



## FRAUEN

| ALTER  | 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        |        |       | 80-84  |        |       | 85-89  |        |        | ab 90  |        |        |  |  |  |  |  |  |
|--|---|--------|-------|--------|--------|-------|---|--------|-------|--------|--------|-------|---|--------|-------|--------|--------|-------|--|--------|-------|--------|--------|-------|---|--------|-------|--------|--------|-------|---|--------|-------|--------|--------|-------|--------------|--------|-------|--------|--------|-------|--------|--------|--------|--------|--------|--------|--|--|--|--|--|--|
|  | Bronze  | Silber | Gold  | Bronze | Silber | Gold  | Bronze                                      | Silber | Gold  | Bronze | Silber | Gold  | Bronze  | Silber | Gold  | Bronze | Silber | Gold  | Bronze   | Silber | Gold  | Bronze | Silber | Gold  | Bronze  | Silber | Gold  | Bronze | Silber | Gold  | Bronze  | Silber | Gold  | Bronze | Silber | Gold  | Bronze       | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold   |        |        |        |  |  |  |  |  |  |
| <b>3.000 m Lauf</b> (in Min.)                  | 22:00   | 20:00  | 18:00 | 21:50  | 19:50  | 17:50 | 22:00                                       | 19:50  | 18:00 | 22:20  | 20:10  | 18:10 | 23:10   | 20:30  | 18:20 | 24:00  | 21:00  | 18:30 | 24:40  | 21:30  | 18:50 | 25:10  | 22:10  | 19:10 | 25:50   | 22:50  | 19:50 | 26:30  | 23:30  | 20:30 | 27:10   | 24:10  | 21:10 | 27:40  | 24:40  | 21:40 | 28:30        | 25:20  | 22:30 | 29:40  | 26:40  | 23:40 | 31:00  | 27:50  | 25:00  | 32:30  | 29:30  | 26:30  |  |  |  |  |  |  |
| <b>10 km Lauf</b> (in Min.)                    | 84:40   | 78:40  | 72:40 | 83:30  | 76:50  | 71:30 | 83:30                                       | 76:50  | 71:00 | 84:10  | 78:00  | 71:20 | 87:40   | 79:30  | 71:30 | 91:20  | 81:20  | 71:40 | 95:20  | 83:10  | 72:50 | 97:40  | 85:30  | 74:00 | 100:10  | 88:10  | 76:10 | 102:50 | 90:50  | 78:50 | 105:40  | 93:40  | 81:40 | 109:30 | 97:30  | 85:30 | 115:20       | 103:20 | 91:20 | 122:20 | 110:20 | 98:20 | 129:10 | 117:10 | 105:10 | 136:30 | 124:30 | 112:30 |  |  |  |  |  |  |
| <b>7,5 km Walking/Nordic Walking</b> (in Min.) | 69:30   | 66:00  | 62:00 | 66:30  | 63:00  | 59:30 | 67:00                                       | 63:30  | 60:00 | 67:30  | 64:00  | 60:30 | 70:00   | 65:00  | 60:30 | 73:00  | 67:00  | 61:00 | 75:30  | 69:00  | 62:00 | 78:00  | 71:00  | 64:00 | 80:00   | 73:00  | 66:00 | 81:30  | 74:30  | 67:30 | 83:30   | 76:30  | 69:30 | 85:00  | 78:00  | 71:00 | 87:00        | 80:00  | 73:00 | 89:30  | 82:30  | 75:30 | 92:30  | 85:30  | 78:30  | 96:00  | 89:00  | 82:00  |  |  |  |  |  |  |
| <b>Schwimmen</b> (in Min.)                     | <b>800 m</b>  |        |       |        |        |       |   |        |       |        |        |       |   |        |       |        |        |       | <b>400 m</b>                                     |        |       |        |        |       |   |        |       |        |        |       |   |        |       |        |        |       | <b>200 m</b> |        |       |        |        |       |        |        |        |        |        |        |  |  |  |  |  |  |
|  | 24:00   | 21:10  | 18:25 | 23:35  | 20:50  | 18:00 | 25:30                                       | 21:05  | 18:40 | 28:50  | 23:40  | 19:30 | 32:00   | 25:35  | 20:20 | 34:00  | 27:40  | 21:20 | 35:20  | 29:00  | 21:30 | 18:00  | 15:00  | 11:30 | 18:35   | 15:20  | 11:55 | 19:00  | 15:35  | 12:10 | 19:25   | 15:45  | 12:15 | 19:50  | 16:05  | 12:40 | 10:15        | 8:20   | 6:30  | 10:25  | 8:30   | 6:45  | 10:35  | 8:45   | 7:05   | 10:45  | 8:55   | 7:20   |  |  |  |  |  |  |
| <b>20 km Radfahren</b> (in Min.)               | 57:30   | 52:00  | 46:30 | 57:00  | 51:30  | 45:30 | 56:00                                       | 50:30  | 45:00 | 57:00  | 51:30  | 45:30 | 60:00   | 53:00  | 47:00 | 64:00  | 55:30  | 49:30 | 67:00  | 58:30  | 51:30 | 69:00  | 61:00  | 53:30 | 71:30   | 63:00  | 55:30 | 74:00  | 65:00  | 57:00 | 75:30   | 66:30  | 58:30 | 78:00  | 68:30  | 60:30 | 81:30        | 70:30  | 63:00 | 84:30  | 75:00  | 65:30 | 89:30  | 80:00  | 69:00  | 93:00  | 83:00  | 72:30  |  |  |  |  |  |  |
| <b>Medizinball</b> (2kg, in m)                 | 7,50  | 8,00   | 8,75  | 7,25   | 8,00   | 8,50  | 7,00  | 7,75   | 8,50  | 6,50   | 7,50   | 8,25  | 6,00  | 7,25   | 8,25  | 5,25   | 6,75   | 8,25  | 4,75   | 6,50   | 8,00  | 4,25   | 6,00   | 7,75  | 4,00  | 5,75   | 7,50  | 3,75   | 5,50   | 7,25  | 3,50  | 5,25   | 7,00  | 3,25   | 5,00   | 6,75  | 3,25         | 4,75   | 6,50  | 3,00   | 4,75   | 6,25  | 3,00   | 4,50   | 6,00   | 2,75   | 4,25   | 5,50   |  |  |  |  |  |  |
| <b>Kugelstoßen</b> (in m)                      | <b>4 kg</b>   |        |       |        |        |       |   |        |       |        |        |       |   |        |       |        |        |       | <b>3 kg</b>                                      |        |       |        |        |       |   |        |       |        |        |       |   |        |       |        |        |       | <b>2 kg</b>  |        |       |        |        |       |        |        |        |        |        |        |  |  |  |  |  |  |
|  | 6,50  | 7,00   | 7,50  | 6,50   | 7,00   | 7,50  | 6,50  | 7,00   | 7,50  | 6,25   | 6,75   | 7,25  | 6,00  | 6,50   | 7,00  | 5,50   | 6,00   | 6,50  | 5,25   | 5,75   | 6,25  | 5,25   | 6,00   | 7,00  | 5,00  | 5,75   | 6,50  | 4,75   | 5,50   | 6,25  | 4,50  | 5,25   | 6,25  | 4,25   | 5,00   | 6,00  | 4,25         | 5,25   | 6,25  | 4,00   | 5,00   | 5,75  | 3,75   | 4,50   | 5,50   | 3,25   | 4,25   | 5,00   |  |  |  |  |  |  |
| <b>Steinstoßen</b> (5kg, in m)                 | 10,65   | 11,25  | 11,85 | 10,80  | 11,40  | 12,00 | 10,10                                       | 10,70  | 11,35 | 9,50   | 10,15  | 10,70 | 9,00  | 9,50   | 10,20 | 8,60   | 9,20   | 9,85  | 8,30   | 8,95   | 9,70  | 7,95   | 8,75   | 9,55  | 7,55  | 8,55   | 9,35  | 7,20   | 8,10   | 9,00  | 6,65  | 7,60   | 8,45  | 6,05   | 6,95   | 7,85  | 5,55         | 6,45   | 7,35  | 5,05   | 5,95   | 6,85  | 4,60   | 5,50   | 6,40   | 4,30   | 5,20   | 6,10   |  |  |  |  |  |  |
| <b>Standweitsprung</b> (in m)                  | 1,65  | 1,85   | 2,05  | 1,60   | 1,80   | 2,00  | 1,50  | 1,70   | 1,95  | 1,35   | 1,60   | 1,85  | 1,25  | 1,50   | 1,80  | 1,15   | 1,40   | 1,65  | 1,10   | 1,35   | 1,60  | 1,00   | 1,25   | 1,50  | 0,95  | 1,20   | 1,45  | 0,95   | 1,20   | 1,45  | 0,90  | 1,15   | 1,40  | 0,90   | 1,15   | 1,35  | 0,90         | 1,15   | 1,35  | 0,90   | 1,10   | 1,30  | 0,85   | 1,05   | 1,25   | 0,80   | 1,00   | 1,20   |  |  |  |  |  |  |
| <b>Gerätturnen</b>                             | <b>Reck</b>   |        |       |        |        |       | <b>Boden</b>                                |        |       |        |        |       | <b>Reck</b>   |        |       |        |        |       | <b>Barren</b>                                    |        |       |        |        |       | <b>Boden</b>                                    |        |       |        |        |       | <b>Boden</b>  |        |       |        |        |       |              |        |       |        |        |       |        |        |        |        |        |        |  |  |  |  |  |  |
| <b>Laufen</b> (in Sek.)                        | <b>100 m</b>  |        |       |        |        |       |   |        |       |        |        |       |   |        |       |        |        |       | <b>50 m</b>                                      |        |       |        |        |       |   |        |       |        |        |       |   |        |       |        |        |       | <b>30 m</b>  |        |       |        |        |       |        |        |        |        |        |        |  |  |  |  |  |  |
|  | 18,2  | 16,5   | 15,3  | 18,5   | 16,8   | 15,6  | 18,9  | 17,2   | 16,0  | 19,6   | 17,8   | 16,4  | 20,4  | 18,6   | 17,0  | 11,0   | 9,9    | 8,8   | 11,5   | 10,3   | 9,1   | 11,9   | 10,7   | 9,5   | 12,4  | 11,2   | 9,9   | 12,6   | 11,4   | 10,2  | 12,8  | 11,6   | 10,4  | 13,0   | 11,8   | 10,6  | 8,3          | 7,5    | 6,6   | 8,8    | 7,9    | 7,1   | 9,5    | 8,6    | 7,7    | 10,4   | 9,5    | 8,6    |  |  |  |  |  |  |
| <b>25 m Schwimmen</b> (in Sek.)                | 29,5  | 24,0   | 18,5  | 29,0   | 24,0   | 18,5  | 30,0  | 25,0   | 19,5  | 32,5   | 26,5   | 21,0  | 36,0  | 29,0   | 22,0  | 40,0   | 31,5   | 23,5  | 44,0   | 35,0   | 25,0  | 48,0   | 39,0   | 28,0  | 51,5  | 42,5   | 30,5  | 54,5   | 44,5   | 32,5  | 56,5  | 46,5   | 34,5  | 59,0   | 48,0   | 36,0  | 61,0         | 50,0   | 38,0  | 63,5   | 52,0   | 40,0  | 65,5   | 53,5   | 41,5   | 66,5   | 54,5   | 42,5   |  |  |  |  |  |  |
| <b>200 m Radfahren</b> (fl. Start, in Sek.)    | 24,0  | 22,0   | 19,5  | 24,5   | 22,0   | 19,5  | 25,0  | 22,5   | 20,0  | 26,0   | 23,5   | 21,5  | 27,5  | 24,5   | 22,0  | 29,0   | 25,5   | 22,5  | 30,5   | 27,0   | 23,0  | 32,0   | 28,0   | 23,5  | 33,5  | 29,0   | 24,0  | 35,0   | 30,0   | 25,0  | 36,0  | 31,0   | 25,5  | 38,0   | 32,0   | 26,5  | 39,0         | 33,0   | 27,5  | 40,5   | 34,5   | 28,5  | 42,0   | 36,0   | 30,0   | 44,5   | 38,0   | 31,5   |  |  |  |  |  |  |
| <b>Gerätturnen</b>                             | <b>Sprung</b>   |        |       |        |        |       | <b>Sprung</b>                               |        |       |        |        |       | <b>Sprung</b>   |        |       |        |        |       | <b>Sprung</b>                                    |        |       |        |        |       | <b>Boden</b>                                    |        |       |        |        |       | <b>Sprung</b>   |        |       |        |        |       |              |        |       |        |        |       |        |        |        |        |        |        |  |  |  |  |  |  |
| <b>Hochsprung</b> (in m)                       | 1,10  | 1,20   | 1,30  | 1,10   | 1,20   | 1,30  | 1,05  | 1,15   | 1,25  | 1,00   | 1,10   | 1,20  | 0,95  | 1,05   | 1,15  | 0,90   | 1,00   | 1,10  | 0,90   | 1,00   | 1,10  | 0,85   | 0,95   | 1,05  | 0,80  | 0,90   | 1,00  | 0,75   | 0,85   | 0,95  | 0,75  | 0,85   | 0,95  | 0,70   | 0,80   | 0,90  | 0,65         | 0,75   | 0,85  | 0,65   | 0,75   | 0,85  | 0,60   | 0,70   | 0,80   | 0,60   | 0,65   | 0,70   |  |  |  |  |  |  |
| <b>Weitsprung</b> (in m)                       | 3,40  | 3,70   | 4,00  | 3,40   | 3,70   | 4,00  | 3,30  | 3,60   | 3,90  | 3,20   | 3,50   | 3,80  | 3,10  | 3,40   | 3,70  | 3,00   | 3,30   | 3,60  | 2,80   | 3,20   | 3,50  | 2,60   | 3,00   | 3,40  | 2,50  | 2,90   | 3,30  | 2,40   | 2,80   | 3,20  | 2,30  | 2,70   | 3,10  | 2,10   | 2,50   | 2,90  | 1,80         | 2,20   | 2,60  | 1,60   | 2,00   | 2,40  | 1,30   | 1,70   | 2,10   | 1,10   | 1,50   | 1,90   |  |  |  |  |  |  |
| <b>Schleuderball</b> (1 kg, in m)              | 23,50   | 26,50  | 29,00 | 24,00  | 27,00  | 29,50 | 24,00                                       | 27,00  | 29,50 | 22,00  | 25,00  | 27,50 | 21,00   | 24,00  | 26,50 | 19,50  | 22,50  | 25,00 | 18,50  | 21,50  | 24,00 | 16,50  | 20,00  | 23,00 | 15,50   | 19,00  | 22,00 | 14,50  | 18,00  | 21,00 | 13,50   | 17,00  | 20,00 | 13,00  | 16,50  | 19,50 | 12,00        | 15,50  | 18,50 | 11,00  | 14,50  | 17,50 | 9,50   | 13,00  | 16,00  | 7,50   | 11,00  | 14,00  |  |  |  |  |  |  |
| <b>Seilspringen</b>                            | <b>Doppeldurchschlag mit oder ohne Zwischensprung</b> |        |       |        |        |       | <b>Kreuzdurchschlag ohne Zwischensprung</b> |        |       |        |        |       | <b>Laufschritt = Jogging-Step ohne Zwischensprung</b> |        |       |        |        |       | <b>Grundsprung rückwärts ohne Zwischensprung</b> |        |       |        |        |       | <b>Grundsprung vorwärts ohne Zwischensprung</b> |        |       |        |        |       | <b>Grundsprung vorwärts mit oder ohne Zwischensprung ODER Galoppschritt</b> |        |       |        |        |       |              |        |       |        |        |       |        |        |        |        |        |        |  |  |  |  |  |  |
|  | 10  | 15     | 20    | 10     | 15     | 20    | 10  | 15     | 20    | 10     | 15     | 20    | 10  | 15     | 20    | 20     | 30     | 40    | 20   | 30     | 40    | 10     | 20     | 30    | 10  | 20     | 30    | 10     | 20     | 30    | 10  | 20     | 30    | 8      | 14     | 18    | 8            | 14     | 18    | 6      | 10     | 12    | 6      | 10     | 12     | 4      | 6      | 8      |  |  |  |  |  |  |
| <b>Gerätturnen</b>                             | <b>Boden</b>  |        |       |        |        |       | <b>Boden</b>                                |        |       |        |        |       | <b>Boden</b>  |        |       |        |        |       | <b>Ringe</b>                                     |        |       |        |        |       | <b>Reck</b>                                     |        |       |        |        |       | <b>Schwebebalken</b>  |        |       |        |        |       |              |        |       |        |        |       |        |        |        |        |        |        |  |  |  |  |  |  |

Alle Anforderungen auch auf: [www.splink.de/sportabzeichen](http://www.splink.de/sportabzeichen)

## MÄNNER

| ALTER  | 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        |        |       | 80-84  |        |       | 85-89  |        |       | ab 90  |        |        |  |  |  |  |  |  |
|--|--------------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|--------|--|--|--|--|--|--|
|  | Bronze       | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold  | Bronze       | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold  | Bronze       | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold  | Bronze | Silber | Gold   |  |  |  |  |  |  |
| <b>3.000 m Lauf</b> (in Min.)                  | 17:20        | 15:20  | 13:20 | 16:50  | 14:50  | 12:50 | 17:10  | 15:10  | 13:10 | 18:40  | 16:10  | 14:10 | 19:50  | 17:20  | 15:00 | 21:00  | 18:30  | 15:50 | 22:10        | 19:30  | 16:30 | 23:20  | 20:20  | 17:20 | 23:50  | 20:50  | 17:50 | 24:30  | 21:30  | 18:30 | 25:00  | 22:00  | 19:00 | 25:20  | 22:20  | 19:20 | 26:00        | 23:00  | 20:00 | 26:30  | 23:30  | 20:30 | 27:30  | 24:30  | 21:30 | 29:50  | 26:50  | 23:50  |  |  |  |  |  |  |
| <b>10 km Lauf</b> (in Min.)                    | 63:20        | 57:20  | 51:20 | 62:30  | 56:30  | 50:00 | 66:00  | 59:20  | 52:00 | 69:40  | 61:10  | 54:50 | 74:10  | 65:30  | 56:50 | 78:50  | 69:30  | 60:10 | 83:40        | 73:10  | 63:30 | 88:20  | 76:40  | 65:30 | 91:30  | 79:40  | 67:40 | 94:40  | 82:40  | 70:40 | 98:00  | 86:00  | 74:00 | 102:10 | 90:10  | 78:10 | 107:20       | 95:20  | 83:20 | 113:10 | 101:10 | 89:10 | 120:10 | 108:10 | 96:10 | 127:40 | 115:40 | 103:40 |  |  |  |  |  |  |
| <b>7,5 km Walking/Nordic Walking</b> (in Min.) | 58:30        | 54:30  | 50:30 | 57:00  | 53:00  | 49:00 | 58:30  | 54:30  | 50:30 | 62:30  | 57:00  | 51:00 | 65:00  | 58:30  | 53:30 | 66:00  | 60:30  | 54:00 | 68:30        | 62:30  | 55:00 | 71:00  | 64:00  | 55:30 | 73:00  | 65:00  | 57:00 | 74:30  | 66:30  | 58:30 | 76:00  | 68:00  | 60:00 | 78:30  | 70:30  | 62:30 | 81:00        | 73:00  | 65:00 | 84:30  | 76:30  | 68:30 | 87:30  | 79:30  | 71:30 | 90:00  | 82:00  | 74:00  |  |  |  |  |  |  |
| <b>Schwimmen</b> (in Min.)                     | <b>800 m</b> |        |       |        |        |       |        |        |       |        |        |       |        |        |       |        |        |       | <b>400 m</b> |        |       |        |        |       |        |        |       |        |        |       |        |        |       |        |        |       | <b>200 m</b> |        |       |        |        |       |        |        |       |        |        |        |  |  |  |  |  |  |
|  | 22:35        | 19:50  | 17:00 | 22:10  | 19:30  | 16:25 | 23:10  | 20:00  | 17:00 | 25:45  | 21:30  | 18:00 | 28:50  | 24:00  | 19:15 | 32:25  | 26:25  | 20:25 | 34:30        | 27:50  | 20:40 | 17:25  | 14:20  | 10:45 | 17:50  | 14:35  | 11:20 | 18:10  | 14:45  | 11:25 | 18:25  | 15:05  | 11:30 | 18:25  | 15:15  | 11:35 | 9:25         | 7:40   | 6:05  | 9:30   | 7:50   | 6:10  | 9:30   | 8:00   | 6:25  | 9:45   | 8:10   | 6:45   |  |  |  |  |  |  |
| <b>20 km Radfahren</b> (in Min.)               | 47:00        | 42:30  | 38:30 | 46:30  | 42:00  | 37:30 | 50:00  | 44:30  | 39:00 | 53:30  | 47:00  | 40:30 | 58:00  | 50:00  | 41:30 | 63:00  | 52:00  | 43:30 | 66:00        | 55:00  | 45:0  |        |        |       |        |        |       |        |        |       |        |        |       |        |        |       |              |        |       |        |        |       |        |        |       |        |        |        |  |  |  |  |  |  |