





# Notengebung: Ausdauer - 30 Minuten-Lauf

Stufe 11

Version: 1.1

Bonus: 0,5: Alle Werte in 3 nebeneinanderliegenden Spalten

Name:

Klasse:

Datum:

Strecke:  m

Schreiber:

Note:

Jungen

Mädchen

| Noten Jungen  |                      |       |       |       | 6+    | 5-    | 5     | 5+    | 4-    | 4     | 4+    | 3-    | 3     | 3+    | 2-    | 2     | 2+    | 1-    | 1     | 1+    |       |       |       |       |       |
|---------------|----------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Noten Mädchen |                      | 6+    | 5-    | 5     | 5+    | 4-    | 4     | 4+    | 3-    | 3     | 3+    | 2-    | 2     | 2+    | 1-    | 1     | 1+    |       |       |       |       |       |       |       |       |
| Strecke (m) ⇨ |                      | 2600  | 2800  | 3000  | 3200  | 3400  | 3600  | 3800  | 4000  | 4200  | 4400  | 4600  | 4800  | 5000  | 5200  | 5400  | 5600  | 5800  | 6000  | 6200  | 6400  | 6600  | 6800  | 7000  | 7200  |
| Runde         | Rundenzeit in Sek. ⇨ | 524,4 | 488,3 | 456   | 427,5 | 400,9 | 380   | 359,1 | 342   | 324,9 | 309,7 | 296,4 | 285   | 273,6 | 262,2 | 252,7 | 243,2 | 235,6 | 228   | 220,4 | 212,8 | 207,1 | 199,5 | 193,8 | 190   |
| 1             | 760 m                | 8:44  | 8:08  | 7:36  | 7:07  | 6:41  | 6:20  | 5:59  | 5:42  | 5:25  | 5:10  | 4:56  | 4:45  | 4:34  | 4:22  | 4:13  | 4:03  | 3:56  | 3:48  | 3:40  | 3:33  | 3:27  | 3:20  | 3:14  | 3:10  |
| 2             | 1520 m               | 17:29 | 16:17 | 15:12 | 14:15 | 13:22 | 12:40 | 11:58 | 11:24 | 10:50 | 10:19 | 9:53  | 9:30  | 9:07  | 8:44  | 8:25  | 8:06  | 7:51  | 7:36  | 7:21  | 7:06  | 6:54  | 6:39  | 6:28  | 6:20  |
| 3             | 2280 m               | 26:13 | 24:25 | 22:48 | 21:22 | 20:03 | 19:00 | 17:57 | 17:06 | 16:15 | 15:29 | 14:49 | 14:15 | 13:41 | 13:07 | 12:38 | 12:10 | 11:47 | 11:24 | 11:01 | 10:38 | 10:21 | 9:59  | 9:41  | 9:30  |
| 4             | 3040 m               | 34:58 | 32:33 | 30:24 | 28:30 | 26:44 | 25:20 | 23:56 | 22:48 | 21:40 | 20:39 | 19:46 | 19:00 | 18:14 | 17:29 | 16:51 | 16:13 | 15:42 | 15:12 | 14:42 | 14:11 | 13:48 | 13:18 | 12:55 | 12:40 |
| 5             | 3800 m               |       |       |       | 35:37 | 33:25 | 31:40 | 29:55 | 28:30 | 27:04 | 25:48 | 24:42 | 23:45 | 22:48 | 21:51 | 21:03 | 20:16 | 19:38 | 19:00 | 18:22 | 17:44 | 17:16 | 16:38 | 16:09 | 15:50 |
| 6             | 4560 m               |       |       |       |       |       |       | 35:55 | 34:12 | 32:29 | 30:58 | 29:38 | 28:30 | 27:22 | 26:13 | 25:16 | 24:19 | 23:34 | 22:48 | 22:02 | 21:17 | 20:43 | 19:57 | 19:23 | 19:00 |
| 7             | 5320 m               |       |       |       |       |       |       |       |       |       |       | 34:35 | 33:15 | 31:55 | 30:35 | 29:29 | 28:22 | 27:29 | 26:36 | 25:43 | 24:50 | 24:10 | 23:17 | 22:37 | 22:10 |
| 8             | 6080 m               |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 33:42 | 32:26 | 31:25 | 30:24 | 29:23 | 28:22 | 27:37 | 26:36 | 25:50 | 25:20 |
| 9             | 6840 m               |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 33:04 | 31:55 | 31:04 | 29:56 | 29:04 | 28:30 |
| 10            | 7600 m               |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 33:15 | 32:18 | 31:40 |

# Notengebung: Ausdauer - 30 Minuten-Lauf

Stufe 12 / 13

Version: 1.1

Bonuspunkte: 1P.: Alle Werte in 3 nebeneinanderliegenden Spalten

Name:

Klasse:

Datum:

Strecke:  m

Schreiber:

Note:

Jungen

Mädchen

| Noten Jungen  |                      |       |       |       |       |       | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     | 10    | 11    | 12    | 13    | 14    | 15    |       |       |       |       |  |
|---------------|----------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| Noten Mädchen |                      |       |       | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     | 10    | 11    | 12    | 13    | 14    | 15    |       |       |       |       |       |       |       |  |
| Strecke (m) ⇨ |                      | 2600  | 2800  | 3000  | 3200  | 3400  | 3600  | 3800  | 4000  | 4200  | 4400  | 4600  | 4800  | 5000  | 5200  | 5400  | 5600  | 5800  | 6000  | 6200  | 6400  | 6600  | 6800  | 7000  | 7200  |  |
| Runde         | Rundenzeit in Sek. ⇨ | 524,4 | 488,3 | 456   | 427,5 | 400,9 | 380   | 359,1 | 342   | 324,9 | 309,7 | 296,4 | 285   | 273,6 | 262,2 | 252,7 | 243,2 | 235,6 | 228   | 220,4 | 212,8 | 207,1 | 199,5 | 193,8 | 190   |  |
| 1             | 760 m                | 8:44  | 8:08  | 7:36  | 7:07  | 6:41  | 6:20  | 5:59  | 5:42  | 5:25  | 5:10  | 4:56  | 4:45  | 4:34  | 4:22  | 4:13  | 4:03  | 3:56  | 3:48  | 3:40  | 3:33  | 3:27  | 3:20  | 3:14  | 3:10  |  |
| 2             | 1520 m               | 17:29 | 16:17 | 15:12 | 14:15 | 13:22 | 12:40 | 11:58 | 11:24 | 10:50 | 10:19 | 9:53  | 9:30  | 9:07  | 8:44  | 8:25  | 8:06  | 7:51  | 7:36  | 7:21  | 7:06  | 6:54  | 6:39  | 6:28  | 6:20  |  |
| 3             | 2280 m               | 26:13 | 24:25 | 22:48 | 21:22 | 20:03 | 19:00 | 17:57 | 17:06 | 16:15 | 15:29 | 14:49 | 14:15 | 13:41 | 13:07 | 12:38 | 12:10 | 11:47 | 11:24 | 11:01 | 10:38 | 10:21 | 9:59  | 9:41  | 9:30  |  |
| 4             | 3040 m               | 34:58 | 32:33 | 30:24 | 28:30 | 26:44 | 25:20 | 23:56 | 22:48 | 21:40 | 20:39 | 19:46 | 19:00 | 18:14 | 17:29 | 16:51 | 16:13 | 15:42 | 15:12 | 14:42 | 14:11 | 13:48 | 13:18 | 12:55 | 12:40 |  |
| 5             | 3800 m               |       |       |       | 35:37 | 33:25 | 31:40 | 29:55 | 28:30 | 27:04 | 25:48 | 24:42 | 23:45 | 22:48 | 21:51 | 21:03 | 20:16 | 19:38 | 19:00 | 18:22 | 17:44 | 17:16 | 16:38 | 16:09 | 15:50 |  |
| 6             | 4560 m               |       |       |       |       |       |       | 35:55 | 34:12 | 32:29 | 30:58 | 29:38 | 28:30 | 27:22 | 26:13 | 25:16 | 24:19 | 23:34 | 22:48 | 22:02 | 21:17 | 20:43 | 19:57 | 19:23 | 19:00 |  |
| 7             | 5320 m               |       |       |       |       |       |       |       |       |       |       | 34:35 | 33:15 | 31:55 | 30:35 | 29:29 | 28:22 | 27:29 | 26:36 | 25:43 | 24:50 | 24:10 | 23:17 | 22:37 | 22:10 |  |
| 8             | 6080 m               |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 33:42 | 32:26 | 31:25 | 30:24 | 29:23 | 28:22 | 27:37 | 26:36 | 25:50 | 25:20 |  |
| 9             | 6840 m               |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 33:04 | 31:55 | 31:04 | 29:56 | 29:04 | 28:30 |  |
| 10            | 7600 m               |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       | 33:15 | 32:18 | 31:40 |  |