

# Leichtathletik Leistungsbewertung JUNGEN Kl. 5-7

(Stand Januar 2020)

Klasse 5						Klasse 6						Klasse 7						
	Sprint	Sprung		Wurf	Ausdauer		Sprint	Sprung		Wurf	Ausdauer		Sprint	Sprung		Wurf	Ausdauer	
%	50m	Weit	Hoch	80g	1000m	%	50m	Weit	Hoch	200g	1000m	%	50m	Weit	Hoch	200g	1000m	%
100	8	3.80	1.30	34	04:10	100	7.7	4.10	1.35	34	04:00	100	7.2	4.40	1.40	40	03:50	100
95	8.1	3.70	1.28	33	04:15	95	7.8	4.00	1.33	33	04:05	95	7.3	4.30	1.38	39	03:55	95
90	8.2	3.60	1.25	32	04:20	90	7.9	3.90	1.30	32	04:10	90	7.4	4.20	1.35	38	04:00	90
85	8.3	3.50	1.23	31	04:25	85	8	3.80	1.28	31	04:15	85	7.5	4.10	1.33	37	04:05	85
80	8.4	3.40	1.20	30	04:30	80	8.1	3.70	1.25	30	04:20	80	7.6	4.00	1.30	36	04:10	80
77.5	8.5	3.30	1.18	29	04:35	77.5	8.2	3.60	1.23	29	04:25	77.5	7.7	3.90	1.28	35	04:15	77.5
75	8.6	3.20	1.15	28	04:40	75	8.3	3.50	1.20	28	04:30	75	7.8	3.80	1.25	34	04:20	75
72.5	8.7	3.10	1.13	27	04:45	72.5	8.4	3.40	1.18	27	04:35	72.5	7.9	3.70	1.23	33	04:25	72.5
70	8.8	3.00	1.10	26	04:50	70	8.5	3.30	1.15	26	04:40	70	8	3.60	1.20	32	04:30	70
67.5	8.9	2.90	1.08	25	04:55	67.5	8.6	3.20	1.13	25	04:45	67.5	8.1	3.50	1.18	31	04:35	67.5
65	9	2.80	1.05	24	05:00	65	8.7	3.10	1.10	24	04:50	65	8.2	3.40	1.15	30	04:40	65
62.5	9.1	2.70	1.03	23	05:05	62.5	8.8	3.00	1.08	23	04:55	62.5	8.3	3.30	1.13	29	04:45	62.5
60	9.2	2.60	1.00	22	05:10	60	8.9	2.90	1.05	22	05:00	60	8.4	3.20	1.10	28	04:50	60
58	9.3	2.50	0.98	21	05:15	58	9	2.80	1.03	21	05:05	58	8.5	3.10	1.08	27	04:55	58
56	9.4	2.40	0.95	20	05:20	56	9.1	2.70	1.00	20	05:10	56	8.6	3.00	1.05	26	05:00	56
54	9.5	2.30	0.93	19	05:25	54	9.2	2.60	0.98	19	05:15	54	8.7	2.90	1.03	25	05:05	54
52	9.6	2.20	0.90	18	05:30	52	9.3	2.50	0.95	18	05:20	52	8.8	2.80	1.00	24	05:10	52
50	9.7	2.10	0.88	17	05:35	50	9.4	2.40	0.93	17	05:25	50	8.9	2.70	0.98	23	05:15	50
48	9.8	2.00	0.85	16	05:40	48	9.5	2.30	0.90	16	05:30	48	9	2.60	0.95	22	05:20	48
46	9.9	1.90	0.83	15	05:45	46	9.6	2.20	0.88	15	05:35	46	9.1	2.50	0.93	21	05:25	46
44	10	1.80	0.80	14	05:50	44	9.7	2.10	0.85	14	05:40	44	9.2	2.40	0.90	20	05:30	44
42	10.1	1.70	0.78	13	05:55	42	9.8	2.00	0.83	13	05:45	42	9.3	2.30	0.88	19	05:35	42
40	10.2	1.60	0.75	12	06:00	40	9.9	1.90	0.80	12	05:50	40	9.4	2.20	0.85	18	05:40	40
35	10.7	1.45	0.68	10.5	06:25	35	10.4	1.75	0.73	10.5	06:15	35	9.9	2.05	0.78	16	06:05	35
30	11.2	1.30	0.60	9	06:50	30	10.9	1.60	0.65	9	06:40	30	10.4	1.90	0.70	14	06:30	30
25	11.7	1.15	0.52	7.5	07:15	25	11.4	1.45	0.57	7.5	07:05	25	10.9	1.75	0.63	12	06:55	25
20	12.2	1.00	0.45	6	07:40	20	11.9	1.30	0.50	6	07:30	20	11.4	1.60	0.55	10	07:20	20
15	12.7	0.85	0.37	4.5	08:05	15	12.4	1.15	0.42	4.5	07:55	15	11.9	1.45	0.48	8	07:45	15
10	13.2	0.70	0.30	3	08:30	10	12.9	1.00	0.35	3	08:20	10	12.4	1.30	0.40	6	08:10	10
5	13.7	0.55	0.22	1.5	08:55	5	13.4	0.85	0.27	1.5	08:45	5	12.9	1.15	0.33	4	08:35	5