

Der Tiefstart - Oliver Zachert

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Die Technik des Tiefstarts bietet dem Sprinter die beste Ausgangslage für den Beginn eines Laufwettbewerbes. Andere Starttechniken, wie der Hochstart, Kauerstart oder Fallstart ermöglichen keine solch hohe Anfangsgeschwindigkeit für den Läufer. Alle Leichtathleten verwenden auf den Strecken von 100 bis 400 Meter gegenwärtig die Technik des Tiefstarts, die etwa um 1890 zum ersten Mal angewendet wurde. Ihr Ursprung liegt bei den Berufsläufern, die im vergangenen Jahrhundert vorerst in England auftraten und dort sehr umstritten waren. Die Läufer zogen dabei von einem Ort zum anderen, um dort die Lokalmatadore herauszufordern. Einige dieser Berufsleute wollten den Einsatz erhalten, indem sie anboten, sich mit dem Rücken gebeugt an der Startlinie zu positionieren. Dabei wurden Kopf und Füße entgegengesetzt zur Laufrichtung gehalten und die restlichen Läufer starteten aus dem Hochstart, so dass diese durch den Start eigentlich einen Vorteil hätten haben müssen. Dieses vermeintliche Handicap erwies sich jedoch in Wirklichkeit als vorteilhaft für die Berufsleute, denn der Nachteil der Umdrehung des Körpers wurde durch die positiv wirkende gebeugte Stellung bestens ausgeglichen. Den Verlust von etwa einer halben Sekunde, die für die Drehung benötigt wurde, glich eine erhöhte Anfangsgeschwindigkeit aus, die es dem Läufer ermöglichte, den Gegner bei ca. 75 Meter zu überholen. Auch nach diesen ersten Anfängen des Tiefstarts musste erst im Laufe der Zeit die Technik weiterhin wissenschaftlich diagnostiziert, entwickelt und optimiert werden, bis man zu den heutigen Voraussetzungen gelangte. Die Tiefstarttechnik ist ein Startverfahren, welches in den Laufwettbewerben der Kurzsprints angewendet wird.

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