

| Deutsches Sportabzeichen | | Laufzettel Männer , 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 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | Ab 90 | Sek,Min,gek,Zahl | Pkt | |
| 1 | 3000m-Lauf | Br | 23:50 | 24:30 | 25:00 | 25:20 | 26:00 | 26:30 | 27:30 | 29:50 | Min/Sek. | |
| | | Si | 20:50 | 21:30 | 22:00 | 22:20 | 23:00 | 23:30 | 24:30 | 26:50 | | |
| | | G | 17:50 | 18:30 | 19:00 | 19:20 | 20:00 | 20:30 | 21:30 | 23:50 | | |
| | 10-km-Lauf Straße oder Gelände | Br | 91:30 | 94:40 | 98:00 | 102:10 | 107:20 | 113:10 | 120:10 | 127:40 | Min/Sek | |
| | | Si | 79:40 | 82:40 | 86:00 | 90:10 | 95:20 | 101:10 | 108:10 | 115:40 | | |
| | | G | 67:40 | 70:40 | 74:00 | 78:10 | 83:20 | 89:10 | 96:10 | 103:40 | | |
| | Schwimmen | Br | 17:50 | 18:10 | 18:25 | 18:25 | 9:25 | 9:30 | 9:30 | 9:45 | Min/Sek. | |
| | | Si | 14:35 | 14:45 | 15:05 | 15:15 | 7:40 | 7:50 | 8:00 | 8:10 | | |
| | | G | 11:20 | 11:25 | 11:30 | 11:35 | 6:05 | 6:10 | 6:25 | 6:45 | | |
| | | | 400m | 400m | 400m | 400m | 200m | 200m | 200m | 200m | | |
| | 7,5km Walking Nordic Walking | Br | 73:00 | 75:45 | 78:10 | 81:30 | 86:10 | 91:30 | 96:00 | 102:45 | Min/Sek | |
| | | Si | 65:00 | 67:30 | 69:30 | 72:00 | 75:45 | 79:45 | 84:15 | 89:20 | | |
| | | G | 59:00 | 60:30 | 62:00 | 65:00 | 67:30 | 72:00 | 75:30 | 80:00 | | |
| | 20km Radfahren | Br | 70:30 | 71:30 | 72:30 | 73:30 | 74:30 | 76:00 | 77:30 | 79:00 | Min/Sek. | |
| | | Si | 58:30 | 60:00 | 60:30 | 61:30 | 63:00 | 64:30 | 66:30 | 68:00 | | |
| G | | 47:30 | 48:00 | 48:30 | 49:30 | 51:30 | 53:00 | 55:30 | 58:00 | | | |
| 2 | Medizinball Nicht rückw. 2 kg | Br | 6,00 | 5,75 | 5,25 | 5,00 | 4,50 | 4,25 | 4,00 | 3,50 | m/cm | |
| | | Si | 8,25 | 7,75 | 7,25 | 7,00 | 6,50 | 6,25 | 6,00 | 5,50 | | |
| | | G | 10,00 | 9,75 | 9,25 | 9,00 | 8,50 | 8,25 | 8,00 | 7,50 | | |
| | Kugelstoßen | Br | 6,00 | 6,00 | 5,75 | 6,00 | 5,75 | 5,50 | 5,00 | 4,50 | m/cm | |
| | | Si | 6,75 | 7,00 | 6,75 | 6,75 | 6,50 | 6,25 | 6,00 | 5,25 | | |
| | | G | 7,50 | 8,00 | 7,50 | 7,75 | 7,50 | 7,25 | 6,75 | 6,25 | | |
| | Kugelgewicht | | 6 kg | 5 kg | 5 kg | 4 kg | 4 kg | 3 kg | 3 kg | 3 kg | m/cm | |
| | Steinstoßen Gew.: 10 kg Ab 70 J. =5kg | Br | 7,75 | 7,65 | 7,25 | 9,40 | 9,20 | 9,00 | 8,80 | 8,40 | m/cm | |
| | | Si | 9,05 | 8,95 | 8,55 | 10,70 | 10,50 | 10,30 | 10,10 | 9,70 | | |
| | | G | 10,35 | 10,25 | 9,85 | 12,00 | 11,80 | 11,60 | 11,40 | 11,00 | | |
| | Standweit- sprung | Br | 1,35 | 1,30 | 1,30 | 1,25 | 1,20 | 1,15 | 1,00 | 0,90 | m/cm | |
| | | Si | 1,65 | 1,60 | 1,60 | 1,55 | 1,50 | 1,45 | 1,30 | 1,20 | | |
| | | G | 1,95 | 1,90 | 1,90 | 1,85 | 1,80 | 1,75 | 1,60 | 1,50 | | |
| | Geräteturnen | | Barren | Boden | Boden | Boden | Boden | Boden | Boden | Boden | Gek. | |
| | 3 | Sprint | Br | 10,5 | 10,8 | 11,2 | 11,7 | 12,2 | 13,0 | 14,1 | 15,5 | Sek. |
| Si | | | 9,4 | 9,7 | 10,2 | 10,7 | 11,2 | 12,0 | 13,1 | 14,5 | | |
| G | | | 8,5 | 8,8 | 9,1 | 9,6 | 10,1 | 10,9 | 12,0 | 13,4 | | |
| Strecke: | | | 50m | 50m | 50m | 50m | 50m | 50m | 50m | 50m | | |
| Schwimmen 25 m | | Br | 49,0 | 51,0 | 52,5 | 55,0 | 57,5 | 59,0 | 59,5 | 60,0 | Sek. | |
| | | Si | 37,0 | 39,0 | 40,5 | 43,0 | 45,5 | 48,0 | 49,0 | 50,0 | | |
| | | G | 25,0 | 27,0 | 28,5 | 31,0 | 33,5 | 36,0 | 38,0 | 40,0 | | |
| 200m Radfahren Mit flieg.Start | | Br | 32,0 | 33,5 | 35,0 | 36,0 | 37,5 | 39,0 | 41,0 | 43,5 | Sek. | |
| | | Si | 25,0 | 26,0 | 27,0 | 28,5 | 29,5 | 31,5 | 33,0 | 35,5 | | |
| | | G | 18,5 | 19,0 | 19,5 | 20,0 | 21,5 | 23,0 | 24,5 | 27,0 | | |
| Geräteturnen | | | Sprung | Boden | Boden | Sprung | Sprung | Sprung | Sprung | Sprung | | |
| 4 | | Hochsprung | Br | 1,00 | 0,95 | 0,85 | 0,80 | 0,75 | 0,75 | 0,70 | 0,65 | m |
| | Si | | 1,10 | 1,05 | 1,00 | 0,95 | 0,90 | 0,85 | 0,80 | 0,75 | | |
| | G | | 1,20 | 1,15 | 1,10 | 1,05 | 1,00 | 0,95 | 0,90 | 0,85 | | |
| | Weitsprung | Br | 3,40 | 3,20 | 2,90 | 2,70 | 2,40 | 2,10 | 1,90 | 1,60 | m | |
| | | Si | 3,80 | 3,60 | 3,30 | 3,10 | 2,90 | 2,60 | 2,40 | 2,10 | | |
| | | G | 4,20 | 4,00 | 3,70 | 3,50 | 3,30 | 3,10 | 2,90 | 2,60 | | |
| | Schleuderball 1 kg | Br | 23,5 | 22,50 | 20,00 | 18,50 | 16,00 | 14,00 | 12,00 | 10,50 | m | |
| | | Si | 29,0 | 28,00 | 25,50 | 24,00 | 21,00 | 19,00 | 16,50 | 15,00 | | |
| | | G | 35,0 | 34,00 | 30,50 | 29,00 | 26,00 | 24,00 | 21,00 | 19,50 | | |
| | Seilspringen Anzahl | Br | 10 | 10 | 10 | 8 | 8 | 6 | 6 | 4 | | |
| | | Si | 20 | 20 | 20 | 14 | 14 | 10 | 10 | 6 | | |
| | | G | 30 | 30 | 30 | 18 | 18 | 12 | 12 | 8 | | |
| | | | GS r.o. | GS vor.o. | GS vor.o. | GS vorw.+/- Zw. | GS vorw.+/- Zw.,Galopp | GS vorw.+/- Zw.,Galopp | GS vorw.+/- Zw.,Galopp | Wie vor. | Anzahl | |
| | Schwimmen: 1 x im Jugendbereich bzw. alle 5 Jahre Erwachsenen-Bereich | | | | | | | 4 – 7 Punkte | | Bronze | | |
| | | | | | | | | 8 – 10 Punkte | | Silber | | |
| | | | | | | | 11 – 12 Punkte | | Gold | | | |

