Athletics Performance Evaluation (APE) Tables 2012-2015
Girls 16

	Track											Hurdles					Walk		Relays		Field									
	100m		200m		400m			800m	1500m	3000m		100mH		400mH			5000 m W		4 x 100m			HJ	PV	LJ	TJ	SP	DT	HT	JT	
1000		11.81	23.7	23.92	53.7	54.00	1000	2:03.28	4:22.53	9:50.10	1000	13.3	13.57	59.1	59.19		23:02.61	1000	46.8	46.93	1000	1.81	3.61	6.07	12.15	17.82	46.32	68.85	53.52	1000
990	11.6	11.86	23.8	24.03	54.0	54.30	990	2:03.91	4:23.88	9:55.14	990	13.4	13.67	59.5	59.63		23:28.94	990	47.0	47.11	990	1.80	3.59	6.04	12.10	17.41	45.38	67.00	52.59	990
980		11.91	23.9	24.15	54.2	54.60	980	2:04.56	4:25.27	10:00.31	980	13.5	13.76	59.9	1:00.08		23:56.24	980	47.2	47.30	980		3.58	6.01	12.05	16.97	44.37	65.04	51.60	980
970	11.7	11.96	24.0	24.27	54.5	54.90	970	2:05.22	4:26.68	10:05.61	970	13.6	13.86	1:00.4	1:00.54		24:24.54	970	47.4	47.50	970	1.79	3.56	5.99	12.00	16.51	43.30	62.98	50.54	970
960		12.01	24.2	24.39	54.9	55.20	960	2:05.90	4:28.12	10:11.05	960	13.7	13.96	1:00.9	1:01.02		24:53.89	960	47.6	47.70	960	1.78	3.54	5.96	11.95	16.02	42.17	60.82	49.42	960
950	11.8	12.06	24.3	24.52	55.2	55.50	950	2:06.59	4:29.60	10:16.63	950	13.8	14.07	1:01.4	1:01.50		25:24.31	950	47.8	47.90	950	1.77	3.52	5.93	11.90	15.51	41.00	58.59	48.25	950
940		12.11	24.4	24.64	55.5	55.90	940	2:07.30	4:31.11	10:22.36	940	13.9	14.17	1:01.9	1:02.00		25:55.87	940	48.0	48.11	940	1.76	3.50	5.90	11.85	14.99	39.78	56.30	47.03	940
930	11.9	12.16	24.5	24.77	55.8	56.20	930	2:08.03	4:32.65	10:28.22	930	14.0	14.28	1:02.4	1:02.50		26:28.59	930	48.2	48.32	930		3.48	5.87	11.80	14.45	38.52	53.96	45.76	930
920		12.22	24.7	24.91	56.1	56.50	920	2:08.76	4:34.22	10:34.24	920	14.2	14.39	1:02.9	1:03.02		27:02.54	920	48.4	48.54	920	1.75	3.46	5.84	11.75	13.90	37.23	51.58	44.46	920
910	12.0	12.27	24.8	25.04	56.5	56.90	910	2:09.52	4:35.83	10:40.41	910	14.3	14.50	1:03.4	1:03.56		27:37.74	910	48.6	48.76	910	1.74	3.44	5.81	11.69	13.35	35.92	49.19	43.12	910
900		12.33	24.9	25.18	56.8	57.20	900	2:10.29	4:37.47	10:46.73	900	14.4	14.62	1:04.0	1:04.10		28:14.26	900	48.8	48.98	900	1.73	3.42	5.78	11.64	12.79	34.58	46.78	41.76	900
890	12.1	12.39	25.1	25.32	57.2	57.60	890	2:11.08	4:39.15	10:53.22	890	14.5	14.74	1:04.5	1:04.66		28:52.22	890	49.1	49.21	890	1.72	3.40	5.75	11.58	12.53	33.98	45.72	41.14	890
880	12.2	12.45	25.2	25.47	57.6	58.00	880	2:11.89	4:40.87	10:59.90	880	14.6	14.86	1:05.1	1:05.23		29:31.75	880	49.3	49.44	880	1.71	3.39	5.72	11.53	12.29	33.39	44.67	40.53	880
870		12.51	25.4	25.61	57.9	58.30	870	2:12.71	4:42.63	11:06.77	870	14.7	14.99	1:05.7	1:05.82		30:12.91	870	49.5	49.68	870		3.37	5.70	11.47	12.04	32.81	43.63	39.93	870
860	12.3	12.57	25.5	25.77	58.3	58.70	860	2:13.56	4:44.43	11:13.84	860	14.9	15.11	1:06.3	1:06.43		30:55.79	860	49.8	49.93	860	1.70	3.35	5.67	11.42	11.80	32.23	42.62	39.33	860
850	12.4	12.63	25.7	25.92	58.7	59.10	850	2:14.43	4:46.28	11:21.10	850	15.0	15.25	1:06.9	1:07.05		31:40.46	850	50.0	50.18	850	1.69	3.34	5.64	11.36	11.56	31.65	41.62	38.73	850
840		12.70	25.8	26.08	59.1	59.50	840	2:15.32	4:48.17	11:28.57	840	15.1	15.38	1:07.5	1:07.69		32:26.99	840	50.3	50.44	840	1.68	3.32	5.61	11.30	11.33	31.09	40.64	38.14	840
830	12.5	12.76	26.0	26.24	59.5	59.90	830	2:16.23	4:50.11	11:36.25	830	15.3	15.52	1:08.2	1:08.34		33:15.47	830	50.6	50.70	830	1.67	3.30	5.58	11.25	11.10	30.53	39.68	37.56	830
820	12.6	12.83	26.2	26.41	60.0	1:00.4	820	2:17.16	4:52.09	11:44.14	820	15.4	15.66	1:08.9	1:09.01		34:05.99	820	50.8	50.97	820	1.66	3.29	5.56	11.19	10.87	29.98	38.73	36.98	820
810		12.90	26.3	26.58	1:00.38	1:00.8	810	2:18.11	4:54.12	11:52.25	810	15.6	15.81	1:09.6	1:09.71		34:58.64	810	51.1	51.24	810		3.27	5.53	11.13	10.64	29.43	37.80	36.41	810
800	12.7	12.97	26.5	26.75	1:00.82	1:01.3	800	2:19.08	4:56.19	12:00.59	800	15.7	15.96	1:10.3	1:10.41		35:53.53	800	51.4	51.52	800	1.65	3.26	5.50	11.08	10.42	28.89	36.89	35.84	800
790	12.8	13.04	26.7	26.93	1:01.28	1:01.7	790	2:20.08	4:58.31	12:09.16	790	15.9	16.11	1:11.0	1:11.14		36:50.74	790	51.7	51.81	790	1.64	3.24	5.47	11.02	10.20	28.36	35.99	35.28	790
780		13.11	26.9	27.11	1:01.74	1:02.2	780	2:21.10	5:00.48	12:17.97	780	16.0	16.27	1:11.7	1:11.89		37:50.40	780	52.0	52.10	780	1.63	3.22	5.45	10.97	9.99	27.83	35.11	34.72	780
770	12.9	13.19	27.1	27.30	1:02.21	1:02.7	770	2:22.14	5:02.70	12:27.02	770	16.2	16.43	1:12.5	1:12.65		38:52.62	770	52.3	52.40	770	1.62	3.21	5.42	10.91	9.78	27.31	34.24	34.17	770
760	13.0	13.27	27.2	27.49	1:02.70	1:03.1	760	2:23.20	5:04.97	12:36.32	760	16.4	16.60	1:13.3	1:13.44		39:57.52	760	52.6	52.70	760		3.19	5.39	10.86	9.57	26.80	33.40	33.62	760
750	13.1	13.34	27.4	27.68	1:03.19	1:03.6	750	2:24.29	5:07.29	12:45.87	750	16.5	16.76	1:14.1	1:14.24		41:05.22	750	52.9	53.01	750	1.61	3.17	5.36	10.80	9.36	26.29	32.56	33.08	750
740	13.2	13.42	27.6	27.88	1:03.70	1:04.2	740	2:25.41	5:09.67	12:55.69	740	16.7	16.94	1:14.9	1:15.07		42:15.87	740	53.2	53.33	740	1.60	3.16	5.33	10.74	9.16	25.79	31.75	32.55	740
730		13.51	27.8	28.08	1:04.22	1:04.7	730	2:26.55	5:12.09	13:05.78	730	16.9	17.12	1:15.8	1:15.92		43:29.60	730	53.5	53.65	730	1.59	3.14	5.31	10.69	8.96	25.30	30.95	32.02	730
720	13.3	13.59	28.1	28.29	1:04.75	1:05.2	720	2:27.71	5:14.57	13:16.14	720	17.1	17.30	1:16.6	1:16.78		44:46.57	720	53.8	53.98	720	1.58	3.12	5.28	10.63	8.77	24.81	30.16	31.49	720
710	13.4	13.67	28.3	28.50	1:05.29	1:05.8	710	2:28.90	5:17.11	13:26.79	710	17.2	17.49	1:17.5	1:17.68		46:06.93	710	54.2	54.32	710	1.57	3.11	5.25	10.58	8.57	24.33	29.39	30.97	710
700	13.5	13.76	28.5	28.72	1:05.84	1:06.3	700	2:30.12	5:19.70	13:37.74	700	17.4	17.68	1:18.5	1:18.59		47:30.86	700	54.5	54.66	700		3.09	5.22	10.52	8.38	23.86	28.64	30.46	700
690	13.6	13.85	28.7	28.94	1:06.41	1:06.9	690	2:31.36	5:22.34	13:48.98	690	17.6	17.87	1:19.4	1:19.53		48:58.53	690	54.9	55.01	690	1.56	3.08	5.20	10.47	8.20	23.39	27.90	29.95	690
680	13.7	13.94	28.9	29.16	1:06.98	1:07.5	680	2:32.63	5:25.05	14:00.53	680	17.8	18.08	1:20.3	1:20.49		50:30.12	680	55.2	55.37	680	1.55	3.06	5.17	10.41	8.01	22.93	27.17	29.45	680
670	13.8	14.03	29.2	29.39	1:07.58	1:08.1	670	2:33.93	5:27.81	14:12.40	670	18.0	18.28	1:21.3	1:21.48		52:05.84	670	55.6	55.73	670	1.54	3.04	5.14	10.36	7.83	22.47	26.46	28.95	670
660	13.9	14.12	29.4	29.63	1:08.18	1:08.7	660	2:35.25	5:30.64	14:24.59	660	18.3	18.49	1:22.3	1:22.49		53:45.89	660	56.0	56.10	660	1.53	3.03	5.11	10.30	7.66	22.03	25.77	28.46	660
650	14.0	14.22	29.6	29.87	1:08.80	1:09.3	650	2:36.61	5:33.52	14:37.12	650	18.5	18.71	1:23.4	1:23.53		55:30.50	650	56.3	56.48	650	1.52	3.01	5.09	10.25	7.48	21.58	25.09	27.98	650
640	14.1	14.32	29.9	30.11	1:09.43	1:09.9	640	2:37.99	5:36.47	14:50.00	640	18.7	18.93	1:24.4	1:24.59		57:19.90	640	56.7	56.87	640		2.99	5.06	10.19	7.31	21.15	24.42	27.50	640
630	14.2	14.41	30.1	30.36	1:10.07	1:10.6	630	2:39.41	5:39.48	15:03.23	630	18.9	19.16	1:25.5	1:25.68		59:14.34	630	57.1	57.26	630	1.51	2.98	5.03	10.14	7.14	20.72	23.77	27.02	630
620	14.3	14.52	30.4	30.62	1:10.73	1:11.3	620	2:40.85	5:42.56	15:16.82	620	19.2	19.39	1:26.7	1:26.80		1:01:14.08	620	57.5	57.66	620	1.50	2.96	5.01	10.08	6.98	20.30	23.13	26.56	620
610	14.4	14.62	30.6	30.88	1:11.41	1:11.9	610	2:42.33	5:45.70	15:30.79	610	19.4	19.63	1:27.8	1:27.95		1:03:19.40	610	57.9	58.07	610	1.49	2.95	4.98	10.03	6.82	19.88	22.51	26.09	610
600	14.5	14.72	30.9	31.14	1:12.09	1:12.6	600	2:43.83	5:48.91	15:45.15	600	19.6	19.88	1:29.0	1:29.12		1:05:30.59	600	58.3	58.49	600	1.48	2.93	4.95	9.97	6.66	19.47	21.90	25.64	600
590	14.6	14.83	31.2	31.42	1:12.80	1:13.3	590	2:45.37	5:52.18	15:59.90	590	19.9	20.13	1:30.2	1:30.33		1:07:47.96	590	58.8	58.91	590		2.91	4.92	9.92	6.50	19.07	21.30	25.18	590
580	14.7	14.94	31.5	31.69	1:13.51	1:14.1	580	2:46.95	5:55.53	16:15.06	580	20.1	20.39	1:31.4	1:31.57		1:10:11.85	580	59.2	59.35	580	1.47	2.90	4.90	9.86	6.35	18.67	20.71	24.74	580
570	14.8	15.05	31.7	31.98	1:14.25	1:14.8	570	2:48.55	5:58.95	16:30.64	570	20.4	20.65	1:32.7	1:32.84		1:12:42.60	570	59.6	59.79	570	1.46	2.88	4.87	9.81	6.20	18.28	20.14	24.30	570
560	14.9	15.16	32.0	32.26	1:15.00	1:15.6	560	2:50.19	6:02.45	16:46.66	560	20.7	20.92	1:34.0	1:34.14		1:15:20.58	560	1:00.10	1:00.24	560	1.45	2.87	4.84	9.75	6.05	17.89	19.58	23.86	560
550	15.0	15.28	32.3	32.56	1:15.76	1:16.3	550	2:51.87	6:06.01	17:03.12	550	21.0	21.19	1:35.3	1:35.48		1:18:06.19	550	1:00.60	1:00.70	550	1.44	2.85	4.82	9.70	5.90	17.52	19.04	23.43	550
540	15.2	15.40	32.6	32.86	1:16.55	1:17.1	540	2:53.58	6:09.66	17:20.04	540	21.2	21.48	1:36.7	1:36.85		1:20:59.84	540	1:01.00	1:01.17	540		2.83	4.79	9.64	5.76	17.14	18.50	23.01	540
530	15.3	15.52	32.9	33.17	1:17.35	1:17.9	530	2:55.33	6:13.38	17:37.44	530	21.5	21.77	1:38.1	1:38.25		1:24:01.97	530	1:01.50	1:01.64	530	1.43	2.82	4.76	9.59	5.62	16.78	17.98	22.59	530
520	15.4	15.64	33.2	33.48	1:18.16	1:18.8	520	2:57.11	6:17.18	17:55.32	520	21.8	22.07	1:39.6	1:39.70		1:27:13.06	520	1:02.00	1:02.13	520	1.42	2.80	4.74	9.54	5.48	16.41	17.47	22.17	520
510	15.5	15.76	33.6	33.80	1:19.00	1:19.6	510	2:58.93	6:21.06	18:13.71	510	22.1	22.37	1:41.0	1:41.18		1:30:33.59	510	1:02.50	1:02.62	510	1.41	2.79	4.71	9.48	5.35	16.06	16.97	21.77	510
500	15.7	15.89	33.9	34.13	1:19.85	1:20.5	500	3:00.79	6:25.02	18:32.61	500	22.4	22.68	1:42.6	1:42.69		1:34:04.11	500	1:03.00	1:03.13	500	1.40	2.77	4.68	9.43	5.22	15.71	16.49	21.36	500
	100m		200m		400m			800m	1500m	3000m		100mH		400mH			5000 m W		4 x 100m			HJ	PV	LJ	TJ	SP	DT	HT	JT	

Technical Standards: 100 mH - 76,2 cm : 400 mH - 76,2 cm : SP - 3 kg : DT - 1 kg : HT - 3 kg : JT - 500 g

Athletics Performance Evaluation (APE) Tables 2012-2015
Girls 16

	Track											Hurdles				Walk		Relays			Field								
	100m		200m		400m			800m	1500m	3000m		100mH		400mH		5000 m W		4 x 100m			HJ	PV	LJ	TJ	SP	DT	HT	JT	
500	15.7	15.89	33.9	34.13	1:19.85	1:20.5	500	3:00.79	6:25.02	18:32.61	500	22.4	22.68	1:42.6	1:42.69	1:34:04.11	500	1:03.00	1:03.13	500	1.40	2.77	4.68	9.43	5.22	15.71	16.49	21.36	500
490	15.8	16.02	34.2	34.46	1:20.72	1:21.3	490	3:02.69	6:29.07	18:52.05	490	22.8	23.00	1:44.1	1:44.25	1:37:45.17	490	1:03.50	1:03.64	490		2.75	4.66	9.38	5.09	15.37	16.01	20.97	490
480	15.9	16.15	34.6	34.80	1:21.61	1:22.2	480	3:04.63	6:33.20	19:12.04	480	23.1	23.33	1:45.7	1:45.85	1:41:37.36	480	1:04.00	1:04.16	480	1.39	2.74	4.63	9.32	4.96	15.03	15.55	20.57	480
470	16.0	16.29	34.9	35.14	1:22.52	1:23.2	470	3:06.62	6:37.43	19:32.60	470	23.4	23.67	1:47.3	1:47.49	1:45:41.32	470	1:04.60	1:04.70	470	1.38	2.72	4.60	9.27	4.84	14.70	15.10	20.19	470
460	16.2	16.42	35.3	35.50	1:23.45	1:24.1	460	3:08.64	6:41.74	19:53.75	460	23.8	24.01	1:49.0	1:49.17	1:49:57.72	460	1:05.10	1:05.24	460	1.37	2.71	4.58	9.22	4.71	14.37	14.65	19.81	460
450	16.3	16.56	35.6	35.86	1:24.40	1:25.0	450	3:10.71	6:46.14	20:15.49	450	24.1	24.37	1:50.8	1:50.89	1:54:27.29	450	1:05.70	1:05.79	450	1.36	2.69	4.55	9.16	4.59	14.05	14.22	19.43	450
440	16.5	16.70	36.0	36.23	1:25.37	1:26.0	440	3:12.82	6:50.64	20:37.86	440	24.5	24.73	1:52.5	1:52.66	1:59:10.77	440	1:06.20	1:06.36	440		2.68	4.52	9.11	4.48	13.73	13.80	19.06	440
430	16.6	16.85	36.4	36.60	1:26.36	1:27.0	430	3:14.98	6:55.23	21:00.88	430	24.9	25.10	1:54.3	1:54.48	2:04:08.98	430	1:06.80	1:06.93	430	1.35	2.66	4.50	9.06	4.36	13.43	13.39	18.69	430
420	16.8	17.00	36.7	36.99	1:27.37	1:28.0	420	3:17.18	6:59.92	21:24.55	420	25.2	25.48	1:56.2	1:56.35	2:09:22.79	420	1:07.40	1:07.51	420	1.34	2.65	4.47	9.00	4.25	13.12	12.99	18.33	420
410	16.9	17.15	37.1	37.38	1:28.41	1:29.1	410	3:19.43	7:04.71	21:48.92	410	25.6	25.87	1:58.1	1:58.26	2:14:53.10	410	1:08.00	1:08.11	410	1.33	2.63	4.44	8.95	4.14	12.82	12.60	17.98	410
400	17.1	17.30	37.5	37.78	1:29.47	1:30.2	400	3:21.73	7:09.61	22:13.98	400	26.0	26.27	2:00.1	2:00.23	2:20:40.91	400	1:08.60	1:08.72	400	1.32	2.61	4.42	8.90	4.03	12.53	12.22	17.63	400
390	17.2	17.45	37.9	38.19	1:30.55	1:31.3	390	3:24.07	7:14.60	22:39.78	390	26.4	26.68	2:02.1	2:02.24	2:26:47.23	390	1:09.20	1:09.33	390		2.60	4.39	8.84	3.93	12.24	11.85	17.28	390
380	17.4	17.61	38.4	38.60	1:31.65	1:32.4	380	3:26.47	7:19.71	23:06.33	380	26.9	27.11	2:04.2	2:04.31	2:33:13.20	380	1:09.80	1:09.96	380	1.31	2.58	4.37	8.79	3.82	11.96	11.49	16.94	380
370	17.5	17.77	38.8	39.03	1:32.78	1:33.5	370	3:28.92	7:24.92	23:33.66	370	27.3	27.54	2:06.3	2:06.44	2:39:59.97	370	1:10.50	1:10.61	370	1.30	2.57	4.34	8.74	3.72	11.68	11.14	16.61	370
360	17.7	17.94	39.2	39.46	1:33.93	1:34.7	360	3:31.42	7:30.25	24:01.79	360	27.7	27.98	2:08.5	2:08.62	2:47:08.83	360	1:11.10	1:11.26	360	1.29	2.55	4.31	8.69	3.63	11.41	10.80	16.28	360
350	17.9	18.11	39.7	39.90	1:35.11	1:35.9	350	3:33.97	7:35.69	24:30.75	350	28.2	28.43	2:10.7	2:10.86	2:54:41.10	350	1:11.80	1:11.93	350		2.54	4.29	8.64	3.53	11.14	10.47	15.95	350
340	18.0	18.28	40.1	40.35	1:36.31	1:37.1	340	3:36.58	7:41.24	25:00.56	340	28.7	28.90	2:13.0	2:13.17	3:02:38.22	340	1:12.50	1:12.60	340	1.28	2.52	4.26	8.58	3.43	10.88	10.14	15.63	340
330	18.2	18.45	40.6	40.81	1:37.54	1:38.3	330	3:39.25	7:46.92	25:31.27	330	29.1	29.38	2:15.4	2:15.53	3:11:01.72	330	1:13.20	1:13.30	330	1.27	2.51	4.24	8.53	3.34	10.62	9.83	15.32	330
320	18.4	18.63	41.0	41.28	1:38.80	1:39.6	320	3:41.97	7:52.71	26:02.88	320	29.6	29.87	2:17.8	2:17.96	3:19:53.23	320	1:13.90	1:14.00	320	1.26	2.49	4.21	8.48	3.25	10.37	9.52	15.01	320
310	18.6	18.81	41.5	41.76	1:40.08	1:40.9	310	3:44.75	7:58.64	26:35.44	310	30.1	30.37	2:20.3	2:20.45	3:29:14.49	310	1:14.60	1:14.72	310		2.48	4.19	8.43	3.16	10.12	9.22	14.70	310
300	18.8	18.99	42.0	42.25	1:41.40	1:42.2	300	3:47.59	8:04.69	27:08.98	300	30.6	30.89	2:22.9	2:23.01	3:39:07.36	300	1:15.30	1:15.45	300	1.25	2.46	4.16	8.38	3.08	9.88	8.93	14.40	300
290	18.9	19.18	42.5	42.75	1:42.74	1:43.6	290	3:50.49	8:10.87	27:43.53	290	31.2	31.42	2:25.5	2:25.64	3:49:33.83	290	1:16.10	1:16.19	290	1.24	2.45	4.13	8.33	2.99	9.64	8.64	14.11	290
280	19.1	19.37	43.0	43.26	1:44.11	1:44.9	280	3:53.46	8:17.18	28:19.12	280	31.7	31.96	2:28.2	2:28.35	4:00:36.01	280	1:16.80	1:16.95	280	1.23	2.43	4.11	8.28	2.91	9.40	8.37	13.82	280
270	19.3	19.57	43.5	43.78	1:45.51	1:46.4	270	3:56.49	8:23.63	28:55.80	270	32.3	32.52	2:31.0	2:31.12	4:12:16.18	270	1:17.60	1:17.72	270	1.22	2.42	4.08	8.22	2.83	9.18	8.10	13.53	270
260	19.5	19.76	44.1	44.32	1:46.95	1:47.8	260	3:59.58	8:30.23	29:33.58	260	32.8	33.09	2:33.8	2:33.98	4:24:36.77	260	1:18.40	1:18.51	260		2.40	4.06	8.17	2.75	8.95	7.84	13.25	260
250	19.7	19.96	44.6	44.86	1:48.41	1:49.3	250	4:02.75	8:36.96	30:12.53	250	33.4	33.68	2:36.8	2:36.91	4:37:40.36	250	1:19.20	1:19.31	250	1.21	2.39	4.03	8.12	2.68	8.73	7.58	12.97	250
240	19.9	20.17	45.2	45.41	1:49.91	1:50.8	240	4:05.98	8:43.84	30:52.67	240	34.0	34.28	2:39.8	2:39.92	4:51:29.73	240	1:20.00	1:20.13	240	1.20	2.37	4.01	8.07	2.60	8.52	7.34	12.70	240
230	20.1	20.38	45.7	45.98	1:51.44	1:52.3	230	4:09.28	8:50.88	31:34.04	230	34.7	34.90	2:42.9	2:43.02	5:06:07.86	230	1:20.80	1:20.96	230	1.19	2.36	3.98	8.02	2.53	8.30	7.10	12.43	230
220	20.4	20.59	46.3	46.55	1:53.01	1:53.9	220	4:12.66	8:58.06	32:16.69	220	35.3	35.53	2:46.1	2:46.21	5:21:37.92	220	1:21.70	1:21.81	220		2.34	3.96	7.97	2.46	8.10	6.86	12.17	220
210	20.6	20.81	46.9	47.14	1:54.61	1:55.5	210	4:16.10	9:05.41	33:00.67	210	35.9	36.18	2:49.3	2:49.48	5:38:03.32	210	1:22.50	1:22.67	210	1.18	2.33	3.93	7.92	2.39	7.89	6.64	11.91	210
200	20.8	21.03	47.5	47.75	1:56.24	1:57.2	200	4:19.63	9:12.91	33:46.02	200	36.6	36.85	2:52.7	2:52.85	5:55:27.70	200	1:23.40	1:23.55	200	1.17	2.31	3.91	7.87	2.32	7.70	6.42	11.65	200
190	21.0	21.26	48.1	48.36	1:57.92	1:58.9	190	4:23.23	9:20.58	34:32.78	190	37.3	37.54	2:56.2	2:56.31	6:13:54.98	190	1:24.30	1:24.44	190		2.30	3.88	7.82	2.25	7.50	6.21	11.40	190
180	21.2	21.49	48.7	48.99	1:59.63	2:00.6	180	4:26.91	9:28.43	35:21.01	180	38.0	38.25	2:59.7	2:59.87	6:33:29.34	180	1:25.20	1:25.36	180	1.16	2.28	3.86	7.77	2.19	7.31	6.00	11.16	180
170	21.5	21.72	49.4	49.63	2:01.38	2:02.4	170	4:30.68	9:36.44	36:10.76	170	38.7	38.97	3:03.4	3:03.52	6:54:15.28	170	1:26.10	1:26.29	170	1.15	2.27	3.83	7.72	2.12	7.13	5.80	10.91	170
160	21.7	21.96	50.0	50.28	2:03.17	2:04.2	160	4:34.52	9:44.63	37:02.09	160	39.5	39.71	3:07.1	3:07.29	7:16:17.61	160	1:27.10	1:27.24	160	1.14	2.25	3.81	7.67	2.06	6.94	5.60	10.68	160
150	22.0	22.20	50.7	50.95	2:05.00	2:06.0	150	4:38.45	9:53.00	37:55.05	150	40.2	40.48	3:11.0	3:11.16	7:39:41.50	150	1:28.10	1:28.20	150		2.24	3.79	7.62	2.00	6.76	5.41	10.44	150
140	22.2	22.45	51.4	51.63	2:06.88	2:07.9	140	4:42.47	10:01.56	38:49.70	140	41.0	41.26	3:15.0	3:15.14	8:04:32.49	140	1:29.00	1:29.19	140	1.13	2.23	3.76	7.57	1.94	6.59	5.23	10.21	140
130	22.5	22.70	52.1	52.33	2:08.79	2:09.9	130	4:46.58	10:10.32	39:46.09	130	41.8	42.07	3:19.1	3:19.24	8:30:56.55	130	1:30.10	1:30.19	130	1.12	2.21	3.74	7.53	1.89	6.42	5.05	9.99	130
120	22.7	22.96	52.8	53.04	2:10.75	2:11.8	120	4:50.78	10:19.26	40:44.30	120	42.7	42.90	3:23.3	3:23.46	8:59:00.06	120	1:31.10	1:31.21	120	1.11	2.20	3.71	7.48	1.83	6.25	4.88	9.77	120
110	23.0	23.22	53.5	53.77	2:12.76	2:13.9	110	4:55.08	10:28.41	41:44.39	110	43.5	43.75	3:27.7	3:27.79	9:28:49.89	110	1:32.10	1:32.25	110		2.18	3.69	7.43	1.78	6.09	4.71	9.55	110
100	23.3	23.49	54.3	54.51	2:14.81	2:15.9	100	4:59.47	10:37.76	42:46.43	100	44.4	44.63	3:32.1	3:32.26	10:00:33.42	100	1:33.20	1:33.32	100	1.10	2.17	3.66	7.38	1.72	5.93	4.55	9.34	100
90	23.5	23.76	55.0	55.27	2:16.91	2:18.0	90	5:03.96	10:47.33	43:50.48	90	45.3	45.53	3:36.7	3:36.85	10:34:18.59	90	1:34.30	1:34.40	90	1.09	2.15	3.64	7.33	1.67	5.77	4.39	9.13	90
80	23.8	24.04	55.8	56.04	2:19.05	2:20.2	80	5:08.56	10:57.11	44:56.63	80	46.2	46.45	3:41.4	3:41.58	11:10:13.93	80	1:35.40	1:35.50	80		2.14	3.62	7.28	1.62	5.62	4.23	8.92	80
70	24.1	24.32	56.6	56.83	2:21.25	2:22.4	70	5:13.25	11:07.11	46:04.95	70	47.2	47.40	3:46.3	3:46.45	11:48:28.61	70	1:36.50	1:36.63	70	1.08	2.13	3.59	7.24	1.57	5.47	4.09	8.72	70
60	24.4	24.61	57.4	57.64	2:23.50	2:24.7	60	5:18.06	11:17.34	47:15.52	60	48.1	48.38	3:51.3	3:51.46	12:29:12.49	60	1:37.60	1:37.77	60	1.07	2.11	3.57	7.19	1.52	5.32	3.94	8.52	60
50	24.7	24.91	58.2	58.47	2:25.80	2:27.0	50	5:22.97	11:27.80	48:28.42	50	49.1	49.39	3:56.5	3:56.62	13:12:36.21	50	1:38.80	1:38.94	50	1.06	2.10	3.55	7.14	1.48	5.18	3.80	8.32	50
40	25.0	25.21	59.1	59.31	2:28.15	2:29.4	40	5:27.99	11:38.50	49:43.75	40	50.2	50.42	4:01.8	4:01.94	13:58:51.19	40	1:40.00	1:40.13	40		2.08	3.52	7.09	1.43	5.04	3.67	8.13	40
30	25.3	25.51	59.9	60.17	2:30.56	2:31.8	30	5:33.13	11:49.45	51:01.58	30	51.2	51.48	4:07.3	4:07.41	14:48:09.76	30	1:41.20	1:41.34	30	1.05	2.07	3.50	7.05	1.39	4.90	3.54	7.95	30
20	25.6	25.82	60.8	61.05	2:33.03	2:34.3	20	5:38.39	12:00.65	52:22.02	20	52.3	52.57	4:12.9	4:13.05	15:40:45.19	20	1:42.40	1:42.58	20	1.04	2.06	3.47	7.00	1.35	4.77	3.41	7.76	20
10	25.9	26.14	61.7	61.96	2:35.55	2:36.9	10	5:43.77	12:12.10	53:45.17	10	53.5	53.70	4:18.7	4:18.86	16:36:51.77	10	1:43.70	1:43.84	10		2.04	3.45	6.95	1.30	4.64	3.29	7.58	10
0	26.2	26.46	62.6	62.87	2:38.14	2:39.5	0	5:49.27	12:23.82	55:11.13	0	54.6	54.85	4:24.7	4:24.84	17:36:44.91	0	1:45.00	1:45.12	0	1.03	2.03	3.43	6.90	1.26	4.51	3.17	7.41	0
	100m		200m		400m			800m	1500m	3000m		100mH		400mH		5000 m W		4 x 100m			HJ	PV	LJ	TJ	SP	DT	HT	JT	

Technical Standards: 100 mH - 76,2 cm : 400 mH - 76,2 cm : SP - 3 kg : DT - 1 kg : HT - 3 kg : JT - 500 g