Handbiker

Leistungsanforderung Erwachsene

M	**Männer**
F	**Frauen**

Disziplin	Alters-klassen		Br.	Si.	Go.	Br.	Si.	Go.	Br.	Si.	Go.	Br.	Si.	Go.	Br.	Si.	Go.	Br.	Si.	Go.
			18 - 30			31 - 40			41 - 50			51 - 60			61 - 70			ab 71		
	Ausführung																			
A	**Zeitfahren (in Std.)**																			
1	Straße flach	12 Km	M	00:43	00:39	00:34	00:46	00:43	00:38	00:50	00:46	00:40	00:55	00:51	00:43	01:00	00:55	00:46	01:07	01:00	00:50
			F	00:53	00:49	00:44	00:56	00:53	00:48	01:00	00:56	00:50	01:05	01:01	00:53	01:10	01:05	00:56	01:17	01:10	01:00
oder 2	Bergzeitfahren Straße (Zeit pro km in min)	Länge 2-4 km, Steigung 3-5 %	M	03:45	02:45	02:30	04:00	03:00	02:45	04:20	03:20	03:00	05:00	03:45	03:20	06:00	04:20	03:45	07:30	05:00	04:20
			F	04:30	03:20	03:00	04:50	03:40	03:20	05:10	04:00	03:40	06:00	04:30	04:00	07:10	05:10	04:30	09:00	06:00	05:10
oder 3	Bergzeitfahren Gelände (Zeit pro km in min)	Länge 2-4 km, Steigung 3-5 %	M	04:20	03:10	02:50	05:00	03:30	03:10	05:30	04:00	03:30	06:00	04:40	04:00	06:40	05:00	04:20	08:30	06:00	05:00
			F	05:10	03:50	03:20	06:30	04:30	04:10	07:10	05:10	04:30	07:50	06:20	05:10	08:20	07:00	06:00	11:50	08:20	07:00
B	**Streckenfahren (in Std.)**																			
1	Tourenfahren	1 x 100 Km	M	06:08	05:30	04:43	06:38	06:08	05:20	07:19	06:38	05:39	08:11	07:29	06:08	09:05	08:11	06:38	10:24	09:05	07:19
			F	07:50	07:08	06:18	08:20	07:53	06:58	09:05	08:20	07:19	10:00	09:22	07:53	11:06	10:00	08:20	12:30	11:06	09:05
oder 2		1 x 66 Km	M	04:00	03:36	03:05	04:19	04:00	03:29	04:45	04:19	03:42	05:18	04:52	04:00	05:52	05:18	04:19	06:42	05:52	04:45
			F	05:05	04:39	04:07	05:24	05:07	04:32	05:52	05:24	04:45	06:27	06:03	05:07	07:08	06:27	05:24	08:00	07:08	05:52
oder 3		2 x 50 Km	M	02:57	02:39	02:17	03:10	02:57	02:34	03:29	03:10	02:43	03:52	03:33	02:57	04:17	03:52	03:10	04:52	04:17	03:29
			F	03:43	03:24	03:01	03:56	03:45	03:20	04:17	03:56	03:29	04:41	04:24	03:45	05:10	04:41	03:56	05:46	05:10	04:17
oder 4		3 x 33 Km	M	01:55	01:44	01:30	02:04	01:55	01:41	02:16	02:04	01:47	02:31	02:19	01:55	02:46	02:31	02:04	03:08	02:46	02:16
			F	02:25	02:13	01:58	02:33	02:26	02:10	02:46	02:33	02:16	03:01	02:51	02:26	03:20	03:01	02:33	03:42	03:20	02:46
oder 5	**Vorspann-bike** Geländefahrt 85% befestigte / asphaltierte Strecke 15 %	1 x 44 Km	M	03:15	02:55	02:45	03:25	03:05	02:50	03:50	03:25	03:15	04:20	03:50	03:35	05:00	04:20	04:05	06:30	05:25	04:40
			F	03:55	03:30	03:20	04:25	04:00	03:40	05:00	04:25	04:15	05:40	05:00	04:40	07:00	06:10	05:45	09:10	08:00	07:00
oder 6		2 x 30 Km	M	02:10	02:00	01:50	02:15	02:05	01:55	02:30	02:15	02:00	02:50	02:30	02:20	03:15	02:50	02:40	04:05	03:30	03:00
			F	02:40	02:25	02:10	03:00	02:45	02:30	03:15	03:00	02:50	03:40	03:15	03:10	05:00	04:00	03:45	05:45	05:00	04:10
oder 7		3 x 20 Km	M	01:20	01:15	01:10	01:25	01:20	01:15	01:35	01:25	01:20	01:45	01:35	01:30	02:00	01:45	01:40	02:30	02:10	01:50
			F	01:40	01:30	01:25	01:50	01:45	01:40	02:10	01:50	01:45	02:20	02:10	02:00	02:50	02:25	02:20	03:30	03:00	02:35
C	**Saisonleistung**																	**DRA = A + B + C**		
1		RTF/CTF-Punkte	M	25	38	50	25	35	45	25	32	40	25	30	35	15	18	23	15	18	20
			F	25	38	50	20	30	35	13	20	25	13	18	23	8	12	15	8	10	13
oder 2		Jahres-kilometer	M	600	900	1200	600	840	1080	600	780	960	600	720	840	360	450	540	360	420	480
			F	600	900	1200	480	720	960	300	480	660	300	420	540	180	270	360	180	240	300
D	**Sprint (alternativ zu C (D + E))**																	**DRA = A + B + D + E**		
1	Fliegender Start, Straße flach (in min)	120 m	M	00:18	00:17	00:16	00:19	00:18	00:17	00:20	00:19	00:18	00:21	22:20	00:19	00:24	00:23	00:22	00:26	00:25	00:24
			F	00:21	00:20	00:19	00:22	00:21	00:20	00:23	00:22	00:21	00:24	00:23	00:22	00:27	00:26	00:25	00:29	00:28	00:27
oder 2	Fliegender Start, Straße flach (in min)	600 m	M	01:40	01:30	01:20	01:50	01:40	01:30	02:00	01:50	01:40	02:10	02:00	01:50	02:40	02:30	02:20	03:00	02:50	02:40
			F	02:00	01:50	01:40	02:10	02:00	01:50	02:20	02:10	02:00	02:30	02:20	02:10	03:00	02:50	02:40	03:20	03:10	03:00
+ E	**Geschicklichkeitsfahren (alternativ zu C (D + E))**																	**DRA = A + B + D + E**		
1	Wippe Bohle B=70cm x H=4cm x L=5m	Mitte: Rundholz D = 10 cm	M	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
			F	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
2	Slalomfahren, 2 Mal	6 Hindernisse, 3m Abstand	M	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
			F	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x