



# LEISTUNGSANFORDERUNG KINDER + JUGEND

|   |         |
|---|---------|
| J | Jungen  |
| M | Mädchen |

| Disziplin   | Altersklassen  | Ausführung  |   | Br.                        | Si. | Go. | Br.     | Si. | Go. | Br.     | Si. | Go. |
|---|--|---|---|----------------------------|-----|-----|---------|-----|-----|---------|-----|-----|
|   |  |   |   | 8 - 11                     |     |     | 12 - 14 |     |     | 15 - 17 |     |     |
| <b>A Zeitfahren (in min)</b>  |  |   |   |                            |     |     |         |     |     |         |     |     |
| 1   | Straße flach   | 5 km  | J | 25                         | 20  | 17  | 17      | 14  | 12  | 12      | 11  | 10  |
|   |  |   | M | 25                         | 20  | 17  | 17      | 15  | 14  | 14      | 13  | 12  |
| <b>B Streckenfahren (in min)</b>                                      |  |   |   |                            |     |     |         |     |     |         |     |     |
| 1   | Tourenfahren   | 1 x 25 km   | J | 150                        | 115 | 94  | 94      | 79  | 71  | 71      | 62  | 56  |
|   |  |   | M | 150                        | 115 | 94  | 94      | 83  | 75  | 75      | 68  | 62  |
| oder 2  | Mountainbike<br>Geländefahrt<br>auf 85 %<br>befestigte Strecke /<br>15 % asphaltierte<br>Strecke | 1 x 10 km   | J | 75                         | 58  | 47  | 47      | 40  | 36  | 36      | 31  | 28  |
|   |  |   | M | 75                         | 58  | 47  | 47      | 41  | 37  | 37      | 34  | 31  |
| <b>C Saisonleistung</b>   |  |   |   | <b>DRA = A + B + C</b>     |     |     |         |     |     |         |     |     |
| 1   | Jahreskilometer  |   | J | 100                        | 150 | 200 | 200     | 250 | 300 | 300     | 500 | 700 |
|   |  |   | M | 100                        | 150 | 200 | 200     | 250 | 300 | 300     | 500 | 700 |
| <b>D Sprint (alternativ zu C, Bedingung D + E)</b>                    |  |   |   | <b>DRA = A + B + D + E</b> |     |     |         |     |     |         |     |     |
| 1   | Fliegender Start Straße<br>flach (in sec)  | 200 m   | J | 38                         | 35  | 32  | 29      | 26  | 23  | 20      | 18  | 16  |
|   |  |   | M | 38                         | 35  | 32  | 32      | 29  | 26  | 23      | 21  | 19  |
| <b>+ E Geschicklichkeitsfahren (alternativ zu C, Bedingung D + E)</b> |  |   |   | <b>DRA = A + B + D + E</b> |     |     |         |     |     |         |     |     |
| 1   | Wippe oder<br>Balancebrett<br>(Bohle: B=20 x<br>H=4 cm x L=5 m)                                  | Mitte: ggf. Rundholz<br>Ø = 10 cm                     | J | x                          | x   | x   | x       | x   | x   | x       | x   | x   |
|   |  |   | M | x                          | x   | x   | x       | x   | x   | x       | x   | x   |
| 2   | Langsamfahren<br>25 Meter in mind. sec   | Ohne Stillstand u.<br>Bodenberührung,<br>Fahrspur 1 m | J | 15                         | 25  | 35  | 35      | 45  | 55  | 60      | 70  | 80  |
|   |  |   | M | 15                         | 25  | 35  | 35      | 45  | 55  | 60      | 70  | 80  |
| 3   | Slalomfahren, 1 Mal  | 6 Hindernisse,<br>2 m Abstand                         | J | x                          | x   | x   | x       | x   | x   | x       | x   | x   |
|   |  |   | M | x                          | x   | x   | x       | x   | x   | x       | x   | x   |

Stand:

März 2008