



Kattenberger Fitnessstest - Notentabelle Piepstest



Stand: 01. Aug 16

Note: Piepstest:

	Mä 10:	Ju 10:
1	-70	ab 95
2	69-50	94 - 80
3	49-40	79-60
4	39-33	59-45
5	32-28	44-35
6	27-0	34-0
	Mä 9:	Ju 9:
1	-62	-85
2	62-45	84-70
3	44-35	69-50
4	34-30	49-40
5	29-25	39-30
6	24-0	29-0
	Mä 8:	Ju 8:
1	-60	-80
2	59-45	79-60
3	44-30	59-45
4	29-27	44-35
5	26-21	34-25
6	20-0	24-0
	Mä 7:	Ju 7:
1	-55	-70
2	54-36	69-50
3	35-30	49-40
4	29-24	39-34
5	23-19	33-24
6	18-0	23-0
	Mä 6:	Ju 6:
1	-50	-60
2	49-34	59-45
3	33-28	44-35
4	27-22	34-29
5	21-17	28-23
6	16-0	22-0
	Mä 5:	Ju 5:
1	-45	-55
2	44-32	54-40
3	31-26	39-30
4	25-20	29-24
5	19-15	23-18
6	14-0	17-0

	Mä 12:	Ju 12:
15	-90	-115
14	90-85	115-110
13	85-80	110-105
12	79-73	104-100
11	72-67	99-95
10	66-60	95-90
9	59-57	89-83
8	56-54	82-77
7	53-50	76-70
6	49-48	69-65
5	47-46	64-60
4	45-43	59-55
3	42-40	54-52
2	40-39	51-49
1	38	48-45
0	37-0	44-0
	Mä 11:	Ju 11:
15	-85	-110
14	85-80	110-105
13	80-75	105-100
12	74-70	99-94
11	69-63	95-91
10	62-55	90-85
9	54-52	84-80
8	51-48	79-72
7	47-45	71-65
6	44-43	64-61
5	42-40	60-56
4	39-38	55-50
3	37-36	49-47
2	35	46-44
1	34-33	43-40
0	32-0	39-0