

ATLETIEK NORMEN 5 LOSP

PUNTEN	60m Horden (91 cm)	110m Horden (91 cm)	100m	200m	400m	800m	1000m	1500m	3000m	5000m	COOPER	HOOG	VER	KOGEL (5KG)	DISCUS (1,5kg)	SPEER (800g)
20	10"40	18"00	11"80	25"00	57"0	2'10	2'52	4'40	9'50	18'30	3300m	1m70	5m20	11m75	28m	37m
19	10"50	18"20	11"90	25"20	57"5	2'13	2'55	4'45	10'00	18'45	3250m	1m68	5m15	11m50	27m	36m
18	10"60	18"40	12"00	25"40	58"0	2'16	2'58	4'50	10'10	19'00	3200m	1m66	5m10	11m25	26m	35m
17	10"70	18"60	12"10	25"60	59"0	2'19	3'01	4'55	10'20	19'15	3150m	1m64	5m05	11m00	25m	34m
16	10"80	18"80	12"20	26"00	1'00	2'22	3'04	5'00	10'30	19'30	3100m	1m62	5m00	10m75	24m	33m
15	10"90	19"10	12"40	26"40	1'01	2'25	3'10	5'05	10'45	20'00	3050m	1m58	4m95	10m50	23m	31m
14	11"00	19"40	12"60	26"80	1'02	2'29	3'16	5'10	11'00	20'30	3000m	1m54	4m90	10m25	22m	30m
13	11"10	19"70	12"80	27"20	1'03	2'33	3'22	5'15	11'18	21'00	2950m	1m50	4m80	10m00	21m	29m
12	11"20	20"00	13"00	27"60	1'05	2'37	3'28	5'20	11'35	21'30	2900m	1m46	4m70	9m50	20m	28m
11	11"30	20"30	13"20	28"00	1'07	2'41	3'36	5'25	11'53	22'00	2850m	1m42	4m60	9m00	19m	27m
10	11"40	20"60	13"40	28"40	1'09	2'45	3'40	5'30	13'00	22'30	2800m	1m38	4m50	8m50	18m	26m
9	11"50	20"90	13"60	28"80	1'11	2'49	3'46	5'35	13'25	23'00	2750m	1m35	4m40	8m00	17m	25m
8	11"70	21"20	13"80	29"20	1'13	2'53	3'52	5'40	13'50	23'30	2700m	1m30	4m30	7m50	16m	24m
7	11"90	21"50	14"00	29"60	1'15	2'57	3'58	5'45	14'10	24'00	2650m	1m25	4m15	7m00	15m	23m50
6	12"10	21"80	14"20	30"00	1'17	3'01	4'04	5'50	14'30	24'30	2600m	1m23	4m00	6m75	14m	23m
5	12"30	22"10	14"40	30"40	1'20	3'05	4'10	5'55	14'50	25'00	2550m	1m21	3m90	6m50	13m	22m50
4	12"50	22"40	14"60	30"80	1'23	3'09	4'20	6'00	15'05	25'30	2500m	1m19	3m80	6m25	12m	22m
3	12"70	22"70	14"70	31"00	1'26	3'14	4'30	6'05	15'20	26'00	2450m	1m17	3m70	6m00	11m	21m50
2	12"90	22"90	14"80	31"20	1'29	3'19	4'40	6'05	15'35	26'15	2400m	1m16	3m60	5m75	10m	21m
1	13"10	23"10	14"90	31"40	1'31	3'24	4'50	6'10	15'50	26'30	2350m	1m15	3m50	5m50	9m	20m50

