

Wertungstabelle für Ostpol Sporttest 12 Minuten Hindernis-Parcours

| Männer | |
|---------|------|
| Punkte | Note |
| 119-118 | 6 |
| 117-116 | 5.75 |
| 115-114 | 5.75 |
| 113-112 | 5.5 |
| 111-110 | 5.5 |
| 109-108 | 5.5 |
| 107-106 | 5.25 |
| 105-104 | 5.25 |
| 103-102 | 5 |
| 101-100 | 5 |
| 99-98 | 5 |
| 97-96 | 4.75 |
| 95-94 | 4.75 |
| 93-92 | 4.5 |
| 91-90 | 4.5 |
| 89-88 | 4.5 |
| 87-86 | 4.25 |
| 85-84 | 4.25 |
| 83-82 | 4 |
| 81-80 | 4 |
| 79-78 | 3.75 |
| 77-76 | 3.75 |
| 75-74 | 3.5 |
| 73-72 | 3.5 |
| 71-70 | 3.25 |
| 69-68 | 3.25 |
| 67-66 | 3 |
| 65-64 | 3 |
| 63-62 | 2.75 |
| 61-60 | 2.75 |
| 59-58 | 2.5 |
| 57-56 | 2.5 |
| 55-54 | 2 |
| 53-52 | 2 |
| 51-50 | 1.5 |
| 49-48 | 1.5 |
| 47- | 1 |

bestanden

nicht
bestanden

| Frauen | |
|--------|------|
| Punkte | Note |
| 99-98 | 6 |
| 97-96 | 5.75 |
| 95-94 | 5.75 |
| 93-92 | 5.5 |
| 91-90 | 5.25 |
| 89-88 | 5.25 |
| 87-86 | 5 |
| 85-84 | 4.75 |
| 83-82 | 4.75 |
| 81-80 | 4.5 |
| 79-78 | 4.5 |
| 77-76 | 4.25 |
| 75-74 | 4.25 |
| 73-72 | 4.25 |
| 71-70 | 4 |
| 69-68 | 4 |
| 67-66 | 3.75 |
| 65-64 | 3.75 |
| 63-62 | 3.5 |
| 61-60 | 3.5 |
| 59-58 | 3.25 |
| 57-56 | 3.25 |
| 55-54 | 3 |
| 53-52 | 3 |
| 51-50 | 2.5 |
| 49-48 | 2.5 |
| 47-46 | 2 |
| 45-44 | 2 |
| 43-42 | 1.5 |
| 41-40 | 1.5 |
| 39- | 1 |

bestanden

nicht
bestanden

1 fehlerfreie Runde ergibt 10 Punkte – bei Männer und Frauen.