

## SWISS-SKI POWER TEST **Punkteliste** (2010.6)



| Verband/Club: RLZ Frutigen, Region |                   |     | Datum    | 09.11.201  | 1    | Testort: | ABC Zentrum            | Wanzenried Hansjürg, Briggeler |   |               | Parastr. 0 |       |          |             |            |              |
|------------------------------------|-------------------|-----|----------|------------|------|----------|------------------------|--------------------------------|---|---------------|------------|-------|----------|-------------|------------|--------------|
| VELDALIU/CIUD:                     | NST und Thunersee |     | Datum:   | 03.11.2011 |      | restort: | Spiez                  | Trainer:                       | Jonas, Wyss Daniel, Gerber<br>Samantha, Däpp Reto |               | Bemerk.: 0 |       |          |             |            |              |
| Name                               | Vorname           | m/w | Geb.dat  | Grösse     | KG   | CH-Kreuz | 5er Hupf<br>beidbeinig | 5er Hupf<br>einbeinig          | Standweit   | TDS-Hindernis | Liegestütz | Rumpf | High Box | 12-Min Lauf | Mittelwert | Bewertung    |
| Brun                               | Lara              | w   | 23.01.97 | 164        | 53.0 | 45       | 55                     | 25                             | 30  | 20            | 25         | 65    | 20       | 45          | 36         | schwach      |
| Stössel                            | Aline             | w   | 03.10.97 | 155        | 47.0 | 60       | 65                     | 70                             | 45  | 75            | 75         | 80    | 55       | 65          | 65         | genügend     |
| Teuscher                           | Milena            | w   | 18.08.98 | 156        | 51.0 | 85       | 75                     | 80                             | 55  | 80            | 20         | 75    |          |             | 67         | genügend     |
| Rüfenacht                          | Michelle          | w   | 12.05.00 |            |      |          |                        |                                |   |               |            |       |          |             |            | #NV          |
| Seematter                          | Alina             | w   | 01.04.00 | 155        | 46.0 | 50       | 30                     | 25                             | 20  | 20            | 40         | 50    | 20       | 35          | 32         | schwach      |
| Weissmüller                        | Livia             | w   | 20.11.00 | 161        | 45.0 | 55       | 75                     | 60                             | 65  | 45            | 60         | 60    | 20       | 70          | 56         | ungenügend   |
| Dänzer                             | Dario             | m   | 14.12.97 | 158        | 41.0 | 65       | 45                     | 65                             | 50  | 50            | 75         | 60    | 65       | 35          | 56         | ungenügend   |
| Kunz                               | Sandro            | m   | 06.06.97 | 170        | 55.0 | 45       | 60                     | 45                             | 45  | 75            | 45         | 40    | 45       | 35          | 48         | ungenügend   |
| Müller                             | Sven              | m   | 23.03.97 | 159        | 58.0 | 20       | 20                     | 20                             | 20  | 20            | 45         | 65    | 20       | 30          | 28         | sehr schwach |
| Mani                               | Luca              | m   | 18.12.98 | 158        | 43.0 | 40       | 20                     | 20                             | 20  | 40            | 45         | 70    | 20       | 35          | 34         | schwach      |
| Steiner                            | Roman             | m   | 16.01.98 | 176        | 62.0 | 90       | 50                     | 40                             | 45  | 20            | 35         | 45    | 45       | 75          | 49         | ungenügend   |
| von Siebenthal                     | Oliver            | m   | 12.05.98 | 153        | 37.0 | 40       | 20                     | 20                             | 30  | 60            | 65         | 90    | 50       | 70          | 49         | ungenügend   |
| Bettschen                          | Raphael           | m   | 16.09.99 | 149        | 40.0 | 45       | 65                     | 75                             | 60  | 70            | 80         | 65    | 95       | 60          | 68         | genügend     |
| Hiltbrand                          | Yannis            | m   | 15.05.99 | 150        | 37.0 | 70       | 50                     | 30                             | 40  | 50            | 40         | 100   | 45       | 55          | 53         | ungenügend   |
| Iseli                              | Simon             | m   | 24.05.99 |            |      |          |                        |                                |   |               |            |       |          |             |            | #NV          |
| Mani                               | Jan               | m   | 12.10.99 | 139        | 41.0 | 20       | 30                     | 20                             | 30  | 35            | 20         | 50    | 20       | 40          | 29         | sehr schwach |
| Mühlematter                        | Dominic           | m   | 01.07.99 | 157        | 53.0 | 60       | 95                     | 30                             | 80  | 90            | 80         | 100   | 65       | 45          | 71         | genügend     |
| Stössel                            | Gian-Marco        | m   | 08.07.99 | 158        | 47.0 | 35       | 75                     | 60                             | 75  | 50            | 35         | 65    | 45       | 60          | 55         | ungenügend   |
| Brun                               | Nils              | m   | 14.06.00 | 145        | 36.0 | 20       | 35                     | 20                             | 45  | 30            | 65         | 75    | 45       | 60          | 43         | schwach      |
| Kunz                               | Florian           | m   | 15.10.00 | 150        | 45.0 | 50       | 55                     | 45                             | 45  | 40            | 65         | 80    | 65       | 55          | 55         | ungenügend   |
| Bühler                             | Jan               | m   | 14.07.96 | 173        | 77.0 | 50       | 20                     | 20                             | 20  | 40            | 50         | 60    | 20       | 30          | 34         | schwach      |
|                                    |                   |     |          |            |      |          |                        |                                |   |               |            |       |          |             |            | #NV          |
|                                    |                   |     |          |            |      |          |                        |                                |   |               |            |       |          |             |            | #NV          |
|                                    |                   |     |          |            |      |          |                        |                                |   |               |            |       |          |             |            | #NV          |
|                                    |                   |     |          |            |      |          |                        |                                |   |               |            |       |          |             |            | #NV          |
|                                    |                   |     |          |            |      |          |                        |                                |   |               |            |       |          |             |            | #NV          |
| Mittelwert Team 13.12.98 157 48.1  |                   |     |          |            | 48.1 | 50       | 49                     | 41                             | 43  | 48            | 51         | 68    | 42       | 50          | 49         |              |
| Grösster Wert 20.11.00 176 77.0    |                   |     |          |            | 77.0 | 90       | 95                     | 80                             | 80  | 90            | 80         | 100   | 95       | 75          | 71         |              |
| ŀ                                  | 14.07.96          | 139 | 36.0     | 20         | 20   | 20       | 20                     | 20                             | 20  | 40            | 20         | 30    | 28       |             |            |              |