

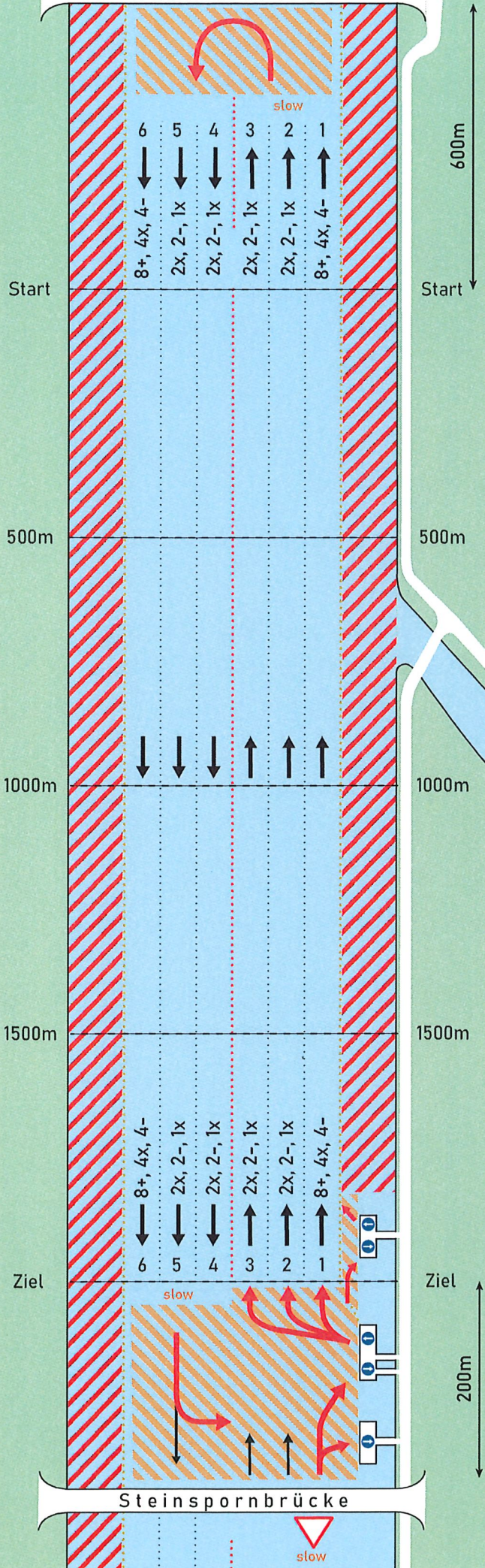
worldrowing Handicaps table by Age category for Women (W)

Handicap zwischen	8+	4x	4-	2x	2-	1x
A und AX	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00
B und A	00:03,57	00:01,79	00:01,08	00:01,37	00:01,43	00:02,47
C und B	00:08,18	00:02,80	00:02,04	00:02,25	00:02,67	00:03,42
D und C	00:13,63	00:03,84	00:03,28	00:03,25	00:04,25	00:04,30
E und D	00:19,68	00:04,90	00:04,79	00:04,31	00:06,20	00:05,05
F und E	00:27,50	00:07,17	00:07,94	00:06,55	00:10,23	00:06,85
G und F	00:37,60	00:10,47	00:13,17	00:09,95	00:16,87	00:09,28
H und G	00:50,64	00:15,31	00:21,82	00:15,09	00:27,84	00:12,59
I und H	01:07,49	00:22,38	00:36,15	00:22,91	00:45,93	00:17,08
J und I	01:24,29	00:24,78	00:44,48	00:26,17	00:56,29	00:17,74
K und J	01:39,46	00:24,46	00:48,02	00:26,55	01:00,59	00:16,60
L und K	01:57,16	00:30,71	01:05,03	00:34,11	01:21,82	00:19,93
M und L	02:17,78	00:38,57	01:28,04	00:43,80	01:50,48	00:23,93

worldrowing Handicaps table by Age category for Men (M)

Handicap zwischen	8+	4x	4-	2x	2-	1x
A und AX	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00	00:00,00
B und A	00:02,11	00:00,59	00:01,21	00:01,41	00:01,20	00:02,18
C und B	00:05,13	00:01,11	00:01,99	00:02,14	00:01,98	00:03,02
D und C	00:09,02	00:01,78	00:02,85	00:02,92	00:02,85	00:03,77
E und D	00:13,69	00:02,59	00:03,77	00:03,66	00:03,79	00:04,41
F und E	00:20,15	00:04,28	00:05,70	00:05,29	00:05,76	00:05,97
G und F	00:29,10	00:07,08	00:08,62	00:07,64	00:08,75	00:08,07
H und G	00:41,49	00:11,68	00:13,02	00:11,02	00:13,27	00:10,91
I und H	00:58,64	00:19,31	00:19,69	00:15,90	00:20,16	00:14,75
J und I	01:16,78	00:23,70	00:22,42	00:17,42	00:23,04	00:15,29
K und J	01:34,00	00:25,52	00:22,67	00:17,04	00:23,37	00:14,27
L und K	01:54,93	00:34,50	00:29,05	00:21,25	00:30,03	00:17,11
M und L	02:20,38	00:46,63	00:37,23	00:26,47	00:38,58	00:20,50

Walulisobrücke



Traffic rules - TRAINING



General rules:

- Be respectful!
- The slower boat gives way to the faster one
- Give way to departing/landing boats
- Give way to spinning boats in dedicated spinning zones; spinning boats have to give way in all other areas

Supervision rules:

- Minors under 14 have to be accompanied by one coach per boat at all times
- Minors ages 14-18 have to be accompanied by one coach per training group at all times

rowing prohibited

zones for spinning

11.04.2026 Map: Philipp Kellner

