Limiten Regionalkader zürich athletics

Richtwerte 2021/2022

zürich athletics Regionalkader

Disziplin	Männer								Frauen							
	U14		U16		U18		U20		U14		U16		U18		U20	
	12j	13j	14j	15j	16j	17j	18j	19j	12j	13j	14j	15j	16j	17j	18j	19j
60m	8.10	8.00							8.35	8.20						
80m			9.80	9.70							10.60	10.50				
100m					11.60	11.40	11.35	11.20					12.90	12.70	12.60	12.50
200m					23.50	23.20	23.00	22.80					26.60	26.20	25.80	25.60
400m					52.50	51.50	50.50	50.00					62.00	61.00	60.00	59.00
600m	1:35.00	1:34.00	1:31.00	1:29.00					1:47.00	1:45.00	1:43.00	1:41.00				
800m					2:07.00	2:05.00	2:02.00	2:00.00					2:29.00	2:24.00	2:22.00	2:20.00
1000m	3:02.00	3:00.00	2:52.00	2:45.00					3:15.00	3:11.00	3:09.00	3:06.00				
1600m					4:30.00	4:24.00	4:19.00	4:15.00					5:10.00	5:05.00	5:00.00	4:55.00
2000m	7:00.00	7:00.00	6:30.00	6:15.00					7:25.00	7:18.00	7:10.00	7:05.00				
3000m					10:00.00	9:40.00	9:30.00	9:20.00					11:30.00	11:15.00	11:00.00	10:45.00
60mH									10.20	10.20						
80mH	13.00	13.00									12.80	12.40				
100mH			15.20	14.90									15.50	15.20	15.80	15.30
110mH					15.80	15.50	16.50	15.60								
400mH					60.00	58.00	59.00	57.00					72.00	69.00	67.00	65.00
Hoch	1.50	1.55	1.68	1.73	1.78	1.85	1.88	1.93	1.45	1.50	1.55	1.60	1.64	1.67	1.69	1.72
Weit	5.30	5.50	5.80	6.00	6.25	6.50	6.75	7.00	4.80	5.00	5.20	5.30	5.40	5.60	5.70	6.00
Drei			11.10	11.40	11.80	12.00	12.50	13.00			10.20	10.80	11.10	11.50	11.90	12.40
Stab	2.70	2.90	3.00	3.20	3.70	4.10	4.40	4.70	2.30	2.45	2.60	2.90	3.20	3.40	3.60	3.80
Kugel	11.70	12.00	12.50	13.50	13.00	13.50	13.00	13.50	10.40	10.80	11.00	11.50	11.80	12.00	12.50	12.80
Diskus	32.00	35.00	37.00	39.00	37.50	39.00	40.00	44.00	21.00	25.00	29.00	32.00	29.00	30.00	32.00	34.00
Hammer	30.00	32.00	32.00	35.00	34.00	37.00	38.00	40.00	22.00	23.00	22.00	23.00	23.00	24.00	23.00	24.00
Speer	37.00	40.00	44.00	47.00	49.00	50.00	50.00	53.00	30.00	35.00	36.00	38.00	35.00	36.00	37.00	40.00
UBS Kids Cup	1500	1800	2000						1800	2000	2200					
5-Kampf	2400	2600							2800	2850	3000	3200				
6-Kampf			3700	4000												
7-Kampf													4100	4500	4300	4600
10-Kampf					5800	6200	6000	6300								