



Progressiver Ausdauerlauf (Rundlauf)
course d'endurance progressive (anneau d'athlétisme)
corsa progressiva di resistenza (su pista di atletica)

[min:s]

Männer hommes uomini	Punkte points punti	Alter age età							Qualifikation 1-5 qualification 1-5 qualifica 1-5	Wertung 1-10 barème sur 10 valutazione 1-10
		-30	31-35	36-40	41-45	46-50	51-55	56+		
hervorragend excellent eccellente	25	19:42	19:02	18:23	17:10	15:58	14:46	13:34	5.0	10.0
	24	19:03	18:22	17:42	16:33	15:25	14:17	13:09	4.9	9.8
	23	18:23	17:41	16:59	15:55	14:51	13:47	12:43	4.8	9.6
	22	17:42	16:59	16:16	15:16	14:16	13:16	12:16	4.7	9.4
	21	17:00	16:15	15:31	14:35	13:40	12:45	11:49	4.6	9.2
	20	16:38	15:41	14:44	13:58	13:13	12:28	11:43	4.5	9.0
sehr gut très bon ottimo	19	16:16	15:18	14:20	13:37	12:54	12:12	11:29	4.4	8.6
	18	15:31	14:43	13:56	13:10	12:24	11:38	10:52	4.3	8.3
	17	14:44	13:55	13:07	12:25	11:44	11:03	10:21	4.2	8.0
	16	13:56	13:05	12:15	11:39	11:03	10:27	09:51	4.0	7.7
gut bon buono	15	13:07	12:14	11:22	10:51	10:20	09:50	09:19	3.6	7.4
	14	12:15	11:21	10:27	10:01	09:36	09:11	08:46	3.3	7.1
	13	11:22	10:25	09:29	09:09	08:50	08:31	08:12	3.0	6.8
genügend suffisant sufficiente	12	10:27	09:43	08:59	08:36	08:13	07:50	07:27	2.9	6.5
	11	09:29	08:59	08:29	08:01	07:34	07:06	06:39	2.8	6.2
	10	08:29	07:58	07:27	07:05	06:43	06:21	06:00	2.6	5.9
	9	07:58	07:09	06:21	06:13	06:06	05:58	05:51	2.4	5.6
	8	07:27	06:36	05:46	05:42	05:39	05:35	05:31	2.2	5.3
	7	06:21	05:46	05:12	05:03	04:54	04:45	04:37	2.0	5.0
ungenügend insuffisant insufficiente	6	05:12	04:36	04:00	03:58	03:56	03:54	03:52	1.8	4.0
	5	04:36	03:54	03:12	03:10	03:08	03:06	03:04	1.6	3.0
	4	04:00	03:12	02:24	02:22	02:20	02:18	02:16	1.4	2.5
	3	02:45	02:10	01:36	01:32	01:28	01:25	01:22	1.2	2.0
	2	01:25	01:18	01:12	01:09	01:06	01:03	01:00	1.1	1.5
	1	01:00	01:00	01:00	00:55	00:50	00:45	00:40	1.0	1.0

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[min:s]

Frauen femmes donne	Punkte points punti	Alter age età							Qualifikation 1-5 qualification 1-5 qualifica 1-5	Wertung 1-10 barème sur 10 valutazione 1-10
		-30	31-35	36-40	41-45	46-50	51-55	56+		
hervorragend excellent eccellente	25	18:23	17:27	16:32	15:27	14:22	13:17	12:12	5.0	10.0
	24	17:42	16:48	15:55	14:54	13:52	12:51	11:50	4.9	9.8
	23	16:59	16:08	15:17	14:19	13:22	12:24	11:27	4.8	9.6
	22	16:16	15:27	14:38	13:44	12:50	11:56	11:03	4.7	9.4
	21	15:31	14:44	13:57	13:08	12:18	11:28	10:38	4.6	9.2
	20	14:44	13:59	13:15	12:34	11:54	11:13	10:33	4.5	9.0
sehr gut très bon ottimo	19	14:20	13:37	12:54	12:15	11:37	10:58	10:20	4.4	8.6
	18	13:56	13:14	12:32	11:51	11:09	10:28	09:47	4.3	8.3
	17	13:07	12:27	11:48	11:11	10:33	09:56	09:19	4.2	8.0
	16	12:15	11:38	11:01	10:29	09:56	09:24	08:51	4.0	7.7
gut bon buono	15	11:22	10:47	10:13	09:46	09:18	08:51	08:23	3.6	7.4
	14	10:27	09:55	09:24	09:01	08:38	08:16	07:53	3.3	7.1
	13	09:29	09:00	08:32	08:14	07:57	07:40	07:23	3.0	6.8
genügend suffisant sufficiente	12	08:59	08:32	08:05	07:44	07:23	07:03	06:42	2.9	6.5
	11	08:29	08:03	07:38	07:13	06:48	06:24	05:59	2.8	6.2
	10	07:27	07:04	06:42	06:22	06:03	05:43	05:24	2.6	5.9
	9	06:21	06:01	05:42	05:36	05:29	05:22	05:15	2.4	5.6
	8	05:46	05:29	05:11	05:08	05:05	05:01	04:58	2.2	5.3
	7	05:12	04:56	04:40	04:32	04:25	04:17	04:09	2.0	5.0
ungenügend insuffisant insufficiente	6	04:00	03:48	03:36	03:34	03:32	03:30	03:28	1.8	4.0
	5	02:45	02:38	02:28	02:26	02:24	02:22	02:20	1.6	3.0
	4	02:05	02:00	01:54	01:52	01:50	01:48	01:46	1.4	2.5
	3	01:25	01:20	01:16	01:14	01:12	01:10	01:08	1.2	2.0
	2	01:12	01:08	01:05	01:02	01:00	00:57	00:54	1.1	1.5
	1	01:00	00:57	00:54	00:49	00:45	00:40	00:36	1.0	1.0