

Laufzeiten für 5km und 10km Lauf statt Coopertest

Abitur / Kursstufe:

Schüler	30m 0s				
Note	Strecke (m)	m/s	min/km	5km Zeit	10km Zeit
15	7056,00	3,92	4m 15s	21m 16s	45m 42s
14	6950	3,86	4m 19s	21m 35s	46m 24s
13	6850	3,81	4m 23s	21m 54s	47m 5s
12	6700	3,72	4m 29s	22m 23s	48m 8s
11	6550	3,64	4m 35s	22m 54s	49m 14s
10	6350	3,53	4m 43s	23m 37s	50m 47s
9	6150	3,42	4m 53s	24m 23s	52m 26s
8	5900	3,28	5m 5s	25m 25s	54m 40s
7	5650	3,14	5m 19s	26m 33s	57m 5s
6	5400	3,00	5m 33s	27m 47s	59m 43s
5	5125	2,85	5m 51s	29m 16s	62m 56s
4	4825	2,68	6m 13s	31m 5s	66m 50s
3	4525	2,51	6m 38s	33m 9s	71m 16s
2	4200	2,33	7m 9s	35m 43s	76m 47s
1	3850	2,14	7m 48s	38m 58s	83m 46s

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Schülerinnen	30m 0s				
Note	Strecke (m)	m/s	min/km	5km Zeit	10km Zeit
15	6000,00	3,33	5m 0s	25m 0s	53m 45s
14	5900	3,28	5m 5s	25m 25s	54m 40s
13	5800	3,22	5m 10s	25m 52s	55m 36s
12	5650	3,14	5m 19s	26m 33s	57m 5s
11	5500	3,06	5m 27s	27m 16s	58m 38s
10	5300	2,94	5m 40s	28m 18s	60m 51s
9	5100	2,83	5m 53s	29m 25s	63m 14s
8	4850	2,69	6m 11s	30m 56s	66m 30s
7	4600	2,56	6m 31s	32m 37s	70m 7s
6	4350	2,42	6m 54s	34m 29s	74m 8s
5	4075	2,26	7m 22s	36m 49s	79m 8s
4	3775	2,10	7m 57s	39m 44s	85m 26s
3	3475	1,93	8m 38s	43m 10s	92m 48s
2	3150	1,75	9m 31s	47m 37s	102m 23s
1	2800	1,56	10m 43s	53m 34s	115m 11s

KI 9 und 10:

Schüler	30m				
Note	Strecke (m)	m/s	min/km	5km Zeit	10km Zeit
1	6552,00	3,64	4m 35s	22m 54s	49m 13s
2	5904,00	3,28	5m 5s	25m 24s	54m 37s
3	5130,00	2,85	5m 51s	29m 14s	62m 52s
4	3852,00	2,14	7m 47s	38m 56s	83m 43s

Schülerinnen	30m				
Note	Strecke (m)	m/s	min/km	5km Zeit	10km Zeit
1	5500	3,06	5m 27s	27m 16s	58m 38s
2	4850	2,69	6m 11s	30m 56s	66m 30s
3	4075	2,26	7m 22s	36m 49s	79m 8s
4	3150	1,75	9m 31s	47m 37s	102m 23s

KI 7 und 8:

Schüler	30m 0s			5	10
Note	Strecke (m)	m/s	min/km	5km Zeit	10km Zeit
1	5904,00	3,28	5m 5s	30m 0s	54m 37s
2	5130,00	2,85	5m 51s	29m 14s	62m 52s
3	3852,00	2,14	7m 47s	38m 56s	83m 43s
4	3600,00	2,00	8m 20s	41m 40s	89m 35s

Schülerinnen	30m 0s			5	10
Note	Strecke (m)	m/s	min/km	5km Zeit	10km Zeit
1	4850	2,69	6m 11s	30m 56s	66m 30s
2	4075	2,26	7m 22s	36m 49s	79m 8s
3	3150	1,75	9m 31s	47m 37s	102m 23s
4	2880,00	1,60	10m 25s	52m 5s	111m 59s