



FRAUEN

| Übung | 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 | | | 85-89 | | | ab 90 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------------------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|------------------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|-----------------------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|----------------------|--------|-------|--------|--------|-------|--------|--------|--------|--------|--------|--------|-------------|--|--|--|--|--|--|--|--|--|--|--|---------------|--|--|--|--|--|--|--|--|--|--|--|
| | 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 | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ausdauer | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3.000 m Lauf (in Min.) | 22:00 | 20:00 | 18:00 | 21:50 | 19:50 | 17:50 | 22:00 | 19:50 | 18:00 | 22:20 | 20:10 | 18:10 | 23:10 | 20:30 | 18:20 | 24:00 | 21:00 | 18:30 | 24:40 | 21:30 | 18:50 | 25:10 | 22:10 | 19:10 | 25:50 | 22:50 | 19:50 | 26:30 | 23:30 | 20:30 | 27:10 | 24:10 | 21:10 | 27:40 | 24:40 | 21:40 | 28:30 | 25:20 | 22:30 | 29:40 | 26:40 | 23:40 | 31:00 | 27:50 | 25:00 | 32:30 | 29:30 | 26:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 km Lauf (in Min.) | 84:40 | 78:40 | 72:40 | 83:30 | 76:50 | 71:30 | 83:30 | 76:50 | 71:00 | 84:10 | 78:00 | 71:20 | 87:40 | 79:30 | 71:30 | 91:20 | 81:20 | 71:40 | 95:20 | 83:10 | 72:50 | 97:40 | 85:30 | 74:00 | 100:10 | 88:10 | 76:10 | 102:50 | 90:50 | 78:50 | 105:40 | 93:40 | 81:40 | 109:30 | 97:30 | 85:30 | 115:20 | 103:20 | 91:20 | 122:20 | 110:20 | 98:20 | 129:10 | 117:10 | 105:10 | 136:30 | 124:30 | 112:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| 7,5 km Walking/Nordic Walking (in Min.) | 69:30 | 66:00 | 62:00 | 66:30 | 63:00 | 59:30 | 67:00 | 63:30 | 60:00 | 67:30 | 64:00 | 60:30 | 70:00 | 65:00 | 60:30 | 73:00 | 67:00 | 61:00 | 75:30 | 69:00 | 62:00 | 78:00 | 71:00 | 64:00 | 80:00 | 73:00 | 66:00 | 81:30 | 74:30 | 67:30 | 83:30 | 76:30 | 69:30 | 85:00 | 78:00 | 71:00 | 87:00 | 80:00 | 73:00 | 89:30 | 82:30 | 75:30 | 92:30 | 85:30 | 78:30 | 96:00 | 89:00 | 82:00 | | | | | | | | | | | | | | | | | | | | | | | | |
| Schwimmen (in Min.) | 800 m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 22:05 | 18:35 | 15:50 | 22:55 | 19:20 | 16:15 | 25:45 | 21:30 | 17:20 | 28:50 | 24:00 | 19:15 | 32:25 | 26:25 | 20:25 | 34:00 | 27:50 | 21:10 | 35:10 | 28:55 | 21:40 | 38:00 | 31:30 | 24:00 | 41:30 | 34:30 | 27:00 | 45:00 | 38:00 | 30:30 | 48:30 | 41:30 | 34:00 | 52:00 | 45:00 | 37:30 | 55:30 | 48:30 | 41:00 | 59:00 | 52:00 | 44:30 | 62:30 | 55:30 | 48:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 400 m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 200 m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 km Radfahren (in Min.) | 57:30 | 52:00 | 46:30 | 57:00 | 51:30 | 45:30 | 56:00 | 50:30 | 45:00 | 57:00 | 51:30 | 45:30 | 60:00 | 53:00 | 47:00 | 64:00 | 55:30 | 49:30 | 67:00 | 58:30 | 51:30 | 69:00 | 61:00 | 53:30 | 71:30 | 63:00 | 55:30 | 74:00 | 65:00 | 57:00 | 75:30 | 66:30 | 58:30 | 78:00 | 68:30 | 60:30 | 81:30 | 70:30 | 63:00 | 84:30 | 75:00 | 65:30 | 89:30 | 80:00 | 69:00 | 93:00 | 83:00 | 72:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| Kraft | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Medizinball (2 kg, in m) | 7,50 | 8,00 | 8,75 | 7,25 | 8,00 | 8,50 | 7,00 | 7,75 | 8,50 | 6,50 | 7,50 | 8,25 | 6,00 | 7,25 | 8,25 | 5,25 | 6,75 | 8,25 | 4,75 | 6,50 | 8,00 | 4,25 | 6,00 | 7,75 | 4,00 | 5,75 | 7,50 | 3,75 | 5,50 | 7,25 | 3,50 | 5,25 | 7,00 | 3,25 | 5,00 | 6,75 | 3,25 | 4,75 | 6,50 | 3,00 | 4,75 | 6,25 | 3,00 | 4,50 | 6,00 | 2,75 | 4,25 | 5,50 | | | | | | | | | | | | | | | | | | | | | | | | |
| Kugelstoßen (in m) | 4 kg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6,50 | 7,00 | 7,50 | 6,50 | 7,00 | 7,50 | 6,50 | 7,00 | 7,50 | 6,25 | 6,75 | 7,25 | 6,00 | 6,50 | 7,00 | 5,50 | 6,00 | 6,50 | 5,25 | 5,75 | 6,25 | 5,25 | 6,00 | 7,00 | 5,00 | 5,75 | 6,50 | 4,75 | 5,50 | 6,25 | 4,50 | 5,25 | 6,25 | 4,25 | 5,00 | 6,00 | 4,25 | 5,25 | 6,25 | 4,00 | 5,00 | 5,75 | 3,75 | 4,50 | 5,50 | 3,25 | 4,25 | 5,00 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3 kg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 kg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Steinstoßen (5 kg, in m) | 10,65 | 11,25 | 11,85 | 10,80 | 11,40 | 12,00 | 10,10 | 10,70 | 11,35 | 9,50 | 10,15 | 10,70 | 9,00 | 9,50 | 10,20 | 8,60 | 9,20 | 9,85 | 8,30 | 8,95 | 9,70 | 7,95 | 8,75 | 9,55 | 7,55 | 8,55 | 9,35 | 7,20 | 8,10 | 9,00 | 6,65 | 7,60 | 8,45 | 6,05 | 6,95 | 7,85 | 5,55 | 6,45 | 7,35 | 5,05 | 5,95 | 6,85 | 4,60 | 5,50 | 6,40 | 4,30 | 5,20 | 6,10 | | | | | | | | | | | | | | | | | | | | | | | | |
| Standweitsprung (in m) | 1,65 | 1,85 | 2,05 | 1,60 | 1,80 | 2,00 | 1,50 | 1,70 | 1,95 | 1,35 | 1,60 | 1,85 | 1,25 | 1,50 | 1,80 | 1,15 | 1,40 | 1,65 | 1,10 | 1,35 | 1,60 | 1,00 | 1,25 | 1,50 | 0,95 | 1,20 | 1,45 | 0,95 | 1,20 | 1,45 | 0,90 | 1,15 | 1,40 | 0,90 | 1,15 | 1,35 | 0,90 | 1,15 | 1,35 | 0,90 | 1,10 | 1,30 | 0,85 | 1,05 | 1,25 | 0,80 | 1,00 | 1,20 | | | | | | | | | | | | | | | | | | | | | | | | |
| Gerätturnen | Reck | | | | | | | | | | | | Boden | | | | | | | | | | | | Reck | | | | | | | | | | | | Boden | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Schnelligkeit | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Laufen (in Sek.) | 100 m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 16,9 | 15,6 | 14,3 | 17,1 | 15,8 | 14,5 | 17,4 | 16,1 | 14,8 | 18,0 | 16,7 | 15,4 | 18,6 | 17,3 | 16,0 | 11,0 | 9,9 | 8,8 | 11,5 | 10,3 | 9,1 | 11,9 | 10,7 | 9,5 | 12,4 | 11,2 | 9,9 | 12,6 | 11,4 | 10,2 | 12,8 | 11,6 | 10,4 | 13,0 | 11,8 | 10,6 | 7,7 | 6,9 | 6,0 | 8,2 | 7,3 | 6,5 | 8,9 | 8,0 | 7,1 | 9,8 | 8,9 | 8,0 | | | | | | | | | | | | | | | | | | | | | | | | |
| 25 m Schwimmen (in Sek.) | 29,5 | 24,0 | 18,5 | 29,0 | 24,0 | 18,5 | 30,0 | 25,0 | 19,5 | 32,5 | 26,5 | 21,0 | 36,0 | 29,0 | 22,0 | 40,0 | 31,5 | 23,5 | 44,0 | 35,0 | 25,0 | 48,0 | 39,0 | 28,0 | 51,5 | 42,5 | 30,5 | 54,5 | 44,5 | 32,5 | 56,5 | 46,5 | 34,5 | 59,0 | 48,0 | 36,0 | 61,0 | 50,0 | 38,0 | 63,5 | 52,0 | 40,0 | 65,5 | 53,5 | 41,5 | 66,5 | 54,5 | 42,5 | | | | | | | | | | | | | | | | | | | | | | | | |
| 200 m Radfahren (fl. Start, in Sek.) | 24,0 | 22,0 | 19,5 | 24,5 | 22,0 | 19,5 | 25,0 | 22,5 | 20,0 | 26,0 | 23,5 | 21,5 | 27,5 | 24,5 | 22,0 | 29,0 | 25,5 | 22,5 | 30,5 | 27,0 | 23,0 | 32,0 | 28,0 | 23,5 | 33,5 | 29,0 | 24,0 | 35,0 | 30,0 | 25,0 | 36,0 | 31,0 | 25,5 | 38,0 | 32,0 | 26,5 | 39,0 | 33,0 | 27,5 | 40,5 | 34,5 | 28,5 | 42,0 | 36,0 | 30,0 | 44,5 | 38,0 | 31,5 | | | | | | | | | | | | | | | | | | | | | | | | |
| Gerätturnen | Sprung | | | | | | | | | | | | Sprung | | | | | | | | | | | | Sprung | | | | | | | | | | | | Boden | | | | | | | | | | | | Sprung | | | | | | | | | | | | | | | | | | | | | | | |
| Koordination | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hochsprung (in m) | 1,10 | 1,20 | 1,30 | 1,10 | 1,20 | 1,30 | 1,05 | 1,15 | 1,25 | 1,00 | 1,10 | 1,20 | 0,95 | 1,05 | 1,15 | 0,90 | 1,00 | 1,10 | 0,90 | 1,00 | 1,10 | 0,85 | 0,95 | 1,05 | 0,80 | 0,90 | 1,00 | 0,75 | 0,85 | 0,95 | 0,75 | 0,85 | 0,95 | 0,70 | 0,80 | 0,90 | 0,65 | 0,75 | 0,85 | 0,65 | 0,75 | 0,85 | 0,60 | 0,70 | 0,80 | 0,60 | 0,65 | 0,80 | | | | | | | | | | | | | | | | | | | | | | | | |
| Weitsprung (in m) | 3,40 | 3,70 | 4,00 | 3,40 | 3,70 | 4,00 | 3,30 | 3,60 | 3,90 | 3,20 | 3,50 | 3,80 | 3,10 | 3,40 | 3,70 | 3,00 | 3,30 | 3,60 | 2,80 | 3,20 | 3,50 | 2,60 | 3,00 | 3,40 | 2,50 | 2,90 | 3,30 | 2,40 | 2,80 | 3,20 | 2,30 | 2,70 | 3,10 | 2,10 | 2,50 | 2,90 | 1,80 | 2,20 | 2,60 | 1,60 | 2,00 | 2,40 | 1,30 | 1,70 | 2,10 | 1,10 | 1,50 | 1,90 | | | | | | | | | | | | | | | | | | | | | | | | |
| Schleuderball (1 kg, in m) | 24,00 | 27,50 | 31,00 | 24,50 | 28,00 | 31,50 | 24,50 | 28,00 | 31,50 | 22,50 | 26,00 | 29,50 | 21,50 | 25,00 | 28,50 | 20,00 | 23,50 | 27,00 | 19,00 | 22,50 | 26,00 | 17,00 | 21,00 | 25,00 | 16,00 | 20,00 | 24,00 | 15,00 | 19,00 | 23,00 | 14,00 | 18,00 | 22,00 | 13,50 | 17,50 | 21,50 | 12,50 | 16,50 | 20,50 | 11,50 | 15,50 | 19,50 | 10,00 | 14,00 | 18,00 | 8,00 | 12,00 | 16,00 | | | | | | | | | | | | | | | | | | | | | | | | |
| Seilspringen | Doppeldurchschlag | | | | | | | | | | | | Kreuzdurchschlag | | | | | | | | | | | | Grundsprung rückwärts | | | | | | | | | | | | Grundsprung vorwärts | | | | | | | | | | | | Laufschritt | | | | | | | | | | | | | | | | | | | | | | | |
| | 10 | 15 | 20 | 10 | 15 | 20 | 10 | 15 | 20 | 10 | 15 | 20 | 10 | 15 | 20 | 10 | 20 | 30 | 10 | 20 | 30 | 10 | 15 | 20 | 10 | 15 | 20 | 20 | 30 | 40 | 20 | 30 | 40 | 15 | 25 | 30 | 15 | 25 | 30 | 10 | 20 | 25 | 10 | 20 | 25 | 5 | 10 | 20 | | | | | | | | | | | | | | | | | | | | | | | | |
| Gerätturnen | Boden | | | | | | | | | | | | Boden | | | | | | | | | | | | Boden | | | | | | | | | | | | Ringe | | | | | | | | | | | | Reck | | | | | | | | | | | | Schwebebalken | | | | | | | | | | | |

Jeder/r kann das Deutsche Sportabzeichen machen. Jedes Jahr. Auch ohne Mitglied in einem Sportverein zu sein. Aus jeder der vier Disziplingruppen kann man eine Disziplin frei wählen. Ganz nach den eigenen, individuellen Neigungen und Stärken. Schwimmen muss man (können). Der Nachweis kann auf unterschiedliche Weise erfolgen. Diesen Tabellen können Sie entnehmen, welche Leistungen Sie in den von Ihnen gewählten Disziplinen erfüllen müssen! Die Einbindung der Mitgliedsorganisationen des DOSB erfolgt durch die Anerkennung von verschiedenen sportartspezifischen Leistungsabzeichen (Verbandsabzeichen). Alle Landessportbünde mit ihren Vereinen und die Sportämter geben gerne Auskunft, wo Training und Prüfungen möglich sind.

MÄNNER

| Übung | 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 | | | 85-89 | | | ab 90 | | |
|---|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|-------|--------|--------|--------|
| | 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 | 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 | 27:30 | 24:30 | 21:30 | 29:50 | 26:50 | 23:50 |
| 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 | 120:10 | 108:10 | 96:10 | 127:40 | 115:40 | 103:40 |
| 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 | 87:30 | 79:30 | 71:30 | 90:00 | 82:00 | 74:00 |
| Schwimmen (in Min.) | 800 m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 20:50 | 17:50 | 15:10 | 21:35 | 17:50 | 15:00 | 22:55 | 19:20 | 15:45 | 25:45 | 21:30 | 17:20 | 28:50 | 24:00 | 19:15 | 32:25 | 26:25 | 20:25 | 34:30 | 27:50 | 20:40 | 37:25 | 30:45 | 23:00 | 40:15 | 33:35 | 25:50 | 43:05 | 36:25 | 28:40 | 45:55 | 39:15 | 31:30 | 48:45 | 41:35 | 34:20 | 51:35 | 44:25 | 37:10 | 54:25 | 47:15 | 40:00 | 57:15 | 50:05 | 42:50 | 60:05 | 52:55 | 45:40 |
| | 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: | | | | | | | | | | | | | | | | | | | | | | | | | |