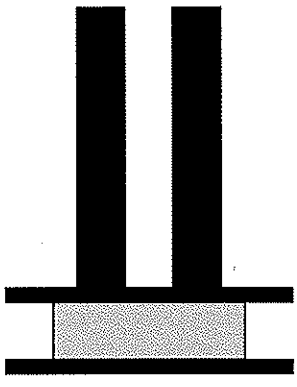


# Ostpol-Sporttest / 12 Minuten Hindernis-Parcours

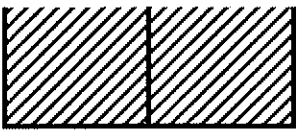
## Start

Hochlaufen & Runterspringen

①

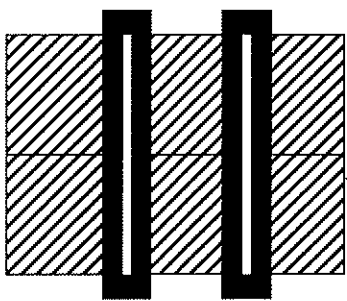


1. Holm zu unterst
2. Holm 12 Stufe/Rille



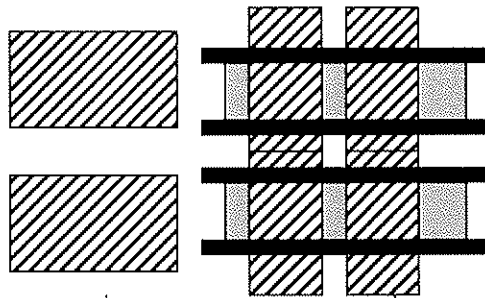
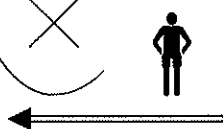
Balancieren

②



Ball fangen

③

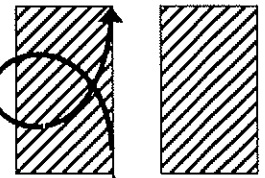


⑩

Barren Stützein

Rolle rückwärts

⑨



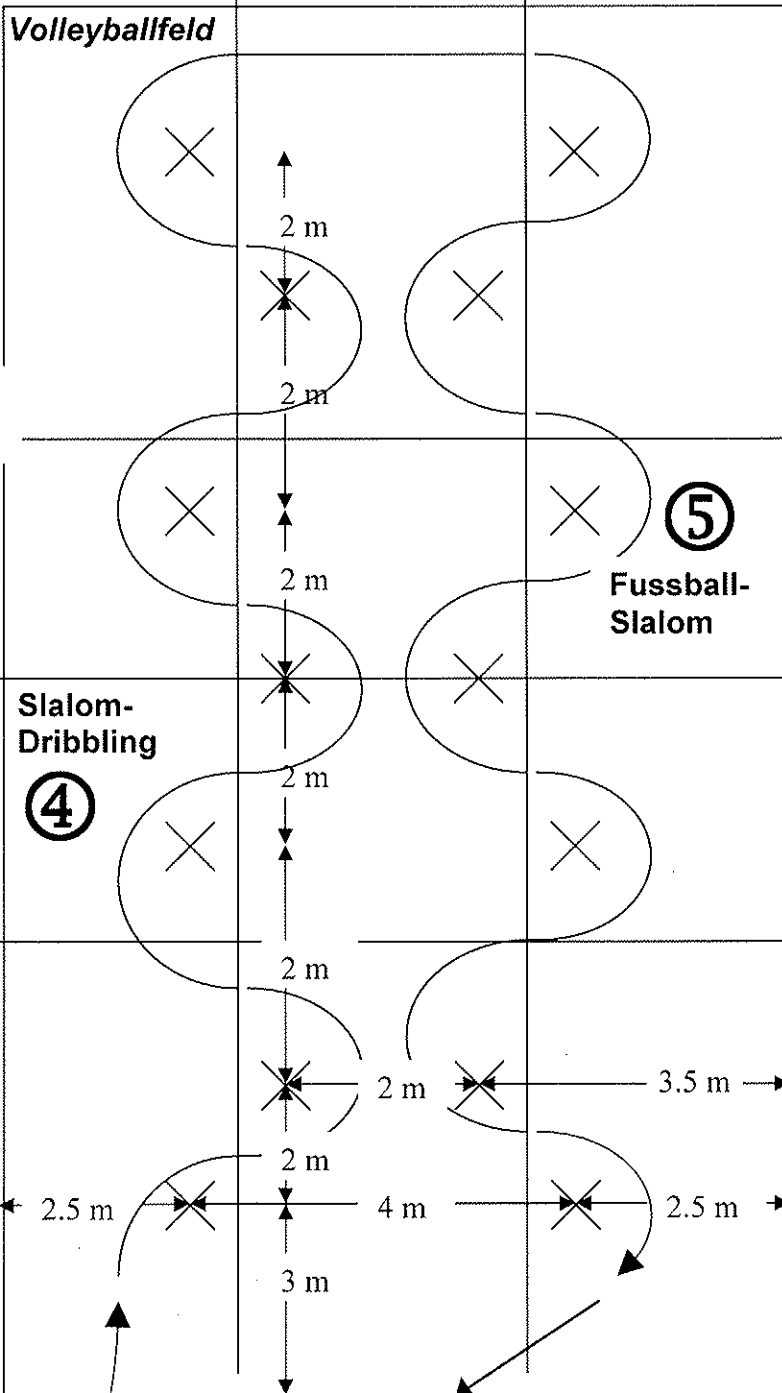
⑧

Um Malstab & Rückwärts laufen



⑤

Fussball-Slalom



Volleyballfeld

Slalom-Dribbling

④

unten

oben

unten

oben

Ball versorgen

⑥

Rolle vorwärts

## 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

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