

<b>Senioren</b>	<b>M 30</b>	<b>M 35</b>	<b>M 40</b>	<b>M 45</b>
60m	8,30sec	8,50sec	8,70sec	8,80sec
200m	25,20sec	26,00sec	27,00sec	27,40sec
800m	2:14,00min	2:15,00min	2:18,00min	2:20,00min
1500m	4:45,00min	4:48,00min	4:55,00min	5:00,00min
4x200m	1:48,50min		2:00,00min	
Hoch	1,60m	1,60m	1,55m	1,55m
Weit	5,60m	5,40m	5,40m	5,00m
Kugel 7,26kg	11,00m	10,70m	10,60m	10,50m
Diskus	33,00m	33,00m	33,00m	33,00m
Hammer	34,00m	34,00m	32,00m	32,00m
Speer	41,00m	41,00m	36,00m	36,00m

<b>Senioren</b>	<b>M 50</b>	<b>M 55</b>	<b>M 60</b>	<b>M 65</b>	<b>M 70</b>
60m	9,30sec	9,50sec	10,00sec	10,30sec	10,50sec
200m	28,50sec	30,30sec	30,50sec	32,00sec	35,00sec
800m	2:25,00min	2:35,00min	2:55,00min	3:10,00min	3:40,00min
1500m	5:10,00min	5:40,00min	5:50,00min	6:20,00min	7:00,00min
4x200m	2:10,00min		2:20,00min		2:30,00min
Hoch	1,45m	1,40m	1,30m	1,25m	1,10m
Weit	4,80m	4,60m	4,20m	3,90m	3,60m
Kugel 6kg/5kg/4kg	10,80m	10,30m	10,50m	9,80m	9,80m
Diskus 1,5/1kg	33,00m	33,00m	34,00m	34,00m	30,00m
Hammer 6/5/4kg	29,00m	29,00m	31,00m	31,00m	25,00m
Speer 700/600/500gr	31,00m	31,00m	29,00m	29,00m	26,00m

<b>Seniorinnen</b>	<b>W 30</b>	<b>W 35</b>	<b>W 40</b>	<b>W 45</b>
60m	9,20sec	9,30sec	9,50sec	10,00sec
200m	29,80sec	30,40sec	32,00sec	33,20sec
400m	70,00m	70,00sec	71,00m	73,00sec
3000m oder 60m Hürden	5:30,00min ohne	5:30,00min ohne	6:00,00min ohne	6:20,00min ohne
4x200m	2:20,00min		2:30,00min	
Hoch	1,35m	1,30m	1,25m	1,20m
Weit	4,60m	4,50m	4,10m	3,70m
Kugel 4kg	10,00m	10,00m	9,50m	8,50m
Diskus	26,00m	26,00m	24,00m	24,00m
Hammer	25,00m	25,00m	24,00m	24,00m
Speer	26,00m	26,00m	24,00m	24,00m

<b>Seniorinnen</b>	<b>W 50</b>	<b>W 55</b>	<b>W 60</b>	<b>W 65</b>
60m	10,50sec	11,10sec	11,40sec	12,30sec
200m	34,50sec	37,00sec	39,00sec	41,00sec
400m	80,00sec	82,00sec	86,00sec	98,00sec
1500m	6:50,00min	7:20,00min	7:50,00min	9:00,00min
4x200m	2:45,00min			
Hoch	1,10m	1,05m	1,00m	0,95m
Weit	3,50m	3,20m	3,00m	2,80m
Kugel 3kg	8,30m	7,00m	6,50m	6,00m
Diskus 1kg	19,00m	19,00m	17,00m	17,00m
Hammer 3kg	21,00m	21,00m	19,00m	19,00m
Speer 500/400gr	19,00m	19,00m	16,00m	16,00m