



männliche Jugend / Junioren / Männer						
Disziplin	Kategorie + Alter (Saison 2022)					
	u16		u18		u20	Männer
	14	15	16	17	18/19	20+
Jahrgang	2008	2007	2006	2005	2004/2003	ab 2002
60m						
80m	9.90	9.60				
100m			11.70	11.50	11.20	11.00
200m			23.70	23.50	22.80	22.30
400m			51.75	51.50	51.00	50.00
60m H						
80m H						
100m H	14.90	14.70				
110m H			15.40	15.20	15.50	15.50
400m H				60.50	58.00	55.00
600m	1:36.00	1:32.00				
800m			2:07.00	2:05.00	2:00.00	1:57.00
1000m	2:55.00	2:50.00				
1500m			4:30.00	4:25.00	4:15.00	4:08.00
2000m	6:30.00	6:25.00				
3000m			9:55.00	9:50.00	9:40.00	9:00.00
5000m						15:10:00
10000m						31.15.00
Halbmarathon						01:12:00
Marathon						02:30:00
Hoch	1.65	1.70	1.80	1.83	1.85	1.90
Stab	3.10	3.30	3.60	3.70	3.90	4.30
Weit	5.80	5.90	6.20	6.40	6.50	7.00
Drei	10.80	11.20	11.60	12.20	12.80	13.60
Kugel	12.30/4	13.20/4	12.50/5	13.20/5	12.80/6	13.20/7.25
Diskus	34.00/1	36.00/1	36.00/1.5	38.00/1.5	36.00/1.75	41.00/2.00
Speer	43.00/600	47.00/600	48.00/700	50.00/700	50.00/800	56.00/800
Hammer			36.00/5	38.00/5	38.00/6	44.00/7.25
Mehrkampf	3700	4200	6000	6200	6200	6500

weibliche Jugend / Juniorinnen / Frauen						
Disziplin	Kategorie + Alter (Saison 2022)					
	u16		u18		u20	Frauen
	14	15	16	17	18/19	20+
Jahrgang	2008	2007	2006	2005	2004/2003	ab 2002
60m						
80m	10.60	10.35				
100m			12.80	12.60	12.40	12.20
200m			26.80	26.20	25.60	25.20
400m			60.25	60.00	59.50	58.00
60m H						
80m H	13.00	12.60				
100m H			15.40	15.20	15.50	14.80
110m H						
400m H				69.50	67.00	65.50
600m	1:44.00	1:40.00				
800m			2:26.00	2:22.00	2:18.00	2:14.00
1000m	3:10.00	3:07.00				
1500m			5:10.00	5:05.00	4:55.00	4:45.00
2000m	7:00.00	6:55.00				
3000m			11:35.00	11:25.00	11:00.00	10:45.00
5000m						18:00:00
10000m						37.00.00
Halbmarathon						01:20:00
Marathon						02:50:00
Hoch	1.50	1.55	1.60	1.63	1.66	1.70
Stab	2.50	2.70	2.90	3.10	3.50	3.70
Weit	5.00	5.20	5.30	5.40	5.60	5.70
Drei	9.90	10.05	10.20	10.40	10.80	11.40
Kugel	10.50/3	11.00/3	11.40/3	11.80/3	11.60/4	12.20/4
Diskus	26.00/0.75	28.00/0.75	28.00/1	30.00/1	33.00/1	37.00/1
Speer	36.00/400	37.00/400	36.00/500	38.00/500	36.00/600	41.00/600
Hammer			30.00/3	32.00/3	32.00/4	40.00/4
Mehrkampf	3200	3300	4300	4500	4700	5000

Ostschweiz Athletics, November 2022