

Grade 11 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	18.5	47	45	39	100	01:43	04:02	03:46	03:14	09:05	18:25	100
95	19	48	46	40	95	01:46	04:08	03:52	03:20	09:19	18:52	95
90	19.5	49	47	41	90	01:49	04:14	03:58	03:26	09:33	19:20	90
85	20	50	48	42	85	01:52	04:20	04:04	03:32	09:47	19:48	85
80	20.5	51	49	43	80	01:55	04:26	04:10	03:38	10:01	20:16	80
77.5	21	52	50	44	77.5	01:58	04:32	04:16	03:44	10:15	20:44	77.5
75	21.5	53	51	45	75	02:01	04:38	04:22	03:50	10:30	21:10	75
72.5	22	54	52	46	72.5	02:04	04:44	04:28	03:56	10:43	21:40	72.5
70	22.5	55	53	47	70	02:07	04:50	04:34	04:02	10:57	22:08	70
67.5	23	56	54	48	67.5	02:10	04:56	04:40	04:08	11:11	22:36	67.5
65	23.5	57	55	49	65	02:13	05:02	04:46	04:14	11:25	23:04	65
62.5	24	58	56	50	62.5	02:16	05:08	04:52	04:20	11:39	23:32	62.5
60	24.5	59	57	51	60	02:19	05:14	04:58	04:26	11:50	24:00	60
58	25	60	58	52	58	02:22	05:20	05:04	04:32	12:07	24:28	58
56	25.5	61	59	53	56	02:25	05:26	05:10	04:38	12:21	24:56	56
54	26	62	60	54	54	02:28	05:32	05:16	04:44	12:35	25:24	54
52	26.5	63	61	55	52	02:31	05:38	05:22	04:50	12:49	25:52	52
50	27	64	62	56	50	02:34	05:44	05:28	04:56	13:03	26:20	50
48	27.5	65	63	57	48	02:37	05:50	05:34	05:02	13:17	26:48	48
46	28	66	64	58	46	02:40	05:56	05:40	05:08	13:31	27:16	46
44	28.5	67	65	59	44	02:43	06:02	05:46	05:14	13:45	27:44	44
42	29	68	66	60	42	02:46	06:08	05:52	05:20	13:59	28:12	42
40	29.5	69	67	61	40	02:49	06:14	05:58	05:26	14:13	28:40	40
35	30.5	74	72	66	35	03:04	06:44	06:16	05:56	15:13	29:40	35
30	34.5	79	77	71	30	03:19	07:14	06:46	06:26	16:13	30:40	30
25	37	84	82	76	25	03:34	07:44	07:16	06:56	17:13	31:40	25
20	39.5	89	87	81	20	03:49	08:14	07:46	07:26	18:13	32:40	20
15	42	94	92	86	15	04:04	08:44	08:16	07:56	19:13	33:40	15
10	44.5	99	97	91	10	04:19	09:14	08:46	08:26	20:13	34:40	10
5	47	104	102	96	5	04:34	09:44	09:16	08:56	21:13	35:40	5

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

Gold

Silver

Bronze