

## Grade 12 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	15	40	38	32	100	01:27	03:33	03:13	02:48	07:59	16:05	100	
95	15.5	41	39	33	95	01:29	03:38	03:18	02:53	08:10	16:30	95	
90	16	42	40	34	90	01:31	03:43	03:23	02:58	08:20	17:00	90	
85	16.5	43	41	35	85	01:33	03:48	03:28	03:03	08:33	17:20	85	
80	17	44	42	36	80	01:35	03:53	03:33	03:08	08:44	17:45	80	
77.5	17.5	45	43	37	77.5	01:37	03:58	03:38	03:13	08:55	18:10	77.5	
75	18	46	44	38	75	01:39	04:03	03:43	03:18	09:06	18:35	75	
72.5	18.5	47	45	39	72.5	01:41	04:08	03:48	03:23	09:18	19:00	72.5	
70	19	48	46	40	70	01:43	04:13	03:53	03:28	09:29	19:25	70	
67.5	19.5	49	47	41	67.5	01:45	04:18	03:58	03:33	09:40	19:50	67.5	
65	20	50	48	42	65	01:47	04:23	04:03	03:38	09:51	20:15	65	
62.5	20.5	51	49	43	62.5	01:49	04:28	04:08	03:43	10:03	20:40	62.5	
60	21	52	50	44	60	01:51	04:33	04:13	03:48	10:14	21:05	60	
58	21.5	53	51	45	58	01:53	04:38	04:18	03:53	10:25	21:30	58	
56	22	54	52	46	56	01:55	04:43	04:23	03:58	10:36	21:55	56	
54	22.5	55	53	47	54	01:57	04:48	04:28	04:03	10:48	22:20	54	
52	23	56	54	48	52	01:59	04:53	04:33	04:08	11:00	22:35	52	
50	23.5	57	55	49	50	02:01	04:58	04:38	04:13	11:10	23:10	50	
48	24	58	56	50	48	02:03	05:03	04:43	04:18	11:21	23:35	48	
46	24.5	59	57	51	46	02:05	05:08	04:48	04:23	11:33	24:00	46	
44	25	60	58	52	44	02:07	05:13	04:53	04:28	11:44	24:25	44	
42	25.5	61	59	53	42	02:09	05:18	04:58	04:33	11:55	24:50	42	
40	26	62	60	54	40	02:11	05:23	05:03	04:38	12:06	25:15	40	
35	28	67	65	59	35	02:21	05:48	05:28	05:03	13:01	25:40	35	
30	31	72	70	64	30	02:31	06:13	05:53	05:28	13:56	26:05	30	
25	33.5	77	75	69	25	02:41	06:38	06:18	05:53	14:51	26:30	25	
20	36	82	80	74	20	02:51	07:03	06:43	06:18	15:46	26:55	20	
15	38.5	87	85	79	15	03:01	07:28	07:08	06:43	16:41	27:20	15	
10	41	92	90	84	10	03:11	07:53	07:33	07:08	17:36	27:45	10	
5	43.5	97	95	89	5	03:21	08:18	07:58	07:33	18:31	28:10	5	

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

Gold Silver Bronze