

# Laufzeit-Tabellen in % der Laufgeschwindigkeit der Zielzeit

# Richtzeiten für Männer

## 10m fliegend

V=m/s	100%	97,5%	95%	90%
10.50	0.95	0.98	1.00	1.06
10.40	0.96	0.99	1.01	1.07
10.30	0.97	1.00	1.02	1.08
10.20	0.98	1.01	1.03	1.09
10.10	0.99	1.02	1.04	1.10
10.00	1.00	1.03	1.05	1.11
9.90	1.01	1.04	1.06	1.12
9.80	1.02	1.05	1.07	1.13
9.70	1.03	1.06	1.09	1.15
9.60	1.04	1.07	1.10	1.16
9.50	1.05	1.08	1.11	1.17
9.40	1.06	1.09	1.12	1.18
9.30	1.08	1.10	1.13	1.19
9.20	1.09	1.11	1.14	1.21
9.10	1.10	1.13	1.16	1.22
9.00	1.11	1.14	1.17	1.23
8.90	1.12	1.15	1.18	1.25
8.80	1.14	1.17	1.20	1.26
8.70	1.15	1.18	1.21	1.28
8.60	1.16	1.19	1.22	1.29
8.50	1.18	1.21	1.24	1.31

## 60m

Zielzeit	V=m/s	97,5%	95%	90%	85%	80%
6.60	9.09	6.77	6.95	7.33	7.76	8.25
6.65	9.02	6.82	7.00	7.39	7.82	8.31
6.70	8.96	6.87	7.05	7.44	7.88	8.38
6.75	8.89	6.92	7.11	7.50	7.94	8.44
6.80	8.82	6.97	7.16	7.56	8.00	8.50
6.85	8.76	7.03	7.21	7.61	8.06	8.56
6.90	8.70	7.08	7.26	7.67	8.12	8.63
6.95	8.63	7.13	7.32	7.72	8.18	8.69
7.00	8.57	7.18	7.37	7.78	8.24	8.75
7.05	8.51	7.23	7.42	7.83	8.29	8.81
7.10	8.45	7.28	7.47	7.89	8.35	8.88
7.15	8.39	7.33	7.53	7.94	8.41	8.94
7.20	8.33	7.38	7.58	8.00	8.47	9.00
7.25	8.28	7.44	7.63	8.06	8.53	9.06
7.30	8.22	7.49	7.68	8.11	8.59	9.13
7.35	8.16	7.54	7.74	8.17	8.65	9.19
7.40	8.11	7.59	7.79	8.22	8.71	9.25
7.45	8.05	7.64	7.84	8.28	8.76	9.31
7.50	8.00	7.69	7.89	8.33	8.82	9.38
7.55	7.95	7.74	7.95	8.39	8.88	9.44
7.60	7.89	7.79	8.00	8.44	8.94	9.50

## 80m

Zielzeit	V=m/s	97,5%	95%	90%	85%	80%
8.60	9.30	8.82	9.05	9.56	10.12	10.75
8.65	9.25	8.87	9.11	9.61	10.18	10.81
8.70	9.20	8.92	9.16	9.67	10.24	10.88
8.75	9.14	8.97	9.21	9.72	10.29	10.94
8.80	9.09	9.03	9.26	9.78	10.35	11.00
8.85	9.04	9.08	9.32	9.83	10.41	11.06
8.90	8.99	9.13	9.37	9.89	10.47	11.13
8.95	8.94	9.18	9.42	9.94	10.53	11.19
9.00	8.89	9.23	9.47	10.00	10.59	11.25
9.05	8.84	9.28	9.53	10.06	10.65	11.31
9.10	8.79	9.33	9.58	10.11	10.71	11.38
9.15	8.74	9.38	9.63	10.17	10.76	11.44
9.20	8.70	9.44	9.68	10.22	10.82	11.50
9.25	8.65	9.49	9.74	10.28	10.88	11.56
9.30	8.60	9.54	9.79	10.33	10.94	11.63
9.35	8.56	9.59	9.84	10.39	11.00	11.69
9.40	8.51	9.64	9.89	10.44	11.06	11.75
9.45	8.47	9.69	9.95	10.50	11.12	11.81
9.50	8.42	9.74	10.00	10.56	11.18	11.88
9.55	8.38	9.79	10.05	10.61	11.24	11.94
9.60	8.33	9.85	10.11	10.67	11.29	12.00

## 100m

Zielzeit	V=m/s	97,5%	95%	90%	85%	80%
10.50	9.52	10.77	11.05	11.67	12.35	13.13
10.55	9.48	10.82	11.11	11.72	12.41	13.19
10.60	9.43	10.87	11.16	11.78	12.47	13.25
10.65	9.39	10.92	11.21	11.83	12.53	13.31
10.70	9.35	10.97	11.26	11.89	12.59	13.38
10.75	9.30	11.03	11.32	11.94	12.65	13.44
10.80	9.26	11.08	11.37	12.00	12.71	13.50
10.85	9.22	11.13	11.42	12.06	12.76	13.56
10.90	9.17	11.18	11.47	12.11	12.82	13.63
10.95	9.13	11.23	11.53	12.17	12.88	13.69
11.00	9.09	11.28	11.58	12.22	12.94	13.75
11.05	9.05	11.33	11.63	12.28	13.00	13.81
11.10	9.01	11.38	11.68	12.33	13.06	13.88
11.15	8.97	11.44	11.74	12.39	13.12	13.94
11.20	8.93	11.49	11.79	12.44	13.18	14.00
11.25	8.89	11.54	11.84	12.50	13.24	14.06
11.30	8.85	11.59	11.89	12.56	13.29	14.13
11.35	8.81	11.64	11.95	12.61	13.35	14.19
11.40	8.77	11.69	12.00	12.67	13.41	14.25
11.45	8.73	11.74	12.05	12.72	13.47	14.31
11.50	8.70	11.79	12.11	12.78	13.53	14.38

## 120m

Zielzeit	V=m/s	97,5%	95%	90%	85%	80%
12.50	9.60	12.82	13.16	13.89	14.71	15.63
12.60	9.52	12.92	13.26	14.00	14.82	15.75
12.70	9.45	13.03	13.37	14.11	14.94	15.88
12.80	9.38	13.13	13.47	14.22	15.06	16.00
12.90	9.30	13.23	13.58	14.33	15.18	16.13
13.00	9.23	13.33	13.68	14.44	15.29	16.25
13.10	9.16	13.44	13.79	14.56	15.41	16.38
13.20	9.09	13.54	13.89	14.67	15.53	16.50
13.30	9.02	13.64	14.00	14.78	15.65	16.63
13.40	8.96	13.74	14.11	14.89	15.76	16.75
13.50	8.89	13.85	14.21	15.00	15.88	16.88
13.60	8.82	13.95	14.32	15.11	16.00	17.00
13.70	8.76	14.05	14.42	15.22	16.12	17.13
13.80	8.70	14.15	14.53	15.33	16.24	17.25
13.90	8.63	14.26	14.63	15.44	16.35	17.38
14.00	8.57	14.36	14.74	15.56	16.47	17.50
14.10	8.51	14.46	14.84	15.67	16.59	17.63
14.20	8.45	14.56	14.95	15.78	16.71	17.75
14.30	8.39	14.67	15.05	15.89	16.82	17.88
14.40	8.33	14.77	15.16	16.00	16.94	18.00
14.50	8.28	14.87	15.26	16.11	17.06	18.13

## 150m

Zielzeit	V=m/s	97,5%	95%	90%	85%	80%
15.00	10.00	15.38	15.79	16.67	17.65	18.75
15.10	9.93	15.49	15.89	16.78	17.76	18.88
15.20	9.87	15.59	16.00	16.89	17.88	19.00
15.30	9.80	15.69	16.11	17.00	18.00	19.13
15.40	9.74	15.79	16.21	17.11	18.12	19.25
15.50	9.68	15.90	16.32	17.22	18.24	19.38
15.60	9.62	16.00	16.42	17.33	18.35	19.50
15.70	9.55	16.10	16.53	17.44	18.47	19.63
15.80	9.49	16.21	16.63	17.56	18.59	19.75
15.90	9.43	16.31	16.74	17.67	18.71	19.88
16.00	9.38	16.41	16.84	17.78	18.82	20.00
16.10	9.32	16.51	16.95	17.89	18.94	20.13
16.20	9.26	16.62	17.05	18.00	19.06	20.25
16.30	9.20	16.72	17.16	18.11	19.18	20.38
16.40	9.15	16.82	17.26	18.22	19.29	20.50
16.50	9.09	16.92	17.37	18.33	19.41	20.63
16.60	9.04	17.03	17.47	18.44	19.53	20.75
16.70	8.98	17.13	17.58	18.56	19.65	20.88
16.80	8.93	17.23	17.68	18.67	19.76	21.00
16.90	8.88	17.33	17.79	18.78	19.88	21.13
17.00	8.82	17.44	17.89	18.89	20.00	21.25

# Laufzeit-Tabellen in % der Laufgeschwindigkeit der Zielzeit

# Richtzeiten für Männer

## 200m

Zielzeit	V=m/s	95%	90%	85%	80%	75%	70%
21.50	9.30	22.63	23.89	25.29	26.88	28.67	30.71
21.55	9.28	22.68	23.94	25.35	26.94	28.73	30.79
21.60	9.26	22.74	24.00	25.41	27.00	28.80	30.86
21.65	9.24	22.79	24.06	25.47	27.06	28.87	30.93
21.70	9.22	22.84	24.11	25.53	27.13	28.93	31.00
21.75	9.20	22.89	24.17	25.59	27.19	29.00	31.07
21.80	9.17	22.95	24.22	25.65	27.25	29.07	31.14
21.85	9.15	23.00	24.28	25.71	27.31	29.13	31.21
21.90	9.13	23.05	24.33	25.76	27.38	29.20	31.29
21.95	9.11	23.11	24.39	25.82	27.44	29.27	31.36
22.00	9.09	23.16	24.44	25.88	27.50	29.33	31.43
22.05	9.07	23.21	24.50	25.94	27.56	29.40	31.50
22.10	9.05	23.26	24.56	26.00	27.63	29.47	31.57
22.15	9.03	23.32	24.61	26.06	27.69	29.53	31.64
22.20	9.01	23.37	24.67	26.12	27.75	29.60	31.71
22.25	8.99	23.42	24.72	26.18	27.81	29.67	31.79
22.30	8.97	23.47	24.78	26.24	27.88	29.73	31.86
22.35	8.95	23.53	24.83	26.29	27.94	29.80	31.93
22.40	8.93	23.58	24.89	26.35	28.00	29.87	32.00
22.45	8.91	23.63	24.94	26.41	28.06	29.93	32.07
22.50	8.89	23.68	25.00	26.47	28.13	30.00	32.14

## 250m

Zielzeit	V=m/s	95%	90%	85%	80%	75%	70%
27.50	9.09	28.95	30.56	32.35	34.38	36.67	39.29
27.60	9.06	29.05	30.67	32.47	34.50	36.80	39.43
27.70	9.03	29.16	30.78	32.59	34.63	36.93	39.57
27.80	8.99	29.26	30.89	32.71	34.75	37.07	39.71
27.90	8.96	29.37	31.00	32.82	34.88	37.20	39.86
28.00	8.93	29.47	31.11	32.94	35.00	37.33	40.00
28.10	8.90	29.58	31.22	33.06	35.13	37.47	40.14
28.20	8.87	29.68	31.33	33.18	35.25	37.60	40.29
28.30	8.83	29.79	31.44	33.29	35.38	37.73	40.43
28.40	8.80	29.89	31.56	33.41	35.50	37.87	40.57
28.50	8.77	30.00	31.67	33.53	35.63	38.00	40.71
28.60	8.74	30.11	31.78	33.65	35.75	38.13	40.86
28.70	8.71	30.21	31.89	33.76	35.88	38.27	41.00
28.80	8.68	30.32	32.00	33.88	36.00	38.40	41.14
28.90	8.65	30.42	32.11	34.00	36.13	38.53	41.29
29.00	8.62	30.53	32.22	34.12	36.25	38.67	41.43
29.10	8.59	30.63	32.33	34.24	36.38	38.80	41.57
29.20	8.56	30.74	32.44	34.35	36.50	38.93	41.71
29.30	8.53	30.84	32.56	34.47	36.63	39.07	41.86
29.40	8.50	30.95	32.67	34.59	36.75	39.20	42.00
29.50	8.47	31.05	32.78	34.71	36.88	39.33	42.14

## 300m

Zielzeit	V=m/s	95%	90%	85%	80%	75%
34.00	8.82	35.79	37.78	40.00	42.50	45.33
34.10	8.80	35.89	37.89	40.12	42.63	45.47
34.20	8.77	36.00	38.00	40.24	42.75	45.60
34.30	8.75	36.11	38.11	40.35	42.88	45.73
34.40	8.72	36.21	38.22	40.47	43.00	45.87
34.50	8.70	36.32	38.33	40.59	43.13	46.00
35.60	8.43	37.47	39.56	41.88	44.50	47.47
34.70	8.65	36.53	38.56	40.82	43.38	46.27
34.80	8.62	36.63	38.67	40.94	43.50	46.40
34.90	8.60	36.74	38.78	41.06	43.63	46.53
35.00	8.57	36.84	38.89	41.18	43.75	46.67
35.10	8.55	36.95	39.00	41.29	43.88	46.80
35.20	8.52	37.05	39.11	41.41	44.00	46.93
35.30	8.50	37.16	39.22	41.53	44.13	47.07
35.40	8.47	37.26	39.33	41.65	44.25	47.20
35.50	8.45	37.37	39.44	41.76	44.38	47.33
35.60	8.43	37.47	39.56	41.88	44.50	47.47
35.70	8.40	37.58	39.67	42.00	44.63	47.60
35.80	8.38	37.68	39.78	42.12	44.75	47.73
35.90	8.36	37.79	39.89	42.24	44.88	47.87
36.00	8.33	37.89	40.00	42.35	45.00	48.00

## 400m

Zielzeit	V=m/s	95%	90%	85%	80%	75%	70%
47.00	8.51	49.47	52.22	55.29	58.75	62.67	67.14
47.25	8.47	49.74	52.50	55.59	59.06	63.00	67.50
47.50	8.42	50.00	52.78	55.88	59.38	63.33	67.86
47.75	8.38	50.26	53.06	56.18	59.69	63.67	68.21
48.00	8.33	50.53	53.33	56.47	60.00	64.00	68.57
48.25	8.29	50.79	53.61	56.76	60.31	64.33	68.93
48.50	8.25	51.05	53.89	57.06	60.63	64.67	69.29
48.75	8.21	51.32	54.17	57.35	60.94	65.00	69.64
49.00	8.16	51.58	54.44	57.65	61.25	65.33	70.00
49.25	8.12	51.84	54.72	57.94	61.56	65.67	70.36
49.50	8.08	52.11	55.00	58.24	61.88	66.00	70.71
49.75	8.04	52.37	55.28	58.53	62.19	66.33	71.07
50.00	8.00	52.63	55.56	58.82	62.50	66.67	71.43
50.25	7.96	52.89	55.83	59.12	62.81	67.00	71.79
50.50	7.92	53.16	56.11	59.41	63.13	67.33	72.14
50.75	7.88	53.42	56.39	59.71	63.44	67.67	72.50
51.00	7.84	53.68	56.67	60.00	63.75	68.00	72.86
51.25	7.80	53.95	56.94	60.29	64.06	68.33	73.21
51.50	7.77	54.21	57.22	60.59	64.38	68.67	73.57
51.75	7.73	54.47	57.50	60.88	64.69	69.00	73.93
52.00	7.69	54.74	57.78	61.18	65.00	69.33	74.29

## 500m

Zielzeit	V=m/s	95%	90%	85%	80%	75%	70%
63.00	7.94	66.32	70.00	74.12	78.75	84.00	90.00
63.50	7.87	66.84	70.56	74.71	79.38	84.67	90.71
64.00	7.81	67.37	71.11	75.29	80.00	85.33	91.43
64.50	7.75	67.89	71.67	75.88	80.63	86.00	92.14
65.00	7.69	68.42	72.22	76.47	81.25	86.67	92.86
65.50	7.63	68.95	72.78	77.06	81.88	87.33	93.57
66.00	7.58	69.47	73.33	77.65	82.50	88.00	94.29
66.50	7.52	70.00	73.89	78.24	83.13	88.67	95.00
67.00	7.46	70.53	74.44	78.82	83.75	89.33	95.71
67.50	7.41	71.05	75.00	79.41	84.38	90.00	96.43
68.00	7.35	71.58	75.56	80.00	85.00	90.67	97.14
68.50	7.30	72.11	76.11	80.59	85.63	91.33	97.86
69.00	7.25	72.63	76.67	81.18	86.25	92.00	98.57
69.50	7.19	73.16	77.22	81.76	86.88	92.67	99.29
70.00	7.14	73.68	77.78	82.35	87.50	93.33	100.00
70.50	7.09	74.21	78.33	82.94	88.13	94.00	100.71
71.00	7.04	74.74	78.89	83.53	88.75	94.67	101.43
71.50	6.99	75.26	79.44	84.12	89.38	95.33	102.14
72.00	6.94	75.79	80.00	84.71	90.00	96.00	102.86
72.50	6.90	76.32	80.56	85.29	90.63	96.67	103.57
73.00	6.85	76.84	81.11	85.88	91.25	97.33	104.29

## 600m

Zielzeit	V=m/s	95%	90%	85%	80%	75%
80.00	7.50	84.21	88.89	94.12	100.00	106.67
80.50	7.45	84.74	89.44	94.71	100.63	107.33
81.00	7.41	85.26	90.00	95.29	101.25	108.00
81.50	7.36	85.79	90.56	95.88	101.88	108.67
82.00	7.32	86.32	91.11	96.47	102.50	109.33
82.50	7.27	86.84	91.67	97.06	103.13	110.00
83.00	7.23	87.37	92.22	97.65	103.75	110.67
83.50	7.19	87.89	92.78	98.24	104.38	111.33
84.00	7.14	88.42	93.33	98.82	105.00	112.00
84.50	7.10	88.95	93.89	99.41	105.63	112.67
85.00	7.06	89.47	94.44	100.00	106.25	113.33
85.50	7.02	90.00	95.00	100.59	106.88	114.00
86.00	6.98	90.53	95.56	101.18	107.50	114.67
86.50	6.94	91.05	96.11	101.76	108.13	115.33
87.00	6.90	91.58	96.67	102.35	108.75	116.00
87.50	6.86	92.11	97.22	102.94	109.38	116.67
88.00	6.82	92.63	97.78	103.53	110.00	117.33
88.50	6.78	93.16	98.33	104.12	110.63	118.00
89.00	6.74	93.68	98.89	104.71	111.25	118.67
89.50	6.70	94.21	99.44	105.29	111.88	119.33
90.00	6.67	94.74	100.00	105.88	112.50	120.00