



# SLV-REGIONALKADER **BERN**

## Richtwerte für 11/12

männliche Jugend / Junioren					
Disziplin	Kategorie + Alter (Saison 2011)				
	u16		u18		u20
	14	15	16	17	18
Jahrgang	1997	1996	1995	1994	1993
80m	10.00	9.90			
100 m			11.70	11.50	11.30
200 m			23.90	23.50	23.25
400m					51.50
100m H	15.80	15.60			
110m H			16.20	16.00	16.50
300/400m H				43.00/300H	61.00/400H
600m	1:36.00	1:34.00			
800 m			2:04.00	2:01.50	1:59.00
1000m	2:55.00	2:52.0			
1500 m			4:25.00	4:20.00	4:12.00
2000m	6:39.00	6:35.00			
3000m	10:15.00	10:05.00	9:55.00	9:45.00	9:35.00
Hoch	1.70	1.75	1.80	1.83	1.85
Stab	3.20	3.50	3.80	3.90	4.00
Weit	5.70	6.00	6.20	6.30	6.40
Drei	11.00	11.30	11.50	11.80	12.00
Kugel	12.20/4	12.50/4	12.50/5	12.80/5	12.80/6
Diskus	30.00/1	35.00/1	32.00/1.5	36.00/1.5	36.00/1.75
Speer	39.00/600	43.00/600	43.00/700	45.00/700	45.00/800

weibliche Jugend / Juniorinnen					
Disziplin	Kategorie + Alter (Saison 2011)				
	u16		u18		u20
	14	15	16	17	18
Jahrgang	1997	1996	1995	1994	1993
80m	10.70	10.60			
100m			12.90	12.70	12.50
200 m			27.20	26.80	26.40
400m					63.00
80m H	13.40	13.20			
100m H			16.00	15.80	16.60
300/400m H				48.00/300H	73.00/400H
600m	1:47.00	1:45.00			
800 m			2:30.00	2:25.00	2:20.00
1000m	3:15.00	3:13.00			
1500 m			5:30.00	5:20.00	5:10.00
2000m	7:30.00	7:25.00			
3000 m	11:55.00	11:45.00	11:35.00	11:25.00	11:15.00
Hoch	1.52	1.54	1.56	1.58	1.60
Stab	2.50	2.70	2.90	3.00	3.10
Weit	5.00	5.10	5.20	5.20	5.30
Drei	9.50	9.70	10.00	10.30	10.50
Kugel	10.60/3	10.80/3	11.00/3	11.40/3	11.00/4
Diskus	25.00/0.75	25.00/0.75	26.00/1	28.00/1	33.00/1
Speer	33.00/400	36.00/400	33.00/600	35.00/600	36.00/600