

Orientierungswerte der Kernübungen der Sommerabforderungen Skillanglauf

Daten Grundlage Sommerabforderungen 2022 und 2023:

n = 2439

U6w	n = 12	Beweglichkeit n = 6	Jump-and-Reach [cm] n = 6	Schlagball [m] n = 1	30 m Sprint [s,00] n = 1	KaBu [s,00] n = 7	Seilspringen [Anz.] n = 5	4-füsslerstand [m:ss,0] n = 1	Balance [Anz.] n = 9
	sehr gut	107 - 112	17 - 21	6 - 6	7,8 - 7,8	20 - 22,89	25 - 26	0:37,0 - 0:37,0	26 - 36
	gut	105 - 107	15 - 17	6 - 6	7,8 - 7,8	22,89 - 23,17	21 - 25	0:37,0 - 0:37,0	24 - 26
	befriedigend	101 - 105	13 - 15	6 - 6	7,8 - 7,8	23,17 - 31,76	13 - 21	0:37,0 - 0:37,0	24 - 24
mangelhaft	98 - 101	12 - 13	6 - 6	6 - 6	7,8 - 7,8	31,76 - 43,81	13 - 13	0:37,0 - 0:37,0	9 - 24
U6m	n = 17	Beweglichkeit n = 15	Jump-and-Reach [cm] n = 7	Schlagball [m] n = 6	30 m Sprint [s,00] n = 7	KaBu [s,00] n = 13	Seilspringen [Anz.] n = 14	4-füsslerstand [m:ss,0] n = 2	Balance [Anz.] n = 6
	sehr gut	105 - 121	23 - 25	12 - 16,5	5,8 - 6,77	19,6 - 23,61	20 - 43	0:20,0 - 0:22,2	26 - 27
	gut	104 - 105	14 - 23	8,5 - 12	6,77 - 7,62	23,61 - 27,9	12 - 20	0:22,2 - 0:24,5	23 - 26
	befriedigend	101 - 104	10 - 14	7,25 - 8,5	7,62 - 8,43	27,9 - 30,84	4 - 12	0:24,5 - 0:26,7	21 - 23
mangelhaft	95 - 101	3 - 10	4 - 7,25	4 - 7,25	8,43 - 9,7	30,84 - 39,7	1 - 4	0:26,7 - 0:29,0	13 - 21
U7w	n = 21	Beweglichkeit n = 11	Jump-and-Reach [cm] n = 11	Schlagball [m] n = 10	30 m Sprint [s,00] n = 9	KaBu [s,00] n = 10	Seilspringen [Anz.] n = 12	4-füsslerstand [m:ss,0] n = 7	Balance [Anz.] n = 9
	sehr gut	109 - 115	20 - 23	13,2 - 16	6,25 - 6,8	22,4 - 26,13	23 - 33	0:22,0 - 0:22,0	25 - 28
	gut	104 - 109	18 - 20	11 - 13,2	6,8 - 7,26	26,13 - 29,23	18 - 23	0:22,0 - 0:22,2	24 - 25
	befriedigend	103 - 104	15 - 18	8,5 - 11	7,26 - 8,16	29,23 - 31,73	13 - 18	0:22,2 - 0:30,0	21 - 24
mangelhaft	102 - 103	13 - 15	6,5 - 8,5	8,16 - 9,6	31,73 - 35,6	1 - 13	0:30,0 - 0:47,0	20 - 21	
U7m	n = 42	Beweglichkeit n = 26	Jump-and-Reach [cm] n = 18	Schlagball [m] n = 13	30 m Sprint [s,00] n = 21	KaBu [s,00] n = 19	Seilspringen [Anz.] n = 26	4-füsslerstand [m:ss,0] n = 9	Balance [Anz.] n = 13
	sehr gut	105 - 112	23 - 28	21,6 - 26	5,7 - 6,17	19,02 - 21,97	29 - 57	0:17,0 - 0:22,0	26 - 34
	gut	104 - 105	20 - 23	15,1 - 21,6	6,17 - 6,8	21,97 - 24,1	18 - 29	0:22,0 - 0:29,0	24 - 26
	befriedigend	101 - 104	15 - 20	12,4 - 15,1	6,8 - 7,2	24,1 - 26,99	12 - 18	0:29,0 - 0:44,0	24 - 24
mangelhaft	88 - 101	10 - 15	9 - 12,4	9 - 12,4	7,2 - 9,31	26,99 - 34,3	1 - 12	0:44,0 - 1:02,0	13 - 24
U8w	n = 77	Beweglichkeit n = 45	Jump-and-Reach [cm] n = 43	Schlagball [m] n = 24	30 m Sprint [s,00] n = 38	KaBu [s,00] n = 43	Seilspringen [Anz.] n = 50	4-füsslerstand [m:ss,0] n = 33	Balance [Anz.] n = 41
	sehr gut	107 - 114	23 - 28	15,25 - 21,2	5,75 - 6,26	15,69 - 21,02	34 - 104	0:19,0 - 0:24,0	27 - 37
	gut	105 - 107	19 - 23	13,1 - 15,25	6,26 - 6,67	21,02 - 22,4	26 - 34	0:24,0 - 0:33,0	24 - 27
	befriedigend	102 - 105	16 - 19	11,88 - 13,1	6,67 - 7,27	22,4 - 26,34	11 - 26	0:33,0 - 0:50,3	23 - 24
mangelhaft	93 - 102	10 - 16	7,5 - 11,88	7,27 - 16,2	26,34 - 37,73	0 - 11	0:50,3 - 1:18,0	12 - 23	
U8m	n = 80	Beweglichkeit n = 48	Jump-and-Reach [cm] n = 50	Schlagball [m] n = 20	30 m Sprint [s,00] n = 31	KaBu [s,00] n = 43	Seilspringen [Anz.] n = 46	4-füsslerstand [m:ss,0] n = 34	Balance [Anz.] n = 38
	sehr gut	107 - 134	25 - 35	21,83 - 35,3	5,38 - 5,88	16,75 - 20,5	34 - 89	0:15,0 - 0:20,1	27 - 37
	gut	104 - 107	21 - 25	17,5 - 21,83	5,88 - 6,3	20,5 - 22,5	15 - 34	0:20,1 - 0:28,5	25 - 27
	befriedigend	99 - 104	18 - 21	15,38 - 17,5	6,3 - 6,87	22,5 - 25,42	8 - 15	0:28,5 - 0:44,2	23 - 25
mangelhaft	85 - 99	5 - 18	7,5 - 15,38	7,5 - 15,38	6,87 - 8,9	25,42 - 37	1 - 8	0:44,2 - 1:32,0	8 - 23

U9w		n = 92	Beweglichkeit n = 65	Jump-and-Reach [cm] n = 61	Schlagball [m] n = 34	30 m Sprint [s,00] n = 63	KaBu [s,00] n = 53	Seilspringen [Anz.] n = 62	4-füsslerstand [m:ss,0] n = 38	Balance [Anz.] n = 60
	sehr gut		110 - 117	27 - 35	20,33 - 30	4,98 - 5,88	15,3 - 19,8	60 - 117	0:11,0 - 0:24,0	27 - 36
	gut		105 - 110	23 - 27	18 - 20,33	5,88 - 6,15	19,8 - 21,9	41 - 60	0:24,0 - 0:38,5	26 - 27
	befriedigend		101 - 105	19 - 23	15,78 - 18	6,15 - 6,46	21,9 - 23,69	26 - 41	0:38,5 - 0:53,0	24 - 26
	mangelhaft		90 - 101	11 - 19	10,5 - 15,78	6,46 - 7,41	23,69 - 40,47	5 - 26	0:53,0 - 1:30,0	3 - 24
U9m		n = 81	Beweglichkeit n = 59	Jump-and-Reach [cm] n = 48	Schlagball [m] n = 31	30 m Sprint [s,00] n = 49	KaBu [s,00] n = 41	Seilspringen [Anz.] n = 54	4-füsslerstand [m:ss,0] n = 32	Balance [Anz.] n = 44
	sehr gut		107 - 134	27 - 35	27,5 - 35	5 - 5,63	14,15 - 18,4	57 - 134	0:13,0 - 0:15,0	28 - 37
	gut		104 - 107	24 - 27	23 - 27,5	5,63 - 6	18,4 - 19,44	36 - 57	0:15,0 - 0:27,7	27 - 28
	befriedigend		102 - 104	20 - 24	19,5 - 23	6 - 6,34	19,44 - 20,9	16 - 36	0:27,7 - 0:50,8	24 - 27
	mangelhaft		92 - 102	10 - 20	13 - 19,5	6,34 - 7,02	20,9 - 28,61	1 - 16	0:50,8 - 1:30,0	15 - 24

U10w		n = 139	Beweglichkeit n = 104	Jump-and-Reach [cm] n = 100	Schlagball [m] n = 46	30 m Sprint [s,00] n = 91	KaBu [s,00] n = 90	Seilspringen [Anz.] n = 96	1x um die Welt [m:ss,0] n = 81	Balance [Anz.] n = 80
	sehr gut		111 - 125	33 - 41	23,49 - 32	4,91 - 5,45	14,5 - 17,24	100 - 178	1:30,0 - 1:30,0	28 - 36
	gut		107 - 111	26 - 33	19 - 23,49	5,45 - 5,73	17,24 - 18,93	81 - 100	1:13,0 - 1:30,0	27 - 28
	befriedigend		103 - 107	22 - 26	16,5 - 19	5,73 - 6,01	18,93 - 21,7	57 - 81	0:42,0 - 1:13,0	24 - 27
	mangelhaft		0 - 103	12 - 22	11,7 - 16,5	6,01 - 8,1	21,7 - 32,09	18 - 57	0:08,0 - 0:42,0	8 - 24
U10m		n = 108	Beweglichkeit n = 78	Jump-and-Reach [cm] n = 81	Schlagball [m] n = 30	30 m Sprint [s,00] n = 70	KaBu [s,00] n = 75	Seilspringen [Anz.] n = 81	1x um die Welt [m:ss,0] n = 67	Balance [Anz.] n = 67
	sehr gut		108 - 115	32 - 40	33 - 44	4,85 - 5,41	13,44 - 16,66	75 - 139	1:30,0 - 1:30,0	28 - 32
	gut		105 - 108	28 - 32	29,6 - 33	5,41 - 5,72	16,66 - 18,25	56 - 75	1:30,0 - 1:30,0	25 - 28
	befriedigend		102 - 105	25 - 28	23,63 - 29,6	5,72 - 5,92	18,25 - 20,11	39 - 56	0:47,5 - 1:30,0	24 - 25
	mangelhaft		89 - 102	16 - 25	11,1 - 23,63	5,92 - 6,43	20,11 - 28,6	14 - 39	0:11,0 - 0:47,5	0 - 24

U11w		n = 184	Beweglichkeit n = 143	Jump-and-Reach [cm] n = 140	Schlagball [m] n = 79	30 m Sprint [s,00] n = 140	KaBu [s,00] n = 136	Seilspringen [Anz.] n = 146	1x um die Welt [m:ss,0] n = 132	Balance [Anz.] n = 119
	sehr gut		112 - 122	34 - 48	25,5 - 37,9	4,42 - 5,2	5,53 - 16,06	113 - 149	1:30,0 - 1:30,0	30 - 38
	gut		108 - 112	29 - 34	21,9 - 25,5	5,2 - 5,47	16,06 - 17,84	86 - 113	1:24,0 - 1:30,0	27 - 30
	befriedigend		104 - 108	25 - 29	18,39 - 21,9	5,47 - 5,83	17,84 - 20,12	71 - 86	0:52,0 - 1:24,0	24 - 27
	mangelhaft		87 - 104	13 - 25	14,6 - 18,39	5,83 - 6,69	20,12 - 37	22 - 71	0:15,0 - 0:52,0	3 - 24
U11m		n = 142	Beweglichkeit n = 90	Jump-and-Reach [cm] n = 93	Schlagball [m] n = 46	30 m Sprint [s,00] n = 83	KaBu [s,00] n = 82	Seilspringen [Anz.] n = 98	1x um die Welt [m:ss,0] n = 80	Balance [Anz.] n = 74
	sehr gut		107 - 137	35 - 42	34,63 - 45,7	4,4 - 5,06	13,46 - 15,8	105 - 138	1:30,0 - 1:30,0	28 - 37
	gut		104 - 107	31 - 35	27,65 - 34,63	5,06 - 5,35	15,8 - 17,21	76 - 105	1:19,5 - 1:30,0	26 - 28
	befriedigend		101 - 104	26 - 31	19,83 - 27,65	5,35 - 5,68	17,21 - 18,6	59 - 76	0:59,5 - 1:19,5	24 - 26
	mangelhaft		91 - 101	18 - 26	14 - 19,83	5,68 - 7,21	18,6 - 28,3	17 - 59	0:31,0 - 0:59,5	8 - 24

U12w		n = 159	Beweglichkeit n = 118	Jump-and-Reach [cm] n = 122	Schlagball [m] n = 68	30 m Sprint [s,00] n = 121	KaBu [s,00] n = 114	Seilspringen [Anz.] n = 124	1x um die Welt [m:ss,0] n = 118	Balance [Anz.] n = 114
	sehr gut		112 - 124	39 - 48	29,28 - 49,9	4,4 - 5,04	13,06 - 15,5	130 - 171	1:30,0 - 1:30,0	30 - 38
	gut		109 - 112	35 - 39	25,25 - 29,28	5,04 - 5,25	15,5 - 16,68	114 - 130	1:30,0 - 1:30,0	28 - 30
	befriedigend		106 - 109	30 - 35	20,34 - 25,25	5,25 - 5,44	16,68 - 19,58	97 - 114	1:01,7 - 1:30,0	24 - 28
	mangelhaft		94 - 106	16 - 30	13 - 20,34	5,44 - 6,27	19,58 - 23,92	48 - 97	0:15,0 - 1:01,7	7 - 24
U12m		n = 147	Beweglichkeit n = 99	Jump-and-Reach [cm] n = 101	Schlagball [m] n = 59	30 m Sprint [s,00] n = 99	KaBu [s,00] n = 81	Seilspringen [Anz.] n = 108	1x um die Welt [m:ss,0] n = 94	Balance [Anz.] n = 78
	sehr gut		108 - 146	36 - 49	38,55 - 59,1	4,28 - 4,95	12,52 - 14,45	120 - 153	1:30,0 - 1:30,0	30 - 35
	gut		105 - 108	33 - 36	31,4 - 38,55	4,95 - 5,16	14,45 - 16,06	99 - 120	1:19,0 - 1:30,0	27 - 30
	befriedigend		101 - 105	29 - 33	19,88 - 31,4	5,16 - 5,43	16,06 - 17,76	83 - 99	0:50,0 - 1:19,0	24 - 27
	mangelhaft		0 - 101	19 - 29	12 - 19,88	5,43 - 8,2	17,76 - 34,32	14 - 83	0:19,3 - 0:50,0	3 - 24

U13w	n = 167	Beweglichkeit n = 122	Jump-and-Reach [cm] n = 123	Schlagball [m] n = 72	30 m Sprint [s,00] n = 128	KaBu [s,00] n = 122	Seilspringen [Anz.] n = 130	Liegestütz [m:ss,0] n = 122	Balance [Anz.] n = 118
	sehr gut	115 - 135	40 - 52	32,33 - 54,5	2,07 - 4,84	12,57 - 15,41	136 - 200	0:59,0 - 1:30,0	30 - 66
	gut	110 - 115	37 - 40	27,75 - 32,33	4,84 - 5,1	15,41 - 16,98	115 - 136	0:45,0 - 0:59,0	28 - 30
	befriedigend	106 - 110	32 - 37	21,99 - 27,75	5,1 - 5,35	16,98 - 18,63	98 - 115	0:31,4 - 0:45,0	24 - 28
	mangelhaft	84 - 106	18 - 32	0 - 21,99	5,35 - 22,87	18,63 - 24,98	50 - 98	0:00,0 - 0:31,4	10 - 24
U13m	n = 131	Beweglichkeit n = 106	Jump-and-Reach [cm] n = 99	Schlagball [m] n = 60	30 m Sprint [s,00] n = 101	KaBu [s,00] n = 99	Seilspringen [Anz.] n = 115	Liegestütz [m:ss,0] n = 98	Balance [Anz.] n = 95
	sehr gut	106 - 124	39 - 52	42,58 - 53,5	4,02 - 4,91	11,9 - 14,5	124 - 177	1:04,5 - 2:00,0	30 - 48
	gut	104 - 106	35 - 39	36,25 - 42,58	4,91 - 5,16	14,5 - 15,9	110 - 124	0:48,0 - 1:04,5	26 - 30
	befriedigend	98 - 104	31 - 35	24,61 - 36,25	5,16 - 5,37	15,9 - 17,45	85 - 110	0:39,3 - 0:48,0	24 - 26
	mangelhaft	16 - 98	18 - 31	17,86 - 24,61	5,37 - 6,82	17,45 - 28,16	23 - 85	0:08,0 - 0:39,3	0 - 24
U14w	n = 217	Beweglichkeit n = 177	Jump-and-Reach [cm] n = 176	Schlagball [m] n = 128	30 m Sprint [s,00] n = 149	KaBu [s,00] n = 172	Seilspringen [Anz.] n = 193	Liegestütz [m:ss,0] n = 172	Balance [Anz.] n = 174
	sehr gut	114 - 127	40 - 55	31,75 - 48,1	3,9 - 4,8	11,5 - 15,42	139 - 183	1:00,0 - 1:30,0	33 - 66
	gut	111 - 114	37 - 40	27,2 - 31,75	4,8 - 4,99	15,42 - 17,1	123 - 139	0:49,0 - 1:00,0	29 - 33
	befriedigend	107 - 111	33 - 37	23 - 27,2	4,99 - 5,22	17,1 - 19	106 - 123	0:35,0 - 0:49,0	27 - 29
	mangelhaft	77 - 107	21 - 33	15,8 - 23	5,22 - 6,28	19 - 24,79	50 - 106	0:05,0 - 0:35,0	8 - 27
U14m	n = 171	Beweglichkeit n = 152	Jump-and-Reach [cm] n = 146	Schlagball [m] n = 104	30 m Sprint [s,00] n = 128	KaBu [s,00] n = 141	Seilspringen [Anz.] n = 157	Liegestütz [m:ss,0] n = 141	Balance [Anz.] n = 140
	sehr gut	108 - 125	44 - 59	44,63 - 61,2	3,92 - 4,64	12,38 - 14,63	138 - 183	1:13,0 - 2:00,0	33 - 66
	gut	104 - 108	39 - 44	40,5 - 44,63	4,64 - 4,87	14,63 - 15,71	120 - 138	0:59,0 - 1:13,0	29 - 33
	befriedigend	100 - 104	35 - 39	35 - 40,5	4,87 - 5,11	15,71 - 17	103 - 120	0:49,0 - 0:59,0	26 - 29
	mangelhaft	70 - 100	24 - 35	18,5 - 35	5,11 - 5,85	17 - 30	47 - 103	0:21,0 - 0:49,0	5 - 26
U15w	n = 190	Beweglichkeit n = 149	Jump-and-Reach [cm] n = 156	Schlagball [m] n = 108	30 m Sprint [s,00] n = 134	KaBu [s,00] n = 163	Seilspringen [Anz.] n = 169	Liegestütz [m:ss,0] n = 154	Balance [Anz.] n = 150
	sehr gut	116 - 124	43 - 247	35,46 - 57,3	4,05 - 4,7	12,3 - 15,28	145 - 184	1:06,1 - 1:30,0	34 - 66
	gut	112 - 116	39 - 43	31,4 - 35,46	4,7 - 4,88	15,28 - 16,53	132 - 145	0:54,5 - 1:06,1	28 - 34
	befriedigend	107 - 112	34 - 39	26,98 - 31,4	4,88 - 5,03	16,53 - 18,23	116 - 132	0:45,0 - 0:54,5	27 - 28
	mangelhaft	17 - 107	22 - 34	0 - 26,98	5,03 - 5,65	18,23 - 27,03	52 - 116	0:14,0 - 0:45,0	3 - 27
U15m	n = 212	Beweglichkeit n = 161	Jump-and-Reach [cm] n = 158	Schlagball [m] n = 111	30 m Sprint [s,00] n = 173	KaBu [s,00] n = 169	Seilspringen [Anz.] n = 178	Liegestütz [m:ss,0] n = 165	Balance [Anz.] n = 165
	sehr gut	111 - 123	48 - 65	56,2 - 77	3,8 - 4,56	11,23 - 14,31	146 - 185	1:17,0 - 2:00,0	33 - 66
	gut	107 - 111	45 - 48	47,1 - 56,2	4,56 - 4,75	14,31 - 15,56	130 - 146	1:02,0 - 1:17,0	30 - 33
	befriedigend	102 - 107	38 - 45	37,95 - 47,1	4,75 - 4,96	15,56 - 17,01	109 - 130	0:50,0 - 1:02,0	25 - 30
	mangelhaft	85 - 102	24 - 38	20,09 - 37,95	4,96 - 9,11	17,01 - 39,18	61 - 109	0:15,5 - 0:50,0	2 - 25
U16w	n = 22	Beweglichkeit n = 9	Jump-and-Reach [cm] n = 12	Schlagball [m] n = 8	30 m Sprint [s,00] n = 14	KaBu [s,00] n = 12	Seilspringen [Anz.] n = 17	Liegestütz [m:ss,0] n = 15	Balance [Anz.] n = 16
	sehr gut	116 - 125	40 - 49	32,78 - 37,8	4,49 - 4,79	14,89 - 16,19	153 - 164	1:01,5 - 1:30,0	35 - 36
	gut	115 - 116	35 - 40	30,9 - 32,78	4,79 - 5,08	16,19 - 17,21	143 - 153	0:55,0 - 1:01,5	29 - 35
	befriedigend	104 - 115	31 - 35	27,48 - 30,9	5,08 - 5,29	17,21 - 20,55	116 - 143	0:46,5 - 0:55,0	26 - 29
	mangelhaft	101 - 104	22 - 31	23,1 - 27,48	5,29 - 5,68	20,55 - 22,82	87 - 116	0:31,0 - 0:46,5	12 - 26
U16m	n = 15	Beweglichkeit n = 4	Jump-and-Reach [cm] n = 15	Schlagball [m] n = 0	30 m Sprint [s,00] n = 14	KaBu [s,00] n = 14	Seilspringen [Anz.] n = 15	Liegestütz [m:ss,0] n = 14	Balance [Anz.] n = 14
	sehr gut	114 - 117	57 - 73		4,01 - 4,31	12,34 - 14,03	164 - 171	1:32,0 - 1:52,0	32 - 35
	gut	111 - 114	55 - 57		4,31 - 4,52	14,03 - 14,78	154 - 164	1:05,5 - 1:32,0	30 - 32
	befriedigend	109 - 111	45 - 55		4,52 - 4,6	14,78 - 15,6	126 - 154	1:01,0 - 1:05,5	19 - 30
	mangelhaft	109 - 109	29 - 45		4,6 - 4,94	15,6 - 19,18	106 - 126	0:38,0 - 1:01,0	12 - 19

U18w	n = 8	Beweglichkeit n = 5	Jump-and-Reach [cm] n = 8	Schlagball [m] n = 3	30 m Sprint [s,00] n = 4	KaBu [s,00] n = 6	Seilspringen [Anz.] n = 7	Liegestütz [m:ss,0] n = 7	Balance [Anz.] n = 0
	sehr gut	111 - 125	38 - 43	28,25 - 30	4,56 - 4,81	14,73 - 16,55	129 - 154	0:32,5 - 1:30,0	
	gut	103 - 111	35 - 38	26,5 - 28,25	4,81 - 5,38	16,55 - 19,08	124 - 129	0:27,0 - 0:32,5	
	befriedigend	95 - 103	24 - 35	23,75 - 26,5	5,38 - 5,91	19,08 - 21,23	93 - 124	0:21,0 - 0:27,0	
	mangelhaft	94 - 95	23 - 24	21 - 23,75	5,91 - 6,01	21,23 - 22,69	78 - 93	0:16,0 - 0:21,0	
U18m	n = 5	Beweglichkeit n = 3	Jump-and-Reach [cm] n = 3	Schlagball [m] n = 1	30 m Sprint [s,00] n = 2	KaBu [s,00] n = 3	Seilspringen [Anz.] n = 3	Liegestütz [m:ss,0] n = 3	Balance [Anz.] n = 1
	sehr gut	112 - 116	56 - 60	54 - 54	4,53 - 4,61	12,5 - 13,25	173 - 173	0:59,0 - 1:00,0	44 - 44
	gut	108 - 112	51 - 56	54 - 54	4,61 - 4,69	13,25 - 14	172 - 173	0:58,0 - 0:59,0	44 - 44
	befriedigend	106 - 108	50 - 51	54 - 54	4,69 - 4,77	14 - 14,55	170 - 172	0:57,0 - 0:58,0	44 - 44
	mangelhaft	103 - 106	48 - 50	54 - 54	4,77 - 4,85	14,55 - 15,1	167 - 170	0:56,0 - 0:57,0	44 - 44