

Cooper-Test (12 Minuten Lauf)

| | | 11 Jahre | | 12 Jahre | | 13 Jahre | | 14 Jahre | | 15 Jahre | | 16 Jahre und älter | |
|----|----|----------|---------|----------|---------|----------|---------|----------|---------|----------|---------|--------------------|---------|
| | | Jungen | Mädchen | Jungen | Mädchen | Jungen | Mädchen | Jungen | Mädchen | Jungen | Mädchen | Jungen | Mädchen |
| 1+ | 15 | 2800 | 2600 | 2850 | 2650 | 2900 | 2700 | 2950 | 2750 | 3000 | 2800 | 3050 | 2850 |
| 1 | 14 | 2600 | 2400 | 2650 | 2450 | 2700 | 2500 | 2750 | 2550 | 2800 | 2600 | 2850 | 2650 |
| 1- | 13 | 2400 | 2200 | 2450 | 2250 | 2500 | 2300 | 2550 | 2350 | 2600 | 2400 | 2650 | 2450 |
| 2+ | 12 | 2300 | 2100 | 2350 | 2150 | 2400 | 2200 | 2450 | 2250 | 2500 | 2300 | 2550 | 2350 |
| 2 | 11 | 2200 | 2000 | 2250 | 2050 | 2300 | 2100 | 2350 | 2150 | 2400 | 2200 | 2450 | 2250 |
| 2- | 10 | 2050 | 1850 | 2100 | 1900 | 2150 | 1950 | 2200 | 2000 | 2250 | 2050 | 2350 | 2100 |
| 3+ | 9 | 1900 | 1700 | 1950 | 1750 | 2000 | 1800 | 2050 | 1850 | 2100 | 1900 | 2250 | 1950 |
| 3 | 8 | 1800 | 1600 | 1850 | 1650 | 1900 | 1700 | 1950 | 1750 | 2000 | 1800 | 2100 | 1850 |
| 3- | 7 | 1700 | 1500 | 1750 | 1550 | 1800 | 1600 | 1850 | 1650 | 1900 | 1700 | 1950 | 1750 |
| 4+ | 6 | 1600 | 1400 | 1650 | 1450 | 1700 | 1500 | 1750 | 1550 | 1800 | 1600 | 1850 | 1650 |
| 4 | 5 | 1500 | 1300 | 1550 | 1350 | 1600 | 1400 | 1650 | 1450 | 1700 | 1500 | 1750 | 1550 |
| 4- | 4 | 1400 | 1200 | 1450 | 1250 | 1500 | 1300 | 1550 | 1350 | 1600 | 1400 | 1650 | 1450 |
| 5+ | 3 | 1300 | 1100 | 1350 | 1150 | 1400 | 1200 | 1450 | 1250 | 1500 | 1300 | 1550 | 1350 |
| 5 | 2 | 1200 | 1000 | 1250 | 1050 | 1300 | 1100 | 1350 | 1150 | 1400 | 1200 | 1450 | 1250 |
| 5- | 1 | 1100 | 900 | 1150 | 950 | 1200 | 1000 | 1250 | 1050 | 1300 | 1100 | 1350 | 1150 |
| 6 | 0 | < 1100 | < 900 | < 1150 | < 950 | < 1200 | < 1000 | < 1250 | < 1050 | < 1300 | < 1100 | < 1350 | < 1150 |

Roter Platz

| | | | | | | | | | | |
|---------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Runden | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Meter | 120 | 240 | 360 | 480 | 600 | 720 | 840 | 960 | 1080 | 1200 |
| Runden | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Meter | 1320 | 1440 | 1560 | 1680 | 1800 | 1920 | 2040 | 2160 | 2280 | 2400 |
| Runden | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Meter | 2520 | 2640 | 2760 | 2880 | 3000 | 3120 | 3240 | 3360 | 3480 | 3600 |