

6.2.6.1 Push-Ups/Liegestützen

Alter	Frauen			Männer		
	Bronze	Silber	Gold	Bronze	Silber	Gold
18–19	8	12	17	23	33	47
20–24	8	11	17	23	33	47
25–29	8	11	16	22	32	46
30–34	7	10	16	21	31	44
35–39	7	10	15	19	29	42
40–44	6	9	14	17	26	39
45–49	6	9	14	15	24	35
50–54	5	8	13	13	22	33
55–59	5	8	12	11	19	29
60–64	5	8	12	10	18	27
65–69	4	7	12	9	17	26
70–74	4	7	11	9	16	25
75–79	4	7	11	9	16	25
80–84	3	7	10	7	14	23
85–89	3	6	10	7	12	21
ab 90	3	5	8	6	11	20

6.2.6.2 Crunches/Curl-Up-Test/Bauchpresse

Alter	Frauen			Männer		
	Bronze	Silber	Gold	Bronze	Silber	Gold
18–19	32	41	52	38	49	62
20–24	32	41	53	37	48	62
25–29	31	41	52	36	47	61
30–34	29	39	50	34	46	59
35–39	27	37	48	32	43	57
40–44	24	34	45	29	41	54
45–49	22	31	41	27	38	51
50–54	19	28	38	24	35	48
55–59	16	25	35	21	32	45
60–64	13	22	32	18	29	42
65–69	11	20	30	15	26	39
70–74	10	18	28	12	23	36
75–79	9	18	28	10	20	33
80–84	8	16	26	7	18	31
85–89	7	14	24	5	16	29
ab 90	5	12	23	3	14	27

6.2.6.3 Triceps-Dips/Beugestütz

Alter	Frauen			Männer		
	Bronze	Silber	Gold	Bronze	Silber	Gold
18–19	16	21	27	29	38	49
20–24	16	21	27	29	39	50
25–29	15	20	27	28	38	50
30–34	14	20	26	27	37	48
35–39	13	19	25	25	35	46
40–44	12	18	24	22	32	44
45–49	11	17	23	20	29	41
50–54	10	15	21	17	27	38
55–59	9	14	20	14	24	35
60–64	8	13	19	12	21	32
65–69	7	12	18	10	19	30
70–74	6	11	17	9	18	29
75–79	5	10	16	8	16	27
80–84	4	9	15	7	15	25
85–89	3	8	14	6	13	22
ab 90	3	7	13	5	10	19

6.2.6.4 Pull-Ups/Klimmzüge

Alter	Frauen			Männer		
	Bronze	Silber	Gold	Bronze	Silber	Gold
18–19	1	3	6	5	11	15
20–24	1	4	6	5	12	16
25–29	1	4	6	5	12	16
30–34	1	4	6	5	11	15
35–39	1	3	6	4	10	14
40–44	1	3	6	2	9	13
45–49	1	2	5	1	7	11
50–54	1	2	5	1	6	10
55–59	1	2	4	1	4	9
60–64	1	2	4	1	4	8
65–69	1	2	4	1	3	8
70–74	1	2	4	1	3	7
75–79	1	2	3	1	2	6
80–84	1	2	3	1	2	5
85–89	–	1	2	–	1	3
ab 90	–	1	2	–	1	3