

1000m Orientierungen:

Alter	Klasse	1000m-Orientierung weiblich		1000m-Orientierung männlich	
12	S12	04:05,4 - 04:20,4	4,07 - 3,84 m/s	03:54,8 - 04:09,8	4,26 - 4,00 m/s
13	S13	03:51,8 - 04:06,8	4,31 - 4,05 m/s	03:40,4 - 03:55,4	4,54 - 4,25 m/s
14	S14	03:39,3 - 03:54,3	4,56 - 4,27 m/s	03:27,0 - 03:42,0	4,83 - 4,50 m/s
15	S15	03:27,6 - 03:42,6	4,82 - 4,49 m/s	03:14,5 - 03:29,5	5,14 - 4,77 m/s
16	U16	03:16,7 - 03:31,7	5,08 - 4,72 m/s	03:02,9 - 03:17,9	5,47 - 5,05 m/s
17 / 18	U18	03:06,4 - 03:21,4	5,36 - 4,97 m/s	02:51,9 - 03:06,9	5,82 - 5,35 m/s
19 / 20	U20	02:56,7 - 03:11,7	5,66 - 5,22 m/s	02:41,6 - 02:56,6	6,19 - 5,66 m/s

3000m Orientierungen:

3000m-Orientierung weiblich		
Alter	Klasse	Erwartungsbereich
12	S12	< 13:32,0
13	S13	< 13:00,0
14	S14	< 12:32,0
15	S15	< 12:04,0
16	U16	< 11:40,0
17	U18	< 11:24,0
18	U18	< 11:05,0
19	U20	< 10:53,0
20	U20	< 10:39,0
21	U23	< 10:27,0
22	U23	< 10:16,0
23	U23	< 10:10,0
24	Sen.	< 10:05,0
25	Sen.	< 10:03,0
26	Sen.	< 10:03,0

3000m-Orientierung männlich		
Alter	Klasse	Erwartungsbereich
12	S12	< 11:59,0
13	S13	< 11:30,0
14	S14	< 11:05,0
15	S15	< 10:41,0
16	U16	< 10:19,0
17	U18	< 10:00,0
18	U18	< 9:43,0
19	U20	< 9:28,0
20	U20	< 9:15,3
21	U23	< 9:05,0
22	U23	< 8:56,0
23	U23	< 8:50,0
24	Sen.	< 8:46,0
25	Sen.	< 8:44,0
26	Sen.	< 8:44,0

ZLK Cross Orientierung:

ZLK Cross-Norm weiblich				
Alter	Klasse	Strecke	Erwartungsbereich	Erwartungsbereich
15	U16	5 km	19:34,0 - 20:16,0	4,16 - 4,02 m/s
16	U18	5 km	19:16,0 - 19:59,0	4,23 - 4,08 m/s
17	U18	5 km	19:01,0 - 19:43,0	4,28 - 4,13 m/s
18	U20	5 km	18:46,0 - 19:28,0	4,34 - 4,18 m/s
19	U20	5 km	18:32,0 - 19:14,0	4,39 - 4,23 m/s
20	U23	5 km	18:20,0 - 19:02,0	4,44 - 4,28 m/s
21	U23	5 km	18:09,0 - 18:51,0	4,49 - 4,32 m/s
22	U23	5 km	17:59,0 - 18:41,0	4,53 - 4,36 m/s
23	Sen.	5 km	17:51,0 - 18:33,0	4,56 - 4,39 m/s
24	Sen.	5 km	17:43,0 - 18:26,0	4,60 - 4,42 m/s
ab 25	Sen.	5 km	17:37,0 - 18:20,0	4,62 - 4,44 m/s

ZLK Cross-Norm männlich				
Alter ZLK	Klasse	Strecke	Erwartungsbereich	Erwartungsbereich
15	U16	5 km	16:33,0 - 17:56,0	4,54 - 4,92 m/s
16	U18	5 km	25:14,0 - 26:27,0	4,84 - 4,62 m/s
17	U18	7,5 km	24:52,0 - 26:05,0	4,91 - 4,68 m/s
18	U20	10 km	33:20,0 - 34:48,0	4,89 - 4,68 m/s
19	U20	10 km	33:02,0 - 34:30,0	4,93 - 4,72 m/s
20	U23	10 km	32:46,0 - 34:14,0	4,97 - 4,76 m/s
21	U23	10 km	32:31,0 - 34:00,0	5,01 - 4,79 m/s
22	U23	10 km	32:19,0 - 33:47,0	5,04 - 4,82 m/s
23	Sen.	10 km	32:08,0 - 33:36,0	5,07 - 4,85 m/s
24	Sen.	10 km	31:58,0 - 33:27,0	5,09 - 4,87 m/s
ab 25	Sen.	10 km	31:51,0 - 33:18,0	5,11 - 4,89 m/s

Schubtest Normtabelle:

	Kraftschub m	FIS-Pkt's m	%-Rückst. m	Kraftschub w	FIS-Pkt's w	%-Rückst. w
	6480	0	0	5500	0	0
U23-3	6165	55	4,87	5135	75	6,64
U23-2	6107	65	5,75	5086	85	7,52
U23-1	6050	75	6,64	5038	95	8,41
U20-2	5993	85	7,52	4940	115	10,18
U20-1	5935	95	8,41	4843	135	11,95