

# Praxisnoten (für Schüler mit Sport Additum)

## Leichtathletik

### Schülerinnen

| Strecke | Punkte Q11 | Punkte Q12 |
|---------|------------|------------|
| >3000   | 15         | 15         |
| >2950   | 11         | 11         |
| >2900   | 11         | 11         |
| >2850   | 11         | 11         |
| >2800   | 11         | 11         |
| >2750   | 11         | 11         |
| >2700   | 11         | 11         |
| >2650   | 11         | 11         |
| >2600   | 11         | 11         |
| >2550   | 11         | 11         |
| >2500   | 11         | 11         |
| >2450   | 11         | 11         |
| >2400   | 11         | 11         |
| >2350   | 11         | 11         |
| >2300   | 11         | 11         |
| >2250   | 11         | 11         |
| >2200   | 11         | 11         |
| >2150   | 11         | 11         |
| >2100   | 11         | 11         |
| >2050   | 11         | 11         |
| >2000   | 11         | 11         |
| >1950   | 11         | 11         |
| >1900   | 11         | 11         |
| >1850   | 11         | 11         |
| >1800   | 11         | 11         |
| >1750   | 11         | 11         |
| >1700   | 11         | 11         |
| >1650   | 11         | 11         |
| >1600   | 11         | 11         |
| >1550   | 11         | 11         |
| >1500   | 11         | 11         |
| >1450   | 11         | 11         |
| >1400   | 11         | 11         |

### Schüler

## 12min-Lauf

| Strecke | Punkte Q11 | Punkte Q12 |
|---------|------------|------------|
| >3000   | 15         | 15         |
| >2950   | 15         | 14         |
| >2900   | 14         | 13         |
| >2850   | 13         | 12         |
| >2800   | 12         | 11         |
| >2750   | 11         | 11         |
| >2700   | 11         | 10         |
| >2650   | 10         | 9          |
| >2600   | 9          | 9          |
| >2550   | 9          | 8          |
| >2500   | 8          | 8          |
| >2450   | 8          | 7          |
| >2400   | 7          | 6          |
| >2350   | 6          | 6          |
| >2300   | 6          | 5          |
| >2250   | 5          | 5          |
| >2200   | 5          | 5          |
| >2150   | 5          | 4          |
| >2100   | 4          | 4          |
| >2050   | 4          | 3          |
| >2000   | 3          | 3          |
| >1950   | 3          | 3          |
| >1900   | 3          | 2          |
| >1850   | 2          | 2          |
| >1800   | 2          | 2          |
| >1750   | 2          | 1          |
| >1700   | 1          | 1          |
| >1650   | 1          | 0          |
| >1600   | 0          | 0          |

|       |    |    |
|-------|----|----|
| >3000 | 15 | 15 |
| >2950 | 14 | 11 |
| >2900 | 14 | 11 |
| >2850 | 13 | 11 |
| >2800 | 13 | 11 |
| >2750 | 12 | 11 |
| >2700 | 12 | 11 |
| >2650 | 11 | 11 |
| >2600 | 11 | 11 |
| >2550 | 10 | 11 |
| >2500 | 10 | 11 |
| >2450 | 9  | 11 |
| >2400 | 9  | 11 |
| >2350 | 8  | 11 |

|       |   |    |
|-------|---|----|
| >2300 | 8 | 11 |
| >2250 | 7 | 11 |
| >2200 | 5 | 11 |
| >2150 | 5 | 11 |
| >2100 | 4 | 11 |
| >2050 | 4 | 11 |
| >2000 | 3 | 11 |
| >1950 | 3 | 11 |
| >1900 | 3 | 11 |
| >1850 | 2 | 11 |
| >1800 | 2 | 11 |
| >1750 | 2 | 11 |
| >1700 | 1 | 11 |
| >1650 | 1 | 11 |
| >1600 | 0 | 11 |

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Last update: **2019/03/15 12:57**

