

Richtwerte Regionalkader Bündner/in 2025_2026

Disziplin	U20 M	U18 M	U16 M	Disziplin	U20 W	U18 W	U16 W
80m			10.25	80m			10.87
100m	11.48	11.94		100m	12.92	13.27	
200m	23.27	23.68		200m	26.14	26.80	
400m	51.46	53.40		400m	59.71	61.40	
600m			1.40.00	600m			1.48.50
800m	2:05.00	2.09.00		800m	2.24.00	2.25.80	
1500m	4.21.50	4:30.00		1500m	5.15.00	5.28.00	
2000m			7.25.00	2000m			7.35.00
3000m		10:05.00		3000m		11.40.50	
80mH				80mH			12.81
100mH			15.68	100mH	16.60	16.00	
110mH	15.48	15.43		110mH			
300mH		45.00		300mH		50.00	
400mH	62.00			400mH	74.00		
Hoch	1.74	1.65	1.52	Hoch	1.50	1.47	1.43
Stab Hoch	3.57	3.20	2.82	Stab Hoch	3.01	2.73	2.44
Weit	6.18	5.75	5.32	Weit	5.24	5.04	4.70
Dreisprung	12.35	11.78	10.93	Dreisprung	10.88	10.45	9.74
Speer	43.65	41.40	37.80	Speer	33.30	32.40	29.70
Kugel	12.60	11.97	11.79	Kugel	10.98	11.16	9.81
Diskus	36.72	35.28	33.48	Diskus	36.00	33.66	28.35
Hammer	38.61	39.33	32.49	Hammer	31.68	30.24	25.20