

Regionalkader Limiten 2025/2026 (zu schwimmen in Saison 2024/2025)											
	Damen										
	Elitekader				Nachwuchskader						
	2004+älter	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
50 FR	0:27.18	0:27.38	0:27.60	0:27.90	0:28.21	0:28.44	0:28.70	0:29.01	0:29.36		
100 FR	0:59.09	0:59.53	1:00.03	1:00.71	1:01.44	1:01.93	1:02.49	1:03.18	1:03.94	1:06.92	
200 FR	2:09.23	2:10.00	2:10.86	2:12.04	2:13.30	2:14.37	2:15.58	2:17.07	2:18.71	2:25.20	
400 FR	4:35.55	4:36.59	4:37.74	4:39.33	4:41.02	4:43.27	4:45.82	4:48.96	4:52.43	5:06.10	
800 FR	9:36.79	9:38.54	9:40.48	9:43.15	9:46.01	9:50.70	9:56.01	10:02.57	10:09.80	10:38.30	
1500 FR	17:56.11	18:05.95	18:16.81	18:31.82	18:47.86	18:56.88	19:07.12				
50 BK	0:30.35	0:30.62	0:30.93	0:31.35	0:31.80	0:32.05	0:32.34				
100 BK	1:05.61	1:06.16	1:06.76	1:07.59	1:08.48	1:09.03	1:09.65	1:10.42	1:11.26	1:14.59	
200 BK	2:24.77	2:25.56	2:26.43	2:27.63	2:28.91	2:30.10	2:31.45	2:33.11	2:34.95	2:42.19	
50 BR	0:33.07	0:33.43	0:33.83	0:34.38	0:34.96	0:35.24	0:35.56				
100 BR	1:13.11	1:13.85	1:14.66	1:15.78	1:16.98	1:17.59	1:18.29	1:19.15	1:20.10	1:23.84	
200 BR	2:39.46	2:40.73	2:42.13	2:44.07	2:46.14	2:47.47	2:48.98	2:50.84	2:52.89	3:00.96	
50 BU	0:28.21	0:28.48	0:28.78	0:29.20	0:29.65	0:29.89	0:30.16				
100 BU	1:04.00	1:04.44	1:04.92	1:05.59	1:06.30	1:06.83	1:07.43	1:08.17	1:08.99	1:12.21	
200 BU	2:23.56	2:24.23	2:24.98	2:26.01	2:27.11	2:28.29	2:29.63	2:31.27	2:33.09	2:40.24	
200 IM	2:24.77	2:25.89	2:27.12	2:28.81	2:30.63	2:31.83	2:33.20	2:34.88	2:36.74	2:44.07	
400 IM	5:11.67	5:13.66	5:15.85	5:18.89	5:22.13	5:24.71	5:27.63	5:31.24	5:35.21	5:50.88	

Regionalkader Limiten 2025/2026 (zu schwimmen in Saison 2024/2025)											
Disziplin	Herren										
	Elitekader				Nachwuchskader						
	2004+älter	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
50 FR	0:24.04	0:24.22	0:24.43	0:24.71	0:25.07	0:25.45	0:25.88	0:26.40	0:27.01		
100 FR	0:52.70	0:53.11	0:53.62	0:54.28	0:55.14	0:55.96	0:56.92	0:58.05	0:59.39	1:03.27	
200 FR	1:56.85	1:57.60	1:58.52	1:59.70	2:01.23	2:03.05	2:05.14	2:07.65	2:10.58	2:19.12	
400 FR	4:08.08	4:09.96	4:12.28	4:15.27	4:19.14	4:23.02	4:27.50	4:32.85	4:39.12	4:57.38	
800 FR	8:33.75	8:38.49	8:44.35	8:51.88	9:01.64	9:09.77	9:19.11			10:21.58	
1500 FR	16:39.56	16:47.48	16:57.25	17:09.81	17:26.10	17:41.79	17:59.84	18:21.44	18:46.77		
50 BK	0:27.00	0:27.26	0:27.57	0:27.97	0:28.50	0:28.92	0:29.41				
100 BK	0:58.72	0:59.22	0:59.84	1:00.63	1:01.65	1:02.58	1:03.64	1:04.91	1:06.41	1:10.75	
200 BK	2:08.47	2:09.46	2:10.69	2:12.27	2:14.32	2:16.34	2:18.66	2:21.43	2:24.68	2:34.15	
50 BR	0:29.39	0:29.66	0:30.00	0:30.44	0:31.01	0:31.47	0:32.01				
100 BR	1:04.96	1:05.64	1:06.49	1:07.57	1:08.97	1:10.01	1:11.20	1:12.62	1:14.29	1:19.15	
200 BR	2:22.26	2:23.68	2:25.44	2:27.69	2:30.61	2:32.87	2:35.47	2:38.58	2:42.23	2:52.84	
50 BU	0:25.12	0:25.40	0:25.74	0:26.18	0:26.74	0:27.15	0:27.61				
100 BU	0:56.48	0:56.95	0:57.54	0:58.30	0:59.28	1:00.17	1:01.20	1:02.42	1:03.86	1:08.03	
200 BU	2:07.29	2:08.40	2:09.77	2:11.53	2:13.81	2:15.81	2:18.12	2:20.89	2:24.13	2:33.55	
200 IM	2:09.95	2:11.03	2:12.37	2:14.09	2:16.33	2:18.37	2:20.73	2:23.54	2:26.84	2:36.45	
400 IM	4:40.94	4:43.16	4:45.92	4:49.46	4:54.04	4:58.45	5:03.53	5:09.60	5:16.72	5:37.44	