

FITNESS CHALLENGE		AK Disziplin	AK1 18-29			AK2 30-39			AK3 40-49			AK4 50-59			AK5 60-69			AK6 70+			
			25 Punkte	50 Punkte	100 Punkte	25 Punkte	50 Punkte	100 Punkte	25 Punkte	50 Punkte	100 Punkte	25 Punkte	50 Punkte	100 Punkte	25 Punkte	50 Punkte	100 Punkte	25 Punkte	50 Punkte	100 Punkte	
MÄNNER	Stufe 1	1000m	Laufen	00:06:00	00:05:00	00:04:00	00:06:00	00:05:00	00:04:00	00:06:00	00:05:15	00:04:15	00:06:30	00:05:30	00:05:00	00:07:00	00:06:30	00:06:00	00:07:30	00:07:00	00:06:30
		50m	Schwimmen (in Min.)	00:02:00	00:01:30	00:00:45	00:02:00	00:01:30	00:00:45	00:02:00	00:01:40	00:00:50	00:02:30	00:02:10	00:01:05	00:02:40	00:02:20	00:01:10	00:02:50	00:02:30	00:01:15
		Stufe 1	Fitness	55	75	115	55	75	115	40	60	100	40	60	100	25	50	75	e.T.	25	50
	Stufe 2	4,4km	Laufen	00:35:00	00:25:00	00:18:00	00:35:00	00:25:00	00:18:00	00:40:00	00:27:30	00:20:00	00:45:00	00:30:00	00:22:00	00:50:00	00:36:00	00:25:00	00:60:00	00:40:00	00:30:00
		100m	Schwimmen (in Min.)	00:04:30	00:03:15	00:01:40	00:04:30	00:03:15	00:01:40	00:05:00	00:03:30	00:01:40	00:05:00	00:04:30	00:02:10	00:05:20	00:04:50	00:02:20	00:06:00	00:05:10	00:02:30
		Stufe 2	Fitness	110	220	330	110	220	330	70	110	220	70	110	220	50	75	150	e.T.	50	100
	Stufe 3	7,5km	Laufen	00:50:00	00:40:00	00:32:00	00:50:00	00:40:00	00:32:00	00:55:00	00:45:00	00:35:00	01:00:00	00:50:00	00:38:00	01:05:00	00:55:00	00:42:00	01:10:00	01:00:00	00:47:00
		200m	Schwimmen (in Min.)	00:10:00	00:06:45	00:03:30	00:10:00	00:06:45	00:03:30	00:11:00	00:07:15	00:03:30	00:12:00	00:09:15	00:04:30	00:13:00	00:10:00	00:04:30	00:14:00	00:11:00	00:06:00
		Stufe 3	Fitness	120	180	240	120	180	240	80	140	200	70	120	180	50	100	150	e.T.	50	100
	Stufe 4	15km	Laufen	01:50:00	01:30:00	01:10:00	01:50:00	01:30:00	01:10:00	02:00:00	01:50:00	01:16:00	02:10:00	01:50:00	01:20:00	02:20:00	02:00:00	01:30:00	02:30:00	02:10:00	01:50:00
		500m	Schwimmen (in Min.)	00:25:00	00:17:00	00:09:00	00:25:00	00:17:00	00:09:00	00:28:00	00:19:00	00:09:15	00:30:00	00:24:00	00:12:00	00:32:00	00:25:00	00:13:00	00:35:00	00:27:00	00:17:30
		Stufe 4	Fitness	120	180	240	120	180	240	100	160	200	80	140	180	50	100	150	e.T.	50	100
	Stufe 5	21km	Laufen	02:40:00	02:10:00	01:40:00	02:40:00	02:10:00	01:40:00	02:55:00	02:25:00	01:50:00	03:00:00	02:30:00	02:00:00	03:20:00	02:50:00	02:10:00	03:20:00	02:55:00	02:20:00
		1000m	Schwimmen (in Min.)	00:52:00	00:36:00	00:20:00	00:52:00	00:36:00	00:20:00	00:58:00	00:40:00	00:21:00	01:02:00	00:50:00	00:25:00	01:06:00	00:52:00	00:28:00	01:10:00	00:56:00	00:37:00
		Stufe 5	Fitness	100	150	220	100	150	220	80	120	180	50	100	150	50	80	130	e.T.	50	80

e.T. = erfolgreichen Teilnahme

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			25 Punkte	50 Punkte	100 Punkte	25 Punkte	50 Punkte	100 Punkte	25 Punkte	50 Punkte	100 Punkte	25 Punkte	50 Punkte	100 Punkte	25 Punkte	50 Punkte	100 Punkte	25 Punkte	50 Punkte	100 Punkte	
FRAUEN	Stufe 1	1000m	Laufen	00:06:30	00:05:30	00:04:30	00:06:30	00:05:30	00:04:30	00:06:30	00:05:45	00:04:45	00:07:00	00:06:00	00:05:30	00:07:30	00:07:00	00:06:30	00:07:30	00:07:00	00:06:30
		50m	Schwimmen (in Min.)	00:02:15	00:01:40	00:00:50	00:02:15	00:01:40	00:00:50	00:02:15	00:01:50	00:00:55	00:02:40	00:02:15	00:01:05	00:02:45	00:02:25	00:01:15	00:02:50	00:02:30	00:01:15
		Stufe 1	Fitness	55	75	115	55	75	115	40	60	100	40	60	100	25	50	75	e.T.	25	50
	Stufe 2	4,4km	Laufen	00:37:00	00:27:00	00:20:00	00:37:00	00:27:00	00:20:00	00:42:00	00:30:00	00:22:00	00:47:00	00:32:00	00:23:30	00:52:00	00:38:00	00:27:00	01:00:00	00:40:00	00:30:00
		100m	Schwimmen (in Min.)	00:04:45	00:03:30	00:01:45	00:04:45	00:03:30	00:01:45	00:05:30	00:04:00	00:02:00	00:05:45	00:04:40	00:02:15	00:06:00	00:05:00	00:02:30	00:06:00	00:05:10	00:02:30
		Stufe 2	Fitness	105	215	320	105	215	320	70	110	220	70	110	220	50	75	150	e.T.	50	100
	Stufe 3	7,5km	Laufen	00:55:00	00:45:00	00:37:00	00:55:00	00:45:00	00:37:00	01:00:00	00:50:00	00:40:00	01:05:00	00:55:00	00:43:00	01:10:00	01:00:00	00:47:00	01:10:00	01:00:00	00:47:00
		200m	Schwimmen (in Min.)	00:11:00	00:07:10	00:03:40	00:11:00	00:07:10	00:03:40	00:11:30	00:07:30	00:03:45	00:13:00	00:09:30	00:04:45	00:14:00	00:11:00	00:05:00	00:14:00	00:11:00	00:06:00
		Stufe 3	Fitness	120	180	240	120	180	240	80	140	200	70	120	180	50	100	150	e.T.	50	100
	Stufe 4	15km	Laufen	01:55:00	01:35:00	01:15:00	01:55:00	01:35:00	01:15:00	02:00:00	01:45:00	01:20:00	02:10:00	02:00:00	01:30:00	02:20:00	02:00:00	01:30:00	02:30:00	02:10:00	01:50:00
		500m	Schwimmen (in Min.)	00:26:00	00:18:00	00:10:00	00:26:00	00:18:00	00:10:00	00:30:00	00:21:00	00:12:00	00:32:00	00:25:00	00:13:00	00:33:00	00:26:00	00:15:00	00:34:00	00:27:00	00:17:00
		Stufe 4	Fitness	120	180	240	120	180	240	100	160	200	80	140	180	50	100	150	e.T.	50	100
	Stufe 5	21km	Laufen	02:50:00	02:20:00	01:50:00	02:50:00	02:20:00	01:50:00	03:00:00	02:35:00	02:00:00	03:00:00	02:40:00	02:05:00	03:20:00	02:55:00	02:15:00	03:20:00	02:55:00	02:20:00
		1000m	Schwimmen (in Min.)	00:55:00	00:38:00	00:22:00	00:55:00	00:38:00	00:22:00	01:02:00	00:43:00	00:22:00	01:06:00	00:52:00	00:28:00	01:08:00	00:54:00	00:32:00	01:10:00	00:56:00	00:37:00
		Stufe 5	Fitness	100	150	220	100	150	220	80	120	180	50	100	150	50	80	130	e.T.	50	80

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