

## Bundeseinheitliche D-Kader-Richtwerte

	U20 (W18)	U18 (W17)	U18 (W16)	U16 (W15)	U16 (W14)
100m	12,15	12,30	12,45	12,75	13,00
200m	24,80	25,30	25,80	ohne	ohne
300/400m	56,50	58,00	59,50	42,50	ohne
80/100mH	14,30	14,30 (B)	14,70	12,00	12,40
300/400mH	62,50	64,50	65,50	47,00	ohne
800m	2:11,00	2:14,00	2:17,00	2:20,00	2:23,00
1.500m	4:35,00	4:44,00	4:50,00		
2.000m/3.000m	9:50,00	10:10,00	10:30,00	6:55,00/11:00,00	7:05,00
5.000m	18:00,00				
1.500/2.000m Hi.	7:10,00	5:20,00	5:30,00		
3.000m G/5.000m G	25:00,00	15:15,00	16:00,00	17:00,00	18:00,00
10.000m G	ohne				
Hoch	1,76	1,73	1,69	1,65	1,60
Stabhoch	3,55	3,30	3,10	2,90	2,70
Weit	5,80	5,65	5,55	5,40	5,20
Drei	12,00	11,60	11,20	10,80	ohne
Kugel	13,60 (4 kg)	14,20 (3 kg)	13,20 (3 kg)	12,50 (3 kg)	11,50 (3 kg)
Diskus	43,00 (1 kg)	40,00 (1 kg)	37,00 (1 kg)	34,00 (1 kg)	30,00 (1 kg)
Hammer	47,00 (4 kg)	47,00 (3 kg)	43,00 (3 kg)	38,00 (3 kg)	33,00 (3 kg)
Speer	46,00 (600 g)	44,00 (600 g)	42,00 (600 g)	38,00 (500 g)	34,00 (500 g)
		48,00 (500 g)	44,00 (500 g)		
Siebenkampf	4.900	4.800	4.600	3.700	3.500

	U20 (M18)	U18 (M17)	U18 (M16)	U16 (M15)	U16 (M14)
100m	10,95	11,15	11,40	11,70	12,00
200m	22,20	22,70	23,30	ohne	ohne
300/400m	49,50	50,75	52,00	37,50	ohne
80/110mH	14,50 (U20)	14,50 (U18)	14,90	11,20	11,90
300/400mH	55,00	56,50	58,30	41,30	ohne
800m	1:54,50	1:57,00	1:59,00	2:04,00	2:10,00
1.500m	3:57,00	4:04,00	4:10,00		
3.000m	8:45,00	8:55,00	9:10,00	9:40,00	10:10,00
5.000m	14:50,00				
10.000m	32:45,00				
Hindernis	6:10,00	6:20,00	6:30,00		
3.000m G/5.000m G		24:30,00	27:30,00	15:30,00	17:00,00
10km G	51:00,00				
20km G					
Hoch	2,03	1,98	1,93	1,85	1,76
Stabhoch	4,60	4,30	4,10	3,70	3,20
Weit	7,15	6,90	6,60	6,20	5,80
Drei	14,50	14,00	13,50	12,50	ohne
Kugel	16,50 (6 kg)	16,50 (5 kg)	15,70 (5 kg)	15,00 (4 kg)	13,25 (4 kg)
Diskus	48,00 (1,75 kg)	49,00 (1,5 kg)	45,00 (1,5 kg)	46,00 (1 kg)	38,00 (1 kg)
Hammer	60,00 (6 kg)	58,00 (5 kg)	50,00 (5 kg)	46,00 (4 kg)	40,00 (4 kg)
Speer	60,00 (800 g)	59,00 (700 g)	55,00 (700 g)	50,50 (600 g)	45,00 (600 g)
Zehn-/ Neunkampf	6.500 (U20)	6.400 (U18)	6.100 (U18)	5.000	4.700

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