



FRAUEN

| Gruppe        | Alter                                                  |                   |       | 18_19  |        |       | 20_24  |        |       | 25_29  |             |       | 30-34  |        |       | 35_39  |        |       | 40_44  |                  |       | 45_49  |        |       | 50_54  |        |       | 55_59  |                  |       | 60_64                                                  |        |       | 65_69  |        |       | 70_74  |                       |        | 75_79  |        |        | 80_84  |        |        | 85_89  |                      |        | ab 90  |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------|--------------------------------------------------------|-------------------|-------|--------|--------|-------|--------|--------|-------|--------|-------------|-------|--------|--------|-------|--------|--------|-------|--------|------------------|-------|--------|--------|-------|--------|--------|-------|--------|------------------|-------|--------------------------------------------------------|--------|-------|--------|--------|-------|--------|-----------------------|--------|--------|--------|--------|--------|--------|--------|--------|----------------------|--------|--------|--|-----------------|--|--|--|--|---------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|               | Bronze = 1 Punkt ; Silber = 2 Punkte ; Gold = 3 Punkte |                   |       |        |        |       |        |        |       |        |             |       |        |        |       |        |        |       |        |                  |       |        |        |       |        |        |       |        |                  |       | Bronze = 1 Punkt ; Silber = 2 Punkte ; Gold = 3 Punkte |        |       |        |        |       |        |                       |        |        |        |        |        |        |        |        |                      |        |        |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ausdauer      | Übung                                                  |                   |       | Bronze | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber      | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber           | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber           | Gold  | Bronze                                                 | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber                | Gold   | Bronze | Silber | Gold   | Bronze | Silber | Gold   |        |                      |        |        |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|               | 3000 m Lauf (in min)                                   | 22:00             | 20:00 | 18:00  | 21:50  | 19:50 | 17:50  | 22:00  | 19:50 | 18:00  | 22:20       | 20:10 | 18:10  | 23:10  | 20:30 | 18:20  | 24:00  | 21:00 | 18:30  | 24:40            | 21:30 | 18:50  | 25:10  | 22:10 | 19:10  | 25:50  | 22:50 | 19:50  | 26:30            | 23:30 | 20:30                                                  | 27:10  | 24:10 | 21:10  | 27:40  | 24:40 | 21:40  | 28:30                 | 25:20  | 22:30  | 29:40  | 26:40  | 23:40  | 31:00  | 27:50  | 25:00  | 32:30                | 29:30  | 26:30  |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kraft         | 10 km Lauf (in min)                                    | 84:40             | 78:40 | 72:40  | 83:30  | 76:50 | 71:30  | 83:30  | 76:50 | 71:00  | 84:10       | 78:00 | 71:20  | 87:40  | 79:30 | 71:30  | 91:20  | 81:20 | 71:40  | 95:20            | 83:10 | 72:50  | 97:40  | 85:30 | 74:00  | 100:10 | 88:10 | 76:10  | 102:50           | 90:50 | 78:50                                                  | 105:40 | 93:40 | 81:40  | 109:30 | 97:30 | 85:30  | 115:20                | 103:20 | 91:20  | 122:20 | 110:20 | 98:20  | 129:10 | 117:10 | 105:10 | 136:30               | 124:30 | 112:30 |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|               | Schwimmen (in min)                                     | 800 m             |       |        |        |       |        |        |       |        |             |       |        |        |       |        | 400 m  |       |        |                  |       |        |        |       |        |        |       |        |                  |       |                                                        | 400 m  |       |        |        |       |        |                       |        |        |        |        |        |        |        |        | 200 m                |        |        |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schnelligkeit |                                                        | 20:30             | 17:30 | 14:30  | 23:00  | 19:30 | 15:30  | 25:30  | 21:30 | 17:30  | 29:00       | 24:00 | 19:00  | 32:30  | 26:30 | 20:30  | 35:00  | 28:00 | 20:30  | 36:30            | 29:00 | 21:00  | 18:00  | 15:00 | 12:00  | 18:30  | 15:30 | 12:00  | 19:00            | 15:30 | 12:00                                                  | 19:00  | 15:30 | 12:30  | 19:30  | 16:00 | 12:30  | 10:10                 | 8:00   | 6:10   | 10:20  | 8:10   | 6:30   | 10:30  | 8:20   | 6:40   | 10:50                | 8:20   | 6:50   |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|               | 7,5 km Walking / Nordic Walking (in min)               | 69:30             | 66:00 | 62:00  | 66:30  | 63:00 | 59:30  | 67:00  | 63:30 | 60:00  | 67:30       | 64:00 | 60:30  | 70:00  | 65:00 | 60:30  | 73:00  | 67:00 | 61:00  | 75:30            | 69:00 | 62:00  | 78:00  | 71:00 | 64:00  | 80:00  | 73:00 | 66:00  | 81:30            | 74:30 | 67:30                                                  | 83:30  | 76:30 | 69:30  | 85:00  | 78:00 | 71:00  | 87:00                 | 80:00  | 73:00  | 89:30  | 82:30  | 75:30  | 92:30  | 85:30  | 78:30  | 96:00                | 89:00  | 82:00  |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Koordination  | 20 km Radfahren (in min)                               | 61:00             | 57:00 | 53:00  | 59:30  | 55:00 | 50:30  | 60:30  | 55:00 | 50:00  | 61:00       | 55:30 | 49:30  | 63:00  | 56:00 | 50:00  | 65:00  | 57:00 | 50:00  | 68:00            | 59:00 | 50:30  | 70:30  | 60:30 | 51:00  | 72:30  | 62:00 | 51:30  | 74:00            | 63:00 | 52:30                                                  | 75:30  | 64:30 | 53:30  | 77:30  | 66:00 | 55:00  | 79:00                 | 68:00  | 57:00  | 81:30  | 70:30  | 60:00  | 84:30  | 73:30  | 63:00  | 87:00                | 76:30  | 66:00  |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|               | Medizinballwurf (2 kg) (in m)                          | 7,50              | 8,00  | 8,75   | 7,25   | 8,00  | 8,50   | 7,00   | 7,75  | 8,50   | 6,50        | 7,50  | 8,25   | 6,00   | 7,25  | 8,25   | 5,25   | 6,75  | 8,25   | 4,75             | 6,50  | 8,00   | 4,25   | 6,00  | 7,75   | 4,00   | 5,75  | 7,50   | 3,75             | 5,50  | 7,25                                                   | 3,50   | 5,25  | 7,00   | 3,25   | 5,00  | 6,75   | 3,25                  | 4,75   | 6,50   | 3,00   | 4,75   | 6,25   | 3,00   | 4,50   | 6,00   | 2,75                 | 4,25   | 5,50   |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ausdauer      | Kugelstoßen (in m)                                     | 4 kg              |       |        |        |       |        |        |       |        |             |       |        |        |       |        | 3 kg   |       |        |                  |       |        |        |       |        |        |       |        |                  |       |                                                        | 3 kg   |       |        |        |       |        |                       |        |        |        |        |        |        |        |        | 2 kg                 |        |        |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|               |                                                        | 6,50              | 7,00  | 7,50   | 6,50   | 7,00  | 7,50   | 6,50   | 7,00  | 7,50   | 6,25        | 6,75  | 7,25   | 6,00   | 6,50  | 7,00   | 5,50   | 6,00  | 6,50   | 5,25             | 5,75  | 6,25   | 5,25   | 6,00  | 7,00   | 5,00   | 5,75  | 6,50   | 4,75             | 5,50  | 6,25                                                   | 4,50   | 5,25  | 6,25   | 4,25   | 5,00  | 6,00   | 4,25                  | 5,25   | 6,25   | 4,00   | 5,00   | 5,75   | 3,75   | 4,50   | 5,50   | 3,25                 | 4,25   | 5,00   |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kraft         | Steinstoß (5 kg) (in m)                                | 10,65             | 11,25 | 11,85  | 10,80  | 11,40 | 12,00  | 10,10  | 10,70 | 11,35  | 9,50        | 10,15 | 10,70  | 9,00   | 9,50  | 10,20  | 8,60   | 9,20  | 9,85   | 8,30             | 8,95  | 9,70   | 7,95   | 8,75  | 9,55   | 7,55   | 8,55  | 9,35   | 7,20             | 8,10  | 9,00                                                   | 6,65   | 7,60  | 8,45   | 6,05   | 6,95  | 7,85   | 5,55                  | 6,45   | 7,35   | 5,05   | 5,95   | 6,85   | 4,60   | 5,50   | 6,40   | 4,30                 | 5,20   | 6,10   |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|               | Standweitsprung (in m)                                 | 1,65              | 1,85  | 2,05   | 1,60   | 1,80  | 2,00   | 1,50   | 1,70  | 1,95   | 1,35        | 1,60  | 1,85   | 1,25   | 1,50  | 1,80   | 1,15   | 1,40  | 1,65   | 1,10             | 1,35  | 1,60   | 1,00   | 1,25  | 1,50   | 0,95   | 1,20  | 1,45   | 0,95             | 1,20  | 1,45                                                   | 0,90   | 1,15  | 1,40   | 0,90   | 1,15  | 1,35   | 0,90                  | 1,15   | 1,35   | 0,90   | 1,10   | 1,30   | 0,85   | 1,05   | 1,25   | 0,80                 | 1,00   | 1,20   |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schnelligkeit | Geräturnen                                             | Reck              |       |        |        |       |        |        |       |        | Boden       |       |        |        |       |        |        |       |        | Reck             |       |        |        |       |        |        |       |        | Barren           |       |                                                        |        |       |        |        |       |        | Barren                |        |        |        |        |        |        |        |        | Boden                |        |        |  |                 |  |  |  |  | Boden         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|               | Laufen (in sek)                                        |                   |       |        |        |       |        |        |       |        | 100 m       |       |        |        |       |        |        |       |        | 50 m             |       |        |        |       |        |        |       |        | 50 m             |       |                                                        |        |       |        |        |       |        | 30 m                  |        |        |        |        |        |        |        |        |                      |        |        |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Koordination  |                                                        | 16,90             | 15,60 | 14,30  | 17,10  | 15,80 | 14,50  | 17,40  | 16,10 | 14,80  | 18,00       | 16,70 | 15,40  | 18,60  | 17,30 | 16,00  | 11,00  | 9,90  | 8,80   | 11,50            | 10,30 | 9,10   | 11,90  | 10,70 | 9,50   | 12,40  | 11,20 | 9,90   | 12,60            | 11,40 | 10,20                                                  | 12,80  | 11,60 | 10,40  | 13,00  | 11,80 | 10,60  | 7,70                  | 6,90   | 6,00   | 8,20   | 7,30   | 6,50   | 8,90   | 8,00   | 7,10   | 9,80                 | 8,90   | 8,00   |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|               | 25 m Schwimmen (in sek)                                | 45,50             | 40,00 | 34,50  | 45,00  | 40,00 | 34,50  | 46,00  | 41,00 | 35,50  | 48,00       | 42,50 | 37,00  | 51,00  | 45,00 | 38,00  | 55,00  | 47,50 | 39,50  | 60,00            | 51,00 | 41,00  | 64,00  | 55,00 | 44,00  | 67,50  | 58,50 | 46,50  | 70,50            | 60,50 | 48,50                                                  | 72,50  | 62,50 | 50,50  | 75,00  | 64,00 | 52,00  | 77,00                 | 66,00  | 54,00  | 78,50  | 68,00  | 56,00  | 83,00  | 72,50  | 60,50  | 90,50                | 80,50  | 68,50  |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ausdauer      | 200 m Radfahren (fl. Start, in sek)                    | 24,00             | 22,00 | 19,50  | 24,50  | 22,00 | 19,50  | 25,00  | 22,50 | 20,00  | 26,00       | 23,50 | 21,50  | 27,50  | 24,50 | 22,00  | 29,00  | 25,50 | 22,50  | 30,50            | 27,00 | 23,00  | 32,00  | 28,00 | 23,50  | 33,50  | 29,00 | 24,00  | 35,00            | 30,00 | 25,00                                                  | 36,00  | 31,00 | 25,50  | 38,00  | 32,00 | 26,50  | 39,00                 | 33,00  | 27,50  | 40,50  | 34,50  | 28,50  | 42,00  | 36,00  | 30,00  | 44,50                | 38,00  | 31,50  |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|               | Geräturnen                                             | Sprung            |       |        |        |       |        |        |       |        | Sprung      |       |        |        |       |        |        |       |        | Sprung           |       |        |        |       |        |        |       |        | Sprung           |       |                                                        |        |       |        |        |       |        | Boden                 |        |        |        |        |        |        |        |        | Sprung               |        |        |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kraft         | Hochsprung (in m)                                      | 1,10              | 1,20  | 1,30   | 1,10   | 1,20  | 1,30   | 1,05   | 1,15  | 1,25   | 1,00        | 1,10  | 1,20   | 0,95   | 1,05  | 1,15   | 0,90   | 1,00  | 1,10   | 0,90             | 1,00  | 1,10   | 0,85   | 0,95  | 1,05   | 0,80   | 0,90  | 1,00   | 0,75             | 0,85  | 0,95                                                   | 0,75   | 0,85  | 0,95   | 0,70   | 0,80  | 0,90   | 0,65                  | 0,75   | 0,85   | 0,65   | 0,75   | 0,85   | 0,60   | 0,70   | 0,80   | 0,60                 | 0,65   | 0,80   |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|               | Zonenweitsprung (in Punktwerten)                       | Weitsprung        |       |        |        |       |        |        |       |        |             |       |        |        |       |        |        |       |        |                  |       |        |        |       |        |        |       |        |                  |       |                                                        |        |       |        |        |       |        |                       |        |        |        |        |        |        |        |        |                      |        |        |  | Zonenweitsprung |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schnelligkeit | Weitsprung (in m)                                      | 3,40              | 3,70  | 4,00   | 3,40   | 3,70  | 4,00   | 3,30   | 3,60  | 3,90   | 3,20        | 3,50  | 3,80   | 3,10   | 3,40  | 3,70   | 3,00   | 3,30  | 3,60   | 2,90             | 3,20  | 3,50   | 2,70   | 3,00  | 3,30   | 10     | 12    | 14     | 10               | 11    | 12                                                     | 9      | 10    | 11     | 9      | 10    | 11     | 7                     | 8      | 10     | 5      | 7      | 9      | 4      | 5      | 7      | 4                    | 5      | 6      |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|               | Schleuderball (1 kg, in m)                             | 24,00             | 27,50 | 31,00  | 24,50  | 28,00 | 31,50  | 24,50  | 28,00 | 31,50  | 22,50       | 26,00 | 29,50  | 21,50  | 25,00 | 28,50  | 20,00  | 23,50 | 27,00  | 19,00            | 22,50 | 26,00  | 17,00  | 21,00 | 25,00  | 16,00  | 20,00 | 24,00  | 15,00            | 19,00 | 23,00                                                  | 14,00  | 18,00 | 22,00  | 13,50  | 17,50 | 21,50  | 12,50                 | 16,50  | 20,50  | 11,50  | 15,50  | 19,50  | 10,00  | 14,00  | 18,00  | 8,00                 | 12,00  | 16,00  |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Koordination  | Seilspringen                                           | Doppeldurchschlag |       |        |        |       |        |        |       |        | Laufschritt |       |        |        |       |        |        |       |        | Kreuzdurchschlag |       |        |        |       |        |        |       |        | Kreuzdurchschlag |       |                                                        |        |       |        |        |       |        | Grundsprung rückwärts |        |        |        |        |        |        |        |        | Grundsprung vorwärts |        |        |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|               |                                                        | 10                | 15    | 20     | 10     | 15    | 20     | 10     | 15    | 20     | 40          | 50    | 60     | 40     | 50    | 60     | 10     | 15    | 20     | 10               | 15    | 20     | 10     | 15    | 20     | 10     | 15    | 20     | 10               | 20    | 30                                                     | 10     | 20    | 30     | 10     | 15    | 20     | 10                    | 15     | 20     | 10     | 15     | 20     | 10     | 15     | 20     | 10                   | 15     | 20     |  |                 |  |  |  |  |               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ausdauer      | Geräturnen                                             | Boden             |       |        |        |       |        |        |       |        | Boden       |       |        |        |       |        |        |       |        | Boden            |       |        |        |       |        |        |       |        | Ringe            |       |                                                        |        |       |        |        |       |        | Ringe                 |        |        |        |        |        |        |        |        | Reck                 |        |        |  |                 |  |  |  |  | Schwebebalken |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |



# KINDER und JUGEND

| Gruppe        | Alter                                                  | 6_7                  |        |       | 8_9    |        |       | 10_11                 |        |       | 12_13            |        |       | 14_15          |        |       | 16_17  |        |       |
|---------------|--------------------------------------------------------|----------------------|--------|-------|--------|--------|-------|-----------------------|--------|-------|------------------|--------|-------|----------------|--------|-------|--------|--------|-------|
|               | Bronze = 1 Punkt ; Silber = 2 Punkte ; Gold = 3 Punkte |                      |        |       |        |        |       |                       |        |       |                  |        |       |                |        |       |        |        |       |
| Ausdauer      | Übung                                                  | Bronze               | Silber | Gold  | Bronze | Silber | Gold  | Bronze                | Silber | Gold  | Bronze           | Silber | Gold  | Bronze         | Silber | Gold  | Bronze | Silber | Gold  |
|               | 800 m Lauf (in min)                                    | 5:55                 | 5:00   | 4:00  | 5:45   | 4:50   | 3:55  | 5:30                  | 4:40   | 3:50  | 5:10             | 4:25   | 3:45  | 4:55           | 4:20   | 3:35  | 4:35   | 4:05   | 3:25  |
| Ausdauer      | Dauer- / Geländelauf (in min)                          | 8:00                 | 12:00  | 17:00 | 10:00  | 15:00  | 20:00 | 15:00                 | 20:00  | 30:00 | 20:00            | 30:00  | 40:00 | 30:00          | 40:00  | 50:00 | 45:00  | 60:00  | 75:00 |
|               | Schwimmen (in min)                                     | 200 m                |        |       |        |        |       |                       |        |       | 400 m            |        |       |                |        |       |        |        |       |
| Ausdauer      | Radfahren (in min)                                     | 8:20                 | 6:50   | 5:30  | 8:00   | 6:40   | 5:10  | 7:30                  | 6:20   | 5:00  | 14:30            | 13:00  | 11:00 | 13:00          | 11:30  | 10:30 | 12:00  | 11:00  | 9:30  |
|               |                                                        |                      |        |       | 5 km   |        |       | 10 km                 |        |       |                  |        |       |                |        |       |        |        |       |
| Kraft         | Schlagball (80g) / Wurfball (200g) (in m)              | Schlagball 80 g      |        |       |        |        |       |                       |        |       |                  |        |       | Wurfball 200 g |        |       |        |        |       |
|               |                                                        | 6,00                 | 9,00   | 13,00 | 9,00   | 12,00  | 15,00 | 11,00                 | 15,00  | 18,00 | 19,00            | 22,00  | 26,00 | 20,00          | 24,00  | 27,00 | 24,00  | 27,00  | 32,00 |
| Kraft         | Kugelstoßen (in m)                                     |                      |        |       |        |        |       |                       |        |       | 3 kg             |        |       |                |        |       |        |        |       |
|               |                                                        |                      |        |       |        |        |       |                       |        |       | 4,75             | 5,25   | 5,75  | 5,50           | 6,00   | 6,50  | 5,75   | 6,25   | 6,75  |
| Schnelligkeit | Standweitsprung (in m)                                 | 1,05                 | 1,25   | 1,40  | 1,15   | 1,30   | 1,50  | 1,30                  | 1,45   | 1,65  | 1,40             | 1,60   | 1,80  | 1,55           | 1,70   | 1,90  | 1,65   | 1,80   | 2,00  |
|               | Gerätturnen                                            | Boden                |        |       | Boden  |        |       | Barren                |        |       | Reck             |        |       | Boden          |        |       | Reck   |        |       |
| Schnelligkeit | Laufen (in sek)                                        | 30 m                 |        |       |        |        |       | 50 m                  |        |       |                  |        |       | 100 m          |        |       |        |        |       |
|               | 25 m Schwimmen (in sek)                                | 62,50                | 52,50  | 43,00 | 58,00  | 49,00  | 40,50 | 55,00                 | 46,50  | 38,50 | 51,00            | 44,00  | 36,50 | 49,00          | 42,50  | 36,00 | 46,50  | 40,50  | 35,00 |
| Schnelligkeit | 200 m Radfahren (fl. Start, in sek)                    |                      |        |       | 41,00  | 36,00  | 31,00 | 37,00                 | 32,00  | 27,00 | 31,00            | 27,00  | 23,50 | 27,00          | 24,50  | 21,50 | 25,00  | 22,50  | 20,00 |
|               | Gerätturnen                                            | Sprung               |        |       | Boden  |        |       | Sprung                |        |       | Sprung           |        |       | Sprung         |        |       | Sprung |        |       |
| Koordination  | Hochsprung (in m)                                      |                      |        |       |        |        |       | 0,80                  | 0,90   | 1,00  | 0,90             | 1,00   | 1,10  | 0,95           | 1,05   | 1,15  | 1,05   | 1,15   | 1,25  |
|               | Zonenweitsprung (in Punktwerten)                       | Zonenweitsprung      |        |       |        |        |       |                       |        |       |                  |        |       | Weitsprung     |        |       |        |        |       |
| Koordination  | Weitsprung (in m)                                      | 4                    | 5      | 6     | 7      | 8      | 9     | 10                    | 11     | 12    | 3,00             | 3,30   | 3,60  | 3,20           | 3,50   | 3,80  | 3,40   | 3,70   | 4,00  |
|               | Zielwurf (in Punktwerten)                              | Zielwurf             |        |       |        |        |       |                       |        |       |                  |        |       | Schleuderball  |        |       |        |        |       |
| Koordination  | Schleuderball (1 kg, in m)                             | 1                    | 2      | 3     | 2      | 3      | 4     | 3                     | 4      | 5     | 17,00            | 20,00  | 23,00 | 19,50          | 23,00  | 26,50 | 22,00  | 25,50  | 29,00 |
|               | Seilspringen                                           | Grundsprung vorwärts |        |       |        |        |       | Grundsprung rückwärts |        |       | Kreuzdurchschlag |        |       | Laufschritt    |        |       |        |        |       |
| Koordination  | Gerätturnen                                            | 10                   | 15     | 25    | 10     | 15     | 25    | 10                    | 15     | 25    | 10               | 15     | 20    | 40             | 60     | 70    | 40     | 60     | 70    |
|               |                                                        | Schwebebalken        |        |       | Reck   |        |       | Ringe                 |        |       | Boden            |        |       | Boden          |        |       | Boden  |        |       |

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| Gruppe        | Alter                                                  | 6_7                  |        |       | 8_9    |        |       | 10_11                 |        |       | 12_13            |        |       | 14_15         |        |       | 16_17  |        |       |
|---------------|--------------------------------------------------------|----------------------|--------|-------|--------|--------|-------|-----------------------|--------|-------|------------------|--------|-------|---------------|--------|-------|--------|--------|-------|
|               | Bronze = 1 Punkt ; Silber = 2 Punkte ; Gold = 3 Punkte |                      |        |       |        |        |       |                       |        |       |                  |        |       |               |        |       |        |        |       |
| Ausdauer      | Übung                                                  | Bronze               | Silber | Gold  | Bronze | Silber | Gold  | Bronze                | Silber | Gold  | Bronze           | Silber | Gold  | Bronze        | Silber | Gold  | Bronze | Silber | Gold  |
|               | 1000 m Lauf (in min)                                   | 7:40                 | 6:20   | 5:00  | 7:15   | 6:00   | 4:45  | 6:45                  | 5:35   | 4:25  | 6:00             | 4:55   | 3:55  | 5:10          | 4:20   | 3:25  | 4:30   | 3:45   | 3:00  |
| Ausdauer      | Dauer- / Geländelauf (in min)                          | 10:00                | 15:00  | 20:00 | 12:00  | 17:00  | 23:00 | 17:00                 | 25:00  | 35:00 | 25:00            | 35:00  | 45:00 | 35:00         | 45:00  | 60:00 | 55:00  | 70:00  | 90:00 |
|               | Schwimmen (in min)                                     | 200 m                |        |       |        |        |       |                       |        |       | 400 m            |        |       |               |        |       |        |        |       |
| Ausdauer      | Radfahren                                              | 8:10                 | 6:40   | 5:10  | 7:40   | 6:20   | 5:00  | 7:10                  | 5:50   | 4:40  | 14:30            | 12:30  | 10:30 | 13:00         | 11:00  | 9:30  | 11:30  | 10:00  | 8:30  |
|               |                                                        |                      |        |       | 5 km   |        |       | 10 km                 |        |       |                  |        |       |               |        |       |        |        |       |
| Kraft         | Schlagball (80g) / Wurfball (200g) (in m)              | Schlagball 80 g      |        |       |        |        |       |                       |        |       | Wurfball 200 g   |        |       |               |        |       |        |        |       |
|               |                                                        | 12,00                | 15,00  | 17,00 | 17,00  | 20,00  | 23,00 | 21,00                 | 25,00  | 28,00 | 28,00            | 32,00  | 35,00 | 30,00         | 34,00  | 37,00 | 32,00  | 36,00  | 40,00 |
| Kraft         | Kugelstoßen (in m)                                     |                      |        |       |        |        |       |                       |        |       | 3 kg             |        |       | 4 kg          |        |       | 5 kg   |        |       |
|               |                                                        |                      |        |       |        |        |       |                       |        |       | 6,25             | 6,75   | 7,25  | 7,00          | 7,50   | 8,00  | 7,50   | 8,00   | 8,50  |
| Kraft         | Standweitsprung (in m)                                 | 1,30                 | 1,45   | 1,65  | 1,35   | 1,55   | 1,75  | 1,55                  | 1,75   | 1,95  | 1,75             | 1,95   | 2,10  | 1,90          | 2,10   | 2,30  | 2,05   | 2,25   | 2,45  |
|               | Gerätturnen                                            | Boden                |        |       | Boden  |        |       | Barren                |        |       | Reck             |        |       | Boden         |        |       | Reck   |        |       |
| Schnelligkeit | Laufen (in sek)                                        | 30 m                 |        |       |        |        |       | 50 m                  |        |       |                  |        |       | 100 m         |        |       |        |        |       |
|               |                                                        | 7,70                 | 6,80   | 6,00  | 7,20   | 6,40   | 5,70  | 11,00                 | 10,00  | 9,10  | 10,40            | 9,60   | 8,80  | 16,30         | 15,00  | 13,60 | 15,30  | 14,10  | 12,90 |
| Schnelligkeit | 25 m Schwimmen (in sek)                                | 55,50                | 47,50  | 39,50 | 52,50  | 45,00  | 38,00 | 49,00                 | 43,00  | 36,50 | 47,00            | 41,00  | 35,00 | 45,00         | 39,50  | 34,00 | 44,00  | 38,50  | 33,50 |
|               | 200 m Radfahren (fl. Start, in sek)                    |                      |        |       | 38,00  | 33,00  | 28,00 | 35,00                 | 30,50  | 26,00 | 29,50            | 26,00  | 22,50 | 24,00         | 21,50  | 19,00 | 22,00  | 19,50  | 17,00 |
| Schnelligkeit | Gerätturnen                                            | Sprung               |        |       | Boden  |        |       | Sprung                |        |       | Sprung           |        |       | Sprung        |        |       | Sprung |        |       |
|               | Hochsprung (in m)                                      |                      |        |       |        |        |       | 0,85                  | 0,95   | 1,05  | 0,95             | 1,05   | 1,15  | 1,10          | 1,20   | 1,30  | 1,20   | 1,30   | 1,40  |
| Koordination  | Zonenweitsprung (in Punktwerten)                       | Zonenweitsprung      |        |       |        |        |       |                       |        |       |                  |        |       | Weitsprung    |        |       |        |        |       |
|               | Weitsprung (in m)                                      | 5                    | 6      | 7     | 8      | 9      | 10    | 11                    | 12     | 13    | 3,40             | 3,70   | 4,00  | 3,80          | 4,10   | 4,40  | 4,30   | 4,60   | 4,90  |
| Koordination  | Zielwurf (in Punktwerten)                              | Zielwurf             |        |       |        |        |       |                       |        |       |                  |        |       | Schleuderball |        |       |        |        |       |
|               | Schleuderball (1 kg, in m)                             | 3                    | 4      | 5     | 4      | 5      | 6     | 6                     | 7      | 8     | 19,50            | 22,50  | 25,50 | 23,50         | 26,50  | 29,50 | 27,50  | 30,50  | 33,50 |
| Koordination  | Seilspringen                                           | Grundsprung vorwärts |        |       |        |        |       | Grundsprung rückwärts |        |       | Kreuzdurchschlag |        |       | Laufschritt   |        |       |        |        |       |
|               |                                                        | 10                   | 15     | 25    | 10     | 15     | 25    | 10                    | 15     | 25    | 10               | 15     | 20    | 40            | 60     | 70    | 40     | 60     | 70    |
| Koordination  | Gerätturnen                                            | Schwebebalken        |        |       | Reck   |        |       | Ringe                 |        |       | Boden            |        |       | Boden         |        |       | Boden  |        |       |
|               |                                                        |                      |        |       |        |        |       |                       |        |       |                  |        |       |               |        |       |        |        |       |

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