



## Bayer. Sport-Leistungs-Abzeichen für Frauen ab 01.01.2007

| Gr.                     | Sportart                              | ab 18  |        |       | ab 30  |        |  | ab 40       |        |       | ab 45       |   |       | ab 50         |        |       | ab 55   |        |       | ab 60          |        |                                     | ab 65          |        |       | ab 70          |        |       | ab 75          |        |       | ab 80          |       |       |       |  |  |
|-------------------------|---------------------------------------|--|--------|-------|--------|--------|--|-------------|--------|-------|-------------|---|-------|---------------|--------|-------|---|--------|-------|----------------|--------|-------------------------------------|----------------|--------|-------|----------------|--------|-------|----------------|--------|-------|----------------|-------|-------|-------|--|--|
|                         |                                       | Bronze   | Silber | Gold  | Bronze | Silber | Gold   | Bronze      | Silber | Gold  | Bronze      | Silber  | Gold  | Bronze        | Silber | Gold  | Bronze  | Silber | Gold  | Bronze         | Silber | Gold                                | Bronze         | Silber | Gold  | Bronze         | Silber | Gold  | Bronze         | Silber | Gold  |                |       |       |       |  |  |
| I                       | Schwimmen                             | 100 m  |        |       | 100 m  |        |  | 100 m       |        |       | 100 m       |   |       | 100 m         |        |       | 100 m   |        |       | 100 m          |        |                                     | 100 m          |        |       | 100 m          |        |       | 100 m          |        |       | 100 m          |       |       |       |  |  |
|                         |                                       | 3:20   | 2:55   | 2:30  | 3:45   | 3:15   | 2:45   | 4:15        | 3:45   | 3:15  | 4:30        | 4:00  | 3:30  | 4:45          | 4:15   | 3:45  | 5:00  | 4:30   | 4:00  | 5:15           | 4:45   | 4:15                                | 5:30           | 5:00   | 4:30  | 5:45           | 5:15   | 4:45  | 6:00           | 5:30   | 5:00  | 6:15           | 5:45  | 5:15  |       |  |  |
| II                      | Hochsprung                            | 1,10   | 1,20   | 1,30  | 1,05   | 1,15   | 1,25   | 1,00        | 1,05   | 1,10  | 0,95        | 1,00  | 1,05  | 0,90          | 0,95   | 1,00  | 0,85  | 0,90   | 0,95  | 0,80           | 0,85   | 0,90                                | 0,75           | 0,80   | 0,85  | 0,70           | 0,75   | 0,80  | 0,65           | 0,70   | 0,75  | 0,60           | 0,65  | 0,70  |       |  |  |
|                         | Weitsprung 1)                         | 3,50   | 3,90   | 4,30  | 3,25   | 3,55   | 3,85   | 3,00        | 3,30   | 3,60  | 2,90        | 3,20  | 3,50  | 2,80          | 3,10   | 3,40  | 2,70  | 2,90   | 3,10  | 2,60           | 2,80   | 3,00                                | 2,50           | 2,70   | 2,90  | 2,40           | 2,60   | 2,80  | 2,30           | 2,50   | 2,70  | 2,20           | 2,40  | 2,60  |       |  |  |
|                         | Standweitsprung                       | -  | -      | -     | -      | -      | -  | -           | -      | -     | 1,60        | 1,70  | 1,80  | 1,50          | 1,60   | 1,70  | 1,40  | 1,50   | 1,60  | 1,30           | 1,40   | 1,50                                | 1,20           | 1,30   | 1,40  | 1,15           | 1,25   | 1,35  | 1,10           | 1,20   | 1,30  | 1,05           | 1,15  | 1,25  |       |  |  |
|                         | Turnen * 2)                           | Sp 2   | Sp 3   | Sp 4  | Sp 1   | Sp 2   | Sp 3   | Sp 7        | Sp 8   | Sp 9  | Sp 7        | Sp 8  | Sp 9  | Sp 6          | Sp 7   | Sp 8  | Sp 6  | Sp 7   | Sp 8  | Sp 5           | Sp 6   | Sp 7                                | Sp 5           | Sp 6   | Sp 7  | Sp 5           | Sp 6   | Sp 7  | Sp 5           | Sp 6   | Sp 7  | Sp 5           | Sp 6  | Sp 7  |       |  |  |
| III                     | Laufen                                | -  |        |       | -      |        |  | 50 m        |        |       | 50 m        |   |       | 50 m          |        |       | 50 m  |        |       | 50 m           |        |                                     | 50 m           |        |       | 50 m           |        |       | 50 m           |        |       | 50 m           |       |       |       |  |  |
|                         |                                       | -  |        |       | -      |        |  | 9,2 9,0 8,8 |        |       | 9,7 9,5 9,3 |   |       | 10,2 10,0 9,8 |        |       | 10,7 10,5 10,3                                |        |       | 11,2 11,0 10,8 |        |                                     | 11,7 11,5 11,3 |        |       | 12,2 12,0 11,8 |        |       | 13,2 13,0 12,8 |        |       | 14,2 14,0 13,8 |       |       |       |  |  |
|                         |                                       | 100 m  |        |       | 100 m  |        |  | 100 m       |        |       | 100 m       |   |       | 100 m         |        |       | 100 m   |        |       | 100 m          |        |                                     | 100 m          |        |       | 100 m          |        |       | 100 m          |        |       | 100 m          |       |       | 100 m |  |  |
|                         |                                       | 16,0   | 15,5   | 15,0  | 17,0   | 16,5   | 16,0   | 18,5        | 18,0   | 17,5  | 20,0        | 19,5  | 19,0  | 21,0          | 20,5   | 20,0  | 22,0  | 21,5   | 21,0  | 23,0           | 22,5   | 22,0                                | 24,0           | 23,5   | 23,0  | 25,0           | 24,5   | 24,0  | 26,0           | 25,5   | 25,0  | 27,0           | 26,5  | 26,0  |       |  |  |
|                         | 400 m                                 |  |        | 400 m |        |        | 400 m  |             |        | 400 m |             |   | 400 m |               |        | 400 m |   |        | 400 m |                |        | 400 m                               |                |        | 400 m |                |        | 400 m |                |        | 400 m |                |       | 400 m |       |  |  |
|                         | 1:40                                  | 1:30   | 1:20   | 1:50  | 1:40   | 1:30   | 2:00   | 1:50        | 1:40   | 2:10  | 2:00        | 1:50  | 2:20  | 2:10          | 2:00   | 2:30  | 2:20  | 2:10   | 2:40  | 2:30           | 2:20   | 2:50                                | 2:40           | 2:30   | 3:00  | 2:50           | 2:40   | 3:20  | 3:10           | 3:00   | 3:40  | 3:30           | 3:20  |       |       |  |  |
|                         | Radfahren 300 m mit fliegendem Start: |  |        |       |        |        |  |             |        |       |             |   |       |               |        |       | 1:00 0:55 0:50                                |        |       | 1:02 0:57 0:52 |        |                                     | 1:04 0:59 0:54 |        |       | 1:06 1:01 0:56 |        |       | 1:08 1:03 0:58 |        |       |                |       |       |       |  |  |
| IV                      | Kugel                                 | 4 kg   |        |       | 4 kg   |        |  | 4 kg        |        |       | 4 kg        |   |       | 3 kg          |        |       | 3 kg  |        |       | 3 kg           |        |                                     | 3 kg           |        |       | 3 kg           |        |       | 3 kg           |        |       | 3 kg           |       |       |       |  |  |
|                         |                                       | 6,50   | 7,00   | 7,50  | 6,25   | 6,75   | 7,25   | 6,00        | 6,50   | 7,00  | 5,75        | 6,25  | 6,75  | 5,75          | 6,25   | 6,75  | 5,50  | 6,00   | 6,50  | 5,25           | 5,75   | 6,25                                | 5,00           | 5,50   | 6,00  | 4,75           | 5,25   | 5,75  | 4,50           | 5,00   | 5,50  | 4,25           | 4,75  | 5,25  |       |  |  |
| V                       | Schleuderball                         | 1 kg   |        |       | 1 kg   |        |  | 1 kg        |        |       | 1 kg        |   |       | 1 kg          |        |       | 1 kg  |        |       | 1 kg           |        |                                     | 1 kg           |        |       | 1 kg           |        |       | 1 kg           |        |       | 1 kg           |       |       |       |  |  |
|                         |                                       | 27   | 29     | 31    | 25     | 27     | 29   | 24          | 26     | 28    | 23          | 25  | 27    | 22            | 24     | 26    | 21  | 23     | 25    | 20             | 22     | 24                                  | 19             | 21     | 23    | 18             | 20     | 22    | 17             | 19     | 21    | 14             | 16    | 18    |       |  |  |
|                         |                                       | 27   | 29     | 31    | 25     | 27     | 29   | 24          | 26     | 28    | 23          | 25  | 27    | 22            | 24     | 26    | 21  | 23     | 25    | 20             | 22     | 24                                  | 19             | 21     | 23    | 18             | 20     | 22    | 17             | 19     | 21    | 16             | 18    | 20    |       |  |  |
| VI                      | Wurfball 200 g                        | 200 m  |        |       | 200 m  |        |  | 200 m       |        |       | 200 m       |   |       | 200 m         |        |       | 200 m   |        |       | 200 m          |        |                                     | 200 m          |        |       | 200 m          |        |       | 200 m          |        |       | 200 m          |       |       |       |  |  |
|                         |                                       | 6:00   | 5:30   | 5:00  | 7:00   | 6:30   | 6:00   | 8:00        | 7:30   | 7:00  | 8:30        | 7:45  | 7:00  | 9:00          | 8:15   | 7:30  | 9:30  | 8:45   | 8:00  | 10:00          | 9:15   | 8:30                                | 10:30          | 9:45   | 9:00  | 11:00          | 10:15  | 9:30  | 11:30          | 10:45  | 10:00 | 12:00          | 11:15 | 10:30 |       |  |  |
| VII                     | Schwimmen                             | 500 m  |        |       | 300 m  |        |  | 300 m       |        |       | 300 m       |   |       | 300 m         |        |       | 300 m   |        |       | 300 m          |        |                                     | 300 m          |        |       | 300 m          |        |       | 300 m          |        |       | 300 m          |       |       |       |  |  |
|                         |                                       | 15:30  | 14:45  | 14:00 | 11:15  | 10:30  | 9:45   | 12:00       | 11:15  | 10:30 | 12:30       | 11:45   | 11:00 | 13:00         | 12:15  | 11:30 | 13:30   | 12:45  | 12:00 | 14:00          | 13:15  | 12:30                               | 14:30          | 13:45  | 13:00 | 15:00          | 14:15  | 13:30 | 15:30          | 14:45  | 14:00 | 16:00          | 15:15 | 14:30 |       |  |  |
|                         | Laufen                                | 1000 m   |        |       | 1000 m |        |  | 1000 m      |        |       | 1000 m      |   |       | 1000 m        |        |       | 1000 m  |        |       | 1000 m         |        |                                     | 1000 m         |        |       | 1000 m         |        |       | 1000 m         |        |       | 1000 m         |       |       |       |  |  |
|                         |                                       | 6:00   | 5:30   | 5:00  | 6:25   | 5:55   | 5:25   | 6:40        | 6:10   | 5:40  | 7:00        | 6:30  | 6:00  | 7:20          | 6:50   | 6:20  | 7:40  | 7:10   | 6:40  | 8:00           | 7:30   | 7:00                                | 8:20           | 7:50   | 7:20  | 8:40           | 8:10   | 7:40  | 9:00           | 8:30   | 8:00  | 9:20           | 8:50  | 8:20  |       |  |  |
|                         | Radfahren                             | 10 km  |        |       | 10 km  |        |  | 10 km       |        |       | 10 km       |   |       | 10 km         |        |       | 10 km   |        |       | 10 km          |        |                                     | 10 km          |        |       | 10 km          |        |       | 10 km          |        |       | 10 km          |       |       |       |  |  |
|                         |                                       | 30:00  | 28:30  | 27:00 | 34:00  | 32:30  | 31:00  | 35:00       | 33:30  | 32:00 | 38:00       | 36:30   | 35:00 | 40:00         | 38:30  | 37:00 | 43:00   | 41:30  | 40:00 | 46:00          | 44:30  | 43:00                               | 49:00          | 47:30  | 46:00 | 51:00          | 49:30  | 47:00 | 53:00          | 51:30  | 49:00 | 55:00          | 53:30 | 51:00 |       |  |  |
|                         | Skilanglauf                           | 10 km  |        |       | 10 km  |        |  | 10 km       |        |       | 10 km       |   |       | 10 km         |        |       | 10 km   |        |       | 10 km          |        |                                     | 10 km          |        |       | 10 km          |        |       | 10 km          |        |       | 10 km          |       |       |       |  |  |
|                         |                                       | 54:00  | 51:00  | 48:00 | 60:00  | 57:00  | 54:00  | 65:00       | 62:00  | 59:00 | 70:00       | 67:00   | 64:00 | 75:00         | 71:00  | 67:00 | 80:00   | 76:00  | 72:00 | 85:00          | 80:00  | 75:00                               | 90:00          | 87:00  | 84:00 | 94:00          | 90:00  | 86:00 | 98:00          | 93:00  | 88:00 | 102:00         | 97:00 | 92:00 |       |  |  |
| Inline-Skating          | 5000m                                 |  |        | 5000m |        |        | 5000m  |             |        | 5000m |             |   | 5000m |               |        | 5000m |   |        | 5000m |                |        | 5000m                               |                |        | 5000m |                |        | 5000m |                |        | 5000m |                |       |       |       |  |  |
|                         | 16:30                                 | 16:00  | 15:30  | 17:00 | 16:30  | 16:00  | 17:30  | 17:00       | 16:30  | 19:00 | 18:30       | 18:00   | 20:30 | 20:00         | 19:30  | 22:00 | 21:30   | 21:00  | 23:30 | 23:00          | 22:30  | 25:00                               | 24:30          | 24:00  |       |                |        |       |                |        |       |                |       |       |       |  |  |
| 7- km-Walking           | 61:00                                 |  |        | 59:30 |        |        | 58:00  |             |        | 64:00 |             |   | 62:30 |               |        | 61:00 |   |        | 67:00 |                |        | 65:30                               |                |        | 64:00 |                |        | 70:00 |                |        | 68:30 |                |       | 67:00 |       |  |  |
|                         | 61:00                                 | 59:30  | 58:00  | 64:00 | 62:30  | 61:00  | 67:00  | 65:30       | 64:00  | 70:00 | 68:30       | 67:00   | 73:00 | 71:30         | 70:00  | 76:00 | 74:30   | 73:00  | 79:00 | 77:30          | 76:00  | 82:00                               | 80:30          | 79:00  | 85:00 | 83:30          | 82:00  | 88:00 | 86:30          | 85:00  | 91:00 | 89:30          | 88:00 |       |       |  |  |
| 10-km-Wandern           | 2:00                                  |  |        | 1:50  |        |        | 1:40   |             |        | 2:00  |             |   | 1:55  |               |        | 1:50  |   |        | 2:00  |                |        | 1:55                                |                |        | 1:50  |                |        | 2:15  |                |        | 2:10  |                |       | 2:05  |       |  |  |
|                         | 2:00                                  | 1:50   | 1:40   | 2:00  | 1:55   | 1:50   | 2:15   | 2:10        | 2:05   | 2:30  | 2:25        | 2:20  |       |               |        |       |   |        |       |                |        |                                     |                |        |       |                |        |       |                |        |       |                |       |       |       |  |  |
| * Erläuterung: Gr.II 2) | Bock-, Kasten-, bzw. Pferdsprung      | Sp 1 Bock/Pferd seit: 1,00 m Sprunghocke                 |        |       |        |        | Sp 3 Pferd seit 1,20 m Sprunghocke/Sprunggrätsche  |             |        |       |             | Sp 5 Kasten seit: 0,70 m; Aufhocken mit 1/4 Drehung, Niedersprung |       |               |        |       | Sp 7 Kasten längs: 0,70 m Aufhocken Hockwende |        |       |                |        | Sp 9 Pferd seit: 1,10 m Sprunghocke |                |        |       |                |        |       |                |        |       |                |       |       |       |  |  |
|                         |                                       | Sp 2 Kasten/Pferd seit 1,10 m Sprunghocke/Sprunggrätsche |        |       |        |        | Sp 4 Pferd seit: 1,20 m Handstütz-Sprungüberschlag |             |        |       |             | Sp 6 Kasten seit: 0,70 m Hockwende                                |       |               |        |       | Sp 8 Bock seit: 1-1,20 m Sprunggrätsche       |        |       |                |        |                                     |                |        |       |                |        |       |                |        |       |                |       |       |       |  |  |

1) In allen Altersklassen kann vom Balken oder aus einem Absprungraum (80 cm Breite) abgesprungen werden.

2) Der jeweilige Sprung muss in einem Bewegungsablauf über das Gerät ausgeführt werden. Für eine **Sonderleistung** für das goldene SLA ist das Gerät der zutreffenden Golddisziplin um 10 cm zu erhöhen.