

Kaderrichtwerte Regionalkader Ostschweiz 2024

Weibliche Kategorien



**OSTSCHWEIZ
ATHLETICS**



**NATIONALES
LEISTUNGSZENTRUM
OSTSCHWEIZ**

Disziplin	U16W		U18W		U20W		U23W
	2010	2009	2008	2007	2006	2005	2004
60/80/100m	8.30	10.60	10.50	12.95	12.80	12.60	12.45
200m				26.35	25.98	25.70	25.50
400m				59.90	59.20	58.50	57.90
60mH/80mH/ 100mH/110mH	9.95	12.50	12.20	14.80	14.50	14.62	14.55
400mH				65.50	65.00	64.45	63.35
600/800m	1:47.20	1:43.20	1:41.30	2:22.80	2:21.30	2:19.60	2:18.10
1000/1500m	3:15.10	3:10.60	3:08.00	5:08.50	5:00.90	4:53.10	4:48.40
2000/3000/ 5000m	7:30.00	7:13.00	7:05.00	10:51.00	10:43.00	18:25.00	18:14.00
2000m St / 3000m St				7:45.00	7:37.00	11:55.00	11:45.00
Hoch	1.50	1.52	1.55	1.56	1.58	1.60	1.62
Stab	2.30	2.60	2.80	2.90	3.00	3.20	3.40
Weit	4.95	5.05	5.20	5.30	5.40	5.52	5.64
Drei		10.25	10.60	11.00	11.25	11.45	11.65
Kugel	8.60	10.90	11.50	12.40	13.00	12.20	12.60
Diskus	27.50	31.50	35.50	37.40	39.30	40.00	40.40
Speer	31.00	33.00	34.50	36.00	38.00	37.00	39.00
Hammer	25.60	28.00	32.00	33.60	35.20	35.20	36.80
Mehrkampf	2070	3000	3100	3990	4180	4410	4600