

Grade 12 Swimming Chart - GIRLS

	x1	x2				x1				x1 (or endurance run)		
	25m*	50m (sec)				100m	200m (min:sec)			400m* (17yrs)	800m* (18 yrs)	
%	Freestyle	Breast	Back/ Butterfly	Freestyle	%	Medley	Breast	Back/ Butterfly	Freestyle	Freestyle	Freestyle	%
100	17.5	45	43	37	100	01:37	03:50	03:34	03:02	08:37	17:28	100
95	18	46	44	38	95	01:40	03:56	03:40	03:08	08:51	17:56	95
90	18.5	47	45	39	90	01:43	04:02	03:46	03:14	09:05	18:25	90
85	19	48	46	40	85	01:46	04:08	03:52	03:20	09:19	18:52	85
80	19.5	49	47	41	80	01:49	04:14	03:58	03:26	09:33	19:20	80
77.5	20	50	48	42	77.5	01:52	04:20	04:04	03:32	09:47	19:48	77.5
75	20.5	51	49	43	75	01:55	04:26	04:10	03:38	10:01	20:16	75
72.5	21	52	50	44	72.5	01:58	04:32	04:16	03:44	10:15	20:44	72.5
70	21.5	53	51	45	70	02:01	04:38	04:22	03:50	10:30	21:10	70
67.5	22	54	52	46	67.5	02:04	04:44	04:28	03:56	10:43	21:40	67.5
65	22.5	55	53	47	65	02:07	04:50	04:34	04:02	10:57	22:08	65
62.5	23	56	54	48	62.5	02:10	04:56	04:40	04:08	11:11	22:36	62.5
60	23.5	57	55	49	60	02:13	05:02	04:46	04:14	11:25	23:04	60
58	24	58	56	50	58	02:16	05:08	04:52	04:20	11:39	23:32	58
56	24.5	59	57	51	56	02:19	05:14	04:58	04:26	11:50	24:00	56
54	25	60	58	52	54	02:22	05:20	05:04	04:32	12:07	24:28	54
52	25.5	61	59	53	52	02:25	05:26	05:10	04:38	12:21	24:56	52
50	26	62	60	54	50	02:28	05:32	05:16	04:44	12:35	25:24	50
48	26.5	63	61	55	48	02:31	05:38	05:22	04:50	12:49	25:52	48
46	27	64	62	56	46	02:34	05:44	05:28	04:56	13:03	26:20	46
44	27.5	65	63	57	44	02:37	05:50	05:34	05:02	13:17	26:48	44
42	28	66	64	58	42	02:40	05:56	05:40	05:08	13:31	27:16	42
40	28.5	67	65	59	40	02:43	06:02	05:46	05:14	13:45	27:44	40
35	29.5	72	70	64	35	02:58	06:32	06:16	05:44	14:45	28:44	35
30	33.5	77	75	69	30	03:13	07:02	06:46	06:14	15:45	29:44	30
25	36	82	80	74	25	03:28	07:32	07:16	06:44	16:45	30:44	25
20	38.5	87	85	79	20	03:43	08:02	07:46	07:14	17:45	31:44	20
15	41	92	90	84	15	03:58	08:32	08:16	07:44	18:45	32:44	15
10	43.5	97	95	89	10	04:13	09:02	08:46	08:14	19:45	33:44	10
5	46	102	100	94	5	04:28	09:32	09:16	08:44	20:45	34:44	5

*can be used for Sportabzeichen (age 18-19)

Gold

Silver

Bronze