

| | | Alexander | Christoph | Cajus | Consti | Elsa | Freja | Janka | Ida | Jonathan | Lila | Liv | Luisa L. | Luisa V. | Maline | Marco | Martin | Nora | Oskar | Per | Ronja | Tobi | Valentina | Eure Videoempfehlungen :o) | |
|------------------------------------------------------|--------------------------|-----------|-----------|-------|--------|------|-------|-------|-----|----------|------|-----|----------|----------|--------|-------|--------|------|-------|-----|-------|------|-----------|----------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Papier 1 | links | 1 | 1 | | | 1 | | | 1 | | | 1 | 1 | 1 | | | | | | | | | 1 | 1 | Cool moments in climbing competitions |
| | rechts | 1 | 1 | | | 1 | | | 1 | | | 1 | 1 | 1 | | | | | | | | | 1 | 1 | Klemmweg und mehr |
| Papier 2 (schwer) diesmal quer gefaltet | links | | 1 | | | | | | 1 | | | | | | 1 | | | | | | | | 1 | | Battle Cat 8c+ |
| | rechts | | | | | 1 | | | 1 | | | 1 | | 1 | | | | | | | | | 1 | 1 | Rotpunkt (es gibt deutsche Untertitel) |
| 10 Liegestütz | normal | 1 | | 1 | | | | | 1 | | | | 1 | 1 | | | | 1 | | | | | | 1 | Wildes Adersbach |
| | eng | 1 | | 1 | | | | | 1 | | | | | 1 | | | | | | | | | | | |
| Plank (auf den Unterarmen) | 1min | 1 | 1 | 1 | | 1 | | | 1 | | | 1 | 1 | 1 | 1 | | | 1 | | | | 1 | 1 | 1 | |
| | 3min | 1 | | 1 | | | | | 1 | | | | | | 1 | | | | | | | | | | |
| 10 L-Sit zwischen Stühlen | gehockt | 1 | | | | | | | 1 | | | | 1 | 1 | | | | | | | | | | 1 | |
| | gestreckt | | | | | | | | 1 | | | | | 1 | | | | | | | | | | | |
| Beinheben hängend an Stange | Beine parallel zum Boden | | | | | | | | 1 | | | | | 1 | | | | | | | | | | | |
| | Beine zur Stange (2P) | | | | | | | | | | | | | 2 | | | | | | | | | | | |
| 5km Joggen/Ski fahren am Stück | | 1 | 1 | 1 | | 1 | | | 1 | | | 1 | 1 | 1 | | | | 1 | | 1 | | 1 | 1 | | |
| Jonglieren (15s, 3 Bälle) | es gibt 5 Punkte! | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 Klettervideo (>15min) schauen | | 1 | | | | | | | 1 | | | 1 | | 1 | | | | | | | | | 1 | | Ihr solltet kurz erzählen können: - wie heißt es? - worum geht es? - warum hat es euch besonders gut gefallen? |
| Krähe | 30s | | | | | 1 | | | 1 | | | 1 | 1 | 1 | | | | | | | | | | | |
| | 1min | | | | | 1 | | | 1 | | | | 1 | 1 | | | | | | | | | | | |
| | 10s (2P) | | | | | 2 | | | | | | | | 2 | | | | | | | | | | | schwere Variante! Nur die Knie berühren die Oberarmrückseiten. Arme bleiben gerade |
| Brücke (20s halten) | | 1 | | | 1 | | 1 | 1 | | | 1 | 1 | 1 | 1 | | | | | | | | | 1 | | |
| Rotation | links | | | | | 1 | | 1 | 1 | | | | | 1 | | | | | | | | | | | |
| | rechts | | | | | 1 | | 1 | 1 | | | | 1 | 1 | | | | | | | | | | | |
| Sanduhrschlinge einarmig (Sackstich) | linke Hand | | | | | 1 | | | 1 | | | 1 | 1 | 1 | | | | | | | | | | | |
| | rechte Hand | | | | | 1 | | | 1 | | | 1 | 1 | 1 | | | | | | | 1 | | | | |
| Seil wickeln | | 1 | | 1 | | | | | 1 | | | 1 | 1 | 1 | | | | | | | | | | 1 | |
| 5m auf Geländer o.ä. balancieren | normal laufen | | | | | | | | 1 | | | | | 1 | | | | | | | | | | | |
| | auf allen Vieren | | | | | | | | | | | | | 1 | | | | | | | | | | | |
| Zusatzpunkt | | | | | 1 | | | 1 | | | | | | | | | | | | | | | 1 | | für die Hausaufgabe oder ähnliches :o) |
| Punkte | | 11 | 5 | 6 | 1 | 14 | 0 | 5 | 21 | 0 | 0 | 11 | 10 | 4 | 27 | 0 | 0 | 3 | 0 | 1 | 2 | 6 | 11 | | |