

JUFA Nachwuchsteam

LLZ Kader – Qualifikationskriterien / Zubringerleistungen

WEIBLICH

Alter	Laufen 1000m / 5000m	Schwimmen 400m
12 Jahre	4min 00sec	7min 00sec
14 Jahre	3min 40sec	6min 20sec
16 Jahre	3min 20sec / 20min 00sec	5min 40sec
18 Jahre	3min 10sec / 19min 00sec	5min 15sec
20 Jahre	3min 00sec / 18min 00sec	5min 00sec

MÄNNLICH

Alter	Laufen 1000m / 5000m	Schwimmen 400m
12 Jahre	3min 40sec	6min 30sec
14 Jahre	3min 20sec	5min 50sec
16 Jahre	3min 00sec / 17min 30sec	5min 10sec
18 Jahre	2min 50sec / 16min 30sec	4min 45sec
20 Jahre	2min 40sec / 15min 30sec	4min 30sec