

Kreisleistungsprüfung ab 2013

50-64	36-49	16-35	Förderteam
10x150m in 40 sek. 10x 50m in 45 sek.	12x150m in 40 sek. 12x 50m in 45 sek.	16x150m in 35 sek. 16x 50m in 40 sek.	20x150m in 35 sek. 20x 50m in 35 sek.
4x40m in 8,0 sek.	5x40m in 7,5 sek.	6x40m in 7,0 sek.	6x40m in 6,2 sek.

30 Regelfragen - max. 7 Fehler