

Sekunden		100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%	5%	0%	
250m		Soll	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Herren	Elite	47.0	47.0	48.0	49.0	50.0	51.0	52.0	53.0	54.0	55.0	56.0	57.0	58.0	59.0	60.0	61.0	62.0	63.0	64.0	65.0	66.0	67.0
	2. Junioren	49.0	49.0	50.0	51.0	52.0	53.0	54.0	55.0	56.0	57.0	58.0	59.0	60.0	61.0	62.0	63.0	64.0	65.0	66.0	67.0	68.0	69.0
	1. Junioren	52.0	52.0	53.0	54.0	55.0	56.0	57.0	58.0	59.0	60.0	61.0	62.0	63.0	64.0	65.0	66.0	67.0	68.0	69.0	70.0	71.0	72.0
	2. Jugend	54.0	54.0	56.0	58.0	60.0	62.0	64.0	66.0	68.0	70.0	72.0	74.0	76.0	78.0	80.0	82.0	84.0	86.0	88.0	90.0	92.0	94.0
	1. Jugend	57.0	57.0	59.0	61.0	63.0	65.0	67.0	69.0	71.0	73.0	75.0	77.0	79.0	81.0	83.0	85.0	87.0	89.0	91.0	93.0	95.0	97.0
	2. Schüler	61.0	61.0	63.0	65.0	67.0	69.0	71.0	73.0	75.0	77.0	79.0	81.0	83.0	85.0	87.0	89.0	91.0	93.0	95.0	97.0	99.0	101.0
	1. Schüler	67.0	67.0	69.0	71.0	73.0	75.0	77.0	79.0	81.0	83.0	85.0	87.0	89.0	91.0	93.0	95.0	97.0	99.0	101.0	103.0	105.0	107.0
	2. Benjamin	75.0	75.0	77.0	79.0	81.0	83.0	85.0	87.0	89.0	91.0	93.0	95.0	97.0	99.0	101.0	103.0	105.0	107.0	109.0	111.0	113.0	115.0
Damen	Elite	55.0	55.0	56.0	57.0	58.0	59.0	60.0	61.0	62.0	63.0	64.0	65.0	66.0	67.0	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0
	2. Junioren	57.0	57.0	58.0	59.0	60.0	61.0	62.0	63.0	64.0	65.0	66.0	67.0	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0
	1. Junioren	59.0	59.0	60.0	61.0	62.0	63.0	64.0	65.0	66.0	67.0	68.0	69.0	70.0	71.0	72.0	73.0	74.0	75.0	76.0	77.0	78.0	79.0
	2. Jugend	62.0	62.0	64.0	66.0	68.0	70.0	72.0	74.0	76.0	78.0	80.0	82.0	84.0	86.0	88.0	90.0	92.0	94.0	96.0	98.0	100.0	102.0
	1. Jugend	65.0	65.0	67.0	69.0	71.0	73.0	75.0	77.0	79.0	81.0	83.0	85.0	87.0	89.0	91.0	93.0	95.0	97.0	99.0	101.0	103.0	105.0
	2. Schüler	69.0	69.0	71.0	73.0	75.0	77.0	79.0	81.0	83.0	85.0	87.0	89.0	91.0	93.0	95.0	97.0	99.0	101.0	103.0	105.0	107.0	109.0
	1. Schüler	72.0	72.0	74.0	76.0	78.0	80.0	82.0	84.0	86.0	88.0	90.0	92.0	94.0	96.0	98.0	100.0	102.0	104.0	106.0	108.0	110.0	112.0
	2. Benjamin	78.0	78.0	80.0	82.0	84.0	86.0	88.0	90.0	92.0	94.0	96.0	98.0	100.0	102.0	104.0	106.0	108.0	110.0	112.0	114.0	116.0	118.0

mm:ss		100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%	5%	0%	
500m		Soll	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Herren	Elite	01:40	01:40	01:41	01:42	01:43	01:44	01:45	01:46	01:47	01:48	01:49	01:50	01:51	01:52	01:53	01:54	01:55	01:56	01:57	01:58	01:59	02:00
	2. Junioren	01:45	01:45	01:46	01:47	01:48	01:49	01:50	01:51	01:52	01:53	01:54	01:55	01:56	01:57	01:58	01:59	02:00	02:01	02:02	02:03	02:04	02:05
	1. Junioren	01:49	01:49	01:50	01:51	01:52	01:53	01:54	01:55	01:56	01:57	01:58	01:59	02:00	02:01	02:02	02:03	02:04	02:05	02:06	02:07	02:08	02:09
	2. Jugend	01:51	01:51	01:54	01:57	02:00	02:03	02:06	02:09	02:12	02:15	02:18	02:21	02:24	02:27	02:30	02:33	02:36	02:39	02:42	02:45	02:48	02:51
	1. Jugend	01:53	01:53	01:56	01:59	02:02	02:05	02:08	02:11	02:14	02:17	02:20	02:23	02:26	02:29	02:32	02:35	02:38	02:41	02:44	02:47	02:50	02:53
	2. Schüler	02:05	02:05	02:10	02:15	02:20	02:25	02:30	02:35	02:40	02:45	02:50	03:00	03:05	03:10	03:15	03:20	03:25	03:30	03:35	03:40	03:45	03:50
	1. Schüler	02:20	02:20	02:25	02:30	02:35	02:40	02:45	02:50	02:55	03:00	03:05	03:10	03:15	03:20	03:25	03:30	03:35	03:40	03:45	03:50	03:55	04:00
	2. Benjamin	02:40	02:40	02:46	02:52	02:58	03:04	03:10	03:16	03:22	03:28	03:34	03:40	03:46	03:52	03:58	04:04	04:10	04:16	04:22	04:28	04:34	04:40
Damen	Elite	01:55	01:55	01:56	01:57	01:58	01:59	02:00	02:01	02:02	02:03	02:04	02:05	02:06	02:07	02:08	02:09	02:10	02:11	02:12	02:13	02:14	02:15
	2. Junioren	02:00	02:00	02:02	02:04	02:06	02:08	02:10	02:12	02:14	02:16	02:18	02:20	02:22	02:24	02:26	02:28	02:30	02:32	02:34	02:36	02:38	02:40
	1. Junioren	02:06	02:06	02:07	02:08	02:09	02:10	02:11	02:12	02:13	02:14	02:15	02:16	02:17	02:18	02:19	02:20	02:21	02:22	02:23	02:24	02:25	02:26
	2. Jugend	02:07	02:07	02:10	02:13	02:16	02:19	02:22	02:25	02:28	02:31	02:34	02:37	02:40	02:43	02:46	02:49	02:52	02:55	02:58	03:01	03:04	03:07
	1. Jugend	02:09	02:09	02:12	02:15	02:18	02:21	02:24	02:27	02:30	02:33	02:36	02:39	02:42	02:45	02:48	02:51	02:54	02:57	03:00	03:03	03:06	03:09
	2. Schüler	02:20	02:20	02:25	02:30	02:35	02:40	02:45	02:50	02:55	03:00	03:05	03:10	03:15	03:20	03:25	03:30	03:35	03:40	03:45	03:50	03:55	04:00
	1. Schüler	02:30	02:30	02:35	02:40	02:45	02:50	02:55	03:00	03:05	03:10	03:15	03:20	03:25	03:30	03:35	03:40	03:45	03:50	03:55	04:00	04:05	04:10
	2. Benjamin	02:50	02:50	02:56	03:02	03:08	03:14	03:20	03:26	03:32	03:38	03:44	03:50	03:56	04:02	04:08	04:14	04:20	04:26	04:32	04:38	04:44	04:50

mm:ss		100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%	5%	0%	
2000m		Soll	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Herren	Elite	08:30	08:30	08:36	08:42	08:48	08:54	09:00	09:06	09:12	09:18	09:24	09:30	09:36	09:42	09:48	09:54	10:00	10:06	10:12	10:18	10:24	10:30
	2. Junioren	08:58	08:58	09:04	09:10	09:16	09:22	09:28	09:34	09:40	09:46	09:52	09:58	10:04	10:10	10:16	10:22	10:28	10:34	10:40	10:46	10:52	10:58
	1. Junioren	09:13	09:13	09:19	09:25	09:31	09:37	09:43	09:49	09:55	10:01	10:07	10:13	10:19	10:25	10:31	10:37	10:43	10:49	10:55	11:01	11:07	11:13
	2. Jugend	09:35	09:35	09:43	09:51	09:59	10:07	10:15	10:23	10:31	10:39	10:47	10:55	11:03	11:11	11:19	11:27	11:35	11:43	11:51	11:59	12:07	12:15
	1. Jugend	09:55	09:55	10:03	10:11	10:19	10:27	10:35	10:43	10:51	10:59	11:07	11:15	11:23	11:31	11:39	11:47	11:55	12:03	12:11	12:19	12:27	12:35
	2. Schüler	10:40	10:40	10:50	11:00	11:10	11:20	11:30	11:40	11:50	12:00	12:10	12:20	12:30	12:40	12:50	13:00	13:10	13:20	13:30	13:40	13:50	14:00
	1. Schüler	11:30	11:30	11:40	11:50	12:00	12:10	12:20	12:30	12:40	12:50	13:00	13:10	13:20	13:30	13:40	13:50	14:00	14:10	14:20	14:30	14:40	14:50
	2. Benjamin	12:15	12:15	12:25	12:35	12:45	12:55	13:05	13:15	13:25	13:35	13:45	13:55	14:05	14:15	14:25	14:35	14:45	14:55	15:05	15:15	15:25	15:35
Damen	Elite	09:29	09:29	09:35	09:41	09:47	09:53	09:59	10:05	10:11	10:17	10:23	10:29	10:35	10:41	10:47	10:53	10:59	11:05	11:11	11:17	11:23	11:29
	2. Junioren	10:00	10:00	10:06	10:12	10:18	10:24	10:30	10:36	10:42	10:48	10:54	11:00	11:06	11:12	11:18	11:24	11:30	11:36	11:42	11:48	11:54	12:00
	1. Junioren	10:15	10:15	10:21	10:27	10:33	10:39	10:45	10:51	10:57	11:03	11:09	11:15	11:21	11:27	11:33	11:39	11:45	11:51	11:57	12:03	12:09	12:15
	2. Jugend	10:35	10:35	10:43	10:51	10:59	11:07	11:15	11:23	11:31	11:39	11:47	11:55	12:03	12:11	12:19	12:27	12:35	12:43	12:51	12:59	13:07	13:15
	1. Jugend	10:50	10:50	10:58	11:06	11:14	11:22	11:30	11:38	11:46	11:54	12:02	12:10	12:18	12:26	12:34	12:42	12:50	12:58	13:06	13:14	13:22	13:30
	2. Schüler	11:20	11:20	11:30	11:40	11:50	12:00	12:10	12:20	12:30	12:40	12:50	13:00	13:10	13:20	13:30	13:40	13:50	14:00	14:10	14:20	14:30	14:40
	1. Schüler	12:30	12:30	12:40	12:50	13:00	13:10	13:20	13:30	13:40	13:50	14:00	14:10	14:20	14:30	14:40	14:50	15:00	15:10	15:20	15:30	15:40	15:50
	2. Benjamin	13:15	13:15	13:25	13:35	13:45	13:55																

Männer																					
	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Elite																					
Liegestützen 2'	90	87	84	81	78	75	72	69	66	63	60	57	54	51	48	45	42	39	36	33	30
Rumpfbeugen 2'	90	87	84	81	78	75	72	69	66	63	60	57	54	51	48	45	42	39	36	33	30
Klimmzüge 1'	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4
Medball (5kg) Wurf (m)	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0
Planks (ss)	300	290	280	270	260	250	240	230	220	210	200	190	180	170	160	150	140	130	120	110	100
2. Junioren																					
Liegestützen 2'	85	82	79	76	73	70	67	64	61	58	55	52	49	46	43	40	37	34	31	28	25
Rumpfbeugen 2'	85	82	79	76	73	70	67	64	61	58	55	52	49	46	43	40	37	34	31	28	25
Klimmzüge 1'	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2
Medball (5kg) Wurf (m)	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0
Planks (ss)	300	290	280	270	260	250	240	230	220	210	200	190	180	170	160	150	140	130	120	110	100
1. Junioren																					
Liegestützen 2'	65	63	61	59	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27	25
Rumpfbeugen 2'	65	63	61	59	57	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27	25
Klimmzüge 1'	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Medball (5kg) Wurf (m)	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0
Planks (ss)	300	290	280	270	260	250	240	230	220	210	200	190	180	170	160	150	140	130	120	110	100
2. Jugend																					
Liegestützen 2'	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27	25	23	21	19	17	15
Rumpfbeugen 2'	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27	25	23	21	19	17	15
Klimmzüge 1'	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0	0	0	0	0	0
Medball (3kg) Wurf (m)	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0
Planks (ss)	270	261	252	243	234	225	216	207	198	189	180	171	162	153	144	135	126	117	108	99	90
1. Jugend																					
Liegestützen 2'	45	43	41	39	37	35	33	31	29	27	25	23	21	19	17	15	13	11	9	7	5
Rumpfbeugen 2'	45	43	41	39	37	35	33	31	29	27	25	23	21	19	17	15	13	11	9	7	5
Klimmzüge 1'	10	9	8	7	6	5	4	3	2	1	0	0	0	0	0	0	0	0	0	0	0
Medball (3kg) Wurf (m)	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0
Planks (ss)	210	202	194	186	178	170	162	154	146	138	130	122	114	106	98	90	82	74	66	58	50
2. Schüler																					
Liegestützen 2'	35	34	33	32	31	30	28	26	24	22	20	18	16	14	12	10	8	6	4	2	0
Rumpfbeugen 2'	35	34	33	32	31	30	28	26	24	22	20	18	16	14	12	10	8	6	4	2	0
Klimmzüge 1'	10	9	8	7	6	5	4	3	2	1	0	0	0	0	0	0	0	0	0	0	0
Medball (3kg) Wurf (m)	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0
Planks (ss)	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	75	70	65	60	55	50
1. Schüler																					
Liegestützen 2'	35	34	33	32	31	30	28	26	24	22	20	18	16	14	12	10	8	6	4	2	0
Rumpfbeugen 2'	35	34	33	32	31	30	28	26	24	22	20	18	16	14	12	10	8	6	4	2	0
Klimmzüge 1'	5	4	3	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Medball (3kg) Wurf (m)	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0
Planks (ss)	120	116	112	108	104	100	96	92	88	84	80	76	72	68	64	60	56	52	48	44	40
2. Benjamin																					
Liegestützen 2'	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	8	6	4	2	0
Rumpfbeugen 2'	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	8	6	4	2	0
Klimmzüge 1'	3	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Medball (2kg) Wurf (m)	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0
Planks (ss)	120	116	112	108	104	100	96	92	88	84	80	76	72	68	64	60	56	52	48	44	40

Frauen

	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Elite																					
Liegestützen 2'	80	77	74	71	68	65	62	59	56	53	50	47	44	41	38	35	32	29	26	23	20
Rumpfbeugen 2'	80	77	74	71	68	65	62	59	56	53	50	47	44	41	38	35	32	29	26	23	20
Klimmzüge 1'	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1						
Medball (3kg) Wurf (m)	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0
Planks (ss)	240	234	228	222	216	210	204	198	192	186	180	174	168	162	156	150	144	138	132	126	120
2. Junioren																					
Liegestützen 2'	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27	25	23	21	19	17	15
Rumpfbeugen 2'	55	53	51	49	47	45	43	41	39	37	35	33	31	29	27	25	23	21	19	17	15
Klimmzüge 1'	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1						
Medball (3kg) Wurf (m)	10.0	9.5	9.0	8.5	8.0	7.5	7.0	6.5	6.0	5.5	5.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5	1.0	0.5	0.0
Planks (ss)	240	234	228	222	216	210	204	198	192	186	180	174	168	162	156	150	144	138	132	126	120
1. Junioren																					
Liegestützen 2'	50	48	46	44	42	40	38	36	34	32	30	28	26	24	22	20	18	16	14	12	10
Rumpfbeugen 2'	50	48	46	44	42	40	38	36	34	32	30	28	26	24	22	20	18	16	14	12	10
Klimmzüge 1'	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1						
Medball (3kg) Wurf (m)	10.0	9.5	9.0	8.5	8.0	7.5	7.0	6.5	6.0	5.5	5.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5	1.0	0.5	0.0
Planks (ss)	220	214	208	202	196	190	184	178	172	166	160	154	148	142	136	130	124	118	112	106	100
2. Jugend																					
Liegestützen 2'	40	38	36	34	32	30	28	26	24	22	20	18	16	14	12	10	8	6	4	2	0
Rumpfbeugen 2'	40	38	36	34	32	30	28	26	24	22	20	18	16	14	12	10	8	6	4	2	0
Klimmzüge 1'	12	11	10	9	8	7	6	5	4	3	2	1									
Medball (3kg) Wurf (m)	10.0	9.5	9.0	8.5	8.0	7.5	7.0	6.5	6.0	5.5	5.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5	1.0	0.5	0.0
Planks (ss)	200	195.0	190	185.0	180	175.0	170	165.0	160	155.0	150	145.0	140	135.0	130	125.0	120	115.0	110	105.0	100
1. Jugend																					
Liegestützen 2'	35	33	31	29	27	25	23	21	19	17	15	13	11	9	7	5	4	3	2	1	0
Rumpfbeugen 2'	35	33	31	29	27	25	23	21	19	17	15	13	11	9	7	5	4	3	2	1	0
Klimmzüge 1'	10	9	8	7	6	5	4	3	2	1											
Medball (2kg) Wurf (m)	10.0	9.5	9.0	8.5	8.0	7.5	7.0	6.5	6.0	5.5	5.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5	1.0	0.5	0.0
Planks (ss)	160	155.0	150	145.0	140	135.0	130	125.0	120	115.0	110	105.0	100	95.0	90	85.0	80	75.0	70	65.0	60
2. Schüler																					
Liegestützen 2'	30	28	26	24	22	20	18	16	14	12	10	9	8	7	6	5	4	3	2	1	0
Rumpfbeugen 2'	30	28	26	24	22	20	18	16	14	12	10	9	8	7	6	5	4	3	2	1	0
Klimmzüge 1'	8	7	6	5	4	3	2	1													
Medball (2kg) Wurf (m)	10.0	9.0	8.0	7.0	6.0	5.5	5.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5	1.0	0.5					
Planks (ss)	120	116	112	108	104	100	96	92	88	84	80	76	72	68	64	60	56	52	48	44	40
1. Schüler																					
Liegestützen 2'	25	24	23	22	21	20	18	16	14	12	10	8	6	4	2	1					
Rumpfbeugen 2'	25	24	23	22	21	20	18	16	14	12	10	8	6	4	2	1					
Klimmzüge 1'	5	4	3	2	1																
Medball (2kg) Wurf (m)	10.0	9.0	8.0	7.0	6.0	5.0	4.0	3.5	3.0	2.5	2.0	1.5	1.0	0.5							
Planks (ss)	100	96	92	88	84	80	76	72	68	64	60	56	52	48	44	40	36	32	28	24	20
2. Benjamin																					
Liegestützen 2'	25	23	21	19	17	15	13	11	9	7	5	3	1								
Rumpfbeugen 2'	25	23	21	19	17	15	13	11	9	7	5	3	1								
Klimmzüge 1'	3	2	1																		
Medball (2kg) Wurf (m)	6.0	5.5	5.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5	1.0	0.5									
Planks (ss)	80	76	72	68	64	60	56	52	48	44	40	36	32	28	24	20	16	12	8	4	0

mm:ss		100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%	5%	0%			
Herren	3000m	Soll	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0		
	Elite	10:51	10:51	10:57	11:03	11:09	11:15	11:21	11:27	11:33	11:39	11:45	11:51	11:57	12:03	12:09	12:15	12:21	12:27	12:33	12:39	12:45	12:51		
	2. Junioren	11:12	11:12	11:18	11:24	11:30	11:36	11:42	11:48	11:54	12:00	12:06	12:12	12:18	12:24	12:30	12:36	12:42	12:48	12:54	13:00	13:06	13:12	13:18	
	1. Junioren	11:33	11:33	11:39	11:45	11:51	11:57	12:03	12:09	12:15	12:21	12:27	12:33	12:39	12:45	12:51	12:57	13:03	13:09	13:15	13:21	13:27	13:33	13:39	
	2. Jugend	12:05	12:05	12:12	12:19	12:26	12:33	12:40	12:47	12:54	13:01	13:08	13:15	13:22	13:29	13:36	13:43	13:50	13:57	14:04	14:11	14:18	14:25	14:32	
	1. Jugend	12:36	12:36	12:43	12:50	12:57	13:04	13:11	13:18	13:25	13:32	13:39	13:46	13:53	14:00	14:07	14:14	14:21	14:28	14:35	14:42	14:49	14:56	15:03	
	2. Schüler	13:14	13:14	13:22	13:30	13:38	13:46	13:54	14:02	14:10	14:18	14:26	14:34	14:42	14:50	14:58	15:06	15:14	15:22	15:30	15:38	15:46	15:54	16:02	
	1. Schüler	13:55	13:55	14:03	14:11	14:19	14:27	14:35	14:43	14:51	14:59	15:07	15:15	15:23	15:31	15:39	15:47	15:55	16:03	16:11	16:19	16:27	16:35	16:43	
	2. Benjamin	14:10	14:10	14:20	14:30	14:40	14:50	15:00	15:10	15:20	15:30	15:40	15:50	16:00	16:10	16:20	16:30	16:40	16:50	17:00	17:10	17:20	17:30	17:40	
Damen	Elite	12:04	12:04	12:10	12:16	12:22	12:28	12:34	12:40	12:46	12:52	12:58	13:04	13:10	13:16	13:22	13:28	13:34	13:40	13:46	13:52	13:58	14:04	14:10	
	2. Junioren	12:36	12:36	12:42	12:48	12:54	13:00	13:06	13:12	13:18	13:24	13:30	13:36	13:42	13:48	13:54	14:00	14:06	14:12	14:18	14:24	14:30	14:36	14:42	
	1. Junioren	13:08	13:08	13:14	13:20	13:26	13:32	13:38	13:44	13:50	13:56	14:02	14:08	14:14	14:20	14:26	14:32	14:38	14:44	14:50	14:56	15:02	15:08	15:14	15:20
	2. Jugend	13:39	13:39	13:46	13:53	14:00	14:07	14:14	14:21	14:28	14:35	14:42	14:49	14:56	15:03	15:10	15:17	15:24	15:31	15:38	15:45	15:52	15:59	16:06	16:13
	1. Jugend	14:10	14:10	14:17	14:24	14:31	14:38	14:45	14:52	14:59	15:06	15:13	15:20	15:27	15:34	15:41	15:48	15:55	16:02	16:09	16:16	16:23	16:30	16:37	16:44
	2. Schüler	14:26	14:26	14:34	14:42	14:50	14:58	15:06	15:14	15:22	15:30	15:38	15:46	15:54	16:02	16:10	16:18	16:26	16:34	16:42	16:50	16:58	17:06	17:14	17:22
	1. Schüler	15:00	15:00	15:08	15:16	15:24	15:32	15:40	15:48	15:56	16:04	16:12	16:20	16:28	16:36	16:44	16:52	17:00	17:08	17:16	17:24	17:32	17:40	17:48	17:56
2. Benjamin	15:30	15:30	15:40	15:50	16:00	16:10	16:20	16:30	16:40	16:50	17:00	17:10	17:20	17:30	17:40	17:50	18:00	18:10	18:20	18:30	18:40	18:50	19:00	19:10	