



IPZV Puls- und Atemkarte



P & A Team: _____

Check-Punkt: _____ **Datum** _____

| Reiter Nr. | | ein | zurückgeh. | aus | Reiter Nr. | | ein | zurückgeh. | aus | |
|------------|------|-----|------------|-----|------------|------|------|------------|-----|--|
| | Zeit | | | | | Zeit | | | | |
| | Puls | | | | | | Puls | | | |
| | Atem | | | | | | | Atem | | |
| | Zeit | | | | | | | Zeit | | |
| | Puls | | | | | | | Puls | | |
| | Atem | | | | | | | Atem | | |
| | Zeit | | | | | | | Zeit | | |
| | Puls | | | | | | | Puls | | |
| | Atem | | | | | | | Atem | | |
| | Zeit | | | | | | | Zeit | | |
| | Puls | | | | | | | Puls | | |
| | Atem | | | | | | | Atem | | |
| | Zeit | | | | | | | Zeit | | |
| | Puls | | | | | | | Puls | | |
| | Atem | | | | | | | Atem | | |
| | Zeit | | | | | | | Zeit | | |
| | Puls | | | | | | | Puls | | |
| | Atem | | | | | | | Atem | | |
| | Zeit | | | | | | | Zeit | | |
| | Puls | | | | | | | Puls | | |
| | Atem | | | | | | | Atem | | |
| | Zeit | | | | | | | Zeit | | |
| | Puls | | | | | | | Puls | | |
| | Atem | | | | | | | Atem | | |
| | Zeit | | | | | | | Zeit | | |
| | Puls | | | | | | | Puls | | |
| | Atem | | | | | | | Atem | | |
| | Zeit | | | | | | | Zeit | | |
| | Puls | | | | | | | Puls | | |
| | Atem | | | | | | | Atem | | |

Multiplikations-tabelle
Pulswerte:

| |
|----------|
| 4 x ... |
| 4 = 16 |
| 5 = 20 |
| 6 = 24 |
| 7 = 28 |
| 8 = 32 |
| 9 = 36 |
| 10 = 40 |
| 11 = 44 |
| 12 = 48 |
| 13 = 52 |
| 14 = 56 |
| 15 = 60 |
| 16 = 64 |
| 17 = 68 |
| 18 = 72 |
| 19 = 76 |
| 20 = 80 |
| 21 = 84 |
| 22 = 88 |
| 23 = 92 |
| 24 = 96 |
| 25 = 100 |
| 26 = 104 |
| 27 = 108 |
| 28 = 112 |
| 29 = 116 |
| 30 = 120 |
| 31 = 124 |
| 32 = 128 |
| 33 = 132 |
| 34 = 136 |
| 35 = 140 |
| 36 = 144 |
| 37 = 148 |
| 38 = 152 |
| 39 = 156 |