

Richtwerte ÖLV-Nachwuchskader

männlich				weiblich		
15	16	17	DISZIPLIN	15	16	17
11,70	11,45	11,20	100m	12,80	12,60	12,40
	23,00	22,70	200m		25,80	25,50
38,00			300m	43,00		
	51,75	50,75	400m		59,50	58,50
02:04	02:01	01:58,5	800m	02:21	02:18	02:15
02:46,5			1000m	03:07,5		
	04:12	04:06	1500m		04:52	04:45
09:45	09:20	09:00	3000m	11:00	10:35	10:20
	06:35	06:25	2000m Hi.		07:25	07:15
			80 m Hü	12,25		
14,00			100m Hü		14,80	14,45
	14,90	14,60	110m Hü			
42,00			300m Hü	47,00		
	57,50	56,40	400m Hü		66,50	65,00
16:00			3000m/3km Gehen	17:00		
	25:30	24:30	5000m/5km Gehen		27:45	26:15
	53:00	51:00	10.000m/10km Gehen			
1,82	1,88	1,93	Hoch	1,62	1,66	1,70
3,70	4,00	4,20	Stab	2,90	3,20	3,40
6,20	6,50	6,80	Weit	5,30	5,50	5,65
	13,00	13,50	Drei		11,00	11,50
14,00/4	14,00/5	15,00/5	Kugel	12,00/3	13,00/3	14,00/3
42,00/1	42,00/1,5	45,00/1,5	Diskus	38,00/0,75	36,00/1	39,00/1
50,50/4	50,50/5	55,00/5	Hammer	40,00/3	44,00/3	48,00/3
50,00/600	54,00/700	57,00/700	Speer	43,00/400	43,00/500	46,00/500
4050			Siebenkampf	4050	4300	4550
	5800	6100	Zehnkampf			

Stand: 23.11.2013