



## Sporttest 2025 – Erfassungsbogen

Name, Vorname:		Datum:
Beginn:	Gruppe:	Startnummer:

Testaufgabe	Anforderung	Ergebnis	Punkte	Prüfer*in
<b>1.: Leitersteigen</b>	<b>Max. 70s, 1 Versuch</b>	Zeit		
10P: ≤30s 4P: 51-60s	8P: 31-40s 2P: 61-70s 6P: 41-50s 0P: ≥71s			
<b>2.: Balancieren</b>	<b>Max. 50s, 2 Versuche</b>	Zeit		
10P: ≤30s 4P: 41-45s	8P: 31-35s 2P: 46-50s 6P: 36-40s 0P: ≥51s			
<b>3.: Wechselsprünge (30s)</b>	<b>Mind. 30 Wdh., 2 Versuche</b>	Wdh.		
10P: ≥54 4P: 36-41	8P: 48-53 2P: 30-35 6P: 42-47 0P: ≤29			
<b>4.: Beugehang</b>	<b>Mind. 44s, 2 Versuche</b>	Zeit		
10P: ≥60s 4P: 48-51s	8P: 56-59s, 2P: 44-47s 6P: 52-55s 0P: ≤43s			
<b>5.: Kasten-Bumerang-Test</b>	<b>Max. 20s, 2 Versuche</b>	Zeit		
10P: ≤14s 4P: 17.1-18.5s	8P: 14.1-15.5s 2P: 18.6-20s 6P: 15.6-17s 0P: ≥21s			
<b>6.: CKCU-Test (15s)</b>	<b>Mind. 17 Wdh., 2 Versuche</b>	Wdh.		
10P: ≥29 4P: 20-22	8P: 26-28 2P: 17-19 6P: 23-25 0P: ≤16			
<b>7.: Dummy ziehen</b>	<b>Max. 60s, 1 Versuch</b>	Zeit		
10P: ≤54s 4P: 58.1-59s	8P: 54.1-56s 2P: 59.1-60s 6P: 56.1-58s 0P: ≥60.1s			
<b>8.: 3000m-Lauf</b>	<b>Max. 15min, 1 Versuch</b>	Zeit		
10P: ≤13:00min 4P: 14:01-14:30	8P: 13:01-13:30 2P: 14:31-15:00 6P: 13:31-14:00 0P: ≥15:01			
<b>9.: Tauchen</b>	<b>Mind. 15m, 2 Versuche</b>	Zeit		
10P: ≥25m 4P: 17.5-19.99m	8P: 22.5-24.99m 2P: 15-17.49m 6P: 20-22.49m 0P: ≤14.99m			
<b>10.: Schwimmen (200m)</b>	<b>Max. 7min, 1 Versuch</b>	Zeit		
10P: ≤3:00min 4P: 4:01-4:30min Ausscheiden: ≥7:01min	8P: 3:01-3:30min 2P: 4:31-5:00min 6P: 3:31-4:00min 0P: 5:01-7:00min			
<b>Rotes Feld = Ausschlusskriterium: 0 Punkte in der Disziplin führen zum sofortigen Ausscheiden.</b>		<b>Gesamtpunkte:</b>		<b>von 100</b>