| Punkte | Standweitsprung [cm] | | Wedelsprünge [n/30s] | | Dribbelparkour [s] | | Hangeln [n/30s] | | 8-Minuten-Lauf [Runden] | |
|---|---|---|---|---|---|---|---|---|---|---|
| | weiblich | männlich | weiblich | männlich | weiblich | männlich | weiblich | männlich | weiblich | männlich |
| **20** | ≥ 220 | ≥235 | ≥85 | ≥85 | ≤29 | ≤25 | ≥50 | ≥50 | ≥31 | ≥32 |
| **19** | 216 | 231 | 83 | 83 | 30 | 26 | 48 | 48 | 30,50 | 31,50 |
| **18** | 212 | 227 | 82 | 82 | 31 | 27 | 46 | 46 | 30,00 | 31,00 |
| **17** | 208 | 223 | 80 | 80 | 32 | 28 | 44 | 44 | 29,50 | 30,50 |
| **16** | 204 | 219 | 78 | 78 | 33 | 29 | 42 | 42 | 29,00 | 30,00 |
| **15** | 200 | 215 | 76 | 76 | 34 | 30 | 40 | 40 | 28,50 | 29,50 |
| **14** | 196 | 211 | 74 | 74 | 35 | 31 | 37 | 37 | 28,00 | 29,00 |
| **13** | 192 | 207 | 73 | 73 | 36 | 32 | 35 | 35 | 27,50 | 28,50 |
| **12** | 188 | 203 | 71 | 71 | 37 | 33 | 33 | 33 | 27,00 | 28,00 |
| **11** | 184 | 199 | 69 | 69 | 38 | 34 | 31 | 31 | 26,50 | 27,50 |
| **10** | 180 | 195 | 68 | 68 | 39 | 35 | 29 | 29 | 26,00 | 27,00 |
| **9** | 176 | 191 | 66 | 66 | 40 | 36 | 27 | 27 | 25,50 | 26,50 |
| **8** | 172 | 187 | 64 | 64 | 41 | 37 | 25 | 25 | 25,00 | 26,00 |
| **7** | 168 | 183 | 62 | 62 | 42 | 38 | 23 | 23 | 24,50 | 25,50 |
| **6** | 164 | 179 | 60 | 60 | 43 | 39 | 21 | 21 | 24,00 | 25,00 |
| **5** | 160 | 175 | 59 | 59 | 44 | 40 | 18 | 18 | 23,50 | 24,50 |
| **4** | 156 | 171 | 57 | 57 | 45 | 41 | 16 | 16 | 23,00 | 24,00 |
| **3** | 152 | 167 | 55 | 55 | 46 | 42 | 14 | 14 | 22,50 | 23,50 |
| **2** | 148 | 163 | 54 | 54 | 47 | 43 | 12 | 12 | 22,00 | 23,00 |
| **1** | 144 | 159 | 52 | 52 | 48 | 44 | 10 | 10 | 21,50 | 22,50 |
| **0** | < 144 | <159 | <50 | <50 | >48,0 | >44 | <8 | <8 | <21,00 | <22,00 |