

M30	M35	M40	M45	Disziplin:	W30	W35	W40	W45
11,85sec	12,05sec	12,25sec	12,65sec	100m	13,50sec	14,00sec	14,50sec	15,00sec
24,50sec	25,00sec	25,25sec	25,65sec	200m	28,90sec	30,45sec	31,40sec	32,50sec
55,00sec	55,20sec	56,00sec	58,00sec	400m	69,00sec	69,50sec	69,90sec	75,00sec
2:08,00min	2:10,00min	2:12,00min	2:16,00min	800m	2:31,00min	2:35,00min	2:37,00min	2:40,00min
4:23,00min	4:25,00min	4:30,00min	4:41,00min	1500m	5:30,00min	5:35,00min	5:40,00min	5:50,00min
15:50,00min	16:00,00min	16:25,00min	16:55,00min	5000m	19:30,00min	19:45,00min	20:00,00min	21:00,00min
33:30,00min	34:30,00min	35:00,00min	36:30,00min	10000m				
17,90sec	18,70sec	19,80sec	20,50sec	110m/100m/80m Hürden	19,00sec	20,50sec	16,00sec	17,50sec
ohne	ohne	ohne	ohne	400m Hürden	ohne	ohne	ohne	ohne
47,70sec		51,00sec		4x100m Staffel	57,20sec		60,00sec	
1,75m	1,70m	1,65m	1,55m	Hochsprung	1,45m	1,40m	1,35m	1,30m
3,30m	3,20m	3,00m	2,80m	Stabhochsprung	2,00m	2,00m	2,00m	2,00m
6,20m	6,00m	5,80m	5,50m	Weitsprung	4,90m	4,70m	4,60m	4,30m
11,80m	11,20m	10,70m	10,40m	Dreisprung	ohne	ohne	ohne	ohne
13,20m	12,50m	12,50m	11,80m	Kugelstoßen	10,50m	10,500m	10,30m	9,00m
39,70m	38,00m	37,00m	35,50m	Diskuswurf	32,00m	31,50m	31,00m	26,00m
37,50m	37,00m	35,50m	34,80m	Hammerwurf	25,00m	23,00m	22,00m	20,50m
50,00m	49,00m	46,50m	42,50m	Speerwurf	32,50m	32,00m	29,50m	23,00m