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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Frauen** | **Alter** | Wert | Wert | Wert | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Medizinball** | 18/19 |  |  |  |  |  |  |  |  |  |  |
| 20/24 |  |  |  |  |  |  |  |  |  |  |
| 25/29 |  |  |  |  |  |  |  |  |  |  |
| 30/34 |  |  |  |  |  |  |  |  |  |  |
| 35/39 |  |  |  |  |  |  |  |  |  |  |
| 40/44 |  |  |  |  |  |  |  |  |  |  |
| 45/49 |  |  |  |  |  |  |  |  |  |  |
| 50/54 |  |  |  |  |  |  |  |  |  |  |
| 55/59 |  |  |  |  |  |  |  |  |  |  |
| 60/64 |  |  |  |  |  |  |  |  |  |  |
| 65/69 |  |  |  |  |  |  |  |  |  |  |
| 70/74 |  |  |  |  |  |  |  |  |  |  |
| 75/79 |  |  |  |  |  |  |  |  |  |  |
| 80/81 |  |  |  |  |  |  |  |  |  |  |
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| 86/87 |  |  |  |  |  |  |  |  |  |  |
| 88/89 |  |  |  |  |  |  |  |  |  |  |
| 90/91 |  |  |  |  |  |  |  |  |  |  |
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| 98/99 |  |  |  |  |  |  |  |  |  |  |
| 100+ |  |  |  |  |  |  |  |  |  |  |

**Medizinballwurf**

**Der Wurf erfolgt aus dem Stand, OHNE Anlauf oder Drehung.  
Der Abwurf muss mit beiden Händen erfolgen (über Kopf oder seitlich, ein Rückwärtswurf ist NICHT erlaubt!)**

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| **Männer** | **Alter** | Wert | Wert | Wert | Wert | Wert | Wert | Wert | Wert | Wert | Wert |
| **Medizinball** | 18/19 |  |  |  |  |  |  |  |  |  |  |
| 20/24 |  |  |  |  |  |  |  |  |  |  |
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