

# 5 Tage RECHENTRAINING + und - im ZR 1000

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

1.  $461 + 536 =$  \_\_\_\_\_
2.  $106 + 307 =$  \_\_\_\_\_
3.  $748 + 164 =$  \_\_\_\_\_
4.  $75 + 365 =$  \_\_\_\_\_
5.  $852 - 647 =$  \_\_\_\_\_
6.  $952 - 448 =$  \_\_\_\_\_
7.  $25 + 329 =$  \_\_\_\_\_
8.  $85 - 63 =$  \_\_\_\_\_
9.  $106 - 85 =$  \_\_\_\_\_
10.  $976 + 1 =$  \_\_\_\_\_
11.  $318 - 125 =$  \_\_\_\_\_
12.  $935 - 719 =$  \_\_\_\_\_
13.  $56 - 25 =$  \_\_\_\_\_
14.  $44 + 284 =$  \_\_\_\_\_

1.  $886 - 325 =$  \_\_\_\_\_
2.  $827 - 795 =$  \_\_\_\_\_
3.  $881 + 60 =$  \_\_\_\_\_
4.  $862 + 83 =$  \_\_\_\_\_
5.  $288 + 147 =$  \_\_\_\_\_
6.  $549 - 308 =$  \_\_\_\_\_
7.  $591 - 20 =$  \_\_\_\_\_
8.  $811 + 189 =$  \_\_\_\_\_
9.  $927 + 3 =$  \_\_\_\_\_
10.  $982 + 9 =$  \_\_\_\_\_
11.  $687 + 300 =$  \_\_\_\_\_
12.  $258 + 528 =$  \_\_\_\_\_
13.  $881 + 39 =$  \_\_\_\_\_
14.  $236 - 87 =$  \_\_\_\_\_

1.  $919 + 12 =$  \_\_\_\_\_
2.  $222 - 173 =$  \_\_\_\_\_
3.  $535 - 14 =$  \_\_\_\_\_
4.  $828 + 172 =$  \_\_\_\_\_
5.  $483 + 325 =$  \_\_\_\_\_
6.  $592 - 313 =$  \_\_\_\_\_
7.  $439 + 139 =$  \_\_\_\_\_
8.  $674 - 470 =$  \_\_\_\_\_
9.  $117 - 91 =$  \_\_\_\_\_
10.  $221 - 184 =$  \_\_\_\_\_
11.  $307 + 228 =$  \_\_\_\_\_
12.  $842 - 796 =$  \_\_\_\_\_
13.  $279 - 39 =$  \_\_\_\_\_
14.  $475 + 465 =$  \_\_\_\_\_

1.  $844 - 628 =$  \_\_\_\_\_
2.  $702 + 40 =$  \_\_\_\_\_
3.  $736 - 206 =$  \_\_\_\_\_
4.  $661 - 133 =$  \_\_\_\_\_
5.  $77 + 19 =$  \_\_\_\_\_
6.  $299 + 76 =$  \_\_\_\_\_
7.  $533 + 136 =$  \_\_\_\_\_
8.  $115 - 66 =$  \_\_\_\_\_
9.  $651 - 352 =$  \_\_\_\_\_
10.  $329 - 159 =$  \_\_\_\_\_
11.  $410 + 529 =$  \_\_\_\_\_
12.  $46 + 867 =$  \_\_\_\_\_
13.  $23 + 173 =$  \_\_\_\_\_
14.  $16 + 420 =$  \_\_\_\_\_

1.  $379 + 437 =$  \_\_\_\_\_
2.  $119 - 68 =$  \_\_\_\_\_
3.  $785 - 196 =$  \_\_\_\_\_
4.  $164 + 295 =$  \_\_\_\_\_
5.  $792 - 752 =$  \_\_\_\_\_
6.  $596 - 316 =$  \_\_\_\_\_
7.  $986 - 175 =$  \_\_\_\_\_
8.  $530 - 281 =$  \_\_\_\_\_
9.  $635 + 214 =$  \_\_\_\_\_
10.  $494 - 145 =$  \_\_\_\_\_
11.  $672 - 347 =$  \_\_\_\_\_
12.  $991 - 663 =$  \_\_\_\_\_
13.  $346 + 597 =$  \_\_\_\_\_
14.  $585 + 156 =$  \_\_\_\_\_

\_\_\_ / 14 Aufgaben

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\_\_\_ / 14 Aufgaben

# 5 Tage RECHENTRAINING + und - im ZR 1000

Montag

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Freitag

1.  $\underline{\quad} - 635 = 45$

1.  $64 - 37 = \underline{\quad}$

1.  $826 + 168 = \underline{\quad}$

1.  $734 + 127 = \underline{\quad}$

1.  $813 - \underline{\quad} = 616$

2.  $897 - 143 = \underline{\quad}$

2.  $909 + \underline{\quad} = 929$

2.  $\underline{\quad} - 61 = 161$

2.  $155 + 702 = \underline{\quad}$

2.  $37 + \underline{\quad} = 999$

3.  $49 + 830 = \underline{\quad}$

3.  $\underline{\quad} - 109 = 11$

3.  $714 + \underline{\quad} = 796$

3.  $204 - \underline{\quad} = 101$

3.  $840 + 69 = \underline{\quad}$

4.  $\underline{\quad} + 182 = 674$

4.  $243 + \underline{\quad} = 507$

4.  $\underline{\quad} + 191 = 494$

4.  $225 - 149 = \underline{\quad}$

4.  $\underline{\quad} + 311 = 804$

5.  $943 + 19 = \underline{\quad}$

5.  $103 - \underline{\quad} = 76$

5.  $\underline{\quad} - 97 = 4$

5.  $\underline{\quad} + 311 = 387$

5.  $973 + 19 = \underline{\quad}$

6.  $593 - \underline{\quad} = 190$

6.  $960 + 32 = \underline{\quad}$

6.  $378 - \underline{\quad} = 299$

6.  $968 + 15 = \underline{\quad}$

6.  $347 + 464 = \underline{\quad}$

7.  $823 + 173 = \underline{\quad}$

7.  $536 + 265 = \underline{\quad}$

7.  $770 - 492 = \underline{\quad}$

7.  $\underline{\quad} + 40 = 846$

7.  $\underline{\quad} - 184 = 382$

8.  $\underline{\quad} - 32 = 142$

8.  $\underline{\quad} + 563 = 799$

8.  $802 - \underline{\quad} = 728$

8.  $522 - 4 = \underline{\quad}$

8.  $754 - 228 = \underline{\quad}$

9.  $448 - \underline{\quad} = 44$

9.  $610 + 188 = \underline{\quad}$

9.  $569 + \underline{\quad} = 962$

9.  $\underline{\quad} + 105 = 816$

9.  $\underline{\quad} - 327 = 312$

10.  $526 + 39 = \underline{\quad}$

10.  $656 + \underline{\quad} = 727$

10.  $\underline{\quad} - 579 = 64$

10.  $652 - 21 = \underline{\quad}$

10.  $\underline{\quad} + 749 = 826$

11.  $306 + \underline{\quad} = 785$

11.  $\underline{\quad} - 13 = 356$

11.  $198 - \underline{\quad} = 75$

11.  $\underline{\quad} - 653 = 250$

11.  $361 + \underline{\quad} = 823$

12.  $49 - 14 = \underline{\quad}$

12.  $661 + 23 = \underline{\quad}$

12.  $881 - \underline{\quad} = 101$

12.  $531 + \underline{\quad} = 674$

12.  $375 - 144 = \underline{\quad}$

13.  $241 + 676 = \underline{\quad}$

13.  $31 - 21 = \underline{\quad}$

13.  $258 + 66 = \underline{\quad}$

13.  $\underline{\quad} + 535 = 690$

13.  $720 - \underline{\quad} = 108$

14.  $\underline{\quad} - 561 = 318$

14.  $362 - 62 = \underline{\quad}$

14.  $\underline{\quad} + 116 = 886$

14.  $407 - 332 = \underline{\quad}$

14.  $938 + 57 = \underline{\quad}$

\_\_\_ / 14 Aufgaben

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\_\_\_ / 14 Aufgaben

# 5 Tage RECHENTRAINING + und - im ZR 1000

Montag

1.  $718 + 57 =$  \_\_\_\_\_
2.  $336 - 122 =$  \_\_\_\_\_
3.  $452 - 83 =$  \_\_\_\_\_
4.  $623 + 200 =$  \_\_\_\_\_
5.  $508 - 350 =$  \_\_\_\_\_
6.  $737 - 103 =$  \_\_\_\_\_
7.  $146 + 241 =$  \_\_\_\_\_
8.  $910 - 786 =$  \_\_\_\_\_
9.  $455 + 409 =$  \_\_\_\_\_
10.  $569 - 146 =$  \_\_\_\_\_
11.  $445 + 76 =$  \_\_\_\_\_
12.  $494 + 163 =$  \_\_\_\_\_
13.  $464 - 461 =$  \_\_\_\_\_
14.  $461 - 399 =$  \_\_\_\_\_

\_\_\_ / 14 Aufgaben

Dienstag

1.  $767 - 748 =$  \_\_\_\_\_
2.  $950 + 6 =$  \_\_\_\_\_
3.  $593 + 298 =$  \_\_\_\_\_
4.  $770 - 575 =$  \_\_\_\_\_
5.  $593 - 533 =$  \_\_\_\_\_
6.  $844 - 344 =$  \_\_\_\_\_
7.  $236 - 225 =$  \_\_\_\_\_
8.  $280 - 44 =$  \_\_\_\_\_
9.  $323 + 356 =$  \_\_\_\_\_
10.  $940 + 46 =$  \_\_\_\_\_
11.  $606 - 311 =$  \_\_\_\_\_
12.  $471 - 266 =$  \_\_\_\_\_
13.  $102 + 717 =$  \_\_\_\_\_
14.  $141 + 104 =$  \_\_\_\_\_

\_\_\_ / 14 Aufgaben

Mittwoch

1.  $102 + 440 =$  \_\_\_\_\_
2.  $836 - 418 =$  \_\_\_\_\_
3.  $302 - 267 =$  \_\_\_\_\_
4.  $300 + 313 =$  \_\_\_\_\_
5.  $611 + 199 =$  \_\_\_\_\_
6.  $331 - 48 =$  \_\_\_\_\_
7.  $385 + 64 =$  \_\_\_\_\_
8.  $573 - 489 =$  \_\_\_\_\_
9.  $914 - 211 =$  \_\_\_\_\_
10.  $480 + 95 =$  \_\_\_\_\_
11.  $467 - 29 =$  \_\_\_\_\_
12.  $902 - 60 =$  \_\_\_\_\_
13.  $394 - 171 =$  \_\_\_\_\_
14.  $451 + 385 =$  \_\_\_\_\_

\_\_\_ / 14 Aufgaben

Donnerstag

1.  $404 - 368 =$  \_\_\_\_\_
2.  $908 - 839 =$  \_\_\_\_\_
3.  $316 + 471 =$  \_\_\_\_\_
4.  $606 + 375 =$  \_\_\_\_\_
5.  $85 - 52 =$  \_\_\_\_\_
6.  $382 - 168 =$  \_\_\_\_\_
7.  $695 + 35 =$  \_\_\_\_\_
8.  $172 - 129 =$  \_\_\_\_\_
9.  $109 + 475 =$  \_\_\_\_\_
10.  $869 + 44 =$  \_\_\_\_\_
11.  $423 - 251 =$  \_\_\_\_\_
12.  $814 + 35 =$  \_\_\_\_\_
13.  $278 - 256 =$  \_\_\_\_\_
14.  $633 + 110 =$  \_\_\_\_\_

\_\_\_ / 14 Aufgaben

Freitag

1.  $554 -$  \_\_\_\_\_  $= 157$
2. \_\_\_\_\_  $+ 137 = 722$
3.  $646 -$  \_\_\_\_\_  $= 88$
4. \_\_\_\_\_  $- 387 = 586$
5.  $408 - 169 =$  \_\_\_\_\_
6.  $246 - 167 =$  \_\_\_\_\_
7. \_\_\_\_\_  $- 657 = 297$
8.  $165 - 96 =$  \_\_\_\_\_
9. \_\_\_\_\_  $- 179 = 55$
10.  $511 -$  \_\_\_\_\_  $= 79$
11. \_\_\_\_\_  $- 688 = 268$
12.  $858 - 379 =$  \_\_\_\_\_
13.  $507 + 294 =$  \_\_\_\_\_
14.  $126 + 495 =$  \_\_\_\_\_

\_\_\_ / 14 Aufgaben

# 5 Tage RECHENTRAINING + und - im ZR 1000

Montag

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Mittwoch

Donnerstag

Freitag

1.  $\underline{\quad} + 688 = 702$

1.  $577 + \underline{\quad} = 633$

1.  $862 + 69 = \underline{\quad}$

1.  $867 - \underline{\quad} = 489$

1.  $276 - 179 = \underline{\quad}$

2.  $493 - \underline{\quad} = 94$

2.  $\underline{\quad} + 266 = 701$

2.  $744 - 657 = \underline{\quad}$

2.  $\underline{\quad} + 143 = 331$

2.  $143 - \underline{\quad} = 67$

3.  $974 - 386 = \underline{\quad}$

3.  $897 + \underline{\quad} = 923$

3.  $656 - \underline{\quad} = 579$

3.  $437 + 299 = \underline{\quad}$

3.  $448 - \underline{\quad} = 269$

4.  $152 + 499 = \underline{\quad}$

4.  $917 - 219 = \underline{\quad}$

4.  $\underline{\quad} - 199 = 349$

4.  $422 - 184 = \underline{\quad}$

4.  $259 + 356 = \underline{\quad}$

5.  $556 + \underline{\quad} = 823$

5.  $491 - 194 = \underline{\quad}$

5.  $855 + \underline{\quad} = 904$

5.  $995 - \underline{\quad} = 196$

5.  $176 + 528 = \underline{\quad}$

6.  $255 + 449 = \underline{\quad}$

6.  $\underline{\quad} - 299 = 235$

6.  $\underline{\quad} + 288 = 943$

6.  $977 - \underline{\quad} = 479$

6.  $366 + \underline{\quad} = 633$

7.  $632 - \underline{\quad} = 153$

7.  $565 + \underline{\quad} = 712$

7.  $126 - \underline{\quad} = 39$

7.  $\underline{\quad} + 469 = 833$

7.  $953 - \underline{\quad} = 685$

8.  $487 - 189 = \underline{\quad}$

8.  $\underline{\quad} - 196 = 596$

8.  $377 - 188 = \underline{\quad}$

8.  $871 - 692 = \underline{\quad}$

8.  $885 + \underline{\quad} = 964$

9.  $351 - \underline{\quad} = 283$

9.  $213 - 24 = \underline{\quad}$

9.  $467 - 298 = \underline{\quad}$

9.  $858 - 679 = \underline{\quad}$

9.  $802 + 99 = \underline{\quad}$

10.  $\underline{\quad} + 399 = 834$

10.  $945 - \underline{\quad} = 346$

10.  $\underline{\quad} - 357 = 296$

10.  $\underline{\quad} - 38 = 87$

10.  $857 - \underline{\quad} = 189$

11.  $688 + \underline{\quad} = 871$

11.  $415 + 488 = \underline{\quad}$

11.  $417 + \underline{\quad} = 506$

11.  $899 + 7 = \underline{\quad}$

11.  $855 - \underline{\quad} = 269$

12.  $887 + \underline{\quad} = 966$

12.  $875 - \underline{\quad} = 479$

12.  $764 + 169 = \underline{\quad}$

12.  $945 - 278 = \underline{\quad}$

12.  $897 - 298 = \underline{\quad}$

13.  $363 + 479 = \underline{\quad}$

13.  $\underline{\quad} - 199 = 83$

13.  $557 - 498 = \underline{\quad}$

13.  $595 + 39 = \underline{\quad}$

13.  $125 - 77 = \underline{\quad}$

14.  $\underline{\quad} - 199 = 399$

14.  $712 - 196 = \underline{\quad}$

14.  $941 - \underline{\quad} = 372$

14.  $518 + 398 = \underline{\quad}$

14.  $489 + 115 = \underline{\quad}$

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