

# 12-Minuten-Lauf

erstmals gültig für Schülerinnen und Schüler, die zum 01.08.2004 in die E-Phase eingetreten sind

## MÄDCHEN

## JUNGEN

Qualifikationsphase (Semester)

4. PF

Qualifikationsphase (Semester)

4. PF

	Q 1	Q 2	Q 3	Q 4	Lst II	Q 1	Q 2	Q 3	Q 4	Lst II	
15	2200	2300	2400	2500	2700	2700	2800	2900	3000	3200	15
14	2150	2250	2350	2450	2650	2650	2750	2850	2950	3150	14
13	2100	2200	2300	2400	2600	2600	2700	2800	2900	3100	13
12	2050	2150	2250	2350	2550	2550	2650	2750	2850	3050	12
11	<b>2000</b>	<b>2100</b>	<b>2200</b>	<b>2300</b>	<b>2500</b>	<b>2500</b>	<b>2600</b>	<b>2700</b>	<b>2800</b>	<b>3000</b>	<b>11</b>
10	1900	2000	2100	2200	2400	2400	2500	2600	2700	2900	10
9	1800	1900	2000	2100	2300	2300	2400	2500	2600	2800	9
8	1700	1800	1900	2000	2200	2200	2300	2400	2500	2700	8
7	1600	1700	1800	1900	2100	2100	2200	2300	2450	2600	7
6	1500	1600	1700	1800	2000	2000	2100	2200	2450	2500	6
5	<b>1450</b>	<b>1550</b>	<b>1650</b>	<b>1750</b>	<b>1950</b>	<b>1950</b>	<b>2050</b>	<b>2150</b>	<b>2250</b>	<b>2450</b>	<b>5</b>
4	1400	1500	1600	1700	1900	1900	2000	2100	2200	2400	4
3	1350	1450	1550	1650	1850	1850	1950	2050	2150	2350	3
2	1300	1400	1500	1600	1800	1800	1900	2000	2100	2300	2
1	1250	1350	1450	1550	1750	1750	1850	1950	2050	2250	1

Q 1 Qualifikationsphase 1

1. Semester

Q 2 Qualifikationsphase 2

2. Semester

Q 3 Qualifikationsphase 3

3. Semester

Q 4 Qualifikationsphase 4

4. Semester

Lst Leistungsstufe

## Anhang II: Bewertungstabellen für den Kurs A1 („Leichtathletik“)

**Mädchen** - erstmals gültig für Schülerinnen, die zum 01.08.2004 in die E-Phase eingetreten sind

Lst	100 m		400 m		800 m		2000 m		3000 m		100m Hü		Weitspr		Hochspr		Kugel 4 kg		Diskus 1 kg		Speer 600g		Lst
	I	II	I	II	I	II	I	II	I	II	I	II	I	II	I	II	I	II	I	II	I	II	
15	13,8	13,4	70,5	69,2	02:52	02:47	09:12	08:45	14:24	13:32	19,4	18,6	4,30	4,45	1,33	1,40	8,70	9,00	23,00	24,20	24,00	26,30	15
14	14,1	13,6	72,0	69,4	03:00	02:55	09:22	08:55	14:42	13:42	19,7	18,9	4,20	4,35	1,30	1,38	8,35	8,65	22,00	23,30	23,00	25,33	14
13	14,4	13,9	73,5	69,6	03:08	03:03	09:32	09:05	15:00	13:54	20,0	19,2	4,10	4,25	1,27	1,36	8,00	8,30	21,00	22,40	22,00	24,38	13
12	14,7	14,2	75,0	69,8	03:16	03:11	09:43	09:16	15:18	14:08	20,3	19,5	4,00	4,15	1,24	1,34	7,65	7,95	20,00	21,50	21,10	23,43	12
11	15,0	14,5	76,5	70,0	03:25	03:19	09:54	09:27	15:39	14:24	20,6	19,8	3,90	4,03	1,21	1,32	7,34	7,64	19,10	20,59	20,15	22,48	11
10	15,3	14,8	78,5	72,0	03:33	03:27	10:20	09:53	16:28	15:05	21,1	20,3	3,80	3,90	1,18	1,30	7,10	7,40	18,20	19,70	19,40	21,53	10
9	15,6	15,1	80,5	74,0	03:41	03:35	10:45	10:18	17:17	15:46	21,5	20,7	3,65	3,78	1,15	1,28	6,85	7,15	17,60	18,76	18,40	20,58	9
8	15,9	15,4	82,5	76,0	03:49	03:43	11:11	10:44	18:06	16:27	21,9	21,1	3,52	3,67	1,12	1,26	6,60	6,90	16,70	17,83	17,60	19,63	8
7	16,2	15,6	84,5	78,0	03:56	03:50	11:36	11:09	18:55	17:08	22,4	21,6	3,40	3,56	1,10	1,24	6,35	6,65	15,70	16,90	16,60	18,68	7
6	16,5	15,8	86,5	80,0	04:03	03:57	12:01	11:34	19:44	17:49	22,9	22,1	3,30	3,45	1,08	1,21	6,16	6,46	14,80	15,95	15,60	17,73	6
5	16,8	16,1	88,5	81,0	04:10	04:04	12:27	12:00	20:33	18:30	23,4	22,6	3,20	3,32	1,06	1,18	5,80	6,19	13,50	14,97	14,70	16,76	5
4	17,1	16,3	90,5	82,0	04:13	04:07	12:42	12:15	20:48	18:45	23,8	23,0	3,10	3,27	1,04	1,16	5,60	5,90	12,80	14,60	13,70	15,80	4
3	17,4	16,5	92,5	83,0	04:16	04:10	12:57	12:30	21:03	19:00	24,2	23,4	3,00	3,22	1,02	1,14	5,00	5,30	12,00	14,30	12,50	14,60	3
2	17,7	16,7	94,5	84,0	04:19	04:13	13:12	12:45	21:18	19:15	24,6	23,8	2,90	3,17	1,00	1,12	4,80	5,00	11,80	14,10	11,20	13,35	2
1	18,0	16,8	96,0	85,0	04:22	04:15	13:27	13:00	21:33	19:30	25,0	24,2	2,85	3,12	0,98	1,10	4,60	4,70	11,50	14,00	10,00	12,10	1

**Jungen** - erstmals gültig für Schüler, die zum 01.08.2004 in die E-Phase eingetreten sind

Lst	100 m		400 m		800 m		1000 m		3000 m		110m Hü		Weitspr		Hochspr		Kugel 6 kg		Diskus 1,75 kg		Speer 800g		Lst
	I	II	I	II	I	II	I	II	I	II	I	II	I	II	I	II	I	II	I	II	I	II	
15	12,3	12,1	60,0	58,0	02:24	02:20	03:10	03:04	12:00	11:15	18,0	17,3	5,50	5,65	1,60	1,67	10,00	10,30	28,00	29,50	35,00	36,40	15
14	12,5	12,3	61,5	59,0	02:27	02:24	03:14	03:08	12:15	11:26	18,3	17,7	5,40	5,55	1,57	1,64	9,60	9,90	27,00	28,50	33,00	35,20	14
13	12,7	12,5	63,0	60,0	02:30	02:28	03:18	03:12	12:25	11:37	18,6	18,1	5,30	5,45	1,54	1,61	9,20	9,50	26,00	27,50	31,00	34,00	13
12	13,0	12,7	64,5	61,0	02:33	02:31	03:21	03:15	12:35	11:48	19,1	18,5	5,20	5,35	1,51	1,58	8,80	9,10	25,00	26,40	29,00	32,80	12
11	13,3	12,9	66,0	62,0	02:36	02:34	03:24	03:18	12:45	12:00	19,6	18,9	5,10	5,17	1,48	1,55	8,40	8,70	23,50	25,35	27,00	31,60	11
10	13,6	13,2	68,0	63,5	02:40	02:38	03:28	03:22	13:20	12:24	20,2	19,5	5,00	5,00	1,45	1,50	8,00	8,35	22,00	24,20	25,00	30,00	10
9	13,9	13,5	70,0	66,0	02:44	02:42	03:32	03:26	13:50	12:48	20,8	20,1	4,80	4,85	1,42	1,47	7,60	8,00	20,50	23,15	23,00	28,40	9
8	14,2	13,8	72,0	66,5	02:48	02:46	03:36	03:30	14:24	13:12	21,4	20,6	4,60	4,70	1,38	1,44	7,20	7,70	19,00	22,10	21,00	26,80	8
7	14,5	14,0	74,0	68,0	02:52	02:50	03:41	03:35	15:00	13:36	21,8	21,2	4,40	4,55	1,34	1,41	6,80	7,40	18,00	21,20	20,00	25,20	7
6	14,8	14,2	76,0	69,5	02:56	02:53	03:45	03:41	15:40	14:00	22,3	21,7	4,30	4,40	1,30	1,38	6,40	7,10	16,00	20,30	19,00	23,60	6
5	15,1	14,3	78,0	71,3	03:00	02:56	03:51	03:47	16:00	14:23	22,9	22,2	4,15	4,21	1,26	1,35	6,00	6,80	15,00	19,34	18,00	22,44	5
4	15,4	14,6	80,0	72,5	03:04	02:58	03:57	03:53	16:25	15:00	23,4	22,7	4,05	4,15	1,23	1,32	5,60	6,60	14,00	18,45	17,50	21,50	4
3	15,7	14,9	82,0	73,5	03:08	03:00	04:03	03:59	16:45	15:30	23,9	23,3	4,00	4,10	1,20	1,29	5,20	6,40	13,50	18,00	17,00	21,00	3
2	16,0	15,2	84,0	74,5	03:12	03:02	04:09	04:05	17:05	16:00	24,4	23,9	3,80	4,05	1,17	1,26	5,00	6,20	13,00	17,30	16,50	20,50	2
1	16,3	15,5	86,0	76,5	03:15	03:04	04:15	04:11	17:25	16:30	24,9	24,4	3,70	4,00	1,15	1,23	4,80	6,00	12,50	17,00	16,00	20,00	1

Es gelten die Maße und Gerätewichte für die weibliche / männliche Jugend A (Deutscher Leichtathletik-Verband)

## Anhang III: Bewertungstabellen für den Kurs B1 („Schwimmen“)

**Mädchen** - erstmals gültig für Schülerinnen, die zum 01.08.2004 in die E-Phase eingetreten sind

Lst	50 m Kraul		100 m Kraul		400 m Kraul		50 m Brust		100 m Brust		400 m Brust		50 m R / S		100 m R/S/L		Lst
	I	II	I	II	I	II	I	II	I	II	I	II	I	II	I	II	
15	0:43	0:37,0	1:36	1:28,0	8:40	8:25	0:49,0	0:47,0	1:53,0	1:49,0	10:05,0	9:45	0:47,8	0:44,8	1:52,6	1:44,6	15
14	0:44	0:38,0	1:38	1:31,0	9:00	8:45	0:50,0	0:48,0	1:55,0	1:51,0	10:15,0	9:55	0:48,8	0:45,8	1:54,6	1:46,6	14
13	0:45	0:39,0	1:40	1:34,0	9:20	9:05	0:51,0	0:49,0	1:57,0	1:53,0	10:25,0	10:05	0:49,8	0:46,8	1:56,6	1:48,6	13
12	0:46	0:40,0	1:42	1:37,0	9:40	9:25	0:52,0	0:50,0	1:59,0	1:55,0	10:35,0	10:15	0:50,8	0:47,8	1:58,6	1:50,6	12
11	0:47	0:41,0	1:44	1:40,1	10:05	9:45	0:53,0	0:51,0	2:01,0	1:56,6	10:45,0	10:25	0:51,8	0:48,8	2:00,6	1:52,6	11
10	0:48	0:42,5	1:46	1:44,0	10:30	10:10	0:54,5	0:52,5	2:03,5	1:58,5	10:55,0	10:35	0:52,8	0:49,8	2:03,6	1:55,0	10
9	0:50	0:44,0	1:50	1:48,0	10:56	10:36	0:56,0	0:54,0	2:06,0	2:02,0	11:18,0	10:58	0:54,9	0:51,9	2:07,8	1:59,8	9
8	0:52	0:45,5	1:54	1:52,0	11:23	11:03	0:57,5	0:55,5	2:11,0	2:06,0	11:41,0	11:21	0:57,0	0:54,0	2:12,6	2:04,6	8
7	0:54	0:47,0	1:58	1:56,0	11:51	11:31	0:59,5	0:57,5	2:16,0	2:11,0	12:04,0	11:44	0:59,1	0:56,1	2:17,4	2:09,4	7
6	0:56	0:48,5	2:02	2:00,0	12:19	11:59	1:02,5	0:59,5	2:21,7	2:16,0	12:27,0	12:07	1:01,2	0:58,2	2:21,2	2:14,2	6
5	0:58	0:50,5	2:06	2:03,8	12:48	12:28	1:05,5	1:02,5	2:27,0	2:21,7	12:50,0	12:30	1:03,3	1:00,3	2:26,8	2:18,8	5
4	1:00	0:52,5	2:10	2:08,0	13:18	13:08	1:09,0	1:05,5	2:32,0	2:27,0	13:13,0	12:53	1:06,0	1:03,0	2:30,8	2:22,8	4
3	1:02	0:54,5	2:14	2:12,0	13:48	13:38	1:12,5	1:09,0	2:37,0	2:32,0	13:36,0	13:16	1:09,0	1:06,0	2:34,8	2:26,8	3
2	1:04	0:56,5	2:16	2:16,0	14:18	14:08	1:16,0	1:12,5	2:42,0	2:37,0	13:59,0	13:39	1:12,0	1:09,0	2:38,8	2:30,8	2
1	1:06	0:58,5	2:20	2:20,0	14:48	14:38	1:17,5	1:15,0	2:47,0	2:42,0	14:22,0	14:02	1:15,0	1:12,0	2:42,8	2:34,8	1

**Jungen** - erstmals gültig für Schüler, die zum 01.08.2004 in die E-Phase eingetreten sind

Lst I	Lst II	50 m Kraul		100 m Kraul		400 m Kraul		50 m Brust		100 m Brust		400 m Brust		50 m R / S		100 m R/S/L		Lst
		I	II	I	II	I	II	I	II	I	II	I	II	I	II	I	II	
15	0:37,0	0:33,0	1:28,6	1:19,0	8:28,0	7:53,0	0:44,0	0:42,0	1:40,8	1:36,8	9:10,0	8:50,0	0:41,2	0:39,2	1:41,3	1:32,3	15	
14	0:38,0	0:34,0	1:30,6	1:21,0	8:40,0	8:05,0	0:45,0	0:43,0	1:42,8	1:38,8	9:20,0	9:00,0	0:42,2	0:40,2	1:43,3	1:34,3	14	
13	0:39,0	0:35,0	1:32,6	1:23,0	8:52,0	8:17,0	0:46,0	0:44,0	1:44,8	1:40,8	9:30,0	9:10,0	0:43,2	0:41,2	1:45,3	1:36,3	13	
12	0:40,0	0:36,0	1:34,6	1:25,0	9:04,0	8:29,0	0:47,0	0:45,0	1:46,8	1:42,8	9:40,0	9:20,0	0:44,2	0:42,2	1:47,3	1:38,3	12	
11	0:41,0	0:37,0	1:36,6	1:27,6	9:16,0	8:41,0	0:48,0	0:46,1	1:48,8	1:44,8	9:50,0	9:30,0	0:45,2	0:43,2	1:49,3	1:40,3	11	
10	0:42,5	0:38,5	1:38,6	1:31,0	9:40,0	9:05,0	0:50,0	0:48,0	1:52,8	1:48,8	10:05,5	9:45,5	0:47,0	0:45,0	1:53,5	1:44,5	10	
9	0:44,0	0:40,0	1:42,6	1:35,0	10:04,0	9:29,0	0:52,0	0:49,9	1:56,8	1:52,4	10:21,0	10:01,0	0:48,8	0:46,8	1:57,7	1:48,7	9	
8	0:45,5	0:41,5	1:46,6	1:39,0	10:28,0	9:53,0	0:54,0	0:51,8	2:00,8	1:56,2	10:36,5	10:16,5	0:50,6	0:48,6	2:01,9	1:52,9	8	
7	0:47,0	0:43,0	1:50,6	1:43,0	10:52,0	10:17,0	0:56,0	0:53,7	2:04,8	2:00,0	10:52,0	10:32,0	0:52,4	0:50,4	2:06,1	1:57,1	7	
6	0:48,5	0:44,5	1:54,6	1:47,0	11:16,0	10:41,0	0:58,0	0:55,6	2:08,8	2:03,8	11:07,5	10:47,5	0:54,2	0:52,2	2:10,3	2:01,3	6	
5	0:50,3	0:46,3	1:59,1	1:50,1	11:40,0	11:05,0	1:00,0	0:57,3	2:12,8	2:07,6	11:23,0	11:03,0	0:55,9	0:53,9	2:14,5	2:05,5	5	
4	0:52,1	0:48,1	2:03,0	1:54,0	12:04,0	11:29,0	1:02,0	0:59,5	2:16,8	2:11,5	11:38,5	11:18,5	0:58,0	0:56,0	2:19,5	2:10,5	4	
3	0:55,0	0:51,0	2:09,0	2:00,0	12:28,0	11:53,0	1:04,0	1:01,7	2:20,8	2:15,6	11:54,0	11:34,0	1:01,0	0:59,0	2:24,5	2:15,5	3	
2	0:58,0	0:54,0	2:15,0	2:06,0	12:52,0	12:17,0	1:06,0	1:03,9	2:24,8	2:19,6	12:09,5	11:49,5	1:04,0	1:02,0	2:29,5	2:20,5	2	
1	1:01,0	0:57,0	2:21,0	2:12,0	13:16,0	12:41,0	1:08,0	1:06,0	2:28,8	2:23,6	12:25,0	12:05,0	1:07,0	1:05,0	2:34,5	2:25,5	1	