BINDER

# CHECKLIST FOR DETERMINING THE APPROPRIATE TURBINE

Questions:

1. How often do you swim each week?
2. How long do you swim per training session?
3. What is your usual swimming speed (min/100 m)?
4. What is your favourite swimming style?

Answers:

1. 1 to 2 times: recreational swimmer
   2 to 3 times: Amateur or advanced swimmer
   4 times or more: Advanced or competitive swimmer

2. 10 minutes: Recreational swimmer
   20 minutes: Amateur swimmer
   30 minutes: Advanced swimmer
   More than 40 minutes: Competitive swimmer
   More than an hour: Elite swimmer

3. See speed table below

4. Front crawl: BGA 160 to 550
   Breaststroke: BGA 160 to 275
   Butterfly: BGA 275 to 550
   Backstroke: BGA 160 to 550

Below you will find the swimming speeds for each turbine system:

| | |
|---|---|
| - Swimming speed BGA 160 $m^3/h$ | approx. 2‘30 sec/100 m |
| - Swimming speed BGA 215 $m^3/h$ | approx. 2‘15 sec/100 m |
| - Swimming speed BGA 275 $m^3/h$ | approx. 1 min 58 sec/100 m |
| - Swimming speed BGA 320 $m^3/h$ | approx. 1 min 45 sec/100 m |
| - Swimming speed BGA 430 $m^3/h$ | approx. 1 min 30 sec/100 m |
| - Swimming speed BGA 550 $m^3/h$ | approx. 1 min 15 sec/100 m |

**Note:** The current world record for swimming (front crawl) is around 50 seconds for 100 m.

1 minute for 100 m is considered a very good time.