

MJA	MJB	Disziplinen	WJA	WJB
11,70sec	11,90sec	100m	13,10sec	13,30sec
23,80sec	24,50sec	200m	27,40sec	28,00sec
53,50sec	54,30sec	400m	61,80sec	62,50sec
2:03,20min	2:06,20min	800m	2:26,20min	2:27,20min
4:20,20min	4:35,00min	1500m	5:10,20min	5:30,20min
9:30,00min	9:50,00min	3000m	ohne	ohne
16,40sec	16,50sec	100/110m Hürden	16,70sec	16,70sec
62,20sec	64,20sec	400m Hürden	69,20	72,20sec
ohne	ohne	2000m Hindernis		
ohne	ohne	4x100m	ohne	ohne
ohne	ohne	3000m/5000m Gehen	ohne	ohne
1,80m	1,78m	Hochsprung	1,58m	1,55m
3,50m	3,30m	Stabhochsprung	2,80m	2,60m
6,20m	6,10m	Weitsprung	5,30m	5,20m
12,00m	11,50m	Dreisprung	10,50m	10,30m
12,30m	12,50m	Kugel	10,00m	9,80m
34,00m	34,00m	Diskus	28,00m	28,00m
45,00m	45,00m	Speer	31,00m	31,00m
ohne	ohne	Hammer	ohne	ohne