlerin:	Lerch Noal			Jahrgang:	2007
TrainerIn:	Schmitt (Stapper, Def)						Email TrainerIn:	schmitt@bayerischer-schwimmverband.de				
Unterschrift							Unterschrift Mitglied Gremium Verein				Anzug:	Pool
1000m	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1000m Split	
Frequenz												
Zeit	1:01,79	2:06,08	3:10,73	4:15,09	5:19,41	6:23,66	7:27,90	8:32,14	9:37,02	10:42,21		
2000m	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m	1000m Split	
Frequenz												
Zeit	11:47,52	12:52,02	13:57,76	15:02,92	16:07,80	17:12,43	18:17,80	19:22,94	20:28,30	21:33,53		
3000m	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m	1000m Split	
Frequenz												
Zeit	22:38,88	23:44,15	24:49,59	25:54,89	27:00,06	28:05,11	29:10,41	30:16,97	31:22,77	32:28,34		
4000m	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m	1000m Split	
Frequenz												
Zeit	33:35,83	34:41,06	35:46,57	36:52,46	37:58,32	39:04,12	40:10,29	41:15,76	42:21,46	43:27,38		
5000m	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m	1000m Split	
Frequenz												
Zeit	44:32,83	45:38,77	46:44,99	47:51,56	48:58,26	49:55,43	51:01,16	52:07,49	53:13,71	54:20,08		
6000m	5100m	5200m	5300m	5400m	5500m	5600m	5700m	5800m	5900m	6000m	1000m Split	
Frequenz												
Zeit	55:36,47	56:42,71	57:48,98	58:55,127	59:50,216	60:45,2894	61:40,25,63	62:35,08,22	63:29,10,41	64:23,36,76		
7000m	6100m	6200m	6300m	6400m	6500m	6600m	6700m	6800m	6900m	7000m	1000m Split	
Frequenz												
Zeit	1:06:45,30	1:07:52,27	1:08:58,26	1:09:50,29	1:10:42,19	1:11:34,35	1:12:26,47	1:13:18,67	1:14:10,69	1:15:02,84	1:16:48,44	
8000m	7100m	7200m	7300m	7400m	7500m	7600m	7700m	7800m	7900m	8000m	1000m Split	
Frequenz												
Zeit	1:17:55,73	1:19:02,65	1:20:09,70	1:21:16,80	1:22:24,10	1:23:31,29	1:24:38,72	1:25:45,97	1:26:53,167	1:28:01,57		
9000m	8100m	8200m	8300m	8400m	8500m	8600m	8700m	8800m	8900m	9000m	1000m Split	
Frequenz												
Zeit	1:29:10,89	1:30:18,47	1:31:25,57	1:32:32,47	1:33:40,11	1:34:47,79	1:35:55,41	1:37:03,00	1:38:10,54	1:39:18,66		
10000m	9100m	9200m	9300m	9400m	9500m	9600m	9700m	9800m	9900m	10000m	1000m Split	
Frequenz												
Zeit	1:40:25,97	1:41:33,72	1:42:41,20	1:43:49,03	1:44:56,17	1:46:04,26	1:47:11,62	1:48:19,15	1:49:26,77	1:50:34,79		
Puls	direkt		30s		60s		Gesamtzeit:			1:50:29,59		100m Mittel
Laktat	direkt		3 Min		5 Min							

25 KM

- 7 -

5,0km / 7,5km / 10km Test

Datum:	12.05.24			Bahnlänge:	50m		SportlerIn:	Monika Bodcos			Jahrgang:	
TrainerIn:	Sheela Schult					Email TrainerIn:						
Unterschrift	<i>Sheela Schult</i>					Unterschrift Mitglied Gremium Verein				Anzug:	Pool	
1000m	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1000m Split	
Frequenz	1'05,54	1'07,19	1'06,87	1'07,17	1'07,26	1'07,52	1'07,24	1'07,10	1'07,16	1'06,68		
Zeit		2'12,73	3'19,60	4'26,77	5'34,03	6'41,55	7'48,79	8'55,89	10'03,05	11'09,73		
2000m	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m	1000m Split	
Frequenz	1'07,06	1'06,79	1'06,96	1'06,92	1'06,98	1'06,77	1'06,76	1'06,76	1'07,20	1'06,29		
Zeit	12'16,79	13'23,58	14'30,54	15'37,46	16'44,44	17'51,21	18'57,97	20'04,73	21'11,93	22'19,28		
3000m	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m	1000m Split	
Frequenz	1'08,9	1'06,3	1'05,84	1'06,37	1'05,77	1'06,13	1'06,19	1'06,49				
Zeit	23'27,15	24'33,41	25'39,25	26'45,62	27'51,39	28'57,52	30'03,71	31'10,20	32'16,56	33'24,49		
4000m	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m	1000m Split	
Frequenz	1'04,75	1'06,9	1'06,88	1'06,50	1'06,33	1'06,54	1'06,63	1'06,72	1'06,54	1'07,02		
Zeit	34'29,74	35'36,63	36'43,51	37'50,01	38'56,34	40'02,88	41'09,51	42'16,23	43'22,77	44'29,79		
5000m	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m	1000m Split	
Frequenz	1'09,19	1'06,16	1'06,50	1'06,82	1'06,34	1'06,62	1'06,62	1'06,80	1'07,21	1'06,93		
Zeit	45'38,98	46'45,14	47'51,64	48'58,46	50'04,80	51'11,42	52'18,04	53'24,84	54'32,05	55'38,98		
6000m	5100m	5200m	5300m	5400m	5500m	5600m	5700m	5800m	5900m	6000m	1000m Split	
Frequenz	1'07,35	1'07,18	1'07,27	1'06,86	1'06,90	1'07,41	1'07,52	1'07,71	1'07,43	1'08,54		
Zeit	56'46,33	57'53,51	59'00,72	1'00'07,58	1'01'14,48	1'02'21,39	1'03'28,41	1'04'37,12	1'05'44,55	1'06'53,09		
7000m	6100m	6200m	6300m	6400m	6500m	6600m	6700m	6800m	6900m	7000m	1000m Split	
Frequenz	1'08'02,54	1'09'10,26	1'10'17,40	1'11'25,39	1'12'33,03	1'13'40,63	1'14'48,15	1'15'55,83	1'17'03,85	1'18'12,24		
Zeit	1'09'45	1'07,72	1'07,64	1'07,49	1'07,64	1'07,60	1'07,52	1'07,68	1'08,02	1'08,39		
8000m	7100m	7200m	7300m	7400m	7500m	7600m	7700m	7800m	7900m	8000m	1000m Split	
Frequenz	1'07,83	1'07,77	1'07,70	1'07,68	1'07,57	1'07,80	1'07,91	1'07,96	1'07,65	1'08,34		
Zeit	1'19'20,07	1'18'27,84	1'17'35,54	1'16'43,22	1'15'50,79	1'14'58,59	1'14'06,5	1'13'14,46	1'12'22,44	1'11'30,45		
9000m	8100m	8200m	8300m	8400m	8500m	8600m	8700m	8800m	8900m	9000m	1000m Split	
Frequenz	1'09,85	1'07,17	1'07,54	1'07,00	1'07,08	1'07,95	1'13,42	1'08,34	1'07,82	1'07,74		
Zeit	1'30'40,30	1'31'47,47	1'32'50,01	1'34'02,01	1'35'09,09	1'36'17,01	1'37'30,46	1'38'38,80	1'39'46,62	1'40'54,36		
10000m	9100m	9200m	9300m	9400m	9500m	9600m	9700m	9800m	9900m	10000m	1000m Split	
Frequenz	1'07,93	1'08,25	1'08,25	1'08,38	1'08,45	1'08,53	1'08,84	1'08,51	1'07,94	1'08,73		
Zeit	1'42'02,29	1'43'10,54	1'44'18,79	1'45'27,17	1'46'35,62	1'47'44,15	1'48'52,99	1'50'01,50	1'51'09,44	1'52'17,17		
Puls	direkt		30s		60s		Gesamtzeit:					100m Mittel
Laktat	direkt		3 Min		5 Min							

5,0km / 7,5km / 10km Test											
Datum:	12.05.24		Bahnlänge:	50m		SportlerIn:	Monte Beckes			Jahrgang:	
TrainerIn:	Sheela Schult				Email TrainerIn:						
Unterschrift					Unterschrift Mitglied Gremium Verein					Anzug:	Pool
1000m	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1000m Split
Frequenz	1'12,61	1'08,37	1'07,78	1'07,82	1'07,93	1'08,18	1'08,05	1'08,15	1'08,01	1'08,13	
Zeit	1'53,30,78	1'54,31,15	1'55,46,93	1'56,54,82	1'58,02,68	1'59,10,86	2'00,18,91	2'01,27,06	2'02,35,07	2'03,43,20	
2000m	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m	1000m Split
Frequenz	1'08,40	1'08,18	1'08,56	1'08,33	1'08,73	1'08,36	1'08,84	1'08,18	1'08,55	1'09,70	
Zeit	2'04'51,60	2'05'59,78	2'07'08,34	2'08'16,67	2'09'25,40	2'10'33,76	2'11'42,60	2'12'51,08	2'13'59,63	2'15'08,33	
							2				
3000m	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m	1000m Split
Frequenz	1'11,97	1'08,69	1'09,10	1'08,52	1'08,71	1'08,60	1'10,91	1'10,00	1'08,40	1'08,53	
Zeit	2'16'21,30	2'17'29,99	2'18'39,09	2'19'47,61	2'20'56,32	2'22'04,92	2'23'24,83	2'24'34,83	2'25'43,23	2'26'51,76	
4000m	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m	1000m Split
Frequenz	1'08,60	1'08,9	1'09,41	1'08,49	1'09,10	1'09,56	1'09,75	1'09,38	1'09,93	1'09,40	
Zeit	2'28'00,36	2'29'09,26	2'30'18,67	2'31'27,16	2'32'36,26	2'33'45,82	2'34'55,7	2'36'04,95	2'37'14,88	2'38'24,28	
5000m	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m	1000m Split
Frequenz	1'13,35	1'10,98	1'10,42	1'09,68	1'10,11	1'10,10	1'10,42	1'11,04	1'11,03	1'10,85	
Zeit	2'39'37,63	2'40'48,61	2'41'59,03	2'43'08,71	2'44'18,82	2'45'28,92	2'46'39,34	2'47'50,38	2'49'01,41	2'50'12,26	
6000m	5100m	5200m	5300m	5400m	5500m X	5600m	5700m	5800m	5900m	6000m	1000m Split
Frequenz	1'10,63	1'10,08	1'10,85	1'11,01	1'10,14	1'11,27	1'10,31	1'10,43	1'10,56	1'10,47	
Zeit	2'51'22,89	2'52'32,97	2'53'43,82	2'54'54,83	2'56'04,97	2'57'14,24	2'58'24,55	2'59'34,98	3'00'45,54	3'02'01,01	
7000m	6100m	6200m	6300m	6400m	6500m	6600m	6700m	6800m	6900m	7000m X	1000m Split
Frequenz	1'11,46	1'11,02	1'11,70	1'11,53	1'11,87	1'11,20	1'10,75	1'11,39	1'11,64	1'11,06	
Zeit	3'03'12,47	3'04'23,49	3'05'35,19	3'06'46,72	3'07'58,59	3'09'09,71	3'10'20,54	3'11'31,93	3'12'43,57	3'13'54,63	
8000m	7100m	7200m	7300m	7400m	7500m	7600m	7700m	7800m	7900m	8000m	1000m Split
Frequenz	1'15,27	1'11,02	1'10,03	1'10,01	1'10,30	1'09,34	1'09,38	1'08,73	1'09,10	1'08,83	
Zeit	3'15,27	3'16'20,92	3'17'30,45	3'18'40,96	3'19'51,26	3'21'00,60	3'22'09,98	3'23'18,71	3'24'27,81	3'25'36,64	
9000m	8100m	8200m	8300m	8400m	8500m	8600m	8700m	8800m	8900m	9000m X	1000m Split
Frequenz	1'08,82	1'09,44	1'09,37	1'10,12	1'10,18	1'09,58	1'10,01	1'09,21	1'09,00	1'08,95	
Zeit	3'26'45,46	3'27'54,90	3'29'04,27	3'30'14,39	3'31'24,57	3'32'34,15	3'33'44,16	3'34'53,37	3'36'02,37	3'37'11,32	
10000m	9100m	9200m	9300m	9400m	9500m	9600m	9700m	9800m	9900m	10000m	1000m Split
Frequenz	1'11,61	1'08,20	1'08,49	1'08,02	1'08,35	1'08,54	1'08,65	1'09,67	1'10,68	1'09,81	
Zeit	3'38'22,93	3'39'31,13	3'40'39,62	3'41'47,64	3'42'55,99	3'44'04,53	3'45'13,18	3'46'22,80	3'47'33,48	3'48'43,29	
Puls	direkt		30s		60s		Gesamtzeit:			100m Mittel	
Laktat	direkt		3 Min		5 Min						

5,0km / 7,5km / 10km Test														
Datum:	12.05.24		Bahnlänge:	50m			SportlerIn:	Moritz Beckes			Jahrgang:			
TrainerIn:	Sheela Schult			Email TrainerIn:										
Unterschrift				Unterschrift Mitglied Gremium Verein							Anzug:		Pool	
1000m	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1000m Split			
Frequenz	1'09,54	1'16,58	1'09,44	1'10,91	1'10,16	1'09,54	1'10,33	1'09,75	1'10,53	1'09,12				
Zeit	3'49'52,83	3'51'03,41	3'52'12,85	3'53'23,76	3'54'33,92	3'55'43,46	3'56'53,79	3'58'03,54	3'59'14,07	4'00'23,19				
2000m	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m	1000m Split			
Frequenz	1'14,50	1'09,54	1'09,60	1'09,81	1'09,95	1'09,76	1'09,58	1'10,10	1'10,05	1'09,75				
Zeit	4'01'37,69	4'02'47,23	4'03'56,83	4'05'06,64	4'06'16,59	4'07'26,35	4'08'35,93	4'09'46,03	4'10'56,08	4'12'05,83				
3000m	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m	1000m Split			
Frequenz	1'10,12	1'09,88	1'10,68	1'10,22	1'10,35	1'09,70	1'10,62	1'10,90	1'10,82	1'09,47				
Zeit	4'13'15,95	4'14'25,83	4'15'36,51	4'16'46,73	4'17'57,08	4'19'06,78	4'20'17,40	4'21'28,30	4'22'39,12	4'23'48,59				
4000m	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m	1000m Split			
Frequenz	1'12,86	1'09,29	1'09,17	1'09,40	1'10,17	1'09,93	1'10,07	1'10,28	1'09,95	1'10,12				
Zeit	4'25'01,45	4'26'10,74	4'27'19,91	4'28'29,31	4'29'39,48	4'30'49,41	4'31'59,48	4'33'09,76	4'34'19,71	4'35'29,83				
5000m	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m	1000m Split			
Frequenz	1'09,04	1'09,30	1'10,47	1'09,46	1'09,50	1'09,12	1'08,95	1'08,87	1'08,00	1'03,67				
Zeit	4'36'35,87	4'37'44,17	4'38'58,64	4'40'08,10	4'41'17,60	4'42'26,72	4'43'35,67	4'44'44,54	4'45'52,51	4'46'56,21				
6000m	5100m	5200m	5300m	5400m	5500m	5600m	5700m	5800m	5900m	6000m	1000m Split			
Frequenz														
Zeit														
7000m	6100m	6200m	6300m	6400m	6500m	6600m	6700m	6800m	6900m	7000m	1000m Split			
Frequenz														
Zeit														
8000m	7100m	7200m	7300m	7400m	7500m	7600m	7700m	7800m	7900m	8000m	1000m Split			
Frequenz														
Zeit														
9000m	8100m	8200m	8300m	8400m	8500m	8600m	8700m	8800m	8900m	9000m	1000m Split			
Frequenz														
Zeit														
10000m	9100m	9200m	9300m	9400m	9500m	9600m	9700m	9800m	9900m	10000m	1000m Split			
Frequenz														
Zeit														
Puls	direkt		30s		60s		Gesamtzeit:				4'46'56,21	100m Mittel		
Laktat	direkt		3 Min		5 Min									