



Kraftausdauerstest (KAT)
test d'endurance-force (TEF)
test di forza resistenza (TFR)

[Runden]
[tours]
[giro]

Männer hommes uomini	Punkte points punti	Alter age età							Qualifikation 1-5 qualification 1-5 qualifica 1-5	Wertung 1-10 barème sur 10 valutazione 1-10
		-30	31-35	36-40	41-45	46-50	51-55	56+		
hervorragend excellent eccellente	25	>12.5	>11.5	>11.5	>11.5	>11.5	>10.5	>10.5	5.0	10.0
	24	12.5	11.5	11.5	11.5	11.5	10.5	10.5	4.9	9.8
	23	12.0	11.0	11.0	11.0	11.0	10.0	10.0	4.8	9.6
	22	11.5	10.5	10.5	10.5	10.5	9.5	9.5	4.7	9.4
	21	11.0	10.0	10.0	10.0	10.0	9.0	9.0	4.6	9.2
	20	10.5	9.5	9.5	9.5	9.5	8.5	8.5	4.5	9.0
sehr gut très bon ottimo	19	10.0	9.0	9.0	9.0	9.0	8.0	8.0	4.4	8.6
	18	9.5	8.5	8.5	8.5	8.5	7.5	7.5	4.3	8.3
	17	9.0	8.0	8.0	8.0	8.0	7.0	7.0	4.2	8.0
	16	8.5	7.5	7.5	7.5	7.5	6.5	6.5	4.0	7.7
gut bon buono	15	8.0	7.0	7.0	7.0	7.0	6.0	6.0	3.6	7.4
	14	7.5	6.5	6.5	6.5	6.5	5.5	5.5	3.3	7.1
	13	7.0	6.0	6.0	6.0	6.0	5.0	5.0	3.0	6.8
genügend suffisant sufficiente	12	6.5	5.5	5.5	5.5	5.5	4.5	4.5	2.9	6.5
	11	6.0	5.0	5.0	5.0	5.0	4.0	4.0	2.8	6.2
	10	5.5	4.5	4.5	4.5	4.5	3.5	3.5	2.6	5.9
	9	5.0	4.0	4.0	4.0	4.0	3.0	3.0	2.4	5.6
	8	4.5	3.5	3.5	3.5	3.5	2.5	2.5	2.2	5.3
	7	4.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	5.0
ungenügend insuffisant insufficiente	6	3.5	2.5	2.5	2.5	2.5	1.5	1.5	1.8	4.0
	5	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.6	3.0
	4	2.5	1.5	1.5	1.5	1.5	0.5	0.5	1.4	2.5
	3	2.0	1.0	1.0	1.0	1.0	-	-	1.2	2.0
	2	1	1	1	1	1	-	-	1.1	1.5
	1	0.5	0.5	0.5	0.5	0.5	-	-	1.0	1.0

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Frauen femmes donna	Punkte points punti	Alter age età							Qualifikation 1-5 qualification 1-5 qualifica 1-5	Wertung 1-10 barème sur 10 valutazione 1-10
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	23	12.0	11.0	11.0	11.0	11.0	10.0	10.0	4.8	9.6
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	20	10.5	9.5	9.5	9.5	9.5	8.5	8.5	4.5	9.0
sehr gut très bon ottimo	19	10.0	9.0	9.0	9.0	9.0	8.0	8.0	4.4	8.6
	18	9.5	8.5	8.5	8.5	8.5	7.5	7.5	4.3	8.3
	17	9.0	8.0	8.0	8.0	8.0	7.0	7.0	4.2	8.0
	16	8.5	7.5	7.5	7.5	7.5	6.5	6.5	4.0	7.7
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	5	3.0	2.0	2.0	2.0	2.0	1.0	1.0	1.6	3.0
	4	2.5	1.5	1.5	1.5	1.5	0.5	0.5	1.4	2.5
	3	2.0	1.0	1.0	1.0	1.0	-	-	1.2	2.0
	2	1	1	1	1	1	-	-	1.1	1.5
	1	0.5	0.5	0.5	0.5	0.5	-	-	1.0	1.0