

Männliche Kategorien

NLZ-NWS Kaderlimiten 2024

Disziplin	U16M		U18M		U20M		U23M	Männer
	2010	2009	2008	2007	2006	2005	2004-2002	2001+
80m	9.80	9.65						
100m			11.60	11.40	11.35	11.20	11.10	11.00
200m			23.50	23.20	23.00	22.80	22.60	22.40
400m			53.00	52.00	51.50	51.00	50.50	49.50
100mH	15.20	14.90						
110mH			15.80	15.50	16.50	15.60	15.50	15.20
400mH			61.50	60.00	59.00	58.00	57.00	56.00
600m	1:33.00	1:32.00	1:30.00	1:29.00	1:27.00	1:26.00	1:25.00	1:23.00
800m			2:07.00	2:05.00	2:03.00	2:01.00	1:59.00	1:56.00
1000m			2:46.00	2:43.00	2:40.00	2:37.00	2:34.00	2:31.00
1500m			4:25.00	4:20.00	4:15.00	4:10.00	4:05.00	4:00.00
2000m	6:40.00	6:30.00	6:20.00	6:10.00	6:00.00	5:50.00	5:40.00	5:30.00
3000m			10:15.00	10:00.00	9:45.00	9:30.00	9:15.00	9:00.00
5000m					16:40.00	16:15.00	15:50.00	15:25.00
10000m					35:45.00	34:45.00	33:45.00	32:45.00
10km Strasse					36:00.00	35:00.00	34:00.00	33:00.00
Halbmarathon					1:19.00	1:17.00	1:15.00	1:12.30
Marathon							2:43.00	2:37.30
2'000m Steeple			6:57.00	6:47.00	6:37.00	6:27.00	6:17.00	6:08.00
3'000m Steeple					10:15.00	10:00.00	9:45.00	9:30.00
Hochsprung	1.70	1.75	1.80	1.85	1.88	1.91	1.94	2.00
Weitsprung	5.80	6.00	6.25	6.50	6.60	6.70	6.80	6.90
Stabhochsprung	3.10	3.40	3.70	3.90	4.10	4.30	4.50	4.80
Dreisprung	11.50	11.80	12.20	12.50	12.80	13.00	13.25	13.50
Kugelstossen	12.50	13.50	13.00	13.50	13.00	13.50	12.80	13.80
Diskuswerfen	37.00	39.00	37.50	39.00	36.00	38.00	38.00	42.00
Hammerwerfen	32.00	35.00	32.00	35.00	35.00	40.00	38.00	38.00
Speerwerfen	43.00	45.00	47.00	49.00	46.00	48.00	50.00	54.00
UBS Kids Cup								
Sechskampf	3700	4000						
Zehnkampf			5800	6200	5900	6200	6300	6500