

ATLETIEK NORMEN 6 LOSP

PUNTEN	60m Horden (91 cm)	110m Horden (1,06 m)	100m	200m	400m	800m	1000m	1500m	3000m	5000m	COOPER	HOOG	VER	KOGEL (5KG)	DISCUS (1,5kg)	SPEER (800g)
20	10"30	18"00	11"60	24"80	56"0	2'06	2'46	4'30	9'50	18'00	3400m	1m72	5m70	14m00	30m	38m
19	10"40	18"20	11"70	25"00	56"5	2'09	2'49	4'35	10'00	18'15	3350m	1m70	5m60	13m50	29m	37m
18	10"50	18"40	11"80	25"20	56"0	2'12	2'52	4'40	10'10	18'30	3300m	1m68	5m50	13m00	28m	36m
17	10"60	18"60	11"90	25"40	57"0	2'15	2'55	4'45	10'20	18'45	3250m	1m66	5m40	12m50	27m	35m
16	10"70	18"80	12"00	25"60	58"0	2'18	2'58	4'50	10'30	19'00	3200m	1m64	5m30	12m00	26m	34m
15	10"80	19"10	12"20	26"00	59"0	2'21	3'01	4'55	10'45	19'30	3150m	1m62	5m20	11m50	25m	33m
14	10"90	19"40	12"40	26"40	1'00	2'25	3'04	5'00	11'00	20'00	3100m	1m58	5m10	11m00	24m	32m
13	11"00	19"70	12"60	26"80	1'01	2'29	3'10	5'05	11'18	20'30	3050m	1m54	5m00	10m50	23m	31m
12	11"10	20"00	12"80	27"20	1'03	2'33	3'16	5'10	11'35	21'00	3000m	1m50	4m90	10m00	22m	30m
11	11"20	20"30	13"00	27"60	1'05	2'37	3'22	5'15	11'53	21'30	2950m	1m46	4m80	9m50	21m	29m
10	11"30	20"60	13"20	28"00	1'07	2'41	3'28	5'20	12'10	22'00	2900m	1m42	4m70	9m00	20m	28m
9	11"40	20"90	13"40	28"40	1'09	2'45	3'34	5'25	12'35	22'30	2850m	1m38	4m60	8m50	19m	27m
8	11"60	21"20	13"60	28"80	1'11	2'49	3'40	5'30	13'00	23'00	2800m	1m35	4m45	8m00	18m	26m
7	11"80	21"50	13"80	29"20	1'13	2'53	3'46	5'35	13'20	23'30	2750m	1m30	4m30	7m50	17m	25m
6	12"00	21"80	14"00	29"60	1'15	2'57	3'52	5'40	13'40	24'00	2700m	1m25	4m15	7m00	16m	24m
5	12"20	22"10	14"20	30"00	1'17	3'01	3'58	5'45	14'00	24'30	2650m	1m23	4m00	6m50	15m	23m50
4	12"40	22"40	14"40	30"40	1'20	3'05	4'04	5'50	14'15	25'00	2600m	1m21	3m90	6m00	14m	23m
3	12"60	22"70	14"60	30"80	1'23	3'10	4'10	5'55	14'30	25'30	2550m	1m19	3m80	5m60	13m	22m50
2	12"80	22"90	14"70	31"00	1'26	3'15	4'16	6'00	14'45	25'45	2500m	1m17	3m70	5m40	12m	22m
1	13"00	23"10	14"80	31"20	1'29	3'20	4'22	6'05	15'00	26'00	2450m	1m16	3m60	5m20	11m	21m50

