

MÄNNER



| Alter | | 18–19 | | | 20–24 | | | 25–29 | | | 30–34 | | | 35–39 | | | 40–44 | | | 45–49 | | | 50–54 | | | 55–59 | | | 60–64 | | | 65–69 | | | 70–74 | | | 75–79 | | | 80–84 | | | | | |
|--------------------------------------|---|-------------------|--------|--------|-------|--------|--------|-------------|--------|--------|-------|--------|--------|------------------|--------|--------|-----------------|--------|--------|-----------------------|--------|--------|-------|--------|--------|----------------------|--------|--------|-------|--------|---------------|-------|--------|--------|--------|--------|--------|--------|-------|-------|--------|--------|-------|--------|--------|-------|
| | | Übung | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | | | | | | | | |
| Ausdauer | 3.000 m Lauf (in Min.) | 17:20 | 15:20 | 13:20 | 16:50 | 14:50 | 12:50 | 17:10 | 15:10 | 13:10 | 18:40 | 16:10 | 14:10 | 19:50 | 17:20 | 15:00 | 21:00 | 18:30 | 15:50 | 22:10 | 19:30 | 16:30 | 23:20 | 20:20 | 17:20 | 23:50 | 20:50 | 17:50 | 24:30 | 21:30 | 18:30 | 25:00 | 22:00 | 19:00 | 25:20 | 22:20 | 19:20 | 26:00 | 23:00 | 20:00 | 26:30 | 23:30 | 20:30 | 27:00 | 24:00 | 21:00 |
| | 10 km Lauf (in Min.) | 63:20 | 57:20 | 51:20 | 62:30 | 56:30 | 50:00 | 66:00 | 59:20 | 52:00 | 69:40 | 61:10 | 54:50 | 74:10 | 65:30 | 56:50 | 78:50 | 69:30 | 60:10 | 83:40 | 73:10 | 63:30 | 88:20 | 76:40 | 65:30 | 91:30 | 79:40 | 67:40 | 94:40 | 82:40 | 70:40 | 98:00 | 86:00 | 74:00 | 102:10 | 90:10 | 78:10 | 107:20 | 95:20 | 83:20 | 113:10 | 101:10 | 89:10 | 120:00 | 108:00 | 96:00 |
| | 7,5 km Walking / Nordic Walking (in Min.) | 58:30 | 54:30 | 50:30 | 57:00 | 53:00 | 49:00 | 58:30 | 54:30 | 50:30 | 62:30 | 57:00 | 51:00 | 65:00 | 58:30 | 53:30 | 66:00 | 60:30 | 54:00 | 68:30 | 62:30 | 55:00 | 71:00 | 64:00 | 55:30 | 73:00 | 65:00 | 57:00 | 74:30 | 66:30 | 58:30 | 76:00 | 68:00 | 60:00 | 78:30 | 70:30 | 62:30 | 81:00 | 73:00 | 65:00 | 84:30 | 76:30 | 68:30 | 88:00 | 80:00 | 72:00 |
| | Schwimmen (in Min.) | 800 m | | | | | | | | | | | | | | | 400 m | | | | | | | | | | | | | | | 200 m | | | | | | | | | | | | | | |
| | 20 km Radfahren (in Min.) | 47:00 | 42:30 | 38:30 | 46:30 | 42:00 | 37:30 | 50:00 | 44:30 | 39:00 | 53:30 | 47:00 | 40:30 | 58:00 | 50:00 | 41:30 | 63:00 | 52:00 | 43:30 | 66:00 | 55:00 | 45:00 | 68:30 | 57:00 | 46:30 | 70:30 | 58:30 | 47:30 | 71:30 | 60:00 | 48:00 | 72:30 | 60:30 | 48:30 | 73:30 | 61:30 | 49:30 | 74:30 | 63:00 | 51:30 | 76:00 | 64:30 | 53:00 | 77:00 | 65:00 | 54:00 |
| Kraft | Medizinballwurf (2 kg, in m) | 10,25 | 11,00 | 11,75 | 10,00 | 11,00 | 11,75 | 9,75 | 10,75 | 11,75 | 9,00 | 10,25 | 11,50 | 8,25 | 9,75 | 11,25 | 7,75 | 9,25 | 10,75 | 7,00 | 8,75 | 10,50 | 6,50 | 8,50 | 10,25 | 6,00 | 8,25 | 10,00 | 5,75 | 7,75 | 9,75 | 5,25 | 7,25 | 9,25 | 5,00 | 7,00 | 9,00 | 4,50 | 6,50 | 8,50 | 4,25 | 6,25 | 8,25 | 4,00 | 6,00 | 8,00 |
| | Kugelstoßen (in m) | 6 kg | | | | | | 7,26 kg | | | | | | | | | | | | | | | 6 kg | | | | | | 5 kg | | | | | | 4 kg | | | | | | | | | | | |
| | | 7,75 | 8,25 | 8,75 | 7,75 | 8,50 | 9,00 | 7,50 | 8,25 | 8,75 | 7,00 | 7,75 | 8,25 | 6,75 | 7,25 | 8,00 | 6,25 | 7,00 | 7,75 | 6,00 | 6,75 | 7,50 | 6,25 | 7,00 | 8,00 | 6,00 | 6,75 | 7,50 | 6,00 | 7,00 | 8,00 | 5,75 | 6,75 | 7,50 | 6,00 | 6,75 | 7,75 | 5,75 | 6,50 | 7,50 | 5,50 | 6,25 | 7,25 | 5,00 | 6,00 | 7,00 |
| | Steinstoßen (in m) | 10 kg | | | | | | 15 kg | | | | | | | | | | | | | | | 10 kg | | | | | | | | | | | | | | | | | | | | | | | |
| | | 9,30 | 10,10 | 10,95 | 7,70 | 8,65 | 9,55 | 7,45 | 8,45 | 9,45 | 7,10 | 8,15 | 9,15 | 6,75 | 7,75 | 8,80 | 6,10 | 7,40 | 8,65 | 5,50 | 7,05 | 8,60 | 7,95 | 9,25 | 10,55 | 7,75 | 9,05 | 10,35 | 7,65 | 8,95 | 10,25 | 7,25 | 8,55 | 9,85 | 6,90 | 8,20 | 9,50 | 6,70 | 8,00 | 9,30 | 6,50 | 7,80 | 9,10 | 6,00 | 7,30 | 8,60 |
| Standweitsprung (in m) | 2,10 | 2,30 | 2,50 | 2,10 | 2,30 | 2,50 | 2,05 | 2,25 | 2,45 | 1,85 | 2,10 | 2,35 | 1,65 | 1,95 | 2,25 | 1,55 | 1,85 | 2,15 | 1,45 | 1,75 | 2,05 | 1,35 | 1,65 | 1,95 | 1,30 | 1,60 | 1,90 | 1,30 | 1,60 | 1,90 | 1,30 | 1,60 | 1,90 | 1,25 | 1,55 | 1,85 | 1,20 | 1,50 | 1,80 | 1,15 | 1,45 | 1,75 | 1,10 | 1,40 | 1,70 | |
| Gerätturnen | Reck | | | | | | Boden | | | | | | Reck | | | | | | Barren | | | | | | Boden | | | | | | Boden | | | | | | | | | | | | | | | |
| Schnelligkeit | Laufen (in Sek.) | 100 m | | | | | | | | | | | | | | | 50 m | | | | | | | | | | | | | | | 30 m | | | | | | | | | | | | | | |
| | | 14,6 | 13,5 | 12,5 | 14,4 | 13,3 | 12,3 | 14,8 | 13,5 | 12,3 | 15,3 | 13,8 | 12,3 | 16,0 | 14,3 | 12,6 | 10,2 | 9,3 | 8,3 | 10,7 | 9,6 | 8,5 | 10,9 | 9,8 | 8,8 | 11,1 | 10,0 | 9,0 | 11,3 | 10,2 | 9,2 | 11,5 | 10,5 | 9,4 | 11,6 | 10,5 | 9,4 | 7,2 | 6,4 | 5,7 | 7,6 | 6,9 | 6,0 | 8,8 | 8,1 | 7,4 |
| | 25 m Schwimmen (in Sek.) | 35,0 | 30,0 | 24,5 | 34,0 | 29,0 | 23,5 | 36,0 | 30,0 | 23,5 | 38,5 | 31,0 | 24,0 | 42,0 | 33,5 | 25,5 | 45,5 | 36,5 | 26,0 | 49,0 | 39,5 | 27,5 | 52,0 | 42,0 | 30,0 | 56,0 | 44,0 | 32,0 | 58,0 | 46,0 | 34,0 | 59,5 | 47,5 | 35,5 | 62,0 | 50,0 | 38,0 | 64,5 | 52,5 | 40,5 | 66,0 | 55,0 | 43,0 | 68,0 | 57,0 | 45,0 |
| 200 m Radfahren (fl. Start, in Sek.) | 20,5 | 18,0 | 15,5 | 20,0 | 17,5 | 15,0 | 21,0 | 18,0 | 15,0 | 22,5 | 18,5 | 15,0 | 24,0 | 20,0 | 15,5 | 26,5 | 21,5 | 16,5 | 28,5 | 23,0 | 17,0 | 30,0 | 24,0 | 18,0 | 32,0 | 25,0 | 18,5 | 33,5 | 26,0 | 19,0 | 35,0 | 27,0 | 19,5 | 36,0 | 28,5 | 20,0 | 37,5 | 29,5 | 21,5 | 39,0 | 31,5 | 23,0 | 40,0 | 32,0 | 24,0 | |
| Gerätturnen | Sprung | | | | | | Sprung | | | | | | Sprung | | | | | | Sprung | | | | | | Boden | | | | | | Sprung | | | | | | | | | | | | | | | |
| Koordinaton | Hochsprung (in m) | 1,30 | 1,40 | 1,50 | 1,30 | 1,40 | 1,55 | 1,30 | 1,40 | 1,50 | 1,30 | 1,40 | 1,50 | 1,25 | 1,35 | 1,45 | 1,20 | 1,30 | 1,40 | 1,15 | 1,25 | 1,35 | 1,05 | 1,15 | 1,25 | 1,00 | 1,10 | 1,20 | 0,95 | 1,05 | 1,15 | 0,85 | 1,00 | 1,10 | 0,80 | 0,95 | 1,05 | 0,75 | 0,90 | 1,00 | 0,75 | 0,85 | 0,95 | 0,70 | 0,80 | 0,90 |
| | Weitsprung (in m) | Weitsprung | | | | | | | | | | | | | | | Zonenweitsprung | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Zonenweitsprung (in Punkten) | 4,50 | 4,80 | 5,10 | 4,40 | 4,70 | 5,00 | 4,30 | 4,60 | 4,90 | 4,20 | 4,50 | 4,80 | 4,10 | 4,40 | 4,80 | 3,90 | 4,30 | 4,70 | 3,70 | 4,10 | 4,50 | 3,60 | 4,00 | 4,40 | 12 | 14 | 16 | 11 | 13 | 15 | 10 | 12 | 14 | 8 | 10 | 12 | 7 | 9 | 10 | 6 | 7 | 9 | 5 | 6 | 8 |
| | Schleuderballwurf (1 kg, in m) | 31,50 | 34,50 | 37,50 | 33,00 | 36,00 | 39,00 | 32,50 | 35,50 | 38,50 | 30,50 | 33,50 | 36,50 | 29,00 | 32,00 | 35,00 | 28,50 | 31,50 | 34,50 | 27,50 | 30,50 | 34,00 | 26,00 | 29,50 | 33,00 | 24,00 | 28,00 | 32,00 | 23,00 | 27,00 | 31,00 | 20,50 | 24,50 | 28,50 | 19,00 | 23,00 | 27,00 | 16,50 | 20,50 | 24,50 | 14,50 | 18,50 | 22,50 | 12,50 | 16,50 | 20,50 |
| | Seilspringen | Doppeldurchschlag | | | | | | Laufschritt | | | | | | Kreuzdurchschlag | | | | | | Grundsprung rückwärts | | | | | | Grundsprung vorwärts | | | | | | | | | | | | | | | | | | | | |
| | 10 | 15 | 20 | 10 | 15 | 20 | 10 | 15 | 20 | 40 | 50 | 60 | 40 | 50 | 60 | 10 | 15 | 20 | 10 | 15 | 20 | 10 | 15 | 20 | 10 | 20 | 30 | 10 | 20 | 30 | 10 | 15 | 20 | 10 | 15 | 20 | 10 | 15 | 20 | 10 | 15 | 20 | 10 | 15 | 20 | |
| Gerätturnen | Boden | | | | | | Boden | | | | | | Boden | | | | | | Ringe | | | | | | Reck | | | | | | Schwebebalken | | | | | | | | | | | | | | | |