

# Richtwerte Regionalkader

Die Richtwerte sind in den jüngeren und älteren Jahrgang pro Kategorie aufgeteilt zur Abdeckung des Altersunterschiedes (z.B. M12 und M13 bei U14M)



Disziplin	U14M		U16M		U18M		U20M	
	M12	M13	M14	M15	M16	M17	M18	M19
60m	8.00	7.90						
80m			10.00	9.80				
100m					11.80	11.60	11.40	11.25
200m					23.60	23.30	23.10	22.90
400m					53.00	52.00	51.00	50.50
600m	01:44	01:41	01:38	01:34				
800m					02:08	02:05	02:02	02:00
1000m	03:15	03:05	02:54	02:52				
1500m					04:29	04:25	04:21	04:17
2000m	07:20	07:00	06:25	06:20				
3000m					10:00	09:50	09:40	09:30
60mH								
80mH	13.80	13.60						
100mH			15.60	15.40				
110mH					16.20	15.80	16.50	16.00
300mH					45.50	45.00	44.50	
400mH					63.00	61.00	60.00	59.00
Hoch	1.45	1.55	1.60	1.70	1.75	1.80	1.85	1.90
Weit	5.10	5.30	5.50	5.70	5.90	6.20	6.40	6.60
Stab	2.20	2.40	2.60	3.00	3.20	3.50	3.70	3.90
Drei			11.10	11.40	11.80	12.00	12.50	13.00
Kugel	10.00	11.00	12.30	12.50	12.80	13.00	12.00	12.50
Diskus	27.00	30.00	35.00	38.00	35.00	38.00	35.00	38.00
Speer	37.00	40.00	42.00	45.00	45.00	48.00	48.00	51.00
Hammer	30.00	32.00	32.00	35.00	32.00	35.00	35.00	38.00
UBS Kids Cup	1500	1700	2300					
5-Kampf	2400	2600						
6-Kampf			3500	3700				
7-Kampf								
10-Kampf					5600	5800	5900	6000

U14W		U16W		U18W		U20W	
W12	W13	W14	W15	W16	W17	W18	W19
8.30	8.15						
		10.80	10.60				
				13.10	12.90	12.80	12.70
				26.80	26.40	26.00	25.80
				62.50	61.50	60.50	59.50
01:48	01:45	01:45	01:43				
				02:28	02:26	02:24	02:22
03:20	03:15	03:11	03:09				
				05:15	05:10	05:05	05:00
07:30	07:20	07:10	07:05				
				10:55	10:45	10:35	10:30
10.60	10.10						
		13.30	13.00				
				16.20	15.80	16.50	16.00
				50.50	50.00	49.50	
				74.00	72.00	70.00	68.00
1.40	1.45	1.50	1.55	1.56	1.58	1.60	1.62
4.70	4.90	5.10	5.20	5.30	5.40	5.45	5.50
2.00	2.10	2.20	2.40	2.60	2.80	3.00	3.20
		10.10	10.40	10.60	10.80	11.00	11.20
8.80	9.20	10.40	10.60	11.40	11.60	10.60	11.00
20.00	24.00	28.00	30.00	29.00	30.00	31.50	33.00
28.00	30.00	36.00	37.00	35.00	36.00	35.00	38.00
22.00	23.00	22.00	22.00	23.00	23.00	23.00	23.00
1700	1930	2250					
2700	2900	3000	3100				
				4200	4500	4200	4500