

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 | Übung | | | | | | | | | | | | | | | | | | | | | |
| | 800 m Lauf (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 | | | |
| | 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 | | | | | | | | | | | | | | |
| Radfahren | (in Min.) | | | | 5 km | | | 10 km | | | | | | | | | | | | | | |
| | | | | | 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 | | | |
| KRAFT | Schlagball (80 g) (in m) | Schlagball | | | | | | Wurfball | | | | | | | | | | | | | | |
| | Wurfball (200 g) (in m) | 6,00 | 9,00 | 13,00 | 9,00 | 12,00 | 15,00 | 11,00 | 15,00 | 18,00 | 16,00 | 19,00 | 23,00 | 20,00 | 24,00 | 27,00 | 24,00 | 27,00 | 32,00 | | | |
| | Kugelstoßen (3 kg, in m) | | | | | | | 3 kg | | | | | | | | | | | | | | |
| | | | | | | | | 4,75 | 5,25 | 5,75 | 5,50 | 6,00 | 6,50 | 5,75 | 6,25 | 6,75 | | | | | | |
| | 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 | | | |
| Geräturnen | Boden | | | Boden | | | Barren | | | Reck | | | Boden | | | Reck | | | | | | |
| SCHNELLIGKEIT | Laufen (in Sek.) | 30 m | | | | | | 50 m | | | | | | 100 m | | | | | | | | |
| | | 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 | | | |
| | 25 m Schwimmen (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 | | | |
| | 200 m Radfahren (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 | | | |
| | Geräturnen | 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 | | | |
| | Weitsprung (in m) | Zonenweitsprung | | | | | | Weitsprung | | | | | | | | | | | | | | |
| | Zonenweitsprung (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 | | | |
| | Drehwurf (in Punkten) | Drehwurf | | | | | | Schleuderball | | | | | | | | | | | | | | |
| | Schleuderball (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 | | | |
| | Seilspringen | | Grundsprung vorwärts mit oder ohne Zwischensprung ODER Galoppschritt | | | | | | Grundsprung vorwärts ohne Zwischensprung | | | Grundsprung rückwärts ohne Zwischensprung | | | Kreuzdurchschlag ohne Zwischensprung | | | | | | | |
| | | | 10 | 15 | 25 | 10 | 15 | 25 | 20 | 30 | 40 | 10 | 15 | 25 | 10 | 15 | 20 | 10 | 15 | 20 | | |
| Geräturnen | Schwebebalken | | | Reck | | | Ringe | | | Boden | | | Boden | | | Boden | | | | | | |

Nationale Förderer



KINDER UND JUGEND – MÄNNLICH

| Übung | 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 | 800 m Lauf (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 | 2:50 | 3:50 | 3:05 | 2:25 |
| | 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 | | | | | | | | | | | |
| | | 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 |
| Radfahren (in Min.) | | | | 5 km | | | 10 km | | | | | | | | | | | | |
| | | 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 | | | |
| KRAFT | Schlagball (80 g) (in m) | Schlagball | | | | | | Wurfball | | | | | | | | | | | |
| | Wurfball (200 g) (in m) | 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 | 32,00 | 36,00 | 40,00 |
| | Kugelstoßen (3 kg, 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 | | | | | | | | |
| | Standweitsprung (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 |
| | Geräturnen | Boden | | | Boden | | | Barren | | | Reck | | | Boden | | | Reck | | |
| SCHNELLIGKEIT | Laufen (in Sek.) | 30 m | | | | | | 50 m | | | | | | 100 m | | | | | |
| | | 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 |
| | 25 m Schwimmen (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 |
| | 200 m Radfahren (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 |
| | Geräturnen | Sprung | | | Boden | | | Sprung | | | Sprung | | | Sprung | | | Sprung | | |
| KOORDINATION | 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 |
| | Weitsprung (in m) | Zonenweitsprung | | | | | | Weitsprung | | | | | | | | | | | |
| | Zonenweitsprung (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 |
| | Drehwurf (in Punkten) | Drehwurf | | | | | | Schleuderball | | | | | | | | | | | |
| | Schleuderball (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 |
| | Seilspringen | Grundsprung vorwärts mit oder ohne Zwischensprung ODER Galoppschritt | | | | | | Grundsprung vorwärts ohne Zwischensprung | | | Grundsprung rückwärts ohne Zwischensprung | | | Kreuzdurchschlag ohne Zwischensprung | | | | | |
| | | 10 | 15 | 25 | 10 | 15 | 25 | 20 | 30 | 40 | 10 | 15 | 25 | 10 | 15 | 20 | 10 | 15 | 20 |
| Geräturnen | Schwebebalken | | | Reck | | | Ringe | | | Boden | | | Boden | | | Boden | | | |