

Belastungs-Intensitäten Schwimmen

100%	95%	90%	85%	80%	75%	70%	65%	60%
00:56,00	00:58,80	01:01,60	01:04,40	01:07,20	01:10,00	01:12,80	01:15,60	01:18,40
00:58,00	01:00,90	01:03,80	01:06,70	01:09,60	01:12,50	01:15,40	01:18,30	01:21,20
01:00,00	01:03,00	01:06,00	01:09,00	01:12,00	01:15,00	01:18,00	01:21,00	01:24,00
01:02,00	01:05,10	01:08,20	01:11,30	01:14,40	01:17,50	01:20,60	01:23,70	01:26,80
01:04,00	01:07,20	01:10,40	01:13,60	01:16,80	01:20,00	01:23,20	01:26,40	01:29,60
01:06,00	01:09,30	01:12,60	01:15,90	01:19,20	01:22,50	01:25,80	01:29,10	01:32,40
01:08,00	01:11,40	01:14,80	01:18,20	01:21,60	01:25,00	01:28,40	01:31,80	01:35,20
01:10,00	01:13,50	01:17,00	01:20,50	01:24,00	01:27,50	01:31,00	01:34,50	01:38,00
01:12,00	01:15,60	01:19,20	01:22,80	01:26,40	01:30,00	01:33,60	01:37,20	01:40,80
01:14,00	01:17,70	01:21,40	01:25,10	01:28,80	01:32,50	01:36,20	01:39,90	01:43,60
01:16,00	01:19,80	01:23,60	01:27,40	01:31,20	01:35,00	01:38,80	01:42,60	01:46,40
01:18,00	01:21,90	01:25,80	01:29,70	01:33,60	01:37,50	01:41,40	01:45,30	01:49,20
01:20,00	01:24,00	01:28,00	01:32,00	01:36,00	01:40,00	01:44,00	01:48,00	01:52,00
01:22,00	01:26,10	01:30,20	01:34,30	01:38,40	01:42,50	01:46,60	01:50,70	01:54,80
01:24,00	01:28,20	01:32,40	01:36,60	01:40,80	01:45,00	01:49,20	01:53,40	01:57,60
01:26,00	01:30,30	01:34,60	01:38,90	01:43,20	01:47,50	01:51,80	01:56,10	02:00,40
01:28,00	01:32,40	01:36,80	01:41,20	01:45,60	01:50,00	01:54,40	01:58,80	02:03,20
01:30,00	01:34,50	01:39,00	01:43,50	01:48,00	01:52,50	01:57,00	02:01,50	02:06,00
01:32,00	01:36,60	01:41,20	01:45,80	01:50,40	01:55,00	01:59,60	02:04,20	02:08,80
01:34,00	01:38,70	01:43,40	01:48,10	01:52,80	01:57,50	02:02,20	02:06,90	02:11,60
01:36,00	01:40,80	01:45,60	01:50,40	01:55,20	02:00,00	02:04,80	02:09,60	02:14,40
01:38,00	01:42,90	01:47,80	01:52,70	01:57,60	02:02,50	02:07,40	02:12,30	02:17,20
01:40,00	01:45,00	01:50,00	01:55,00	02:00,00	02:05,00	02:10,00	02:15,00	02:20,00
01:42,00	01:47,10	01:52,20	01:57,30	02:02,40	02:07,50	02:12,60	02:17,70	02:22,80
01:44,00	01:49,20	01:54,40	01:59,60	02:04,80	02:10,00	02:15,20	02:20,40	02:25,60
01:46,00	01:51,30	01:56,60	02:01,90	02:07,20	02:12,50	02:17,80	02:23,10	02:28,40
01:48,00	01:53,40	01:58,80	02:04,20	02:09,60	02:15,00	02:20,40	02:25,80	02:31,20
01:50,00	01:55,50	02:01,00	02:06,50	02:12,00	02:17,50	02:23,00	02:28,50	02:34,00
01:52,00	01:57,60	02:03,20	02:08,80	02:14,40	02:20,00	02:25,60	02:31,20	02:36,80
01:54,00	01:59,70	02:05,40	02:11,10	02:16,80	02:22,50	02:28,20	02:33,90	02:39,60
01:56,00	02:01,80	02:07,60	02:13,40	02:19,20	02:25,00	02:30,80	02:36,60	02:42,40
01:58,00	02:03,90	02:09,80	02:15,70	02:21,60	02:27,50	02:33,40	02:39,30	02:45,20
02:00,00	02:06,00	02:12,00	02:18,00	02:24,00	02:30,00	02:36,00	02:42,00	02:48,00
02:02,00	02:08,10	02:14,20	02:20,30	02:26,40	02:32,50	02:38,60	02:44,70	02:50,80
02:04,00	02:10,20	02:16,40	02:22,60	02:28,80	02:35,00	02:41,20	02:47,40	02:53,60
02:06,00	02:12,30	02:18,60	02:24,90	02:31,20	02:37,50	02:43,80	02:50,10	02:56,40
02:08,00	02:14,40	02:20,80	02:27,20	02:33,60	02:40,00	02:46,40	02:52,80	02:59,20
02:10,00	02:16,50	02:23,00	02:29,50	02:36,00	02:42,50	02:49,00	02:55,50	03:02,00
02:12,00	02:18,60	02:25,20	02:31,80	02:38,40	02:45,00	02:51,60	02:58,20	03:04,80
02:14,00	02:20,70	02:27,40	02:34,10	02:40,80	02:47,50	02:54,20	03:00,90	03:07,60
02:16,00	02:22,80	02:29,60	02:36,40	02:43,20	02:50,00	02:56,80	03:03,60	03:10,40
02:18,00	02:24,90	02:31,80	02:38,70	02:45,60	02:52,50	02:59,40	03:06,30	03:13,20
02:20,00	02:27,00	02:34,00	02:41,00	02:48,00	02:55,00	03:02,00	03:09,00	03:16,00
02:22,00	02:29,10	02:36,20	02:43,30	02:50,40	02:57,50	03:04,60	03:11,70	03:18,80
02:24,00	02:31,20	02:38,40	02:45,60	02:52,80	03:00,00	03:07,20	03:14,40	03:21,60
02:26,00	02:33,30	02:40,60	02:47,90	02:55,20	03:02,50	03:09,80	03:17,10	03:24,40
02:28,00	02:35,40	02:42,80	02:50,20	02:57,60	03:05,00	03:12,40	03:19,80	03:27,20
02:30,00	02:37,50	02:45,00	02:52,50	03:00,00	03:07,50	03:15,00	03:22,50	03:30,00
02:32,00	02:39,60	02:47,20	02:54,80	03:02,40	03:10,00	03:17,60	03:25,20	03:32,80
02:34,00	02:41,70	02:49,40	02:57,10	03:04,80	03:12,50	03:20,20	03:27,90	03:35,60
02:36,00	02:43,80	02:51,60	02:59,40	03:07,20	03:15,00	03:22,80	03:30,60	03:38,40
02:38,00	02:45,90	02:53,80	03:01,70	03:09,60	03:17,50	03:25,40	03:33,30	03:41,20
02:40,00	02:48,00	02:56,00	03:04,00	03:12,00	03:20,00	03:28,00	03:36,00	03:44,00
02:42,00	02:50,10	02:58,20	03:06,30	03:14,40	03:22,50	03:30,60	03:38,70	03:46,80
02:44,00	02:52,20	03:00,40	03:08,60	03:16,80	03:25,00	03:33,20	03:41,40	03:49,60
02:46,00	02:54,30	03:02,60	03:10,90	03:19,20	03:27,50	03:35,80	03:44,10	03:52,40
02:48,00	02:56,40	03:04,80	03:13,20	03:21,60	03:30,00	03:38,40	03:46,80	03:55,20
02:50,00	02:58,50	03:07,00	03:15,50	03:24,00	03:32,50	03:41,00	03:49,50	03:58,00
02:52,00	03:00,60	03:09,20	03:17,80	03:26,40	03:35,00	03:43,60	03:52,20	04:00,80
02:54,00	03:02,70	03:11,40	03:20,10	03:28,80	03:37,50	03:46,20	03:54,90	04:03,60
02:56,00	03:04,80	03:13,60	03:22,40	03:31,20	03:40,00	03:48,80	03:57,60	04:06,40
02:58,00	03:06,90	03:15,80	03:24,70	03:33,60	03:42,50	03:51,40	04:00,30	04:09,20
03:00,00	03:09,00	03:18,00	03:27,00	03:36,00	03:45,00	03:54,00	04:03,00	04:12,00
03:02,00	03:11,10	03:20,20	03:29,30	03:38,40	03:47,50	03:56,60	04:05,70	04:14,80
03:04,00	03:13,20	03:22,40	03:31,60	03:40,80	03:50,00	03:59,20	04:08,40	04:17,60
03:06,00	03:15,30	03:24,60	03:33,90	03:43,20	03:52,50	04:01,80	04:11,10	04:20,40