

Cooper Test Tabelle

| | | 11 - 12 Jahre | | 13 - 14 Jahre | | 15 - 16 Jahre | | 17 - 18 Jahre | | Bis 30 Jahre | | 30 - 39 Jahre | | 40 - 49 Jahre | | 50 Jahre | |
|----|----|---------------|----------|---------------|-----------|---------------|-----------|---------------|-----------|--------------|-----------|---------------|-----------|---------------|-----------|-----------|----------|
| | | Junge | Mädchen | Junge | Mädchen | Junge | Mädchen | Junge | Mädchen | Mann | Frau | Mann | Frau | Mann | Frau | Mann | Frau |
| 1+ | 15 | 2800 | 2600 | 2900 | 2650 | 3000 | 2800 | 3100 | 2900 | 3050 | 2900 | 2850 | 2700 | 2700 | 2500 | 2600 | 2350 |
| 1 | 14 | 2600 | 2400 | 2700 | 2450 | 2800 | 2600 | 2900 | 2700 | 2950 | 2750 | 2800 | 2650 | 2650 | 2450 | 2550 | 2300 |
| 1- | 13 | 2400 | 2300 | 2500 | 2250 | 2600 | 2400 | 2700 | 2500 | 2900 | 2700 | 2750 | 2600 | 2600 | 2400 | 2500 | 2250 |
| 2+ | 12 | 2300 | 2200 | 2400 | 2150 | 2500 | 2300 | 2600 | 2400 | 2850 | 2650 | 2700 | 2550 | 2550 | 2350 | 2450 | 2200 |
| 2 | 11 | 2200 | 2100 | 2300 | 2050 | 2400 | 2200 | 2500 | 2300 | 2800 | 2600 | 2650 | 2500 | 2500 | 2300 | 2400 | 2150 |
| 2- | 10 | 2050 | 2000 | 2150 | 1900 | 2250 | 2050 | 2400 | 2150 | 2650 | 2450 | 2500 | 2350 | 2350 | 2150 | 2250 | 2000 |
| 3+ | 9 | 1900 | 1850 | 2000 | 1750 | 2100 | 1900 | 2300 | 2000 | 2500 | 2300 | 2350 | 2200 | 2200 | 2000 | 2100 | 1800 |
| 3 | 8 | 1800 | 1700 | 1900 | 1650 | 2000 | 1800 | 2150 | 1900 | 2350 | 2150 | 2250 | 2000 | 2100 | 1850 | 2000 | 1650 |
| 3- | 7 | 1700 | 1600 | 1800 | 1550 | 1900 | 1700 | 2000 | 1800 | 2200 | 2000 | 2100 | 1850 | 1950 | 1700 | 1850 | 1500 |
| 4+ | 6 | 1600 | 1500 | 1700 | 1450 | 1800 | 1600 | 1900 | 1700 | 2050 | 1900 | 1900 | 1700 | 1700 | 1600 | 1700 | 1250 |
| 4 | 5 | 1500 | 1400 | 1600 | 1350 | 1700 | 1500 | 1800 | 1600 | 2000 | 1850 | 1850 | 1650 | 1650 | 1500 | 1600 | 1350 |
| 4- | 4 | 1400 | 1300 | 1500 | 1250 | 1600 | 1400 | 1700 | 1500 | 1850 | 1700 | 1700 | 1500 | 1500 | 1400 | 1500 | 1200 |
| 5+ | 3 | 1300 | 1200 | 1400 | 1150 | 1500 | 1300 | 1600 | 1400 | 1700 | 1600 | 1600 | 1400 | 1400 | 1300 | 1400 | 1100 |
| 5 | 2 | 1200 | 1100 | 1300 | 1050 | 1400 | 1200 | 1500 | 1300 | 1600 | 1550 | 1550 | 1350 | 1350 | 1200 | 1300 | 1050 |
| 5- | 1 | 1100 | 1000 | 1200 | 950 | 1300 | 1100 | 1400 | 1200 | 1500 | 1300 | 1400 | 1050 | 1200 | 1000 | 1000 | 900 |
| 6 | 0 | < 1100 | < 900 | < 1200 | < 1000 | < 1300 | < 1100 | < 1400 | < 1200 | < 1500 | < 1300 | < 1400 | < 1050 | < 1200 | < 1000 | < 1000 | < 900 |

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