



Leistungsanforderung Erwachsene

| | |
|---|--------|
| M | Männer |
| F | Frauen |

| Disziplin | Altersklassen | Ausführung | 18 - 30 | | | 31 - 40 | | | 41 - 50 | | | 51 - 60 | | | 61 - 70 | | | 71 - 75 | | | ab 76 | | | |
|--|---|---|---------|-------|-------|---------|-------|-------|---------|-------|-------|---------|-------|-------|---------|-------|-------|---------|-------|-------|-------|-------|-------|-------|
| | | | Br. | Si. | Go. | Br. | Si. | Go. | Br. | Si. | Go. | Br. | Si. | Go. | Br. | Si. | Go. | Br. | Si. | Go. | Br. | Si. | 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 | 00:55 | 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 | 5:00 | 4:20 | 9:00 | 6:00 | 5:00 |
| | | | 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 | 5:39 | 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 | 5:46 | 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 | 5:00 | 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 | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | RTF/CTF-Punkte | Jahres-kilometer | M | 25 | 38 | 50 | 25 | 35 | 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 | RTF/CTF-Punkte | Jahres-kilometer | M | 1000 | 1500 | 2000 | 1000 | 1400 | 1800 | 1000 | 1300 | 1600 | 1000 | 1200 | 1400 | 600 | 750 | 900 | 600 | 700 | 800 | 500 | 550 | 700 |
| | | | F | 1000 | 1500 | 2000 | 800 | 1200 | 1600 | 500 | 800 | 1100 | 500 | 700 | 900 | 300 | 450 | 600 | 300 | 400 | 500 | 300 | 350 | 500 |
| D Sprint (alternativ zu C (D + E)) | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Fliegender Start, Straße flach (in min) | 200 m | M | 00:18 | 00:17 | 00:16 | 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)) | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Wippe (Bohle: B=20cm x H=4 cm x L=5 m) | Mitte: 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 | |
| | | | 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=20cm 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 | |
| | | | 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 | 50 | 50 | 50 | 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 | Slalomfahren, 2 Mal | 6 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 | |
| | | | F | x | x | x | x | x | x | x | x | x | x | x | x | x | x | x | x | x | x | x | x | x |