

## Grade 11 Swimming Chart - BOYS

	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	16	42	40	34	100	01:31	03:43	03:23	02:58	08:20	17:00	100	
95	16.5	43	41	35	95	01:33	03:48	03:28	03:03	08:33	17:20	95	
90	17	44	42	36	90	01:35	03:53	03:33	03:08	08:44	17:45	90	
85	17.5	45	43	37	85	01:37	03:58	03:38	03:13	08:55	18:10	85	
80	18	46	44	38	80	01:39	04:03	03:43	03:18	09:06	18:35	80	
77.5	18.5	47	45	39	77.5	01:41	04:08	03:48	03:23	09:18	19:00	77.5	
75	19	48	46	40	75	01:43	04:13	03:53	03:28	09:29	19:25	75	
72.5	19.5	49	47	41	72.5	01:45	04:18	03:58	03:33	09:40	19:50	72.5	
70	20	50	48	42	70	01:47	04:23	04:03	03:38	09:51	20:15	70	
67.5	20.5	51	49	43	67.5	01:49	04:28	04:08	03:43	10:03	20:40	67.5	
65	21	52	50	44	65	01:51	04:33	04:13	03:48	10:14	21:05	65	
62.5	21.5	53	51	45	62.5	01:53	04:38	04:18	03:53	10:25	21:30	62.5	
60	22	54	52	46	60	01:55	04:43	04:23	03:58	10:36	21:55	60	
58	22.5	55	53	47	58	01:57	04:48	04:28	04:03	10:48	22:20	58	
56	23	56	54	48	56	01:59	04:53	04:33	04:08	11:00	22:35	56	
54	23.5	57	55	49	54	02:01	04:58	04:38	04:13	11:10	23:10	54	
52	24	58	56	50	52	02:03	05:03	04:43	04:18	11:21	23:35	52	
50	24.5	59	57	51	50	02:05	05:08	04:48	04:23	11:33	24:00	50	
48	25	60	58	52	48	02:07	05:13	04:53	04:28	11:44	24:25	48	
46	25.5	61	59	53	46	02:09	05:18	04:58	04:33	11:55	24:50	46	
44	26	62	60	54	44	02:11	05:23	05:03	04:38	12:06	25:15	44	
42	26.5	63	61	55	42	02:13	05:28	05:08	04:43	12:18	25:40	42	
40	27	64	62	56	40	02:15	05:33	05:13	04:48	12:29	26:05	40	
35	29.5	69	67	61	35	02:25	05:58	05:38	05:13	13:24	26:30	35	
30	32	74	72	66	30	02:35	06:23	06:03	05:38	14:19	26:55	30	
25	34.5	79	77	71	25	02:45	06:48	06:28	06:03	15:14	27:20	25	
20	37	84	82	76	20	02:55	07:13	06:53	06:28	16:09	27:45	20	
15	39.5	89	87	81	15	03:05	07:38	07:18	06:53	17:04	28:10	15	
10	42	94	92	86	10	03:15	08:03	07:43	07:18	17:59	28:35	10	
5	44.5	99	97	91	5	03:25	08:28	08:08	07:43	18:54	29:00	5	

\*can be used for Sportabzeichen (age 16-17)

Gold

Silver

Bronze