

## Women – Requirements German Sports Badge (Deutsches Sportabzeichen) 2010

<b>Gr.</b>	<b>Exercise/Age</b>	<b>18-29</b>	<b>30-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-70</b>	<b>70-74</b>	<b>75-79</b>	<b>80+</b>
1	200-m-swim	7:00	8:00	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00
2	High jump	1,10	1,05	1,00	0,95	0,90	0,85	0,80	0,75	0,70	0,65	0,60
2	Long jump	3,50	3,25	3,00	2,90	2,80	2,70	2,60	2,50	2,40	2,30	2,20
2	Standing long jump	-	-	-	1,60	1,50	1,40	1,30	1,20	1,15	1,10	1,05
2	Artistic gymn. jump	1,20	1,10	1,10	1,10	1,10	1,10	70-90	70-90	70-90	70-90	70-90
3	50-m-run	-	-	9,2	9,7	10,2	10,7	11,2	11,7	12,2	13,2	14,2
3	75-m-run	12,4	13,0	-	-	-	-	-	-	-	-	-
3	100-m-run	16,0	17,0	18,5	20,0	21,0	22,0	23,0	24,0	25,0	26,0	27,0
3	1.000-m-run	5:30	6:00	6:40	7:00	7:20	7:40	8:00	8:20	8:40	9:00	9:30
3	300-m-cycling	-	-	-	-	-	-	1:00	1:02	1:04	1:06	1:08
3	300-m-Inline Sk.	0:47	0:48	0:49	0:51	0:53	0:55	0:57	0:59	-	-	-
3	Choices group 3	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4	Shot put	6,50	6,25	6,00	5,75	5,75	5,50	5,25	5,00	4,75	4,50	4,25
4		4 kg	4 kg	4 kg	4kg	3 kg	3 kg	3 kg	3 kg	3 kg	3 kg	3 kg
4	Schlagball (80g)	37,00	34,00	31,00	29,00	27,00	25,00	24,00	23,00	-	-	-
4	Wurfball (200g)	27,00	25,00	24,00	23,00	22,00	21,00	20,00	19,00	18,00	17,00	16,00
4	Schleuderball (1kg)	27,00	25,00	24,00	23,00	22,00	21,00	20,00	19,00	18,00	17,00	14,00
4	Medicine ball (2kg)	-	-	-	-	-	-	-	6,50	6,00	5,50	5,00
4	100-m-swim	2,00	2,20	2,30	2,50	3,05	3,20	3,35	3,50	4,00	4,10	4,20
4	artistic gymn.	Details	Details	Details	Details	Details	Details	Details	Details	Details	Details	Details
4	Choices group 4	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
5	2.000-m-run	12:00	13:00	14:00	15:00	16:00	17:00	17:30	18:00	18:30	19:00	19:30

5	3.000-m-run	18:30	20:00	21:30	23:00	24:30	26:00	27:00	28:00	29:00	30:00	31:00
5	5-km-Inline-Skat.	16:30	17:00	17:30	19:00	20:30	22:00	23:30	25:00	-	-	-
5	10 km hiking	-	-	-	-	-	-	-	2 h	2 h	2 h 15	2 h 30
5	7 km walking/Nord. W	61:00	64:00	67:00	70:00	73:00	76:00	79:00	82:00	85:00	88:00	91:00
5	20 km cycling	60:00	62:30	65:00	67:30	70:00	72:30	75:00	77:30	80:00	82:30	85:00
5	1.000-m-swim	28:00	30:30	33:00	35:30	38:00	40:30	43:00	46:00	49:00	52:00	55:00
5	Cross-country-	54:00	60:00	65:00	70:00	75:00	80:00	85:00	90:00	95:00	100:00	105:00
5	Skiing time/km	10 km	10 km	10 km	10 km	10 km	10 km	10 km	10 km	10 km	10 km	10 km
5	Further Choices gr. 5	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Further possible choices: canoeing, rowing, ninepins, weight lifting, bench press, riflery, ice skating

More information in German: [www.deutsches-sportabzeichen.de](http://www.deutsches-sportabzeichen.de)

You need to fulfill the requirements of one discipline in each of the five colored groups. You will have max. three attempts per discipline per day, but can try it again as often as you wish during the January-December. Example: You could start with Nordic Walking (Gr. 5) in April, proceed with swimming and shot put in May, sprint in October and finish with high jump in November. Or you could achieve your German Sports Day on one single day.

