

KINDER UND JUGEND - WEIBLICH

|                                     | ALTER  | 6-7                      |        |              | 8-9          |        |   | 10-11         |        |  | 12-13       |        |   | 14-15                   |        |               | 16-17       |        |       |      |      |      |
|-------------------------------------|--|--------------------------|--------|--------------|--------------|--------|---|---------------|--------|--|-------------|--------|---|-------------------------|--------|---------------|-------------|--------|-------|------|------|------|
|                                     |  | Bronze                   | Silber | Gold         | Bronze       | Silber | Gold  | Bronze        | Silber | Gold   | Bronze      | Silber | Gold  | Bronze                  | Silber | Gold          | Bronze      | Silber | Gold  |      |      |      |
| AUSDAUER                            | <b>Übung</b>   |                          |        |              |              |        |   |               |        |  |             |        |   |                         |        |               |             |        |       |      |      |      |
|                                     | <b>800 m Lauf</b> (in Min.)  | 5:40                     | 5:00   | 4:15         | 5:35         | 4:50   | 4:10  | 5:20          | 4:40   | 4:00   | 5:10        | 4:25   | 3:45  | 5:00                    | 4:20   | 3:35          | 4:50        | 4:05   | 3:25  |      |      |      |
|                                     | <b>Dauer-/Geländelauf</b> (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 |      |      |      |
|                                     | <b>Schwimmen</b> (in Min.)   | <b>200 m</b>             |        |              |              |        |   | <b>400 m</b>  |        |  |             |        |   |                         |        |               |             |        |       |      |      |      |
|                                     |  | 09:00                    | 07:40  | 06:20        | 08:00        | 07:00  | 05:55   | 07:20         | 06:25  | 05:30  | 14:50       | 12:55  | 11:00                                       | 13:05                   | 11:40  | 10:00         | 11:50       | 10:30  | 09:05 |      |      |      |
| KRAFT                               | <b>Radfahren</b> (in Min.)   |                          |        |              | <b>5 km</b>  |        |   | <b>10 km</b>  |        |  |             |        |   |                         |        |               |             |        |       |      |      |      |
|                                     |  |                          |        |              | 27:00        | 24:00  | 21:00   | 50:30         | 43:00  | 35:30  | 45:00       | 39:30  | 33:30                                       | 38:00                   | 32:30  | 28:30         | 32:30       | 28:30  | 25:00 |      |      |      |
| SCHNELLIGKEIT                       | <b>Werfen</b> (in m)   | <b>Schlagball (80 g)</b> |        |              |              |        |   |               |        |  |             |        |   | <b>Wurfball (200 g)</b> |        |               |             |        |       |      |      |      |
|                                     |  | 6,00                     | 9,00   | 12,00        | 9,00         | 12,00  | 15,00   | 11,00         | 15,00  | 18,00  | 15,00       | 18,00  | 22,00                                       | 20,00                   | 24,00  | 27,00         | 24,00       | 27,00  | 31,00 |      |      |      |
|                                     | <b>Kugelstoßen</b> (3 kg, in m)  |                          |        |              |              |        |   |               |        |  |             |        |   | <b>3 kg</b>             |        |               |             |        |       |      |      |      |
|                                     |  |                          |        |              |              |        |   |               |        |  |             |        |   | 4,75                    | 5,25   | 5,75          | 5,50        | 6,00   | 6,50  | 5,75 | 6,25 | 6,75 |
|                                     | <b>Standweitsprung</b> (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  |      |      |      |
| KOORDINATION                        | <b>Gerätturnen</b>   | <b>Boden</b>             |        |              | <b>Boden</b> |        |   | <b>Barren</b> |        |  | <b>Reck</b> |        |   | <b>Boden</b>            |        |               | <b>Reck</b> |        |       |      |      |      |
|                                     | <b>Laufen</b> (in Sek.)  | <b>30 m</b>              |        |              |              |        |   | <b>50 m</b>   |        |  |             |        |   | <b>100 m</b>            |        |               |             |        |       |      |      |      |
|                                     |  | 8,0                      | 7,1    | 6,3          | 7,4          | 6,6    | 5,7   | 11,0          | 10,1   | 9,1  | 10,6        | 9,6    | 8,5   | 18,6                    | 17,0   | 15,5          | 17,6        | 16,3   | 15,0  |      |      |      |
|                                     | <b>25 m Schwimmen</b> (in Sek.)  | 46,5                     | 38,5   | 30,5         | 42,0         | 34,0   | 28,0  | 39,0          | 31,5   | 25,5   | 35,0        | 29,0   | 23,5  | 33,0                    | 27,5   | 21,5          | 30,5        | 25,5   | 20,0  |      |      |      |
|                                     | <b>200 m Radfahren</b> (fl. Start, in Sek.)                                | -                        |        |              | 41,0         | 36,0   | 31,0  | 37,0          | 32,0   | 27,0   | 31,0        | 27,0   | 23,5  | 27,0                    | 24,5   | 21,5          | 25,0        | 22,5   | 20,0  |      |      |      |
| <b>Gerätturnen</b>                  | <b>Sprung</b>  |                          |        | <b>Boden</b> |              |        | <b>Sprung</b>                                   |               |        | <b>Sprung</b>                                    |             |        | <b>Sprung</b>                               |                         |        | <b>Sprung</b> |             |        |       |      |      |      |
| <b>Hochsprung</b> (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   |       |      |      |      |
| <b>Weitsprung</b> (in m)            | <b>Zonenweitsprung</b>   |                          |        |              |              |        | <b>Weitsprung</b>                               |               |        |  |             |        |   |                         |        |               |             |        |       |      |      |      |
| <b>Zonenweitsprung</b> (in Punkten) | 18   | 21                       | 24     | 24           | 27           | 30     | 2,30  | 2,60          | 2,90   | 2,80   | 3,10        | 3,40   | 3,20  | 3,50                    | 3,80   | 3,40          | 3,70        | 4,00   |       |      |      |      |
| <b>Drehwurf</b> (in Punkten)        | <b>Drehwurf</b>  |                          |        |              |              |        | <b>Schleuderball</b>                            |               |        |  |             |        |   |                         |        |               |             |        |       |      |      |      |
| <b>Schleuderball</b> (1 kg, in m)   | 12   | 15                       | 21     | 18           | 21           | 27     | 27  | 30            | 36     | 17,00  | 19,50       | 22,00  | 19,50                                       | 22,50                   | 25,50  | 22,00         | 25,00       | 28,00  |       |      |      |      |
| <b>Seilspringen</b>                 | <b>Grundsprung vorwärts mit oder ohne Zwischensprung ODER Galoppsprung</b> |                          |        |              |              |        | <b>Grundsprung vorwärts ohne Zwischensprung</b> |               |        | <b>Grundsprung rückwärts ohne Zwischensprung</b> |             |        | <b>Kreuzdurchschlag ohne Zwischensprung</b> |                         |        |               |             |        |       |      |      |      |
|                                     | 10   | 15                       | 25     | 10           | 15           | 25     | 20  | 30            | 40     | 10   | 20          | 30     | 10  | 15                      | 20     | 10            | 15          | 20     |       |      |      |      |
| <b>Gerätturnen</b>                  | <b>Schwebebalken</b>   |                          |        | <b>Reck</b>  |              |        | <b>Ringe</b>                                    |               |        | <b>Boden</b>                                     |             |        | <b>Boden</b>                                |                         |        | <b>Boden</b>  |             |        |       |      |      |      |

Nationale Förderer



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|   | ALTER | 6-7  |        |       | 8-9          |        |       | 10-11   |        |       | 12-13  |        |       | 14-15                                       |        |       | 16-17         |        |       |
|---|-------|--|--------|-------|--------------|--------|-------|---|--------|-------|--|--------|-------|---|--------|-------|---------------|--------|-------|
|   |       | Bronze   | Silber | Gold  | Bronze       | Silber | Gold  | Bronze  | Silber | Gold  | Bronze   | Silber | Gold  | Bronze                                      | Silber | Gold  | Bronze        | Silber | Gold  |
| <b>Übung</b>                                |       |  |        |       |              |        |       |   |        |       |  |        |       |   |        |       |               |        |       |
| <b>800 m Lauf</b> (in Min.)                 |       | 5:40   | 5:00   | 4:15  | 5:25         | 4:40   | 3:55  | 5:05  | 4:20   | 3:35  | 4:45   | 4:00   | 3:15  | 4:20  | 3:40   | 3:00  | 4:05          | 3:25   | 2:45  |
| <b>Dauer-/Geländelauf</b> (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 |
| <b>Schwimmen</b> (in Min.)                  |       | <b>200 m</b>   |        |       |              |        |       | <b>400 m</b>                                    |        |       |  |        |       |   |        |       |               |        |       |
|   |       | 09:00  | 07:20  | 06:10 | 08:00        | 06:45  | 05:40 | 07:00   | 06:20  | 05:10 | 13:30  | 11:30  | 09:45 | 12:00                                       | 10:15  | 08:50 | 11:00         | 09:40  | 08:20 |
| <b>Radfahren</b> (in Min.)                  |       |  |        |       | <b>5 km</b>  |        |       | <b>10 km</b>                                    |        |       |  |        |       |   |        |       |               |        |       |
|   |       |  |        |       | 26:30        | 23:30  | 20:30 | 48:30   | 41:00  | 33:30 | 43:00  | 37:00  | 31:30 | 32:00                                       | 28:00  | 24:00 | 27:00         | 23:30  | 20:30 |
| <b>Werfen</b> (in m)                        |       | <b>Schlagball (80 g)</b>   |        |       |              |        |       | <b>Wurfball (200 g)</b>                         |        |       |  |        |       |   |        |       |               |        |       |
|   |       | 12,00  | 15,00  | 17,00 | 17,00        | 20,00  | 23,00 | 21,00   | 25,00  | 28,00 | 26,00  | 30,00  | 33,00 | 30,00                                       | 34,00  | 37,00 | 34,00         | 38,00  | 42,00 |
| <b>Kugelstoßen</b> (in m)                   |       |  |        |       |              |        |       | <b>3 kg</b>                                     |        |       | <b>4 kg</b>                                      |        |       | <b>5 kg</b>                                 |        |       |               |        |       |
|   |       |  |        |       |              |        |       | 6,25  | 6,75   | 7,25  | 7,00   | 7,50   | 8,00  | 7,50  | 8,00   | 8,50  |               |        |       |
| <b>Standweitsprung</b> (in m)               |       | 1,15   | 1,35   | 1,50  | 1,30         | 1,50   | 1,65  | 1,50  | 1,70   | 1,85  | 1,70   | 1,90   | 2,05  | 1,90  | 2,05   | 2,25  | 2,05          | 2,20   | 2,40  |
| <b>Gerätturnen</b>                          |       | <b>Boden</b>   |        |       | <b>Boden</b> |        |       | <b>Barren</b>                                   |        |       | <b>Reck</b>                                      |        |       | <b>Boden</b>                                |        |       | <b>Reck</b>   |        |       |
| <b>Laufen</b> (in Sek.)                     |       | <b>30 m</b>  |        |       |              |        |       | <b>50 m</b>                                     |        |       |  |        |       | <b>100 m</b>                                |        |       |               |        |       |
|   |       | 7,7  | 6,8    | 6,0   | 7,2          | 6,4    | 5,7   | 10,3  | 9,3    | 8,4   | 9,7  | 8,9    | 8,1   | 17,0  | 15,4   | 14,1  | 16,3          | 14,8   | 13,5  |
| <b>25 m Schwimmen</b> (in Sek.)             |       | 46,0   | 38,0   | 30,0  | 41,0         | 33,0   | 26,0  | 36,0  | 29,0   | 22,5  | 33,0   | 27,0   | 21,0  | 31,0  | 25,5   | 20,0  | 29,5          | 24,5   | 19,0  |
| <b>200 m Radfahren</b> (fl. Start, in Sek.) |       | -  |        |       | 38,0         | 33,0   | 28,0  | 35,0  | 30,5   | 26,0  | 29,5   | 26,0   | 22,5  | 24,0  | 21,5   | 19,0  | 22,0          | 19,5   | 17,0  |
| <b>Gerätturnen</b>                          |       | <b>Sprung</b>  |        |       | <b>Boden</b> |        |       | <b>Sprung</b>                                   |        |       | <b>Sprung</b>                                    |        |       | <b>Sprung</b>                               |        |       | <b>Sprung</b> |        |       |
| <b>Hochsprung</b> (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  |
| <b>Weitsprung</b> (in m)                    |       | <b>Zonenweitsprung</b>   |        |       |              |        |       | <b>Weitsprung</b>                               |        |       |  |        |       |   |        |       |               |        |       |
| <b>Zonenweitsprung</b> (in Punkten)         |       | 18   | 21     | 24    | 27           | 30     | 33    | 2,60  | 2,90   | 3,20  | 3,20   | 3,50   | 3,80  | 3,80  | 4,10   | 4,40  | 4,30          | 4,60   | 4,90  |
| <b>Drehwurf</b> (in Punkten)                |       | <b>Drehwurf</b>  |        |       |              |        |       | <b>Schleuderball</b>                            |        |       |  |        |       |   |        |       |               |        |       |
| <b>Schleuderball</b> (1 kg, in m)           |       | 15   | 18     | 24    | 21           | 27     | 33    | 33  | 39     | 45    | 19,50  | 24,00  | 27,50 | 23,50                                       | 28,00  | 32,00 | 27,50         | 32,00  | 36,50 |
| <b>Seilspringen</b>                         |       | <b>Grundsprung vorwärts mit oder ohne Zwischensprung ODER Galoppsprung</b> |        |       |              |        |       | <b>Grundsprung vorwärts ohne Zwischensprung</b> |        |       | <b>Grundsprung rückwärts ohne Zwischensprung</b> |        |       | <b>Kreuzdurchschlag ohne Zwischensprung</b> |        |       |               |        |       |
|   |       | 10   | 15     | 25    | 10           | 15     | 25    | 20  | 30     | 40    | 10   | 20     | 30    | 10  | 15     | 20    | 10            | 15     | 20    |
| <b>Gerätturnen</b>                          |       | <b>Schwebebalken</b>   |        |       | <b>Reck</b>  |        |       | <b>Ringe</b>                                    |        |       | <b>Boden</b>                                     |        |       | <b>Boden</b>                                |        |       | <b>Boden</b>  |        |       |

Nationale Förderer

