

Medizinball Rotationswürfe

Armlänge (cm)	Abstand Wand - Klebi (cm) (vorderer Fuss)	Abstand Wand - Kasten (cm)
50	100	175
50.5	101	176.75
51	102	178.5
51.5	103	180.25
52	104	182
52.5	105	183.75
53	106	185.5
53.5	107	187.25
54	108	189
54.5	109	190.75
55	110	192.5
55.5	111	194.25
56	112	196
56.5	113	197.75
57	114	199.5
57.5	115	201.25
58	116	203
58.5	117	204.75
59	118	206.5
59.5	119	208.25
60	120	210
60.5	121	211.75
61	122	213.5
61.5	123	215.25
62	124	217
62.5	125	218.75
63	126	220.5
63.5	127	222.25
64	128	224
64.5	129	225.75
65	130	227.5
65.5	131	229.25
66	132	231
66.5	133	232.75
67	134	234.5
67.5	135	236.25
68	136	238
68.5	137	239.75
69	138	241.5

69.5	139	243.25
70	140	245
70.5	141	246.75
71	142	248.5
71.5	143	250.25
72	144	252
72.5	145	253.75
73	146	255.5
73.5	147	257.25
74	148	259
74.5	149	260.75
75	150	262.5
75.5	151	264.25
76	152	266
76.5	153	267.75
77	154	269.5
77.5	155	271.25
78	156	273
78.5	157	274.75
79	158	276.5
79.5	159	278.25
80	160	280
80.5	161	281.75
81	162	283.5
81.5	163	285.25
82	164	287
82.5	165	288.75
83	166	290.5
83.5	167	292.25
84	168	294
84.5	169	295.75
85	170	297.5
85.5	171	299.25
86	172	301
86.5	173	302.75
87	174	304.5
87.5	175	306.25
88	176	308
88.5	177	309.75
89	178	311.5
89.5	179	313.25
90	180	315