


|  |            | Verband / Club   | Datum   | 26.10.2024 | Testort    | Interlaken | Trainer         |      | Swiss-ski/NLZ/AR |                |                  |                  |                         |                           |                          |                            | Allg. Bemerkungen   |                       |                          |                       |                         |                         |                           |                        | Swiss-ski National Power-Test |                  |               |   |
|--|------------|------------------|---------|------------|------------|------------|-----------------|------|------------------|----------------|------------------|------------------|-------------------------|---------------------------|--------------------------|----------------------------|---------------------|-----------------------|--------------------------|-----------------------|-------------------------|-------------------------|---------------------------|------------------------|-------------------------------|------------------|---------------|---|
| Bib.Nr.  | Kategorie  | Name             | Vorname | Geb.Dat    | Kategorie2 | F / M      | Regionalverband | NLZ  | CH-Kreuz [sec]   | CH-Kreuz [Pkt] | Liegestütz [sec] | Liegestütz [Pkt] | 5er einbeinig links [m] | 5er einbeinig links [Pkt] | 5er einbeinig rechts [m] | 5er einbeinig rechts [Pkt] | Standweitsprung [m] | Standweitsprung [Pkt] | Twist Rumpftest [Anzahl] | Twist Rumpftest [Pkt] | TDS Hindernislauf [sec] | TDS Hindernislauf [Pkt] | High Box Jump 90 [Anzahl] | High Box Jump 90 [Pkt] | 12min Lauf [m]                | 12min Lauf [Pkt] | Punkte gesamt | Bemerkungen                               |
| 99   | BONT       | Minna            |         | 2008       | U18        | F          | NLZO            | NLZO | 12.75            | 100            | 83               | 60               | 11.61                   | 90                        | 11.70                    | 90                         | 2.25                | 70                    | 161                      | 95                    | 19.76                   | 100                     | 88                        | 85                     | 2650                          | 60               | 83            |   |
| 100  | ELSA       | Lia              |         | 2008       | U18        | F          | NLZO            | NLZO | 12.56            | 100            | 47               | 10               | 11.98                   | 90                        | 11.71                    | 90                         | 2.47                | 100                   | 164                      | 100                   | 22.57                   | 95                      | 90                        | 85                     | 2750                          | 75               | 82            |   |
| 98   | BIANCHI    | Lara             |         | 2008       | U18        | F          | NLZO            | NLZO | 12.98            | 95             | 70               | 40               | 11.45                   | 80                        | 11.89                    | 95                         | 2.30                | 80                    | 163                      | 100                   | 20.76                   | 100                     | 84                        | 70                     | 2750                          | 75               | 81            |   |
| 219  | DELEZE     | Marie            |         | 2008       | U18        | F          | SVAL            | NLZW | 13.11            | 95             | 71               | 40               | 12.36                   | 100                       | 12.09                    | 100                        | 2.37                | 95                    | 144                      | 60                    | 22.94                   | 95                      | 86                        | 80                     | 2600                          | 50               | 77            |   |
| 137  | WIEDERKEHR | Kira             |         | 2008       | U18        | F          | BSV             | NLZO | 13.18            | 85             | 52               | 15               | 11.16                   | 70                        | 10.91                    | 65                         | 2.31                | 85                    | 157                      | 90                    | 23.19                   | 90                      | 81                        | 60                     | 2750                          | 75               | 71            |   |
| 29   | BURKHARD   | Romina           |         | 2008       | U18        | F          | NLZM            | NLZM | 13.52            | 70             | 75               | 50               | 10.78                   | 50                        | 10.71                    | 55                         | 2.17                | 45                    | 138                      | 40                    | 22.30                   | 95                      | 87                        | 80                     | 2900                          | 95               | 66            |   |
| 131  | ZEGG       | Nora Isabel      |         | 2008       | U18        | F          | BSV             | NLZO | 12.92            | 95             | 57               | 20               | 11.32                   | 80                        | 11.21                    | 75                         | 2.18                | 45                    | 158                      | 95                    | 22.26                   | 95                      | 81                        | 60                     | 2450                          | 25               | 64            |   |
| 75   | SEEHOLZER  | Leonie           |         | 2008       | U18        | F          | SSW             | NLZO | 12.85            | 95             | 63               | 25               | 11.30                   | 80                        | 11.05                    | 70                         | 2.32                | 85                    | 141                      | 50                    | 23.09                   | 90                      | 78                        | 50                     |                               |                  | 59            | Kein Resultat 12'                         |
| 128  | BONER      | Carmen           |         | 2008       | U18        | F          | BSV             | NLZO | 13.74            | 55             | 65               | 30               | 10.45                   | 40                        | 10.76                    | 55                         | 2.30                | 80                    | 155                      | 90                    | 24.96                   | 65                      | 81                        | 60                     | 2550                          | 40               | 58            |   |
| 63   | WUERSCH    | Elin             |         | 2008       | U18        | F          | ZSSV            | NLZM | 14.10            | 30             | 71               | 40               | 11.20                   | 70                        | 10.67                    | 50                         | 2.30                | 80                    | 145                      | 65                    | 25.23                   | 60                      | 79                        | 55                     | 2750                          | 75               | 58            |   |
| 85   | FLATSCHER  | Anna             |         | 2008       | U18        | F          | OSSV            | NLZO | 13.27            | 85             | 42               | 0                | 11.35                   | 80                        | 10.66                    | 50                         | 2.38                | 95                    | 150                      | 80                    | 25.12                   | 65                      | 72                        | 30                     | 2450                          | 25               | 56            |   |
| 168  | CURRAT     | Charline         |         | 2008       | U18        | F          | NLZW            | NLZW | 13.82            | 50             | 81               | 55               | 10.69                   | 50                        | 10.75                    | 55                         | 2.17                | 45                    | 142                      | 55                    | 24.41                   | 75                      | 73                        | 30                     | 2500                          | 30               | 49            |   |
| 171  | RIETHMANN  | Carla            |         | 2008       | U18        | F          | NLZW            | NLZW | 13.25            | 85             | 51               | 15               | 10.95                   | 60                        | 10.41                    | 40                         | 2.26                | 70                    | 136                      | 30                    | 25.93                   | 50                      | 74                        | 35                     | 2600                          | 50               | 48            |   |
| 169  | ROTEN      | Chiara           |         | 2008       | U18        | F          | NLZW            | NLZW | 13.74            | 55             | 62               | 25               | 10.74                   | 50                        | 10.44                    | 40                         | 2.13                | 35                    | 144                      | 60                    | 22.30                   | 95                      | 71                        | 25                     | 2550                          | 40               | 48            |   |
| 146  | ROSSI      | Martina          |         | 2008       | U18        | F          | TISKI           | NLZO | 13.39            | 75             | 64               | 30               | 9.89                    | 15                        | 9.97                     | 20                         | 2.13                | 35                    | 139                      | 45                    | 26.19                   | 45                      | 81                        | 60                     | 2700                          | 70               | 47            |   |
| 62   | MEIER      | Alina            |         | 2008       | U18        | F          | ZSSV            | NLZM | 14.09            | 30             | 66               | 30               | 9.38                    | 5                         | 8.90                     | 0                          | 2.00                | 5                     | 136                      | 30                    | 25.18                   | 60                      | 75                        | 40                     | 2700                          | 70               | 33            |   |
| 130  | MUELLER    | Chiara Valentina |         | 2008       | U18        | F          | BSV             | NLZO | 14.10            | 30             | 55               | 15               | 10.12                   | 25                        | 10.39                    | 40                         | 2.10                | 25                    | 120                      | 5                     | 28.30                   | 15                      | 78                        | 50                     | 2850                          | 90               | 33            |   |
| 139  | CASTY      | Anina            |         | 2008       | U18        | F          | BSV             | NLZO | 13.58            | 65             | 44               | 5                | 10.43                   | 35                        | 9.55                     | 5                          | 2.10                | 25                    | 127                      | 15                    | 24.49                   | 75                      | 74                        | 35                     | 2350                          | 10               | 31            |   |
| 170  | SAUDAN     | Aline            |         | 2008       | U18        | F          | NLZW            | NLZW | 13.66            | 60             | 25               | 0                | 9.78                    | 15                        | 9.71                     | 10                         | 2.21                | 55                    | 132                      | 25                    | 27.15                   | 30                      | 63                        | 5                      | 2550                          | 40               | 28            |   |
| 220  | EPINEY     | Eulalie          |         | 2008       | U18        | F          | SVAL            | NLZW | 14.50            | 10             | 60               | 25               | 10.60                   | 45                        | 10.38                    | 35                         | 2.11                | 25                    | 137                      | 35                    | 30.18                   | 5                       | 72                        | 30                     | 2500                          | 30               | 25            |   |
| 218  | ANDEREGGEN | Aline            |         | 2008       | U18        | F          | SVAL            | NLZW | 14.18            | 25             | 34               | 0                | 9.99                    | 20                        | 10.12                    | 25                         | 2.10                | 25                    | 145                      | 65                    | 26.70                   | 35                      | 54                        | 0                      | 2300                          | 10               | 23            |   |
| 64   | BOESIGER   | Lynn             |         | 2008       | U18        | F          | ZSSV            | NLZM | 14.46            | 15             | 54               | 15               | 9.76                    | 15                        | 9.95                     | 20                         | 1.98                | 5                     | 126                      | 10                    | 26.08                   | 50                      | 68                        | 20                     | 2400                          | 15               | 18            |   |
| 224  | ZURBRIGGEN | Leonie           |         | 2008       | U18        | F          | SVAL            | NLZW | 13.97            | 40             | 40               | 0                | 9.99                    | 20                        | 9.70                     | 10                         | 2.05                | 15                    | 139                      | 45                    | 29.71                   | 5                       | 53                        | 0                      | 2300                          | 10               | 16            |   |
| 160  | SPRENGER   | Lena             |         | 2008       | U18        | F          | SROM            | NLZW | 13.84            | 45             | 40               | 0                | 9.77                    | 15                        | 9.47                     | 5                          | 1.93                | 5                     | 126                      | 10                    | 29.52                   | 5                       | 66                        | 10                     | 2250                          | 5                | 11            |   |
| 129  | FURGER     | Anja             |         | 2008       | U18        | F          | BSV             | NLZO | 13.80            | 50             | 40               | 0                | 11.12                   | 70                        |                          |                            |                     |                       |                          |                       |                         |                         |                           |                        |                               |                  | 11            | Keine Resultate Twist, STW, Sprünge r, HL |
| 222  | NUSSBAUM   | Amelia           |         | 2008       | U18        | F          | SVAL            | NLZW | 14.77            | 5              | 54               | 15               | 9.51                    | 5                         | 9.71                     | 10                         | 2.06                | 20                    | 126                      | 10                    | 33.18                   | 5                       | 62                        | 5                      | 2300                          | 10               | 10            |   |