

Athletics Performance Evaluation (APE) Tables 2012-2015
Boys 12

	Track						Hurdles				Relays		Walk		Field						
	100m		150m		1200m		75mH		150mH		4 x 100m		1500 mW		HJ	LJ	SP	DT	HT	JT	
1000	11.0	11.27		18.10	3:24.67	1000	11.3	11.55	20.8	21.07	46.8	46.97	7:36.25	1000	1.75	5.76	15.15	44.88	39.54	43.87	1000
990		11.30	17.9	18.17	3:25.40	990		11.62	20.9	21.14	47.0	47.16	7:41.84	990	1.74	5.74	14.96	44.25	38.71	43.47	990
980		11.34	18.0	18.23	3:26.15	980	11.4	11.68	21.0	21.22	47.2	47.35	7:47.60	980	1.73	5.71	14.76	43.61	37.87	43.06	980
970	11.1	11.38		18.30	3:26.91	970	11.5	11.75		21.29	47.4	47.55	7:53.54	970		5.69	14.56	42.95	37.02	42.63	970
960		11.42	18.1	18.37	3:27.68	960		11.82	21.1	21.37	47.6	47.75	7:59.64	960	1.72	5.66	14.36	42.28	36.17	42.20	960
950	11.2	11.46	18.2	18.44	3:28.47	950	11.6	11.89	21.2	21.44	47.8	47.95	8:05.93	950	1.71	5.64	14.15	41.61	35.30	41.76	950
940		11.50		18.51	3:29.28	940	11.7	11.96	21.3	21.52	48.0	48.16	8:12.41	940	1.70	5.61	13.94	40.92	34.43	41.30	940
930	11.3	11.55	18.3	18.58	3:30.10	930	11.8	12.03		21.60	48.2	48.37	8:19.07	930		5.58	13.73	40.22	33.56	40.84	930
920		11.59	18.4	18.66	3:30.94	920		12.11	21.4	21.68	48.4	48.58	8:25.93	920	1.69	5.56	13.51	39.52	32.68	40.37	920
910		11.63	18.5	18.73	3:31.80	910	11.9	12.18	21.5	21.77	48.7	48.81	8:33.00	910	1.68	5.53	13.29	38.80	31.80	39.90	910
900	11.4	11.68	18.6	18.81	3:32.67	900	0.0	12.26	21.6	21.85	48.9	49.03	8:40.27	900	1.67	5.50	13.07	38.08	30.93	39.41	900
890		11.73		18.89	3:33.56	890	12.1	12.34	21.7	21.94	49.1	49.26	8:47.77	890	1.66	5.47	12.95	37.68	30.44	39.14	890
880	11.5	11.77	18.7	18.97	3:34.47	880	12.2	12.42	21.8	22.02	49.4	49.49	8:55.52	880		5.45	12.82	37.29	29.96	38.87	880
870		11.82	18.8	19.05	3:35.40	870	12.3	12.51	21.9	22.11	49.6	49.73	9:03.52	870	1.65	5.42	12.70	36.89	29.49	38.60	870
860	11.6	11.87	18.9	19.14	3:36.35	860		12.59	22.0	22.21	49.8	49.98	9:11.79	860	1.64	5.39	12.58	36.50	29.02	38.34	860
850		11.92	19.0	19.22	3:37.33	850	12.4	12.68	22.1	22.30	50.1	50.23	9:20.34	850	1.63	5.37	12.46	36.11	28.56	38.07	850
840	11.7	11.97	19.1	19.31	3:38.32	840	12.5	12.77	22.2	22.40	50.3	50.49	9:29.16	840	1.62	5.34	12.34	35.72	28.10	37.80	840
830		12.03	19.2	19.40	3:39.34	830	12.6	12.86	22.3	22.50	50.6	50.75	9:38.27	830		5.31	12.22	35.34	27.65	37.54	830
820	11.8	12.08		19.49	3:40.37	820	12.7	12.96	22.4	22.60	50.9	51.02	9:47.69	820	1.61	5.29	12.10	34.96	27.21	37.27	820
810	11.9	12.13	19.3	19.58	3:41.43	810	12.8	13.05	22.5	22.70	51.2	51.29	9:57.42	810	1.60	5.26	11.98	34.58	26.77	37.01	810
800		12.19	19.4	19.68	3:42.51	800	12.9	13.15	22.6	22.80	51.4	51.57	10:07.46	800	1.59	5.23	11.86	34.20	26.33	36.74	800
790	12.0	12.25	19.5	19.78	3:43.62	790	13.0	13.25	22.7	22.91	51.7	51.86	10:17.84	790	1.58	5.21	11.75	33.82	25.90	36.48	790
780		12.30	19.6	19.88	3:44.74	780	13.1	13.36	22.8	23.02	52.0	52.15	10:28.56	780		5.18	11.63	33.45	25.47	36.22	780
770	12.1	12.36	19.7	19.98	3:45.89	770	13.2	13.46	22.9	23.13	52.3	52.45	10:39.63	770	1.57	5.16	11.51	33.08	25.05	35.95	770
760	12.2	12.42	19.8	20.08	3:47.06	760	13.3	13.57	23.0	23.24	52.6	52.75	10:51.07	760	1.56	5.13	11.40	32.72	24.64	35.69	760
750		12.49	20.0	20.19	3:48.26	750	13.4	13.68	23.1	23.36	52.9	53.06	11:02.89	750	1.55	5.10	11.28	32.35	24.23	35.43	750
740	12.3	12.55	20.1	20.30	3:49.48	740	13.6	13.80	23.2	23.48	53.2	53.38	11:15.10	740	1.54	5.08	11.17	31.99	23.83	35.17	740
730		12.61	20.2	20.41	3:50.72	730	13.7	13.91	23.4	23.60	53.6	53.70	11:27.71	730		5.05	11.06	31.63	23.43	34.91	730
720	12.4	12.68	20.3	20.52	3:51.99	720	13.8	14.03	23.5	23.72	53.9	54.04	11:40.75	720	1.53	5.02	10.95	31.27	23.03	34.66	720
710	12.5	12.75	20.4	20.63	3:53.28	710	13.9	14.15	23.6	23.84	54.2	54.37	11:54.22	710	1.52	5.00	10.83	30.92	22.64	34.40	710
700		12.81	20.5	20.75	3:54.60	700	14.0	14.28	23.7	23.97	54.6	54.72	12:08.14	700	1.51	4.97	10.72	30.57	22.26	34.14	700
690	12.6	12.88	20.6	20.87	3:55.95	690	14.2	14.40	23.9	24.10	54.9	55.07	12:22.52	690	1.50	4.95	10.61	30.22	21.88	33.89	690
680	12.7	12.95	20.8	20.99	3:57.32	680	14.3	14.53	24.0	24.23	55.3	55.42	12:37.39	680		4.92	10.50	29.87	21.51	33.64	680
670	12.8	13.02	20.9	21.11	3:58.71	670	14.4	14.67	24.1	24.37	55.6	55.79	12:52.76	670	1.49	4.89	10.39	29.53	21.14	33.38	670
660		13.10	21.0	21.24	4:00.13	660	14.6	14.80	24.3	24.50	56.0	56.16	13:08.65	660	1.48	4.87	10.29	29.19	20.77	33.13	660
650	12.9	13.17	21.1	21.37	4:01.58	650	14.7	14.94	24.4	24.64	56.4	56.54	13:25.08	650	1.47	4.84	10.18	28.85	20.41	32.88	650
640	13.0	13.25	21.3	21.50	4:03.06	640	14.8	15.08	24.5	24.78	56.8	56.93	13:42.06	640	1.46	4.81	10.07	28.51	20.06	32.63	640
630	13.1	13.33	21.4	21.63	4:04.57	630	15.0	15.23	24.7	24.93	57.2	57.32	13:59.62	630		4.79	9.97	28.18	19.71	32.38	630
620	13.2	13.40	21.5	21.77	4:06.10	620	15.1	15.38	24.8	25.08	57.6	57.72	14:17.79	620	1.45	4.76	9.86	27.85	19.36	32.13	620
610		13.49	21.7	21.90	4:07.66	610	15.3	15.53	25.0	25.23	58.0	58.13	14:36.58	610	1.44	4.74	9.76	27.52	19.02	31.88	610
600	13.3	13.57	21.8	22.05	4:09.25	600	15.4	15.68	25.1	25.38	58.4	58.55	14:56.01	600	1.43	4.71	9.65	27.19	18.69	31.63	600
590	13.4	13.65	22.0	22.19	4:10.87	590	15.6	15.84	25.3	25.54	58.8	58.97	15:16.11	590	1.42	4.69	9.55	26.87	18.35	31.39	590
580	13.5	13.73	22.1	22.33	4:12.52	580	15.8	16.00	25.5	25.69	59.3	59.41	15:36.92	580		4.66	9.45	26.55	18.03	31.14	580
570	13.6	13.82	22.2	22.48	4:14.20	570	15.9	16.17	25.6	25.86	59.7	59.85	15:58.44	570	1.41	4.63	9.34	26.23	17.71	30.90	570
560	13.7	13.91	22.4	22.63	4:15.91	560	16.1	16.34	25.8	26.02	60.2	60.30	16:20.72	560	1.40	4.61	9.24	25.92	17.39	30.66	560
550	13.8	14.00	22.6	22.79	4:17.66	550	16.3	16.51	25.9	26.19	60.6	60.76	16:43.78	550	1.39	4.58	9.14	25.60	17.08	30.41	550
540		14.09	22.7	22.95	4:19.43	540	16.4	16.69	26.1	26.36	61.1	61.23	17:07.65	540		4.56	9.04	25.29	16.77	30.17	540
530	13.9	14.18	22.9	23.11	4:21.24	530	16.6	16.87	26.3	26.53	61.6	61.71	17:32.37	530	1.38	4.53	8.94	24.99	16.46	29.93	530
520	14.0	14.28	23.0	23.27	4:23.08	520	16.8	17.05	26.5	26.71	62.1	62.19	17:57.96	520	1.37	4.51	8.85	24.68	16.16	29.69	520
510	14.1	14.37	23.2	23.43	4:24.95	510	17.0	17.24	26.6	26.89	62.5	62.69	18:24.47	510	1.36	4.48	8.75	24.38	15.87	29.46	510
500	14.2	14.47	23.4	23.60	4:26.85	500	17.2	17.44	26.8	27.07	63.1	63.19	18:51.92	500		4.46	8.65	24.08	15.58	29.22	500
	100m		150m		1200m		75mH		150mH		4 x 100m		1500 mW		HJ	LJ	SP	DT	HT	JT	

Technical Standards: 75 mH - 76,2 cm : 150 mH - 68 cm : SP - 3 kg : DT - 1 kg : HT - 3 kg ; JT - 500 g

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Boys 12

	Track						Hurdles				Relays		Walk		Field						
	100m		150m		1200m		75mH		150mH		4 x 100m		1500 mW		HJ	LJ	SP	DT	HT	JT	
500	14.2	14.47	23.4	23.60	4:26.85	500	17.2	17.44	26.8	27.07	63.1	63.19	18:51.92	500		4.46	8.65	24.08	15.58	29.22	500
490	14.3	14.57	23.5	23.77	4:28.80	490	17.4	17.63	27.0	27.25	63.6	63.70	19:20.36	490	1.35	4.43	8.55	23.78	15.29	28.98	490
480	14.4	14.67	23.7	23.95	4:30.77	480	17.6	17.84	27.2	27.44	1:04.1	1:04.23	19:49.83	480	1.34	4.40	8.46	23.49	15.01	28.75	480
470	14.5	14.77	23.9	24.13	4:32.78	470	17.8	18.04	27.4	27.63	1:04.6	1:04.76	20:20.37	470	1.33	4.38	8.36	23.19	14.73	28.52	470
460	14.6	14.88	24.1	24.31	4:34.83	460	18.0	18.25	27.6	27.83	1:05.2	1:05.30	20:52.02	460	1.32	4.35	8.27	22.90	14.46	28.28	460
450	14.7	14.98	24.3	24.49	4:36.91	450	18.2	18.47	27.8	28.03	1:05.7	1:05.86	21:24.83	450		4.33	8.18	22.62	14.19	28.05	450
440	14.9	15.09	24.4	24.68	4:39.03	440	18.4	18.69	28.0	28.23	1:06.3	1:06.42	21:58.85	440	1.31	4.30	8.08	22.33	13.92	27.82	440
430	15.0	15.20	24.6	24.87	4:41.19	430	18.7	18.91	28.2	28.44	1:06.9	1:07.00	22:34.12	430	1.30	4.28	7.99	22.05	13.66	27.59	430
420	15.1	15.31	24.8	25.06	4:43.39	420	18.9	19.14	28.4	28.65	1:07.4	1:07.58	23:10.70	420	1.29	4.25	7.90	21.77	13.40	27.36	420
410	15.2	15.43	25.0	25.26	4:45.62	410	19.1	19.38	28.6	28.86	1:08.0	1:08.18	23:48.64	410		4.23	7.81	21.49	13.15	27.13	410
400	15.3	15.54	25.2	25.46	4:47.90	400	19.4	19.62	28.8	29.08	1:08.6	1:08.79	24:28.00	400	1.28	4.20	7.72	21.22	12.90	26.91	400
390	15.4	15.66	25.4	25.67	4:50.22	390	19.6	19.86	29.1	29.30	1:09.3	1:09.41	25:08.85	390	1.27	4.18	7.63	20.95	12.65	26.68	390
380	15.5	15.78	25.6	25.88	4:52.57	380	19.9	20.11	29.3	29.52	1:09.9	1:10.04	25:51.23	380	1.26	4.15	7.54	20.68	12.41	26.46	380
370	15.7	15.90	25.9	26.09	4:54.97	370	20.1	20.37	29.5	29.75	1:10.5	1:10.68	26:35.23	370		4.13	7.46	20.41	12.17	26.23	370
360	15.8	16.03	26.1	26.31	4:57.41	360	20.4	20.63	29.7	29.98	1:11.2	1:11.33	27:20.91	360	1.25	4.11	7.37	20.15	11.93	26.01	360
350	15.9	16.15	26.3	26.53	4:59.90	350	20.7	20.90	30.0	30.22	1:11.9	1:12.00	28:08.33	350	1.24	4.08	7.28	19.89	11.70	25.79	350
340	16.0	16.28	26.5	26.75	5:02.43	340	20.9	21.17	30.2	30.46	1:12.5	1:12.68	28:57.59	340	1.23	4.06	7.20	19.63	11.47	25.57	340
330	16.2	16.41	26.7	26.98	5:05.00	330	21.2	21.45	30.5	30.70	1:13.2	1:13.37	29:48.75	330		4.03	7.11	19.37	11.25	25.35	330
320	16.3	16.55	27.0	27.21	5:07.62	320	21.5	21.74	30.7	30.95	1:13.9	1:14.07	30:41.90	320	1.22	4.01	7.03	19.12	11.03	25.13	320
310	16.4	16.68	27.2	27.44	5:10.28	310	21.8	22.03	31.0	31.21	1:14.7	1:14.79	31:37.13	310	1.21	3.98	6.94	18.86	10.81	24.92	310
300	16.6	16.82	27.4	27.68	5:13.00	300	22.1	22.33	31.2	31.46	1:15.4	1:15.52	32:34.52	300	1.20	3.96	6.86	18.62	10.60	24.70	300
290	16.7	16.96	27.7	27.93	5:15.76	290	22.4	22.64	31.5	31.72	1:16.1	1:16.27	33:34.19	290		3.93	6.78	18.37	10.39	24.49	290
280	16.9	17.10	27.9	28.18	5:18.57	280	22.7	22.95	31.8	31.99	1:16.9	1:17.03	34:36.22	280	1.19	3.91	6.70	18.12	10.18	24.27	280
270	17.0	17.25	28.2	28.43	5:21.42	270	23.0	23.27	32.0	32.26	1:17.7	1:17.80	35:40.72	270	1.18	3.89	6.62	17.88	9.98	24.06	270
260	17.2	17.39	28.5	28.69	5:24.33	260	23.4	23.60	32.3	32.54	1:18.4	1:18.59	36:47.80	260		3.86	6.54	17.64	9.78	23.85	260
250	17.3	17.54	28.7	28.95	5:27.29	250	23.7	23.94	32.6	32.82	1:19.3	1:19.39	37:57.59	250	1.17	3.84	6.46	17.40	9.59	23.64	250
240	17.5	17.69	29.0	29.21	5:30.31	240	24.0	24.28	32.9	33.10	1:20.1	1:20.21	39:10.20	240	1.16	3.81	6.38	17.17	9.39	23.43	240
230	17.6	17.85	29.3	29.49	5:33.37	230	24.4	24.63	33.2	33.39	1:20.9	1:21.04	40:25.76	230	1.15	3.79	6.30	16.94	9.20	23.22	230
220	17.8	18.01	29.5	29.76	5:36.49	220	24.7	24.99	33.4	33.69	1:21.7	1:21.89	41:44.40	220		3.77	6.23	16.71	9.02	23.02	220
210	17.9	18.17	29.8	30.04	5:39.67	210	25.1	25.35	33.7	33.99	1:22.6	1:22.75	43:06.28	210	1.14	3.74	6.15	16.48	8.83	22.81	210
200	18.1	18.33	30.1	30.33	5:42.90	200	25.5	25.73	34.1	34.29	1:23.5	1:23.63	44:31.53	200	1.13	3.72	6.07	16.25	8.65	22.61	200
190	18.3	18.50	30.4	30.62	5:46.19	190	25.9	26.11	34.4	34.60	1:24.4	1:24.53	46:00.32	190		3.70	6.00	16.03	8.48	22.41	190
180	18.4	18.67	30.7	30.92	5:49.54	180	26.3	26.51	34.7	34.92	1:25.3	1:25.45	47:32.81	180	1.12	3.67	5.92	15.81	8.30	22.20	180
170	18.6	18.84	31.0	31.22	5:52.94	170	26.7	26.91	35.0	35.24	1:26.2	1:26.38	49:09.17	170	1.11	3.65	5.85	15.59	8.13	22.00	170
160	18.8	19.01	31.3	31.52	5:56.41	160	27.1	27.32	35.3	35.56	1:27.2	1:27.33	50:49.59	160	1.10	3.63	5.78	15.37	7.96	21.80	160
150	19.0	19.19	31.6	31.84	5:59.94	150	27.5	27.74	35.7	35.90	1:28.2	1:28.29	52:34.26	150		3.60	5.70	15.16	7.80	21.60	150
140	19.1	19.37	31.9	32.15	6:03.53	140	27.9	28.17	36.0	36.23	1:29.1	1:29.28	54:23.37	140	1.09	3.58	5.63	14.95	7.64	21.41	140
130	19.3	19.55	32.2	32.48	6:07.19	130	28.4	28.61	36.3	36.58	1:30.1	1:30.28	56:17.15	130	1.08	3.56	5.56	14.74	7.48	21.21	130
120	19.5	19.74	32.6	32.81	6:10.91	120	28.8	29.06	36.7	36.93	1:31.2	1:31.31	58:15.81	120		3.53	5.49	14.53	7.32	21.02	120
110	19.7	19.93	32.9	33.14	6:14.70	110	29.3	29.53	37.0	37.28	1:32.2	1:32.35	1:00:19.59	110	1.07	3.51	5.42	14.33	7.17	20.82	110
100	19.9	20.12	33.2	33.48	6:18.55	100	29.8	30.00	37.4	37.65	1:33.3	1:33.41	1:02:28.74	100	1.06	3.49	5.35	14.12	7.01	20.63	100
90	20.1	20.32	33.6	33.83	6:22.48	90	30.2	30.48	37.8	38.01	1:34.4	1:34.50	1:04:43.51	90	1.05	3.46	5.28	13.92	6.87	20.44	90
80	20.3	20.52	33.9	34.18	6:26.47	80	30.7	30.98	38.1	38.39	1:35.5	1:35.60	1:07:04.19	80		3.44	5.22	13.73	6.72	20.25	80
70	20.5	20.72	34.3	34.54	6:30.54	70	31.2	31.49	38.5	38.77	1:36.6	1:36.72	1:09:31.06	70	1.04	3.42	5.15	13.53	6.58	20.06	70
60	20.7	20.93	34.7	34.91	6:34.68	60	31.8	32.01	38.9	39.16	1:37.7	1:37.87	1:12:04.42	60	1.03	3.40	5.08	13.34	6.44	19.87	60
50	20.9	21.14	35.0	35.28	6:38.89	50	32.3	32.54	39.3	39.55	1:38.9	1:39.04	1:14:44.60	50		3.37	5.02	13.14	6.30	19.68	50
40	21.1	21.36	35.4	35.66	6:43.18	40	32.8	33.08	39.7	39.95	1:40.1	1:40.23	1:17:31.94	40	1.02	3.35	4.95	12.95	6.16	19.50	40
30	21.3	21.57	35.8	36.05	6:47.55	30	33.4	33.64	40.1	40.36	1:41.3	1:41.45	1:20:26.79	30	1.01	3.33	4.89	12.77	6.03	19.31	30
20	21.6	21.80	36.2	36.44	6:51.99	20	34.0	34.21	40.5	40.78	1:42.50	1:42.68	1:23:29.52	20		3.31	4.82	12.58	5.90	19.13	20
10	21.8	22.02	36.6	36.84	6:56.56																

Technical Standards: 75 mH - 76,2 cm : 150 mH - 68 cm : SP - 3 kg : DT - 1 kg : HT - 3 kg ; JT - 500 g