

Athletics Performance Evaluation (APE) Tables 2012-2015
Girls 14

	Track								Hurdles				Walk		Relays		Field										
	100m		200m		400m			800m	1500m	3000m	90mH		300mH		5000 m W	4 x 100m		HJ		LJ	SP	DT	HT	JT			
1000	11.9	12.19	24.4	24.67	54.8	55.40	1000	2:08.80	4:38.15	10:25.20	1000	12.9	13.13	41.8	41.92	23:30.79	1000	48.1	48.28	1000	1.72	5.69	16.26	38.97	60.59	47.14	1000
990		12.23	24.5	24.79	55.1	55.70	990	2:09.46	4:39.59	10:30.54	990	13.0	13.22	42.1	42.23	23:57.66	990	48.3	48.47	990	1.71	5.67	15.88	38.17	58.97	46.33	990
980	12.0	12.28	24.7	24.91	55.4	56.00	980	2:10.14	4:41.05	10:36.01	980	13.1	13.31	42.4	42.55	24:25.51	980	48.5	48.66	980	1.70	5.64	15.48	37.33	57.24	45.45	980
970		12.34	24.8	25.03	55.7	56.30	970	2:10.84	4:42.55	10:41.63	970	13.2	13.41	42.7	42.87	24:54.39	970	48.7	48.87	970		5.61	15.06	36.43	55.43	44.52	970
960	12.1	12.39	24.9	25.16	56.0	56.60	960	2:11.54	4:44.08	10:47.40	960	13.3	13.51	43.1	43.21	25:24.33	960	48.9	49.07	960	1.69	5.59	14.61	35.48	53.53	43.53	960
950	12.2	12.44	25.0	25.29	56.3	56.90	950	2:12.27	4:45.64	10:53.31	950	13.4	13.60	43.4	43.55	25:55.38	950	49.1	49.28	950	1.68	5.56	14.15	34.49	51.57	42.50	950
940		12.49	25.2	25.42	56.6	57.30	940	2:13.01	4:47.24	10:59.38	940	13.5	13.71	43.8	43.90	26:27.58	940	49.4	49.49	940	1.67	5.53	13.68	33.47	49.55	41.43	940
930	12.3	12.55	25.3	25.55	57.0	57.60	930	2:13.76	4:48.87	11:05.59	930	13.6	13.81	44.1	44.26	27:00.97	930	49.6	49.71	930		5.51	13.19	32.41	47.49	40.31	930
920		12.60	25.4	25.69	57.3	58.00	920	2:14.54	4:50.54	11:11.97	920	13.7	13.92	44.5	44.63	27:35.60	920	49.8	49.93	920	1.66	5.48	12.69	31.32	45.40	39.16	920
910	12.4	12.66	25.6	25.83	57.7	58.30	910	2:15.32	4:52.24	11:18.50	910	13.8	14.03	44.9	45.00	28:11.53	910	50.0	50.16	910	1.65	5.45	12.18	30.22	43.29	37.98	910
900		12.72	25.7	25.97	58.0	58.70	900	2:16.13	4:53.98	11:25.20	900	13.9	14.14	45.3	45.39	28:48.79	900	50.3	50.39	900	1.64	5.42	11.66	29.09	41.18	36.78	900
890	12.5	12.78	25.9	26.12	58.4	59.00	890	2:16.95	4:55.76	11:32.08	890	14.0	14.25	45.6	45.79	29:27.52	890	50.5	50.63	890	1.63	5.39	11.43	28.59	40.24	36.24	890
880	12.6	12.84	26.0	26.27	58.8	59.40	880	2:17.80	4:57.58	11:39.16	880	14.1	14.37	46.1	46.19	30:07.86	880	50.7	50.87	880		5.37	11.21	28.09	39.31	35.70	880
870		12.90	26.2	26.42	59.1	59.80	870	2:18.66	4:59.45	11:46.43	870	14.3	14.49	46.5	46.61	30:49.86	870	51.0	51.11	870	1.62	5.34	10.99	27.60	38.40	35.17	870
860	12.7	12.97	26.3	26.57	59.5	1:00.2	860	2:19.55	5:01.36	11:53.92	860	14.4	14.62	46.9	47.04	31:33.61	860	51.2	51.37	860	1.61	5.32	10.77	27.11	37.51	34.64	860
850	12.8	13.03	26.5	26.73	59.9	1:00.6	850	2:20.45	5:03.32	12:01.61	850	14.5	14.75	47.3	47.48	32:19.19	850	51.5	51.63	850	1.60	5.29	10.55	26.63	36.63	34.12	850
840		13.10	26.7	26.90	1:00.34	1:01.0	840	2:21.38	5:05.32	12:09.53	840	14.6	14.88	47.8	47.93	33:06.67	840	51.7	51.89	840	1.59	5.26	10.33	26.15	35.77	33.60	840
830	12.9	13.17	26.8	27.07	1:00.76	1:01.5	830	2:22.33	5:07.37	12:17.66	830	14.8	15.01	48.3	48.39	33:56.14	830	52.0	52.16	830		5.24	10.12	25.68	34.92	33.08	830
820	13.0	13.24	27.0	27.24	1:01.20	1:01.9	820	2:23.30	5:09.47	12:26.02	820	14.9	15.15	48.7	48.87	34:47.69	820	52.3	52.43	820	1.58	5.21	9.91	25.22	34.09	32.57	820
810		13.31	27.2	27.41	1:01.64	1:02.3	810	2:24.30	5:11.62	12:34.62	810	15.0	15.29	49.2	49.36	35:41.41	810	52.6	52.72	810	1.57	5.18	9.71	24.76	33.27	32.07	810
800	13.1	13.38	27.4	27.59	1:02.09	1:02.8	800	2:25.32	5:13.82	12:43.45	800	15.2	15.43	49.7	49.86	36:37.42	800	52.9	53.00	800	1.56	5.16	9.51	24.30	32.46	31.57	800
790	13.2	13.45	27.5	27.78	1:02.55	1:03.3	790	2:26.36	5:16.06	12:52.53	790	15.3	15.58	50.2	50.38	37:35.80	790	53.2	53.30	790		5.13	9.31	23.86	31.67	31.07	790
780	13.3	13.53	27.7	27.96	1:03.02	1:03.8	780	2:27.42	5:18.36	13:01.86	780	15.5	15.73	50.8	50.90	38:36.67	780	53.5	53.60	780	1.55	5.11	9.11	23.41	30.90	30.58	780
770		13.61	27.9	28.15	1:03.50	1:04.2	770	2:28.51	5:20.72	13:11.45	770	15.7	15.89	51.3	51.45	39:40.16	770	53.8	53.90	770	1.54	5.08	8.92	22.98	30.14	30.10	770
760	13.4	13.69	28.1	28.35	1:04.00	1:04.7	760	2:29.62	5:23.12	13:21.30	760	15.8	16.05	51.9	52.00	40:46.38	760	54.1	54.22	760	1.53	5.05	8.73	22.54	29.39	29.62	760
750	13.5	13.77	28.3	28.55	1:04.50	1:05.3	750	2:30.76	5:25.58	13:31.43	750	16.0	16.21	52.4	52.57	41:55.46	750	54.4	54.54	750	1.52	5.03	8.54	22.12	28.66	29.14	750
740	13.6	13.85	28.5	28.76	1:05.02	1:05.8	740	2:31.93	5:28.09	13:41.83	740	16.1	16.38	53.0	53.16	43:07.55	740	54.7	54.86	740		5.00	8.36	21.70	27.94	28.67	740
730	13.7	13.93	28.7	28.96	1:05.55	1:06.3	730	2:33.12	5:30.66	13:52.52	730	16.3	16.55	53.6	53.76	44:22.79	730	55.1	55.19	730	1.51	4.98	8.18	21.28	27.24	28.20	730
720	13.8	14.02	28.9	29.18	1:06.09	1:06.9	720	2:34.33	5:33.29	14:03.50	720	16.5	16.73	54.2	54.37	45:41.32	720	55.4	55.53	720	1.50	4.95	8.00	20.87	26.55	27.74	720
710	13.9	14.11	29.2	29.40	1:06.64	1:07.4	710	2:35.58	5:35.98	14:14.79	710	16.7	16.91	54.9	55.00	47:03.33	710	55.7	55.88	710	1.49	4.92	7.82	20.47	25.87	27.28	710
700		14.20	29.4	29.62	1:07.21	1:08.0	700	2:36.85	5:38.72	14:26.38	700	16.9	17.10	55.5	55.65	48:28.96	700	56.1	56.23	700	1.48	4.90	7.65	20.07	25.20	26.83	700
690	14.0	14.29	29.6	29.85	1:07.78	1:08.6	690	2:38.15	5:41.52	14:38.29	690	17.0	17.29	56.2	56.31	49:58.41	690	56.5	56.59	690		4.87	7.48	19.68	24.55	26.38	690
680	14.1	14.38	29.8	30.08	1:08.38	1><																					

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	Track										Hurdles		Walk		Relays		Field										
	100m		200m		400m			800m	1500m	3000m		90mH	300mH		5000 m W		4 x 100m		HJ		LJ	SP	DT	HT	JT		
500	16.2	16.39	35.0	35.20	1:21.51	1:22.5	500	3:08.90	6:47.93	19:38.80	500	21.7	21.94	1:12.6	1:12.72	1:35:59.14	500	1:04.80	1:04.94	500	1.33	4.39	4.76	13.22	14.51	18.82	500
490	16.3	16.53	35.3	35.54	1:22.40	1:23.4	490	3:10.88	6:52.22	19:59.39	490	22.0	22.25	1:13.7	1:13.82	1:39:44.70	490	1:05.30	1:05.47	490	1.32	4.37	4.64	12.93	14.09	18.47	490
480	16.4	16.66	35.7	35.89	1:23.31	1:24.3	480	3:12.91	6:56.60	20:20.57	480	22.3	22.57	1:14.8	1:14.95	1:43:41.63	480		1:06.01	480		4.34	4.52	12.64	13.68	18.12	480
470	16.6	16.80	36.0	36.25	1:24.24	1:25.3	470	3:14.98	7:01.07	20:42.35	470	22.7	22.89	1:16.0	1:16.11	1:47:50.56	470	1:06.40	1:06.56	470	1.31	4.32	4.41	12.36	13.29	17.78	470
460	16.7	16.94	36.4	36.61	1:25.18	1:26.2	460	3:17.10	7:05.64	21:04.75	460	23.0	23.23	1:17.2	1:17.30	1:52:12.19	460	1:07.00	1:07.12	460	1.30	4.29	4.30	12.09	12.90	17.45	460
450	16.8	17.09	36.7	36.98	1:26.15	1:27.2	450	3:19.26	7:10.31	21:27.80	450	23.3	23.57	1:18.4	1:18.52	1:56:47.25	450	1:07.50	1:07.69	450	1.29	4.27	4.19	11.82	12.52	17.11	450
440	17.0	17.23	37.1	37.36	1:27.14	1:28.2	440	3:21.46	7:15.07	21:51.50	440	23.7	23.92	1:19.6	1:19.78	2:01:36.51	440	1:08.10	1:08.27	440		4.24	4.08	11.55	12.15	16.79	440
430	17.1	17.38	37.5	37.75	1:28.15	1:29.2	430	3:23.72	7:19.94	22:15.88	430	24.0	24.28	1:20.9	1:21.07	2:06:40.80	430	1:08.70	1:08.86	430	1.28	4.22	3.98	11.29	11.79	16.47	430
420	17.3	17.53	37.9	38.15	1:29.19	1:30.3	420	3:26.02	7:24.91	22:40.96	420	24.4	24.65	1:22.2	1:22.39	2:12:01.00	420	1:09.30	1:09.46	420	1.27	4.19	3.88	11.04	11.44	16.15	420
410	17.4	17.69	38.3	38.55	1:30.24	1:31.3	410	3:28.37	7:29.98	23:06.77	410	24.8	25.02	1:23.6	1:23.74	2:17:38.05	410	1:09.90	1:10.07	410	1.26	4.17	3.78	10.79	11.09	15.84	410
400	17.6	17.85	38.7	38.96	1:31.32	1:32.4	400	3:30.77	7:35.17	23:33.33	400	25.2	25.41	1:25.0	1:25.13	2:23:32.94	400	1:10.60	1:10.69	400		4.14	3.68	10.54	10.76	15.53	400
390	17.8	18.01	39.1	39.38	1:32.43	1:33.6	390	3:33.22	7:40.46	24:00.67	390	25.6	25.81	1:26.4	1:26.56	2:29:46.73	390	1:11.20	1:11.33	390	1.25	4.12	3.58	10.30	10.43	15.22	390
380	17.9	18.17	39.6	39.81	1:33.55	1:34.7	380	3:35.73	7:45.87	24:28.79	380	26.0	26.22	1:27.9	1:28.03	2:36:20.56	380	1:11.80	1:11.98	380	1.24	4.09	3.49	10.06	10.12	14.92	380
370	18.1	18.34	40.0	40.25	1:34.70	1:35.9	370	3:38.28	7:51.39	24:57.75	370	26.4	26.63	1:29.4	1:29.53	2:43:15.63	370	1:12.50	1:12.64	370	1.23	4.07	3.40	9.83	9.81	14.63	370
360	18.3	18.51	40.5	40.70	1:35.88	1:37.1	360	3:40.90	7:57.04	25:27.55	360	26.8	27.06	1:30.9	1:31.08	2:50:33.22	360	1:13.20	1:13.31	360		4.05	3.31	9.60	9.50	14.34	360
350	18.4	18.68	40.9	41.15	1:37.08	1:38.3	350	3:43.56	8:02.80	25:58.23	350	27.3	27.50	1:32.5	1:32.67	2:58:14.71	350	1:13.90	1:14.00	350	1.22	4.02	3.22	9.37	9.21	14.05	350
340	18.6	18.86	41.4	41.62	1:38.31	1:39.5	340	3:46.29	8:08.69	26:29.82	340	27.7	27.95	1:34.2	1:34.30	3:06:21.56	340	1:14.60	1:14.69	340	1.21	4.00	3.13	9.15	8.93	13.77	340
330	18.8	19.03	41.9	42.09	1:39.57	1:40.8	330	3:49.07	8:14.70	27:02.35	330	28.2	28.41	1:35.8	1:35.97	3:14:55.32	330	1:15.30	1:15.41	330	1.20	3.97	3.05	8.93	8.65	13.49	330
320	19.0	19.22	42.3	42.58	1:40.85	1:42.1	320	3:51.92	8:20.84	27:35.85	320	28.6	28.89	1:37.5	1:37.69	3:23:57.66	320	1:16.00	1:16.13	320		3.95	2.97	8.72	8.38	13.22	320
310	19.2	19.40	42.8	43.07	1:42.16	1:43.4	310	3:54.82	8:27.12	28:10.35	310	29.1	29.37	1:39.3	1:39.45	3:33:30.36	310	1:16.70	1:16.87	310	1.19	3.92	2.89	8.51	8.11	12.95	310
300	19.4	19.59	43.3	43.58	1:43.50	1:44.8	300	3:57.79	8:33.53	28:45.88	300	29.6	29.87	1:41.1	1:41.27	3:43:35.31	300	1:17.50	1:17.62	300	1.18	3.90	2.81	8.31	7.86	12.69	300
290	19.5	19.79	43.9	44.09	1:44.87	1:46.2	290	4:00.83	8:40.07	29:22.48	290	30.1	30.38	1:43.0	1:43.13	3:54:14.55	290	1:18.20	1:18.38	290		3.88	2.73	8.11	7.61	12.43	290
280	19.7	19.98	44.4	44.62	1:46.27	1:47.6	280	4:03.92	8:46.77	30:00.19	280	30.7	30.91	1:44.9	1:45.05	4:05:30.23	280	1:19.00	1:19.16	280	1.17	3.85	2.66	7.91	7.36	12.17	280
270	19.9	20.18	44.9	45.16	1:47.70	1:49.0	270	4:07.09	8:53.60	30:39.05	270	31.2	31.45	1:46.9	1:47.01	4:17:24.67	270	1:19.80	1:19.96	270	1.16	3.83	2.58	7.72	7.13	11.92	270
260	20.1	20.39	45.5	45.71	1:49.17	1:50.5	260	4:10.32	9:00.59	31:19.08	260	31.8	32.00	1:48.9	1:49.03	4:30:00.35	260	1:20.60	1:20.77	260	1.15	3.81	2.51	7.53	6.90	11.67	260
250	20.4	20.60	46.0	46.27	1:50.66	1:52.0	250	4:13.63	9:07.72	32:00.34	250	32.3	32.57	1:51.0	1:51.11	4:43:19.91	250	1:21.50	1:21.59	250		3.78	2.44	7.35	6.67	11.43	250
240	20.6	20.81	46.6	46.84	1:52.19	1:53.6	240	4:17.00	9:15.01	32:42.87	240	32.9	33.15	1:53.1	1:53.24	4:57:26.18	240	1:22.30	1:22.43	240	1.14	3.76	2.37	7.16	6.46	11.19	240
230	20.8	21.02	47.2	47.42	1:53.75	1:55.2	230	4:20.45	9:22.46	33:26.70	230	33.5	33.75	1:55.3	1:55.44	5:12:22.21	230	1:23.10	1:23.29	230	1.13	3.74	2.31	6.99	6.25	10.95	230
220	21.0	21.24	47.8	48.02	1:55.35	1:56.8	220	4:23.98	9:30.08	34:11.89	220	34.1	34.36	1:57.6	1:57.69	5:28:11.22	220	1:24.00	1:24.16	220		3.71	2.24	6.81	6.04	10.72	220
210	21.2	21.47	48.4	48.62	1:56.99	1:58.5	210	4:27.58	9:37.86	34:58.49	210	34.8	35.00	1:59.9	2:00.01	5:44:56.71	210	1:24.90	1:25.05	210	1.12	3.69	2.18	6.64	5.84	10.49	210
200	21.5	21.70	49.0	49.24	1:58.66	2:00.2	200	4:31.27	9:45.81	35:46.53	200	35.4	35.64	2:02.3	2:02.39	6:02:42.38	200	1:25.80	1:25.95	200	1.11	3.67	2.11	6.47	5.65	10.26	200
190	21.7	21.93	49.6	49.88	2:00.37	2:01.9	190	4:35.0																			