

Shuttle-Run

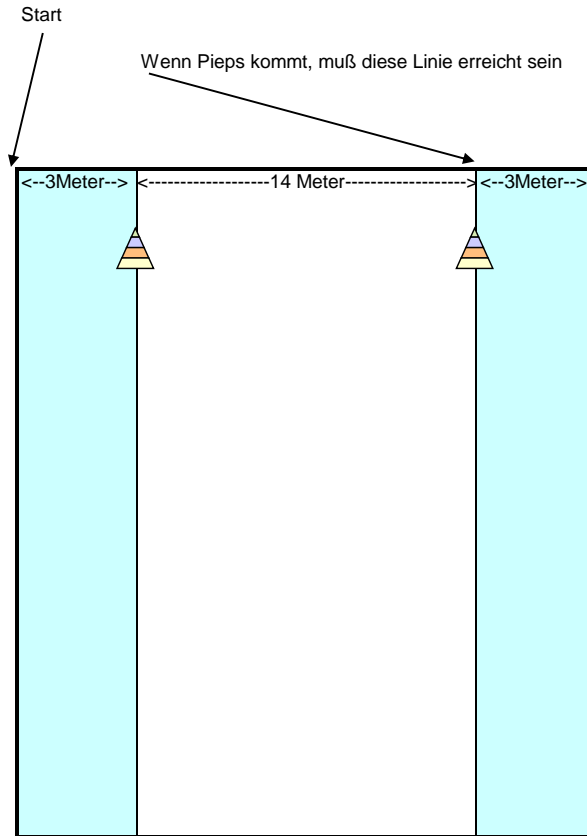
Beginn der Bahnen/ Stufen

Stufe	Beginn	1. Bahn	2. Bahn	3. Bahn	4. Bahn	5. Bahn	6. Bahn	Bahnen
0	00:12	00:21	00:30	00:39	00:48			4
0,5	00:48	00:57	01:05	01:14				3
1	01:14	01:23	01:31	01:39	01:48			4
1,5	01:48	01:56	02:05	02:13				3
2	02:13	02:22	02:29	02:37	02:45			4
2,5	02:45	02:53	03:01	03:09				3
3	03:09	03:16	03:24	03:32	03:39			4
3,5	03:39	03:46	03:54	04:02	04:09			4
4	04:09	04:16	04:24	04:31	04:38			4
4,5	04:38	04:45	04:52	04:59	05:06			4
5	05:06	05:13	05:20	05:27	05:34	05:40		5
5,5	05:40	05:48	05:54	06:01	06:08			4
6	06:08	06:15	06:21	06:27	06:34	06:41		5
6,5	06:41	06:47	06:54	07:00	07:07			4
7	07:07	07:13	07:19	07:25	07:32	07:38		5
7,5	07:38	07:44	07:51	07:57	08:04	08:10		5
8	08:10	08:15	08:21	08:27	08:33	08:39		5
8,5	08:39							70

Shuttle-Run

Dauer der Bahnen in Sekunden

Stufe	1. Bahn	2. Bahn	3. Bahn	4. Bahn	5. Bahn	Zeit
0	00:09	00:09	00:09	00:09		00:36
0,5	00:09	00:08	00:09			00:26
1	00:09	00:08	00:08	00:09		00:34
1,5	00:08	00:09	00:08			00:25
2	00:09	00:07	00:08	00:08		00:32
2,5	00:08	00:08	00:08			00:24
3	00:07	00:08	00:08	00:07		00:30
3,5	00:07	00:08	00:08	00:07		00:30
4	00:07	00:08	00:07	00:07		00:29
4,5	00:07	00:07	00:07	00:07		00:28
5	00:07	00:07	00:07	00:07	00:06	00:34
5,5	00:08	00:06	00:07	00:07		00:28
6	00:07	00:06	00:06	00:07	00:07	00:33
6,5	00:06	00:07	00:06	00:07		00:26
7	00:06	00:06	00:06	00:07	00:06	00:31
7,5	00:06	00:07	00:06	00:07	00:06	00:32
8	00:05	00:06	00:06	00:06	00:06	00:29
8,5						08:27



Es muß jede Bahn bis zur Grundlinie durchgelaufen werden.
 Vor dem Ertönen des Signal darf die nächste Bahn nicht begonnen werden
 Beim Ertönen des Signals muß die Pflone erreicht sein.

1 Bahn = 20 Meter (Hallenhandballspielfeldbreite)