



Progressiver Ausdauerlauf (20 m Pendellauf) [min:s]
course d'endurance progressive (navette sur 20 m)
corsa progressiva di resistenza (a pendolo su una distanza di 20 m)

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	15:30	14:43	13:56	13:09	12:23	11:37	10:51	5.0	10.0
	24	14:44	14:07	13:31	12:42	11:52	11:03	10:13	4.9	9.8
	23	13:56	13:31	13:07	12:13	11:20	10:27	09:33	4.8	9.6
	22	13:31	12:53	12:15	11:32	10:50	10:08	09:26	4.7	9.4
	21	13:07	12:27	11:48	11:09	10:29	09:50	09:10	4.6	9.2
	20	12:15	11:48	11:22	10:38	09:54	09:11	08:27	4.5	9.0
sehr gut très bon ottimo	19	11:48	11:21	10:54	10:13	09:32	08:51	08:10	4.4	8.6
	18	11:22	10:54	10:27	09:48	09:10	08:31	07:53	4.3	8.3
	17	10:54	10:26	09:58	09:22	08:46	08:10	07:35	4.2	8.0
	16	10:27	09:58	09:29	08:56	08:23	07:50	07:17	4.0	7.7
gut bon buono	15	09:58	09:28	08:59	08:28	07:58	07:28	06:58	3.6	7.4
	14	09:29	08:59	08:29	08:01	07:34	07:06	06:39	3.3	7.1
	13	08:59	08:28	07:58	07:33	07:08	06:44	06:19	3.0	6.8
genügend suffisant sufficiente	12	08:29	07:58	07:27	07:05	06:43	06:21	06:00	2.9	6.5
	11	07:58	07:26	06:54	06:35	06:17	05:58	05:40	2.8	6.2
	10	07:27	06:54	06:21	06:05	05:50	05:35	05:20	2.6	5.9
	9	06:21	05:46	05:12	05:03	04:54	04:45	04:37	2.4	5.6
	8	05:46	05:11	04:36	04:30	04:25	04:19	04:14	2.2	5.3
	7	05:12	04:36	04:00	03:58	03:56	03:54	03:52	2.0	5.0
ungenügend insuffisant insufficiente	6	04:00	03:41	03:22	03:15	03:07	03:00	02:52	1.8	4.0
	5	03:22	03:03	02:45	02:40	02:36	02:31	02:27	1.6	3.0
	4	02:45	02:25	02:05	02:04	02:04	02:03	02:03	1.4	2.5
	3	02:05	01:51	01:38	01:37	01:35	01:33	01:32	1.2	2.0
	2	01:25	01:18	01:12	01:09	01:06	01:03	01:00	1.1	1.5
	1	01:00	01:00	01:00	00:55	00:50	00:45	00:40	1.0	1.0

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[min:s]

Frauen femmes donne	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	13:56	13:14	12:32	11:50	11:09	10:27	09:46	5.0	10.0
	24	13:31	12:50	12:10	11:25	10:41	09:56	09:12	4.9	9.8
	23	13:07	12:27	11:48	11:00	10:12	09:24	08:36	4.8	9.6
	22	12:15	11:38	11:01	10:23	09:45	09:07	08:29	4.7	9.4
	21	11:48	11:13	10:37	10:02	09:26	08:51	08:15	4.6	9.2
	20	11:22	10:47	10:13	09:34	08:55	08:16	07:36	4.5	9.0
sehr gut très bon ottimo	19	10:54	10:21	09:49	09:12	08:35	07:58	07:21	4.4	8.6
	18	10:27	09:55	09:24	08:49	08:15	07:40	07:05	4.3	8.3
	17	09:58	09:28	08:58	08:26	07:53	07:21	06:49	4.2	8.0
	16	09:29	09:00	08:32	08:02	07:32	07:03	06:33	4.0	7.7
gut bon buono	15	08:59	08:32	08:05	07:37	07:10	06:43	06:16	3.6	7.4
	14	08:29	08:03	07:38	07:13	06:48	06:24	05:59	3.3	7.1
	13	07:58	07:34	07:10	06:48	06:25	06:03	05:41	3.0	6.8
genügend suffisant sufficiente	12	07:27	07:04	06:42	06:22	06:03	05:43	05:24	2.9	6.5
	11	06:54	06:33	06:12	05:55	05:39	05:22	05:06	2.8	6.2
	10	06:21	06:01	05:42	05:29	05:15	05:01	04:48	2.6	5.9
	9	05:12	04:56	04:40	04:32	04:25	04:17	04:09	2.4	5.6
	8	04:36	04:22	04:08	04:03	03:58	03:53	03:49	2.2	5.3
	7	04:00	03:48	03:36	03:34	03:32	03:30	03:28	2.0	5.0
ungenügend insuffisant insufficiente	6	03:22	03:12	03:02	02:55	02:48	02:42	02:35	1.8	4.0
	5	02:45	02:36	02:28	02:24	02:20	02:16	02:12	1.6	3.0
	4	02:05	01:58	01:52	01:52	01:51	01:51	01:51	1.4	2.5
	3	01:25	01:22	01:20	01:18	01:16	01:14	01:12	1.2	2.0
	2	01:12	01:08	01:05	01:02	01:00	00:57	00:54	1.1	1.5
	1	01:00	00:57	00:54	00:49	00:45	00:40	00:36	1.0	1.0