



Leistungsanforderung Erwachsene

M	Männer
F	Frauen

Disziplin	Altersklassen	Ausführung	18 - 30			31 - 40			41 - 50			51 - 60			61 - 70			71 - 75			ab 76			
			Br.	St.	Go.	Br.	St.	Go.	Br.	St.	Go.	Br.	St.	Go.	Br.	St.	Go.	Br.	St.	Go.	Br.	St.	Go.	
A Zeitfahren (in Std.)																								
1	Straße flach	20 km	M	00:43	00:39	00:34	00:46	00:43	00:38	00:50	00:46	00:40	00:55	00:51	00:43	01:00	00:56	00:46	01:07	01:00	00:50	01:15	01:08	00:55
			F	00:53	00:49	00:44	00:56	00:53	00:48	01:00	00:56	00:50	01:05	01:01	00:53	01:10	01:05	00:56	01:17	01:10	01:00	01:29	01:20	01:05
oder 2	Bergzeitfahren Straße (Zeit pro km in min)	Länge 3-6 km, Steigung 4-6%	M	3:45	2:45	2:30	4:00	3:00	2:45	4:20	3:20	3:00	5:00	3:45	3:20	6:00	4:20	3:45	7:30	6:00	4:20	9:00	6:00	6:00
			F	4:30	3:20	3:00	4:50	3:40	3:20	5:10	4:00	3:40	6:00	4:30	4:00	7:10	5:10	4:30	9:00	6:00	5:10	10:30	7:10	6:00
oder 3	Bergzeitfahren Gelände (Zeit pro km in min)	Länge 3-6 km, Steigung 4-6%	M	4:20	3:10	2:50	5:00	3:30	3:10	5:30	4:00	3:30	6:00	4:40	4:00	6:40	5:00	4:20	8:30	6:00	5:00	10:00	7:00	6:00
			F	5:10	3:50	3:20	6:30	4:30	4:10	7:10	5:10	4:30	7:50	6:20	5:10	8:20	7:00	6:00	11:50	8:20	7:00	12:50	9:30	8:20
B Streckenfahren (in Std.)																								
1	Tourenfahren	1 x 150 km	M	6:08	5:30	4:43	6:38	6:08	5:20	7:19	6:38	6:39	8:11	7:29	6:08	9:05	8:11	6:38	10:24	9:05	7:19	12:00	10:36	8:11
			F	7:50	7:08	6:18	8:20	7:53	6:58	9:05	8:20	7:19	10:00	9:22	7:53	11:06	10:00	8:20	12:30	11:06	9:05	15:01	13:02	10:01
oder 2	Tourenfahren	1 x 100 km	M	4:00	3:36	3:05	4:19	4:00	3:29	4:45	4:19	3:42	5:18	4:52	4:00	5:52	5:18	4:19	6:42	5:52	4:45	7:41	6:49	5:18
			F	5:05	4:39	4:07	5:24	5:07	4:32	5:52	5:24	4:45	6:27	6:03	5:07	7:08	6:27	5:24	8:00	7:08	5:52	9:32	8:20	6:28
oder 3	Tourenfahren	2 x 75 km	M	2:57	2:39	2:17	3:10	2:57	2:34	3:29	3:10	2:43	3:52	3:33	2:57	4:17	3:52	3:10	4:52	4:17	3:29	5:33	4:57	3:52
			F	3:43	3:24	3:01	3:56	3:45	3:20	4:17	3:56	3:29	4:41	4:24	3:45	5:10	4:41	3:56	5:48	5:10	4:17	6:49	6:00	4:41
oder 4	Tourenfahren	3 x 50 km	M	1:55	1:44	1:30	2:04	1:55	1:41	2:16	2:04	1:47	2:31	2:19	1:55	2:46	2:31	2:04	3:08	2:46	2:16	3:34	3:11	2:31
			F	2:25	2:13	1:58	2:33	2:26	2:10	2:46	2:33	2:16	3:01	2:51	2:26	3:20	3:01	2:33	3:42	3:20	2:46	4:21	3:50	3:02
oder 5	Mountainbike	1 x 65 km	M	3:15	2:55	2:45	3:25	3:05	2:50	3:50	3:25	3:15	4:20	3:50	3:35	5:00	4:20	4:05	6:30	5:25	4:40	7:20	6:05	5:35
			F	3:55	3:30	3:20	4:25	4:00	3:40	5:00	4:25	4:15	5:40	5:00	4:40	7:00	6:10	5:45	9:10	8:00	7:00	9:50	8:36	7:55
oder 6	Geländefahrt auf 85% befestigte Strecke/ 15% asphaltierte Strecke	2 x 45 km	M	2:10	2:00	1:50	2:15	2:05	1:55	2:30	2:15	2:00	2:50	2:30	2:20	3:15	2:50	2:40	4:05	3:30	3:00	4:45	4:10	3:40
			F	2:40	2:25	2:10	3:00	2:45	2:30	3:15	3:00	2:50	3:40	3:15	3:10	4:00	4:00	3:45	5:45	5:00	4:10	6:25	5:35	0:00
oder 7	Geländefahrt auf 85% befestigte Strecke/ 15% asphaltierte Strecke	3 x 30 km	M	1:20	1:15	1:10	1:25	1:20	1:15	1:35	1:25	1:20	1:45	1:35	1:30	2:00	1:45	1:40	2:30	2:10	1:50	3:20	2:50	2:20
			F	1:40	1:30	1:25	1:50	1:45	1:40	2:10	1:50	1:45	2:20	2:10	2:00	2:50	2:25	2:20	3:30	3:00	2:35	4:35	3:45	3:05
C Saisonleistung																								
																		DRA = A + B + C						
1	RTF/CTF-Punkte	M	25	38	50	25	36	45	25	32	40	25	30	35	15	19	23	15	18	20	13	14	18	
		F	25	38	50	20	30	35	13	20	25	13	18	23	8	12	15	8	10	13	8	9	13	
oder 2	Jahreskilometer	M	1000	1500	2000	1000	1400	1800	1000	1300	1600	1000	1200	1400	600	750	900	500	700	800	500	650	700	
		F	1000	1500	2000	800	1200	1600	500	800	1100	500	700	900	300	450	500	300	400	500	300	350	500	
D Sprint (alternativ zu C (D+E))																								
																		DRA = A + B + D + E						
1	Fliegender Start, Straße flach (in min)	200 m	M	00:18	00:17	00:15	00:19	00:18	00:17	00:20	00:19	00:18	00:21	00:20	00:19	00:24	00:23	00:22	00:26	00:25	00:24	00:28	00:27	00:26
			F	00:21	00:20	00:19	00:22	00:21	00:20	00:23	00:22	00:21	00:24	00:23	00:22	00:27	00:26	00:25	00:29	00:28	00:27	00:31	00:30	00:29
2	Fliegender Start, Straße flach (in min)	1000 m	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	2:40	2:30	2:20	3:00	2:50	2:40	3:20	3:10	3:00
			F	2:00	1:50	1:40	2:10	2:00	1:50	2:20	2:10	2:00	2:30	2:20	2:10	3:00	2:50	2:40	3:20	3:10	3:00	3:40	3:30	3:20
+ E Geschicklichkeitsfahren (alternativ zu C (D+E))																								
																		DRA = A + B + D + E						
1	Wippe (Bohle: B=200cm x H=40cm x L=5 m)	Mittels Rundholz D = 10 cm	M	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
			F	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
1a	Balancebrett (B=200cm x L = 5 m)		M	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
			F	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
2	Langsamfahren 25 Meter in mind. sec	Ohne Stillstand u. Bodenberührung, Fahrspur 1 m	M	70	70	70	60	60	60	60	60	60	40	40	40	30	30	30	20	20	20	15	15	15
			F	70	70	70	60	60	60	50	50	50	40	40	40	30	30	30	20	20	20	15	15	15
3	Stelomfahren, 2 Mal	Ø Hindernisse, 2 m Abstand	M	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
			F	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x