

Senioren	M 30	M 35	M 40	M 45
60m	8,10sec	8,30sec	8,50sec	8,70sec
100m (60m)	11,85sec	12,05sec	12,25sec	12,65sec
200m	24,50sec	25,00sec	25,25sec	25,65sec
400m	55,00sec	55,45sec	56,00sec	58,00sec
800m	2:08,00min	2:10,00min	2:12,00min	2:16,00min
3000m oder	9:15,00min	9:25,00min	9:45,00min	9:55,00min
5000m	15:50,00min	16:00,00min	16:25,00min	16:55,00min
60m Hürden	ohne	ohne	ohne	ohne
4x200m	1:45,50min		1:52,00min	
4x100m	47,70sec		51,00sec	
Hoch	1,75m	1,70m	1,65m	1,55m
Stabhoch	3,30m	3,20m	3,00m	2,80m
Weit	6,20m	6,00m	5,80m	5,50m
Drei	11,80m	11,20m	10,70m	10,40m
Kugel 7,26kg	13,00m	12,50m	12,50m	11,80m
Diskus	39,00m	38,00m	37,00m	35,50m
Hammer	37,50m	37,00m	35,50m	34,50m
Speer	50,00m	49,00m	46,50m	42,50m

Senioren	M 50	M 55	M 60	M 65	M 70	M 75
60m	9,00sec	9,35sec	9,55sec	10,00sec	10,30sec	11,00sec
100m (60m)	12,95sec	13,60sec	14,65sec	15,25sec	16,00sec	18,40sec
200m	26,80sec	28,00sec	29,00sec	31,50sec	34,50sec	38,50sec
400m	61,50sec	64,50sec	68,70sec	70,50sec	82,00sec	
800m	2:21,00min	2:29,00min	2:40,00min	2:51,00min	3:12,00min	3:45,00min
3000m oder	10:25,00min	11:00,00min	11:30,00min	12:30,00min	14:15,00min	16:15,00min
5000m	17:30,00min	18:30,00min	19:50,00min	20:45,00min	23:30,00min	27:30,00min
60m Hürden	ohne	ohne				
4x200m	1:58,00min		2:05,00min		2:14,00min	
4x100m	53,80sec		58,00sec		64,00sec	
Hoch	1,50m	1,40m	1,30m	1,25m	1,18m	
Stabhoch	2,60m	2,40m	2,25m	2,20m		
Weit	5,20m	4,80m	4,50m	4,40m	3,90m	3,00m
Drei	9,50m	9,00m	8,60m	8,40m		
Kugel 6kg/5kg/4kg	12,50m	11,30m	12,00m	11,60m	11,00m	9,80m
Diskus 1,5/1kg	39,50m	35,00m	41,50m	40,00m	32,50m	25,00m
Hammer 6/5/4kg	34,50m	32,50m	37,50m	37,00m	33,50m	23,00m
Speer 700/600/500gr	42,50m	38,50m	37,80m	37,00m	32,00m	23,00m

Seniorinnen	W 30	W 35	W 40	W 45
60m	9,00sec	9,15sec	9,45sec	10,00sec
100m	13,50sec	14,00sec	14,50sec	15,00sec
200m	28,90sec	30,45sec	31,40sec	32,50sec
400m	69,00m	69,50sec	69,90m	75,00sec
800m	2:31,00min	2:35,00min	2:37,00min	2:40,00min
3000m oder	11:30,00min	11:30,00min	11:45,00min	12:00,00min
5000m	19:30,00min	19:45,00min	20:00,00min	21:00,00min
60m Hürden	ohne	ohne	ohne	ohne
4x200m	2:00,00min		2:15,00min	
4x100m	57,20sec		60,00sec	
Hoch	1,45m	1,40m	1,35m	1,30m
Stabhoch	2,00m	2,00m	2,00m	2,00m
Weit	4,90m	4,70m	4,60m	4,30m
Kugel 4kg	10,50m	10,50m	10,30m	9,00m
Diskus	32,00m	31,50m	31,00m	26,00m
Hammer	25,00m	23,00m	22,00m	20,50m
Speer	32,00m	31,00m	29,00m	23,00m

Seniorinnen	W 50	W 55	W 60	W 65	W 70	W 75
60m	10,30sec	11,00sec	11,30sec	12,30sec	12,75sec	
100m	15,50sec	17,00sec	18,80sec	19,30sec	20,50sec	
200m	33,75sec	35,75sec	38,00sec	40,15sec		
400m	77,00sec	82,00sec	83,00sec	86,00sec		
800m	3:10,00min	3:20,00min	3:30,00min	3:55,00min		
3000m oder	13:00,00min	14:20,00min	15:30,00min	16:30,00min		
5000m	22:30,00min	25:00,00min	27:00,00min	29:00,00min		
4x200m	2:40,00min		2:55,00min			
4x100m	68,00sec		75,00sec			
Hoch	1,15m	1,10m	1,05m	1,00m		
Stabhoch	1,90m	1,90m				
Weit	3,80m	3,50m	3,10m	3,00m		
Kugel 3kg	9,50m	8,50m	7,80m	7,50m	6,00m	5,80m
Diskus 1kg	23,00m	19,00m	18,00m	17,50m	15,00m	14,50m
Hammer 3kg	22,00m	21,00m	20,00m	19,50m	18,50m	
Speer 500/400gr	21,00m	19,00m	17,00m	16,00m	14,00m	13,50m