



# Limiten Regionalkader Innerschweizer Leichtathletik Verband

## Richtwerte 2023/2024

Disziplinen	Männer								Frauen							
	U14		U16		U18		U20		U14		U16		U18		U20	
	2012	2011	2010	2009	2008	2007	2006	2005	2012	2011	2010	2009	2008	2007	2006	2005
60m	8.10	7.90							8.35	8.25						
80m			9.80	9.65							10.55	10.40				
100m					11.50	11.30	11.20	11.05					12.70	12.50	12.40	12.25
200m					23.50	23.20	22.90	22.70					26.40	26.00	25.70	25.50
400m					52.50	51.50	51.00	50.00					61.00	60.00	59.00	58.00
600m		1:39.00	1:33.00	1:31.00						1:45.00	1:43.00	1:41.00				
800m					2:02.00	2:00.00	1:58.00	1:57.00					2:22.00	2:20.00	2:18.00	2:17.00
1000m		3:00.00	2:53.00	2:48.00						3:14.00	3:07.00	3:05.00				
1500m					4:20.00	4:15.00	4:12.00	4:10.00					5:00.00	4:56.00	4:52.00	4:47.00
2000m		6:42.00	6:27.00	6:15.00						7:10.00	7:05.00	7:00.00				
3000m					9:35.00	9:25.00	9:15.00	9:08.00					10:40.00	10:35.00	10:25.00	10:20.00
60mH									10.40	10.10						
80mH	14.00	13.60									12.80	12.50				
100mH			15.40	15.00									15.50	15.10	15.50	15.20
110mH					15.80	15.40	15.50	15.30								
400mH					60.00	59.00	59.00	57.00					70.00	69.00	67.00	65.00
Hoch	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.45	1.50	1.55	1.58	1.60	1.63	1.65	1.68
Weit	5.20	5.40	5.70	5.90	6.10	6.40	6.60	6.80	4.80	4.90	5.10	5.20	5.30	5.50	5.60	5.80
Drei			11.10	11.40	11.80	12.00	12.50	13.00			10.20	10.60	10.90	11.40	11.90	12.40
Stab			2.80	3.20	3.50	3.80	4.00	4.30			2.40	2.60	2.90	3.10	3.30	3.50
Kugel	10.50	11.20	12.40	12.80	13.00	13.30	12.30	13.00	9.00	9.50	10.50	11.00	11.60	12.00	10.60	11.50
Diskus	27.00	31.00	36.00	40.00	36.00	39.00	40.00	42.00	22.00	24.00	30.00	32.00	30.00	32.00	34.00	36.00
Hammer	28.00	31.00	32.00	35.00	34.00	37.00	38.00	42.00	22.00	25.00	29.00	33.00	36.00	39.00	36.00	39.00
Speer	37.00	40.00	43.00	46.00	48.00	50.00	50.00	52.00	30.00	33.00	35.00	38.00	36.00	38.00	36.00	40.00
UBS Kids Cup	1800	1900	2100						1900	2100	2200					
5-Kampf	2400	2600							2900	3000	3200	3300				
6-Kampf			3700	4000												
7-Kampf													4300	4500	4500	4700
10-Kampf					5800	6200	6000	6300								

Member



Partner

