

Orientierungswerte Frauen

Talent Card Regional

		13	14	15	16	17	18	19	
Bereich	Disziplin	2005	2004	2003	2002	2001	2000	1999	
Sprint	60m	8.10							
	80m		10.45	10.30					
	100m				12.55	12.40	12.25	12.15	
	200m				25.80	25.50	25.20	25.00	
	400m				57.60	56.90	56.30	55.80	
Mittel- und Langstrecken	600m	1:44.00	1:42.00	1:39.50					
	800m				2:18.00	2:16.00	2:14.00	2:13.00	
	1000m	3:14.00	3:09.00	3:04.00					
	1500m				4:50.00	4:45.00	4:40.00	4:38.00	
	2000m	7:15.00	7:00.00	6:45.00					
	3000m				10:25.00	10:20.00			
Hürden	60mH	0.76 9.85							
	80mH	0.76	12.40	12.10					
	100mH	0.76			14.60	14.30			
		0.84					14.50	14.30	
	300mH				45.00	44.00			
	400mH						62.00	61.50	
Steeple	2000m St.				7:28.00	7:20.00			
	3000m St.						11:35.00	11:25.00	
Sprung	Hoch	1.56	1.59	1.62	1.65	1.68	1.70	1.72	
	Stab	2.50	2.80	3.00	3.20	3.40	3.50	3.60	
	Weit	Zone	5.30						
		Balken		5.20	5.40	5.50	5.60	5.70	5.80
Drei		10.60	11.00	11.40	11.60	11.80	12.00		
Wurf	Kugel	3kg	10.80	11.80	12.60	13.20	13.70		
		4kg						12.80	13.30
	Diskus	0.75kg	30.00	35.00	38.00				
		1kg				37.00	39.00	41.00	43.00
	Hammer	3kg	32.00	35.00	40.00	42.00	44.00		
		4kg						44.00	46.00
	Speer	400g	36.00	39.00	42.00				
500g					42.00	45.00			
600g							44.00	46.00	
Mehrkampf	UBS Kids Cup	2200							
	Fünfkampf		3200	3300					
	Siebenkampf				4300	4500	4700	4900	

Orientierungswerte Männer

Talent Card Regional

		13	14	15	16	17	18	19	
Bereich	Disziplin	2005	2004	2003	2002	2001	2000	1999	
Sprint	60m	7.80							
	80m		9.70	9.40					
	100m				11.30	11.10	11.00	10.90	
	200m				22.90	22.60	22.30	22.10	
	400m				51.00	50.20	49.60	49.20	
Mittel- und Langstrecken	600m	1:37.00	1:32.00	1:28.00					
	800m				2:00.00	1:58.50	1:57.00	1:56.00	
	1000m	2:56.00	2:48.00	2:42.00					
	1500m				4:12.00	4:07.00	4:02.00	4:00.00	
	2000m	6:35.00	6:15.00	5:56.00					
	3000m				9:05.00	9:00.00			
	5000m						15:20.00	15:10.00	
Hürden	80mH	0.76 12.60							
	100mH	0.84	14.70	13.90					
	110mH	0.91			14.80	14.55			
		0.99					14.75	14.50	
	300mH				40.00	39.00			
	400mH						55.00	54.50	
Steeple	2000m St.				6:37.00	6:27.00			
	3000m St.						9:55.00	9:45.00	
Sprung	Hoch	1.60	1.70	1.80	1.85	1.90	1.95	2.00	
	Stab	3.20	3.50	3.80	4.00	4.20	4.40	4.60	
	Weit	Zone	6.00						
		Balken		6.00	6.30	6.50	6.70	6.90	7.10
	Drei		12.20	12.80	13.20	13.50	13.80	14.10	
Wurf	Kugel	3kg	14.00						
		4kg		14.50	15.80				
		5kg				14.30	15.50		
		6kg						14.50	15.00
	Diskus	0.75kg	40.00						
		1kg		40.00	47.00				
		1.5kg				44.00	47.00		
		1.75kg						45.00	47.00
	Hammer	3kg	40.00						
		4kg		43.00	50.00				
		5kg				50.00	52.00		
		6kg						54.00	56.00
	Speer	400g	45.00						
		600g		45.00	50.00				
700g					52.00	56.00			
800g							56.00	58.00	
Mehrkampf	UBS Kids Cup	2000							
	Sechskampf		3700	4200					
	Zehnkampf				6000	6200	6200	6400	