



# SLV-REGIONALKADER **BERN**

## Richtwerte für 10/11

männliche Jugend / Junioren					
Disziplin	Kategorie + Alter (Saison 2010)				
	u16		u18		u20
	14	15	16	17	18
Jahrgang	1996	1995	1994	1993	1992
80m	10.00	9.80			
100 m			11.60	11.40	11.20
200 m			23.80	23.40	23.00
400m					51.00
100m H	15.70	15.50			
110m H			16.00	15.80	15.80
300/400m H				42.00/300H	59.00/400H
600m	1:40.00	1:33.00			
800 m			2:04.00	2:02.50	2:01.00
1000m	2:56.00	2:52.0			
1500 m			4:25.00	4:20.00	4:12.00
2000m	6:40.00	6:32.00			
3000m	10:15.00	10:00.00	09:45.00	9:30.00	16:00.00
Hoch	1.70	1.75	1.80	1.83	1.85
Stab	3.50	3.60	3.80	4.00	4.10
Weit	5.80	6.00	6.15	6.25	6.40
Drei	11.20	11.50	12.00	12.50	13.00
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 2010)				
	u16		u18		u20
	14	15	16	17	18
Jahrgang	1996	1995	1994	1993	1992
80m	10.60	10.50			
100m			12.80	12.60	12.40
200 m			27.20	26.80	26.40
400m					63.00
80m H	13.20	13.00			
100m H			15.70	15.50	15.50
300/400m H				48.00/300H	73.00/400H
600m	1:50.00	1:45.00			
800 m			2:30.00	2:28.00	2:25.00
1000m	3:20.00	3:12.00			
1500 m			5:30.00	5:20.00	5:10.00
2000m	7:30.00	7:20.00			
3000 m	12:15.00	12:00.00	11:45.00	11:30.00	11:15.00
Hoch	1.52	1.54	1.56	1.58	1.60
Stab	2.50	2.70	2.90	3.00	3.20
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