

Normen DTU AK 1 Testung

AK	50m Kraul	200m Wasser- Komplex-Test* bzw. 400m Kraul Kurzbahn**	1000m/3000m Lauf	Bourban-Test
Schülerinnen A	36,0s	3:45min	4:00min	1:45min
Jugend B weiblich	35,0s	6:10min	12:00min	1:45min
Schüler A	36,0s	3:45min	3:40min	2:00min
Jugend B männlich	34,0s	6:00min	11:00min	2:00min

*200m = 50m Kraulbeine mit Brett + 50m Brust + 50m Kraul einarmig, passiver Arm vorne
(Wechsel nach 25m) + 50m Kraul

**50m-Bahn = 400m Zeit + 5s

