

# Änderungen für den DSA-Leistungskatalog 2020

## Ausdauer (Gruppe 1):

### 800m

|               | AK 14-15 |     |        |     |      |             | AK 16-17 |             |        |             |      |             |
|---------------|----------|-----|--------|-----|------|-------------|----------|-------------|--------|-------------|------|-------------|
|               | Bronze   |     | Silber |     | Gold |             | Bronze   |             | Silber |             | Gold |             |
|               | Alt      | Neu | Alt    | Neu | Alt  | Neu         | Alt      | Neu         | Alt    | Neu         | Alt  | Neu         |
| <b>Jungen</b> | 4:20     | dto | 3:40   | dto | 2:50 | <b>3:00</b> | 3:50     | <b>4:05</b> | 3:05   | <b>3:25</b> | 2:25 | <b>2:45</b> |

### 3.000m

|               | AK 18-19 |              |        |              |       |              | AK 20-24 |              |        |              |       |              |
|---------------|----------|--------------|--------|--------------|-------|--------------|----------|--------------|--------|--------------|-------|--------------|
|               | Bronze   |              | Silber |              | Gold  |              | Bronze   |              | Silber |              | Gold  |              |
|               | Alt      | Neu          | Alt    | Neu          | Alt   | Neu          | Alt      | Neu          | Alt    | Neu          | Alt   | Neu          |
| <b>Frauen</b> | 22:00    | <b>20:50</b> | 20:00  | <b>18:50</b> | 18:00 | <b>16:50</b> | 21:50    | <b>20:20</b> | 19:50  | <b>18:20</b> | 17:50 | <b>16:20</b> |
| <b>Männer</b> | 17:20    | <b>17:50</b> | 15:20  | <b>15:50</b> | 13:20 | <b>13:50</b> | 16:50    | <b>17:20</b> | 14:50  | <b>15:20</b> | 12:50 | <b>13:20</b> |

  

|               | AK 25-29 |              |        |              |       |              | AK 30-34 |              |        |              |       |              |
|---------------|----------|--------------|--------|--------------|-------|--------------|----------|--------------|--------|--------------|-------|--------------|
|               | Bronze   |              | Silber |              | Gold  |              | Bronze   |              | Silber |              | Gold  |              |
|               | Alt      | Neu          | Alt    | Neu          | Alt   | Neu          | Alt      | Neu          | Alt    | Neu          | Alt   | Neu          |
| <b>Frauen</b> | 22:00    | <b>22:40</b> | 19:50  | <b>18:40</b> | 18:00 | <b>16:40</b> | 22:20    | <b>21:30</b> | 20:10  | <b>19:30</b> | 18:10 | <b>17:30</b> |
| <b>Männer</b> | 17:10    | <b>17:40</b> | 15:10  | <b>15:40</b> | 13:10 | <b>13:40</b> | 18:40    | <b>18:30</b> | 16:10  | <b>16:30</b> | 14:10 | <b>14:30</b> |

  

|               | AK 35-39 |              |        |              |       |              | AK 40-44 |              |        |              |       |     |
|---------------|----------|--------------|--------|--------------|-------|--------------|----------|--------------|--------|--------------|-------|-----|
|               | Bronze   |              | Silber |              | Gold  |              | Bronze   |              | Silber |              | Gold  |     |
|               | Alt      | Neu          | Alt    | Neu          | Alt   | Neu          | Alt      | Neu          | Alt    | Neu          | Alt   | Neu |
| <b>Frauen</b> | 23:10    | <b>22:00</b> | 20:30  | <b>20:00</b> | 18:20 | <b>18:00</b> | 24:00    | <b>22:50</b> | 21:00  | <b>20:40</b> | 18:30 | dto |

|               | AK 45-49 |              |        |     |       |     | AK 50-54 |              |        |     |       |     |
|---------------|----------|--------------|--------|-----|-------|-----|----------|--------------|--------|-----|-------|-----|
|               | Bronze   |              | Silber |     | Gold  |     | Bronze   |              | Silber |     | Gold  |     |
|               | Alt      | Neu          | Alt    | Neu | Alt   | Neu | Alt      | Neu          | Alt    | Neu | Alt   | Neu |
| <b>Frauen</b> | 44:40    | <b>23:50</b> | 21:30  | dto | 18:50 | dto | 25:10    | <b>24:50</b> | 22:10  | dto | 19:10 | dto |

|               | AK 75-79 |     |        |              |       |     |
|---------------|----------|-----|--------|--------------|-------|-----|
|               | Bronze   |     | Silber |              | Gold  |     |
|               | Alt      | Neu | Alt    | Neu          | Alt   | Neu |
| <b>Frauen</b> | 28:30    | dto | 25:20  | <b>25:30</b> | 22:30 | dto |

|               | AK 85-89 |     |        |              |       |     |
|---------------|----------|-----|--------|--------------|-------|-----|
|               | Bronze   |     | Silber |              | Gold  |     |
|               | Alt      | Neu | Alt    | Neu          | Alt   | Neu |
| <b>Frauen</b> | 31:00    | dto | 27:50  | <b>28:00</b> | 25:00 | dto |

### Nordic Walking

|               | AK 30-34 |     |        |     |       |              | AK 35-39 |     |        |     |       |              |
|---------------|----------|-----|--------|-----|-------|--------------|----------|-----|--------|-----|-------|--------------|
|               | Bronze   |     | Silber |     | Gold  |              | Bronze   |     | Silber |     | Gold  |              |
|               | Alt      | Neu | Alt    | Neu | Alt   | Neu          | Alt      | Neu | Alt    | Neu | Alt   | Neu          |
| <b>Frauen</b> | 67:30    | dto | 64:00  | dto | 60:30 | <b>60:25</b> | 70:00    | dto | 65:00  | dto | 60:30 | <b>60:45</b> |

**Kraft (Gruppe 2):**

**Schlagball (NEU bis einschließlich AK 12-13)**

|                | AK 6-7 |     |        |     |       |       | AK 12-13 (NEU) |       |        |       |      |       |
|----------------|--------|-----|--------|-----|-------|-------|----------------|-------|--------|-------|------|-------|
|                | Bronze |     | Silber |     | Gold  |       | Bronze         |       | Silber |       | Gold |       |
|                | Alt    | Neu | Alt    | Neu | Alt   | Neu   | Alt            | Neu   | Alt    | Neu   | Alt  | Neu   |
| <b>Mädchen</b> | 6,00   | dto | 9,00   | dto | 13,00 | 12,00 |                | 15,00 |        | 18,00 |      | 22,00 |

**Wurfball**

|                | AK 16-17 |       |        |       |       |       |
|----------------|----------|-------|--------|-------|-------|-------|
|                | Bronze   |       | Silber |       | Gold  |       |
|                | Alt      | Neu   | Alt    | Neu   | Alt   | Neu   |
| <b>Mädchen</b> | 24,00    | dto   | 27,00  | dto   | 32,00 | 31,00 |
| <b>Jungen</b>  | 32,00    | 34,00 | 36,00  | 38,00 | 40,00 | 42,00 |

**Medizinball (NEU: ohne Anlauf oder Drehung)**

|               | AK 20-24 |       |        |       |       |       |
|---------------|----------|-------|--------|-------|-------|-------|
|               | Bronze   |       | Silber |       | Gold  |       |
|               | Alt      | Neu   | Alt    | Neu   | Alt   | Neu   |
| <b>Frauen</b> | 7,25     | 7,50  | 8,00   | dto   | 8,5   | 8,75  |
| <b>Männer</b> | 10,00    | 10,25 | 11,00  | 11,25 | 11,75 | 12,00 |

|               | AK 30-34 |     |        |     |      |      |
|---------------|----------|-----|--------|-----|------|------|
|               | Bronze   |     | Silber |     | Gold |      |
|               | Alt      | Neu | Alt    | Neu | Alt  | Neu  |
| <b>Frauen</b> | 6,50     | dto | 7,50   | dto | 8,25 | 8,50 |

**Kugelstoßen**

|               | AK 65-69 |     |        |     |      |      |
|---------------|----------|-----|--------|-----|------|------|
|               | Bronze   |     | Silber |     | Gold |      |
|               | Alt      | Neu | Alt    | Neu | Alt  | Neu  |
| <b>Frauen</b> | 4,50     | dto | 5,25   | dto | 6,25 | 6,15 |

**Steinstoßen**

|               | AK 50-54 |      |        |       |      |       | AK 55-59 |      |        |       |      |       |
|---------------|----------|------|--------|-------|------|-------|----------|------|--------|-------|------|-------|
|               | Bronze   |      | Silber |       | Gold |       | Bronze   |      | Silber |       | Gold |       |
|               | Alt      | Neu  | Alt    | Neu   | Alt  | Neu   | Alt      | Neu  | Alt    | Neu   | Alt  | Neu   |
| <b>Frauen</b> | 7,95     | 9,80 | 8,75   | 10,60 | 9,55 | 11,40 | 7,55     | 9,40 | 8,55   | 10,30 | 9,35 | 11,10 |
|               | AK 60-64 |      |        |       |      |       | AK 65-69 |      |        |       |      |       |
|               | Bronze   |      | Silber |       | Gold |       | Bronze   |      | Silber |       | Gold |       |
|               | Alt      | Neu  | Alt    | Neu   | Alt  | Neu   | Alt      | Neu  | Alt    | Neu   | Alt  | Neu   |
| <b>Frauen</b> | 7,20     | 9,05 | 8,10   | 9,90  | 9,00 | 10,70 | 6,65     | 8,50 | 7,60   | 9,40  | 8,45 | 10,20 |
|               | AK 70-74 |      |        |       |      |       | AK 75-79 |      |        |       |      |       |
|               | Bronze   |      | Silber |       | Gold |       | Bronze   |      | Silber |       | Gold |       |
|               | Alt      | Neu  | Alt    | Neu   | Alt  | Neu   | Alt      | Neu  | Alt    | Neu   | Alt  | Neu   |
| <b>Frauen</b> | 6,05     | 7,90 | 6,95   | 8,80  | 7,85 | 9,60  | 5,55     | 7,40 | 6,45   | 8,30  | 7,35 | 9,10  |
| <b>Männer</b> | 6,90     | 9,40 | 8,20   | 10,70 | 9,50 | 12,00 | 6,70     | 9,20 | 8,00   | 10,50 | 9,30 | 11,80 |
|               | AK 80-84 |      |        |       |      |       | AK 85-89 |      |        |       |      |       |
|               | Bronze   |      | Silber |       | Gold |       | Bronze   |      | Silber |       | Gold |       |
|               | Alt      | Neu  | Alt    | Neu   | Alt  | Neu   | Alt      | Neu  | Alt    | Neu   | Alt  | Neu   |
| <b>Frauen</b> | 5,05     | 6,90 | 5,95   | 7,80  | 6,85 | 8,60  | 4,60     | 6,45 | 5,50   | 7,35  | 6,40 | 8,15  |
| <b>Männer</b> | 6,50     | 9,00 | 7,80   | 10,30 | 9,10 | 11,60 | 6,30     | 8,80 | 7,60   | 10,10 | 8,90 | 11,40 |
|               | AK ab 90 |      |        |       |      |       |          |      |        |       |      |       |
|               | Bronze   |      | Silber |       | Gold |       |          |      |        |       |      |       |
|               | Alt      | Neu  | Alt    | Neu   | Alt  | Neu   |          |      |        |       |      |       |
| <b>Frauen</b> | 4,30     | 6,10 | 5,20   | 7,00  | 6,30 | 7,80  |          |      |        |       |      |       |
| <b>Männer</b> | 5,90     | 8,40 | 7,20   | 9,70  | 8,50 | 11,00 |          |      |        |       |      |       |

**Standweitsprung**

|               | AK 50-54 |      |        |      |      |      | AK 55-59 |      |        |      |      |      |
|---------------|----------|------|--------|------|------|------|----------|------|--------|------|------|------|
|               | Bronze   |      | Silber |      | Gold |      | Bronze   |      | Silber |      | Gold |      |
|               | Alt      | Neu  | Alt    | Neu  | Alt  | Neu  | Alt      | Neu  | Alt    | Neu  | Alt  | Neu  |
| <b>Frauen</b> | 1,00     | dto  | 1,25   | 1,30 | 1,50 | 1,55 | 0,95     | dto  | 1,20   | 1,25 | 1,45 | 1,50 |
| <b>Männer</b> | 1,35     | 1,40 | 1,65   | 1,70 | 1,95 | 2,00 | 1,30     | 1,35 | 1,60   | 1,65 | 1,90 | 1,95 |

|               | AK 80-84 |      |        |     |      |     |
|---------------|----------|------|--------|-----|------|-----|
|               | Bronze   |      | Silber |     | Gold |     |
|               | Alt      | Neu  | Alt    | Neu | Alt  | Neu |
| <b>Frauen</b> | 0,90     | 0,85 | 1,10   | dto | 1,30 | dto |

### Schnelligkeit (Gruppe 3):

#### **Sprint (NEU: ab AK 75 auch 50m)**

|               | AK 75-79 |             |        |             |      |             | AK 80-84 |             |        |             |      |             |
|---------------|----------|-------------|--------|-------------|------|-------------|----------|-------------|--------|-------------|------|-------------|
|               | Bronze   |             | Silber |             | Gold |             | Bronze   |             | Silber |             | Gold |             |
|               | Alt      | Neu         | Alt    | Neu         | Alt  | Neu         | Alt      | Neu         | Alt    | Neu         | Alt  | Neu         |
| <b>Frauen</b> |          | <b>13,5</b> |        | <b>12,3</b> |      | <b>11,1</b> |          | <b>14,3</b> |        | <b>13,1</b> |      | <b>12,0</b> |
| <b>Männer</b> |          | <b>12,2</b> |        | <b>11,2</b> |      | <b>10,1</b> |          | <b>13,0</b> |        | <b>12,0</b> |      | <b>10,9</b> |
|               | AK 85-89 |             |        |             |      |             | AK ab 90 |             |        |             |      |             |
|               | Bronze   |             | Silber |             | Gold |             | Bronze   |             | Silber |             | Gold |             |
|               | Alt      | Neu         | Alt    | Neu         | Alt  | Neu         | Alt      | Neu         | Alt    | Neu         | Alt  | Neu         |
| <b>Frauen</b> |          | <b>15,5</b> |        | <b>14,3</b> |      | <b>13,2</b> |          | <b>17,1</b> |        | <b>15,9</b> |      | <b>14,8</b> |
| <b>Männer</b> |          | <b>14,1</b> |        | <b>13,1</b> |      | <b>12,0</b> |          | <b>15,5</b> |        | <b>14,5</b> |      | <b>13,4</b> |

### Koordination (Gruppe 4):

#### **Hochsprung**

|               | AK 20-24 |             |        |             |      |     | AK ab 90 |             |        |             |      |             |
|---------------|----------|-------------|--------|-------------|------|-----|----------|-------------|--------|-------------|------|-------------|
|               | Bronze   |             | Silber |             | Gold |     | Bronze   |             | Silber |             | Gold |             |
|               | Alt      | Neu         | Alt    | Neu         | Alt  | Neu | Alt      | Neu         | Alt    | Neu         | Alt  | Neu         |
| <b>Frauen</b> |          |             |        |             |      |     | 0,60     | <b>0,55</b> | 0,65   | <b>0,60</b> | 0,70 | <b>0,65</b> |
| <b>Männer</b> | 1,30     | <b>1,35</b> | 1,40   | <b>1,45</b> | 1,55 | dto | 0,70     | <b>0,65</b> | 0,80   | <b>0,75</b> | 0,90 | <b>0,85</b> |

#### **Weitsprung**

|               | AK 35-39 |     |        |     |      |             | AK 40-44 |     |        |     |      |             |
|---------------|----------|-----|--------|-----|------|-------------|----------|-----|--------|-----|------|-------------|
|               | Bronze   |     | Silber |     | Gold |             | Bronze   |     | Silber |     | Gold |             |
|               | Alt      | Neu | Alt    | Neu | Alt  | Neu         | Alt      | Neu | Alt    | Neu | Alt  | Neu         |
| <b>Männer</b> | 4,10     | dto | 4,40   | dto | 4,80 | <b>4,70</b> | 3,90     | dto | 4,30   | dto | 4,70 | <b>4,60</b> |

|               | AK 70-74 |     |        |     |      |             |
|---------------|----------|-----|--------|-----|------|-------------|
|               | Bronze   |     | Silber |     | Gold |             |
|               | Alt      | Neu | Alt    | Neu | Alt  | Neu         |
| <b>Männer</b> | 2,70     | dto | 3,10   | dto | 3,60 | <b>3,50</b> |

#### **Seilspringen**

|                | AK 12-13 |     |        |           |      |           |
|----------------|----------|-----|--------|-----------|------|-----------|
|                | Bronze   |     | Silber |           | Gold |           |
|                | Alt      | Neu | Alt    | Neu       | Alt  | Neu       |
| <b>Mädchen</b> | 10       | dto | 15     | <b>20</b> | 25   | <b>30</b> |
| <b>Jungen</b>  | 10       | dto | 15     | <b>20</b> | 25   | <b>30</b> |

|               | AK 18-19 |          |        |           |      |           | AK 20-24 |          |        |           |      |           |
|---------------|----------|----------|--------|-----------|------|-----------|----------|----------|--------|-----------|------|-----------|
|               | Bronze   |          | Silber |           | Gold |           | Bronze   |          | Silber |           | Gold |           |
|               | Alt      | Neu      | Alt    | Neu       | Alt  | Neu       | Alt      | Neu      | Alt    | Neu       | Alt  | Neu       |
| <b>Frauen</b> | 10       | <b>5</b> | 15     | <b>10</b> | 20   | <b>15</b> | 10       | <b>5</b> | 15     | <b>10</b> | 20   | <b>15</b> |
| <b>Männer</b> | 10       | <b>5</b> | 15     | <b>10</b> | 20   | <b>15</b> | 10       | <b>5</b> | 15     | <b>10</b> | 20   | <b>15</b> |
|               | AK 25-29 |          |        |           |      |           |          |          |        |           |      |           |
|               | Bronze   |          | Silber |           | Gold |           |          |          |        |           |      |           |
|               | Alt      | Neu      | Alt    | Neu       | Alt  | Neu       |          |          |        |           |      |           |
| <b>Frauen</b> | 10       | <b>5</b> | 15     | <b>10</b> | 20   | <b>15</b> |          |          |        |           |      |           |
| <b>Männer</b> | 10       | <b>5</b> | 15     | <b>10</b> | 20   | <b>15</b> |          |          |        |           |      |           |

|               | AK 40-44 |           |        |           |      |           | AK 45-49 |           |        |           |      |           |
|---------------|----------|-----------|--------|-----------|------|-----------|----------|-----------|--------|-----------|------|-----------|
|               | Bronze   |           | Silber |           | Gold |           | Bronze   |           | Silber |           | Gold |           |
|               | Alt      | Neu       | Alt    | Neu       | Alt  | Neu       | Alt      | Neu       | Alt    | Neu       | Alt  | Neu       |
| <b>Frauen</b> | 20       | <b>40</b> | 30     | <b>60</b> | 40   | <b>80</b> | 20       | <b>40</b> | 30     | <b>60</b> | 40   | <b>80</b> |
| <b>Männer</b> | 20       | <b>40</b> | 30     | <b>60</b> | 40   | <b>80</b> | 20       | <b>40</b> | 30     | <b>60</b> | 40   | <b>80</b> |