

Kaderrichtwerte Regionalkader Ostschweiz 2024
Männliche Kategorien



**OSTSCHWEIZ
ATHLETICS**



**NATIONALES
LEISTUNGSZENTRUM
OSTSCHWEIZ**

Disziplin	U16M		U18M		U20M		U23M
	2010	2009	2008	2007	2006	2005	2004
60/80/100m	8.15	10.10	9.85	11.80	11.65	11.40	11.30
200m				23.45	23.10	22.80	22.55
400m				52.20	51.35	50.60	50.05
60mH/80mH/ 100mH/110mH	13.40	15.30	14.45	15.05	14.85	15.10	14.85
400mH				57.90	56.80	56.00	55.20
600/800m	1:42.80	1:36.00	1:33.90	2:05.20	2:03.30	1:59.40	1:58.30
1000/1500m	3:03.50	2:54.60	2:49.50	4:22.50	4:17.40	4:12.60	4:08.10
2000/3000/ 5000m	7:15.00	6:52.00	6:31.00	9:44.00	9:23.00	15:54.00	15:40.00
2000m St / 3000m St				6:54.00	6:44.00	10:17.00	10:07.00
Hoch	1.53	1.62	1.68	1.76	1.81	1.85	1.91
Stab	2.80	3.00	3.20	3.40	3.60	3.80	4.00
Weit	5.25	5.60	5.90	6.05	6.25	6.50	6.70
Drei		11.50	12.00	12.40	12.70	13.00	13.36
Kugel	10.80	13.10	14.50	13.30	14.50	14.00	14.60
Diskus	35.30	37.20	42.70	39.20	41.80	40.80	42.10
Speer	40.00	42.00	44.50	46.00	49.00	48.50	51.00
Hammer	33.60	36.10	42.00	42.00	43.70	42.90	44.90
Mehrkampf	1880	3480	3950	5640	5830	5780	6010