

Richtwerte Regionalkader Südostschweiz

Disziplin	U20 M	U18 M	U16 M	Disziplin	U20 W	U18 W	U16 W
80m			10.15	80m			10.97
100m	11.69	11.99		100m	13.48	13.48	
200m	23.88	24.29		200m	28.09	28.29	
400m	53.61	55.35		400m	66.11	66.63	
600m			1:34.00	600m			1:43.00
800m	2:05.00	2:07.00		800m	2:31.00	2:31.00	
1500m	4:25.00	4:30.00		1500m	5:35.00	5:40.00	
2000m			6:30.00	2000m			7:10.00
3000m		10:05.00		3000m		12:00.00	
80mH				80mH			13.53
100mH			15.99	100mH	16.60	16.00	
110mH	17.12	16.40		110mH			
300mH		45.00		300mH		50.00	
400mH	62.00			400mH	74.00		
Hoch	1.74	1.69	1.60	Hoch	1.50	1.49	1.46
Stab Hoch	3.67	3.29	2.82	Stab Hoch	2.63	2.44	2.26
Weit	5.99	5.89	5.42	Weit	4.94	4.94	4.94
Dreisprung	11.40	11.02	10.45	Dreisprung	9.88	9.50	9.12
Speer	40.50	42.30	38.70	Speer	29.70	32.40	33.30
Kugel	10.80	11.70	11.25	Kugel	9.54	10.44	9.54
Diskus	31.50	32.40	32.40	Diskus	27.00	26.10	25.20
Hammer	28.80	27.00	27.00	Hammer	20.70	20.70	19.80