

| Deutsches Sportabzeichen | | | Laufzettel <u>Frauen</u> , Stand 01.01.2021 | | | | | | | Start-Nr. | | | |
|--|--------------------------------------|-------------------------------------|--|--------|--------|----------------------|----------------|------------------|--------|-------------|------------------|------|--|
| Name: | | | Vorname: | | | | Geburtsdatum: | | | | | | |
| Verein/ Schule / Organisation / Adresse: | | | | | | | | | | | | | |
| Letzte Ident-Nr. | | | Gr.1=Ausdauer, Gr.2=Kraft, Gr.3=Schnelligkeit, Gr.4=Koordination | | | | | | | | | | |
| Gr | Alter | | 18-19 | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | Sek,Min,gek,Zahl | Pkt | |
| 1 | 3000m-Lauf | Br | 20:50 | 20:20 | 20:40 | 21:30 | 22:00 | 22:50 | 23:50 | 24:50 | Min/Sek. | | |
| | | Si | 18:50 | 18:20 | 18:40 | 19:30 | 20:00 | 20:40 | 21:30 | 22:10 | | | |
| | | G | 16:50 | 16:20 | 16:40 | 17:30 | 18:00 | 18:30 | 18:50 | 19:10 | | | |
| | 10-km-Lauf Straße oder Gelände | Br | 84:40 | 83:30 | 83:30 | 84:10 | 87:40 | 91:20 | 95:20 | 97:40 | Min/Sek | | |
| | | Si | 78:40 | 76:50 | 76:50 | 78:00 | 79:30 | 81:20 | 83:10 | 85:30 | | | |
| | | G | 72:40 | 71:30 | 71:00 | 71:20 | 71:30 | 71:40 | 72:50 | 74:00 | | | |
| | Schwimmen | Br | 24:00 | 23:35 | 25:30 | 28:50 | 32:00 | 34:00 | 35:20 | 18:00 | Min/Sek. | | |
| | | Si | 21:10 | 20:50 | 21:05 | 23:40 | 25:35 | 27:40 | 29:00 | 15:00 | | | |
| | | G | 18:25 | 18:00 | 18:40 | 19:30 | 20:20 | 21:20 | 21:30 | 11:30 | | | |
| | | | 800m | 800m | 800m | 800m | 800m | 800m | 800m | 400m | | | |
| | 7,5km Walking Nordic Walking | Br | 69:30 | 66:30 | 67:00 | 67:30 | 70:00 | 73:00 | 75:30 | 78:00 | Min/Sek | | |
| | | Si | 66:00 | 63:00 | 63:30 | 64:00 | 65:00 | 67:00 | 69:00 | 71:00 | | | |
| | | G | 62:00 | 59:30 | 60:00 | 60:25 | 60:45 | 61:00 | 62:00 | 64:00 | | | |
| | 20km Radfahren | Br | 57:30 | 57:00 | 56:00 | 57:00 | 60:00 | 64:00 | 67:00 | 69:00 | Min/Sek. | | |
| | | Si | 52:00 | 51:30 | 50:30 | 51:30 | 53:00 | 55:30 | 58:30 | 61:00 | | | |
| | | G | 46:30 | 45:30 | 45:00 | 45:30 | 47:00 | 49:30 | 51:30 | 53:30 | | | |
| | 2 | Medizinball Nicht rückw. 2 kg | Br | 7,50 | 7,50 | 7,00 | 6,50 | 6,00 | 5,25 | 4,75 | 4,25 | m/cm | |
| | | | Si | 8,00 | 8,00 | 7,75 | 7,50 | 7,25 | 6,75 | 6,50 | 6,00 | | |
| G | | | 8,75 | 8,75 | 8,50 | 8,50 | 8,25 | 8,25 | 8,00 | 7,75 | | | |
| Kugelstoßen | | Br | 6,50 | 6,50 | 6,50 | 6,25 | 6,00 | 5,50 | 5,25 | 5,25 | m/cm | | |
| | | Si | 7,00 | 7,00 | 7,00 | 6,75 | 6,50 | 6,00 | 5,75 | 6,00 | | | |
| | | G | 7,50 | 7,50 | 7,50 | 7,25 | 7,00 | 6,50 | 6,25 | 7,00 | | | |
| Kugelgewicht | | | 4 kg | 4 kg | 4 kg | 4 kg | 4 kg | 4 kg | 4 kg | 3 kg | m/cm | | |
| Steinstoßen Gew.: 5 kg (ab 50 J. 3kg-Stein) | | Br | 10,65 | 10,80 | 10,10 | 9,50 | 9,00 | 8,60 | 8,30 | 9,80 | m/cm | | |
| | | Si | 11,25 | 11,40 | 10,70 | 10,15 | 9,50 | 9,20 | 8,95 | 10,60 | | | |
| | | G | 11,85 | 12,00 | 11,35 | 10,70 | 10,20 | 9,85 | 9,70 | 11,40 | | | |
| Standweit- sprung | | Br | 1,65 | 1,60 | 1,50 | 1,35 | 1,25 | 1,15 | 1,10 | 1,00 | m/cm | | |
| | | Si | 1,85 | 1,80 | 1,70 | 1,60 | 1,50 | 1,40 | 1,35 | 1,30 | | | |
| | G | 2,05 | 2,00 | 1,95 | 1,85 | 1,80 | 1,65 | 1,60 | 1,55 | | | | |
| Geräteturnen | | Reck | Reck | Reck | Boden | Boden | Reck | Reck | Barren | Gek. | | | |
| 3 | Sprint | Br | 18,2 | 18,5 | 18,9 | 19,6 | 20,4 | 11,0 | 11,5 | 11,9 | | | |
| | | Si | 16,5 | 16,8 | 17,2 | 17,8 | 18,6 | 9,9 | 10,3 | 10,7 | | | |
| | | G | 15,3 | 15,6 | 16,0 | 16,4 | 17,0 | 8,8 | 9,1 | 9,5 | | | |
| | Strecke: | | 100m | 100m | 100m | 100m | 100m | 50m | 50m | 50m | | | |
| | Schwimmen 25 m | Br | 29,5 | 29,0 | 30,0 | 32,5 | 36,0 | 40,0 | 44,0 | 48,0 | Sek. | | |
| | | Si | 24,0 | 24,0 | 25,0 | 26,5 | 29,0 | 31,5 | 35,0 | 39,0 | | | |
| | | G | 18,5 | 18,5 | 19,5 | 21,0 | 22,0 | 23,5 | 25,0 | 28,0 | | | |
| | 200m Radfahren Mit flieg.Start | Br | 24,0 | 24,5 | 25,0 | 26,0 | 27,5 | 29,0 | 30,5 | 32,0 | Sek. | | |
| | | Si | 22,0 | 22,0 | 22,5 | 23,5 | 24,5 | 25,5 | 27,0 | 28,0 | | | |
| | | G | 19,5 | 19,5 | 20,0 | 21,5 | 22,0 | 22,5 | 23,0 | 23,5 | | | |
| Geräteturnen | | Sprung | Sprung | Sprung | Sprung | Sprung | Sprung | Sprung | Sprung | | | | |
| 4 | Hochsprung | Br | 1,10 | 1,10 | 1,05 | 1,00 | 0,95 | 0,90 | 0,90 | 0,85 | m/cm | | |
| | | Si | 1,20 | 1,20 | 1,15 | 1,10 | 1,05 | 1,00 | 1,00 | 0,95 | | | |
| | | G | 1,30 | 1,30 | 1,25 | 1,20 | 1,15 | 1,10 | 1,10 | 1,05 | | | |
| | Weitsprung | Br | 3,40 | 3,40 | 3,30 | 3,20 | 3,10 | 3,00 | 2,80 | 2,60 | m/cm | | |
| | | Si | 3,70 | 3,70 | 3,60 | 3,50 | 3,40 | 3,30 | 3,20 | 3,00 | | | |
| | | G | 4,00 | 4,00 | 3,90 | 3,80 | 3,70 | 3,60 | 3,50 | 3,40 | | | |
| | Schleuderball 1 kg | Br | 23,50 | 24,00 | 24,00 | 22,00 | 21,00 | 19,50 | 18,50 | 16,50 | m/cm | | |
| | | Si | 26,50 | 27,00 | 27,00 | 25,00 | 24,00 | 22,50 | 21,50 | 20,00 | | | |
| | | G | 29,00 | 29,50 | 29,50 | 27,50 | 26,50 | 25,00 | 24,00 | 23,00 | | | |
| | Seilspringen Anzahl | Br | 5 | 5 | 5 | 10 | 10 | 40 | 40 | 10 | | | |
| | | Si | 10 | 10 | 10 | 15 | 15 | 60 | 60 | 20 | | | |
| | | G | 15 | 15 | 15 | 20 | 20 | 80 | 80 | 30 | | | |
| | | | Doppeldurchschl.mit/ohne Zw | | | Kreuzdurchschl. ohne | | Laufschritt ohne | | GS rück,ohn | Anzahl | | |
| 1 x im Jugendbereich bzw. alle 5 Jahre Erwachsenen-Bereich | | | | | | | 4 – 7 Punkte | | Bronze | | | | |
| | | | | | | | 8 – 10 Punkte | | Silber | | | | |
| | | | | | | | 11 – 12 Punkte | | Gold | | | | |

