**Änderungen der Werte im Leistungskatalog 2020**

**Kinder und Jugendliche**

**Jungen**

**Ausdauer:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **800m** |
| AK 14\_15 |  |  | 3:00 |
| AK 16\_17 | 4:05 | 3:25 | 2:45 |

**Kraft:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **Wurfball** |
| AK 16\_17 | 34,00 | 38,00 | 42,00 |

**Koordination:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **Seilspringen** |
| AK 12\_13 | 10 | 20 | 30 |

**Mädchen**

**Kraft:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **Schlagball 🡪 NEU bis einschl. AK 12\_13** |
| AK 6\_7 |  |  | 12,00 |
| AK 12\_13 | 15,00 | 18,00 | 22,00 |
| **Wurfball** |
| AK 16\_17 |  |  | 31,00 |

**Koordination:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **Seilspringen** |
| AK 12\_13 | 10 | 20 | 30 |

**Erwachsene**

**Männer**

**Ausdauer:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **3.000m** |
| AK 18\_19 | 17:50 | 15:50 | 13:50 |
| AK 20\_24 | 17:20 | 15:20 | 13:20 |
| AK 25\_29 | 17:40 | 15:40 | 13:40 |
| AK 30\_34 | 18:30 | 16:30 | 14:30 |

**Kraft:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **Medizinball** |
| AK 20\_24 | 10,25 | 11,25 | 12,00 |
| **Steinstoßen 🡪 5 kg ab AK 70\_74** |
| AK 70\_74 | 9,40 | 10,70 | 12,00 |
| AK 75\_79 | 9,20 | 10,50 | 11,80 |
| AK 80\_84 | 9,00 | 10,30 | 11,60 |
| AK 85\_89 | 8,80 | 10,10 | 11,40 |
| AK 90+ | 8,40 | 9,70 | 11,00 |
| **Standweitsprung** |
| AK 50\_54 | 1,40 | 1,70 | 2,00 |
| AK 55\_59 | 1,35 | 1,65 | 1,95 |

**Schnelligkeit:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **Laufen NEU 50m** |
| AK 75\_79 | 12,2 | 11,2 | 10,1 |
| AK 80\_84 | 13,0 | 12,0 | 10,9 |
| AK 85\_89 | 14,1 | 13,1 | 12,0 |
| AK 90+ | 15,5 | 14,5 | 13,4 |

**Koordination:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **Hochsprung**  |
| AK 20\_24 | 1,35 | 1,45 |  |
| AK 90+ | 0,65 | 0,75 | 0,85 |
| **Weitsprung** |  |  |  |
| AK 35\_39 |  |  | 4,70 |
| AK 40\_44 |  |  | 4,60 |
| AK 70\_74 |  |  | 3,50 |
|  |  |  |  |
| **Seilspringen** |  |  |  |
| AK 18\_19 | 5 | 10 | 15 |
| AK 20\_24 | 5 | 10 | 15 |
| AK 25\_29 | 5 | 10 | 15 |
| AK 40\_44 | 40 | 60 | 80 |
| AK 45\_49 | 40 | 60 | 80 |

**Frauen**

**Ausdauer:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **3.000m** |
| AK 18\_19 | 20:50 | 18:50 | 16:50 |
| AK 20\_24 | 20:20 | 18:20 | 16:20 |
| AK 25\_29 | 20:40 | 18:40 | 16:40 |
| AK 30\_34 | 21:30 | 19:30 | 17:30 |
| AK 35\_39 | 22:00 | 20:00 | 18:00 |
| AK 40\_44 | 22:50 | 20:40 |  |
| AK 45\_49 | 23:50 |  |  |
| AK 50\_54 | 24:50 |  |  |
| AK 75\_79 |  | 25:30 |  |
| AK 85\_89 |  | 28:00 |  |
| **Nordic Walking** |
| AK 30\_34 |  |  | 60:25 |
| AK 35\_39 |  |  | 60:45 |

**Kraft:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **Medizinball** |
| AK 20\_24 | 7,50 |  | 8,75 |
| AK 30\_34 |  |  | 8,50 |
| **Kugelstoßen**  |
| AK 65\_69 (3kg) |  |  | 6,15 |
| **Steinstoßen 🡪 3 kg ab AK 50\_54** |
| AK 50\_54 | 9,80 | 10,60 | 11,40 |
| AK 55\_59 | 9,40 | 10,30 | 11,10 |
| AK 60\_64 | 9,05 | 9,90 | 10,70 |
| AK 65\_69 | 8,50 | 9,40 | 10,20 |
| AK 70\_74 | 7,90 | 8,80 | 9,60 |
| AK 75\_79 | 7,40 | 8,30 | 9,10 |
| AK 80\_84 | 6,90 | 7,80 | 8,60 |
| AK 85\_89 | 6,45 | 7,35 | 8,15 |
| AK 90+ | 6,10 | 7,00 | 7,80 |
| **Standweitsprung** |
| AK 50\_54 |  | 1,30 | 1,55 |
| AK 55\_59 |  | 1,25 | 1,50 |
| AK 80\_84 | 0,85 |  |  |

**Schnelligkeit:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **Laufen NEU 50m** |
| AK 75\_79 | 13,5 | 12,3 | 11,1 |
| AK 80\_84 | 14,3 | 13,1 | 12,0 |
| AK 85\_89 | 15,5 | 14,3 | 13,2 |
| AK 90+ | 17,1 | 15,9 | 14,8 |

**Koordination:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **B** | **S** | **G** |
| **Hochsprung**  |
| AK 90+ | 0,55 | 0,60 | 0,65 |
| **Seilspringen** |  |  |  |
| AK 18\_19 | 5 | 10 | 15 |
| AK 20\_24 | 5 | 10 | 15 |
| AK 25\_29 | 5 | 10 | 15 |
| AK 40\_44 | 40 | 60 | 80 |
| AK 45\_49 | 40 | 60 | 80 |