

**Feldversuche für 2020 – Frauen**

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| **Frauen** | **Alter** | **80/81** | | |  |  |  |  |  |  |  |
|  | Übung | **Bronze** | **Silber** | **Gold** | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Ausdauer** | 3.000m | 29:00 | 26:00 | 23:00 |  |  |  |  |  |  |  |
| 10km | 117:40 | 105:40 | 93:40 |  |  |  |  |  |  |  |
| 7,5km NW | 94:30 | 82:50 | 75:30 |  |  |  |  |  |  |  |
| 200m Schwimmen | 10:20 | 8:25 | 6:40 |  |  |  |  |  |  |  |
| 20km Rad | 82:30 | 72:00 | 64:00 |  |  |  |  |  |  |  |
| **Kraft** | Kugelstoßen (2kg) | 4,15 | 5,15 | 6,15 |  |  |  |  |  |  |  |
| Steinstoßen (3 kg) | 8,30 | 9,05 | 9,80 |  |  |  |  |  |  |  |
| Standweitsprung | 0,90 | 1,10 | 1,30 |  |  |  |  |  |  |  |
| **Schnellig- keit** | Laufen (50m) | 13,4 | 12,2 | 11,0 |  |  |  |  |  |  |  |
| 25m Schwimmen | 61,5 | 50,5 | 38,5 |  |  |  |  |  |  |  |
| 200m Rad | 39,5 | 33,5 | 28,0 |  |  |  |  |  |  |  |
| **Koordina- tion** | Hochsprung | 0,65 | 0,75 | 0,85 |  |  |  |  |  |  |  |
| Weitsprung | 1,70 | 2,10 | 2,50 |  |  |  |  |  |  |  |
| Schleuderball | 11,50 | 15,00 | 18,00 |  |  |  |  |  |  |  |
| Seilspringen | 6 | 10 | 12 |  |  |  |  |  |  |  |
| **Frauen** | **Alter** | **82/83** | | |  |  |  |  |  |  |  |
|  | Übung | **Bronze** | **Silber** | **Gold** | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Ausdauer** | 3.000m | 29:20 | 26:20 | 23:20 |  |  |  |  |  |  |  |
| 10km | 120:00 | 108:00 | 96:00 |  |  |  |  |  |  |  |
| 7,5km NW | 96:30 | 84:10 | 76:30 |  |  |  |  |  |  |  |
| 200m Schwimmen | 10:20 | 8:25 | 6:40 |  |  |  |  |  |  |  |
| 20km Rad | 83:30 | 73:50 | 64:50 |  |  |  |  |  |  |  |
| **Kraft** | Kugelstoßen (2kg) | 4,15 | 5,15 | 6,00 |  |  |  |  |  |  |  |
| Steinstoßen (3 kg) | 8,00 | 8,75 | 9,50 |  |  |  |  |  |  |  |
| Standweitsprung | 0,90 | 1,10 | 1,30 |  |  |  |  |  |  |  |
| **Schnellig- keit** | Laufen (50m) | 13,6 | 12,4 | 11,1 |  |  |  |  |  |  |  |
| 25m Schwimmen | 62,5 | 51,0 | 39,0 |  |  |  |  |  |  |  |
| 200m Rad | 40,0 | 34,0 | 28,0 |  |  |  |  |  |  |  |
| **Koordina- tion** | Hochsprung | 0,65 | 0,75 | 0,85 |  |  |  |  |  |  |  |
| Weitsprung | 1,65 | 2,05 | 2,45 |  |  |  |  |  |  |  |
| Schleuderball | 11,50 | 15,00 | 18,00 |  |  |  |  |  |  |  |
| Seilspringen | 6 | 10 | 12 |  |  |  |  |  |  |  |

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| **Frauen** | **Alter** | **84/85** | | |  |  |  |  |  |  |  |
|  | Übung | **Bronze** | **Silber** | **Gold** | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Ausdauer** | 3.000m | 29:40 | 26:40 | 23:40 |  |  |  |  |  |  |  |
| 10km | 122:20 | 110:20 | 98:20 |  |  |  |  |  |  |  |
| 7,5km NW | 98:30 | 85:30 | 77:30 |  |  |  |  |  |  |  |
| 200m Schwimmen | 10:25 | 8:30 | 6:45 |  |  |  |  |  |  |  |
| 20km Rad | 84:30 | 75:00 | 65:30 |  |  |  |  |  |  |  |
| **Kraft** | Kugelstoßen (2kg) | 4,00 | 5,00 | 5,75 |  |  |  |  |  |  |  |
| Steinstoßen (3 kg) | 7,70 | 8,45 | 9,20 |  |  |  |  |  |  |  |
| Standweitsprung | 0,90 | 1,10 | 1,30 |  |  |  |  |  |  |  |
| **Schnellig- keit** | Laufen (50m) | 13,7 | 12,5 | 11,2 |  |  |  |  |  |  |  |
| 25m Schwimmen | 63,5 | 52,0 | 40,0 |  |  |  |  |  |  |  |
| 200m Rad | 40,5 | 34,5 | 28,5 |  |  |  |  |  |  |  |
| **Koordina- tion** | Hochsprung | 0,65 | 0,75 | 0,85 |  |  |  |  |  |  |  |
| Weitsprung | 1,60 | 2,00 | 2,40 |  |  |  |  |  |  |  |
| Schleuderball | 11,00 | 14,50 | 17,50 |  |  |  |  |  |  |  |
| Seilspringen | 6 | 10 | 12 |  |  |  |  |  |  |  |

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| **Frauen** | **Alter** | **86/87** | | |  |  |  |  |  |  |  |
|  | Übung | **Bronze** | **Silber** | **Gold** | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Ausdauer** | 3.000m | 30:20 | 27:20 | 24:20 |  |  |  |  |  |  |  |
| 10km | 125:50 | 113:50 | 101:50 |  |  |  |  |  |  |  |
| 7,5km NW | 101:10 | 87:50 | 79:50 |  |  |  |  |  |  |  |
| 200m Schwimmen | 10:30 | 8:40 | 6:55 |  |  |  |  |  |  |  |
| 20km Rad | 87:00 | 77:50 | 68:00 |  |  |  |  |  |  |  |
| **Kraft** | Kugelstoßen (2kg) | 4,00 | 4,75 | 5,75 |  |  |  |  |  |  |  |
| Steinstoßen (3 kg) | 7,40 | 8,15 | 8,90 |  |  |  |  |  |  |  |
| Standweitsprung | 0,85 | 1,05 | 1,25 |  |  |  |  |  |  |  |
| **Schnellig- keit** | Laufen (50m) | 13,8 | 12,6 | 11,3 |  |  |  |  |  |  |  |
| 25m Schwimmen | 64,5 | 52,5 | 40,5 |  |  |  |  |  |  |  |
| 200m Rad | 41,0 | 35,0 | 29,0 |  |  |  |  |  |  |  |
| **Koordina- tion** | Hochsprung | 0,60 | 0,70 | 0,80 |  |  |  |  |  |  |  |
| Weitsprung | 1,45 | 1,85 | 2,25 |  |  |  |  |  |  |  |
| Schleuderball | 10,00 | 13,50 | 16,50 |  |  |  |  |  |  |  |
| Seilspringen | 6 | 10 | 12 |  |  |  |  |  |  |  |

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| **Frauen** | **Alter** | **88/89** | | |  |  |  |  |  |  |  |
|  | Übung | **Bronze** | **Silber** | **Gold** | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Ausdauer** | 3.000m | 31:00 | 28:00 | 25:00 |  |  |  |  |  |  |  |
| 10km | 129:10 | 117:10 | 105:10 |  |  |  |  |  |  |  |
| 7,5km NW | 104:00 | 90:20 | 82:00 |  |  |  |  |  |  |  |
| 200m Schwimmen | 10:35 | 8:45 | 7:05 |  |  |  |  |  |  |  |
| 20km Rad | 89:30 | 80:00 | 70:30 |  |  |  |  |  |  |  |
| **Kraft** | Kugelstoßen (2kg) | 3,75 | 4,50 | 5,50 |  |  |  |  |  |  |  |
| Steinstoßen (3 kg) | 7,10 | 7,85 | 8,60 |  |  |  |  |  |  |  |
| Standweitsprung | 0,85 | 1,05 | 1,25 |  |  |  |  |  |  |  |
| **Schnellig- keit** | Laufen (50m) | 13,9 | 12,7 | 11,4 |  |  |  |  |  |  |  |
| 25m Schwimmen | 65,5 | 53,5 | 41,5 |  |  |  |  |  |  |  |
| 200m Rad | 42,0 | 36,0 | 30,0 |  |  |  |  |  |  |  |
| **Koordina- tion** | Hochsprung | 0,60 | 0,70 | 0,80 |  |  |  |  |  |  |  |
| Weitsprung | 1,30 | 1,70 | 2,10 |  |  |  |  |  |  |  |
| Schleuderball | 9,50 | 13,00 | 16,00 |  |  |  |  |  |  |  |
| Seilspringen | 6 | 10 | 12 |  |  |  |  |  |  |  |

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| **Frauen** | **Alter** | **90/91** | | |  |  |  |  |  |  |  |
|  | Übung | **Bronze** | **Silber** | **Gold** | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Ausdauer** | 3.000m | 31:30 | 28:30 | 25:30 |  |  |  |  |  |  |  |
| 10km | 131:30 | 119:30 | 107:30 |  |  |  |  |  |  |  |
| 7,5km NW | 106:00 | 92:10 | 83:40 |  |  |  |  |  |  |  |
| 200m Schwimmen | 10:40 | 8:50 | 7:10 |  |  |  |  |  |  |  |
| 20km Rad | 90:30 | 81:00 | 71:30 |  |  |  |  |  |  |  |
| **Kraft** | Kugelstoßen (2kg) | 3,75 | 4,50 | 5,25 |  |  |  |  |  |  |  |
| Steinstoßen (3 kg) | 6,70 | 7,45 | 8,20 |  |  |  |  |  |  |  |
| Standweitsprung | 0,85 | 1,05 | 1,25 |  |  |  |  |  |  |  |
| **Schnellig- keit** | Laufen (50m) | 14,1 | 12,9 | 11,6 |  |  |  |  |  |  |  |
| 25m Schwimmen | 66,0 | 54,0 | 42,0 |  |  |  |  |  |  |  |
| 200m Rad | 42,5 | 36,5 | 30,5 |  |  |  |  |  |  |  |
| **Koordina- tion** | Hochsprung | 0,60 | 0,70 | 0,80 |  |  |  |  |  |  |  |
| Weitsprung | 1,25 | 1,65 | 2,05 |  |  |  |  |  |  |  |
| Schleuderball | 8,50 | 12,00 | 15,00 |  |  |  |  |  |  |  |
| Seilspringen | 4 | 6 | 8 |  |  |  |  |  |  |  |

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| **Frauen** | **Alter** | **92/93** | | |  |  |  |  |  |  |  |
|  | Übung | **Bronze** | **Silber** | **Gold** | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Ausdauer** | 3.000m | 32:00 | 29:00 | 26:00 |  |  |  |  |  |  |  |
| 10km | 13:00 | 122:00 | 110:00 |  |  |  |  |  |  |  |
| 7,5km NW | 108:10 | 94:00 | 85:20 |  |  |  |  |  |  |  |
| 200m Schwimmen | 10:40 | 8:50 | 7:10 |  |  |  |  |  |  |  |
| 20km Rad | 91:30 | 82:00 | 72:30 |  |  |  |  |  |  |  |
| **Kraft** | Kugelstoßen (2kg) | 3,50 | 4,30 | 5,15 |  |  |  |  |  |  |  |
| Steinstoßen (3 kg) | 6,30 | 7,05 | 7,80 |  |  |  |  |  |  |  |
| Standweitsprung | 0,85 | 1,05 | 1,25 |  |  |  |  |  |  |  |
| **Schnellig- keit** | Laufen (50m) | 14,3 | 13,1 | 11,8 |  |  |  |  |  |  |  |
| 25m Schwimmen | 66,0 | 54,0 | 42,0 |  |  |  |  |  |  |  |
| 200m Rad | 43,5 | 37,0 | 31,0 |  |  |  |  |  |  |  |
| **Koordina- tion** | Hochsprung | 0,55 | 0,65 | 0,75 |  |  |  |  |  |  |  |
| Weitsprung | 1,20 | 1,60 | 2,00 |  |  |  |  |  |  |  |
| Schleuderball | 8,00 | 11,50 | 14,50 |  |  |  |  |  |  |  |
| Seilspringen | 4 | 6 | 8 |  |  |  |  |  |  |  |

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| **Frauen** | **Alter** | **94/95** | | |  |  |  |  |  |  |  |
|  | Übung | **Bronze** | **Silber** | **Gold** | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Ausdauer** | 3.000m | 32:30 | 29:30 | 26:30 |  |  |  |  |  |  |  |
| 10km | 136:30 | 124:30 | 112:30 |  |  |  |  |  |  |  |
| 7,5km NW | 110:20 | 96:00 | 87:00 |  |  |  |  |  |  |  |
| 200m Schwimmen | 10:45 | 8:55 | 7:15 |  |  |  |  |  |  |  |
| 20km Rad | 92:30 | 83:00 | 73:30 |  |  |  |  |  |  |  |
| **Kraft** | Kugelstoßen (2kg) | 3,20 | 4,20 | 5,00 |  |  |  |  |  |  |  |
| Steinstoßen (3 kg) | 5,90 | 6,65 | 7,40 |  |  |  |  |  |  |  |
| Standweitsprung | 0,80 | 1,00 | 1,20 |  |  |  |  |  |  |  |
| **Schnellig- keit** | Laufen (50m) | 14,5 | 13,3 | 12,0 |  |  |  |  |  |  |  |
| 25m Schwimmen | 66,5 | 54,5 | 42,5 |  |  |  |  |  |  |  |
| 200m Rad | 44,5 | 38,0 | 31,5 |  |  |  |  |  |  |  |
| **Koordina- tion** | Hochsprung | 0,55 | 0,65 | 0,70 |  |  |  |  |  |  |  |
| Weitsprung | 1,10 | 1,50 | 1,90 |  |  |  |  |  |  |  |
| Schleuderball | 7,50 | 11,00 | 14,00 |  |  |  |  |  |  |  |
| Seilspringen | 4 | 6 | 8 |  |  |  |  |  |  |  |

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| **Frauen** | **Alter** | **96/97** | | |  |  |  |  |  |  |  |
|  | Übung | **Bronze** | **Silber** | **Gold** | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Ausdauer** | 3.000m | 33:00 | 30:00 | 27:00 |  |  |  |  |  |  |  |
| 10km | 138:50 | 126:50 | 114:50 |  |  |  |  |  |  |  |
| 7,5km NW | 112:00 | 98:00 | 88:40 |  |  |  |  |  |  |  |
| 200m Schwimmen | 10:50 | 8:50 | 7:15 |  |  |  |  |  |  |  |
| 20km Rad | 93:30 | 84:00 | 74:30 |  |  |  |  |  |  |  |
| **Kraft** | Kugelstoßen (2kg) | 3,10 | 4,10 | 4,80 |  |  |  |  |  |  |  |
| Steinstoßen (3 kg) | 5,40 | 6,15 | 6,90 |  |  |  |  |  |  |  |
| Standweitsprung | 0,75 | 0,95 | 1,15 |  |  |  |  |  |  |  |
| **Schnellig- keit** | Laufen (50m) | 14,7 | 13,5 | 12,2 |  |  |  |  |  |  |  |
| 25m Schwimmen | 67,0 | 55,0 | 43,0 |  |  |  |  |  |  |  |
| 200m Rad | 45,0 | 38,5 | 32,0 |  |  |  |  |  |  |  |
| **Koordina- tion** | Hochsprung | 0,55 | 0,60 | 0,65 |  |  |  |  |  |  |  |
| Weitsprung | 1,05 | 1,45 | 1,85 |  |  |  |  |  |  |  |
| Schleuderball | 7,00 | 10,50 | 13,50 |  |  |  |  |  |  |  |
| Seilspringen | 4 | 6 | 8 |  |  |  |  |  |  |  |

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| **Frauen** | **Alter** | **98/99** | | |  |  |  |  |  |  |  |
|  | Übung | **Bronze** | **Silber** | **Gold** | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Ausdauer** | 3.000m | 33:30 | 30:30 | 27:30 |  |  |  |  |  |  |  |
| 10km | 141:10 | 129:10 | 117:10 |  |  |  |  |  |  |  |
| 7,5km NW | 114:00 | 100:00 | 90:00 |  |  |  |  |  |  |  |
| 200m Schwimmen | 10:50 | 8:55 | 7:20 |  |  |  |  |  |  |  |
| 20km Rad | 94:30 | 85:00 | 75:30 |  |  |  |  |  |  |  |
| **Kraft** | Kugelstoßen (2kg) | 3,0 | 4,00 | 4,60 |  |  |  |  |  |  |  |
| Steinstoßen (3 kg) | 4,90 | 5,65 | 6,40 |  |  |  |  |  |  |  |
| Standweitsprung | 0,75 | 0,95 | 1,15 |  |  |  |  |  |  |  |
| **Schnellig- keit** | Laufen (50m) | 14,9 | 13,7 | 12,4 |  |  |  |  |  |  |  |
| 25m Schwimmen | 67,5 | 55,5 | 43,5 |  |  |  |  |  |  |  |
| 200m Rad | 45,5 | 39,0 | 32,5 |  |  |  |  |  |  |  |
| **Koordina- tion** | Hochsprung | 0,55 | 0,60 | 0,65 |  |  |  |  |  |  |  |
| Weitsprung | 1,00 | 1,40 | 1,80 |  |  |  |  |  |  |  |
| Schleuderball | 6,50 | 10,00 | 13,00 |  |  |  |  |  |  |  |
| Seilspringen | 4 | 6 | 8 |  |  |  |  |  |  |  |

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| **Frauen** | **Alter** | **Ab 100** | | |  |  |  |  |  |  |  |
|  | Übung | **Bronze** | **Silber** | **Gold** | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Ausdauer** | 3.000m | 34:00 | 31:00 | 28:00 |  |  |  |  |  |  |  |
| 10km | 143:30 | 131:30 | 119:30 |  |  |  |  |  |  |  |
| 7,5km NW | 116:00 | 102:00 | 92:00 |  |  |  |  |  |  |  |
| 200m Schwimmen | 11:00 | 9:00 | 7:50 |  |  |  |  |  |  |  |
| 20km Rad | 95:30 | 86:00 | 76:30 |  |  |  |  |  |  |  |
| **Kraft** | Kugelstoßen (2kg) | 2,90 | 3,90 | 4,50 |  |  |  |  |  |  |  |
| Steinstoßen (3 kg) | 4,40 | 5,15 | 5,90 |  |  |  |  |  |  |  |
| Standweitsprung | 0,70 | 0,90 | 1,10 |  |  |  |  |  |  |  |
| **Schnellig- keit** | Laufen (50m) | 15,2 | 14,0 | 12,7 |  |  |  |  |  |  |  |
| 25m Schwimmen | 68,0 | 56,0 | 44,0 |  |  |  |  |  |  |  |
| 200m Rad | 46,0 | 39,5 | 33,0 |  |  |  |  |  |  |  |
| **Koordina- tion** | Hochsprung | 0,50 | 0,55 | 0,60 |  |  |  |  |  |  |  |
| Weitsprung | 0,95 | 1,35 | 1,75 |  |  |  |  |  |  |  |
| Schleuderball | 6,00 | 9,50 | 12,50 |  |  |  |  |  |  |  |
| Seilspringen | 4 | 6 | 8 |  |  |  |  |  |  |  |