

Critères Roude Leiw Filles

Outdoor	MF	CF	JF
75 m	10"05	---	---
100 m	13"20	13"00	12"80
200 m	26"90	26"50	26"10
300 m	44"00	43"00	42"00
400 m	---	60"80	59"40
80 m haies	13"60	---	---
100 m haies	--	16"11	15"77
300 m haies	51"00	---	---
400 m haies	---	68"10	65"97
800 m	2'30"00	2'24"50	2'18"52
1000 m	3'17"50	3'10"00	3'01"50
1500 m	5'12"00	5'00"00	4'47"40
2000 m	7'14"50	---	---
3000 m	11'25"00	10'50"00	10'19"70
5000 m	---	19'20"00	18'28"60
2000 m steeple	8'20"00	7'54"00	---
3000 m steeple	---	---	12'09"95
Hauteur	1,53 m	1,58 m	1,62 m
Perche	3,00 m	3,20 m	3,40 m
Longueur	5,00 m	5,15 m	5,30 m
Triple	10,15 m	10,54 m	10,91 m
Poids	11,00 m (3kg)	12,50m (3kg) 11,50m (4kg)	12,20 m (4kg)
Disque	34,00 m (750g)	38,00 m (1kg)	42,00 m (1kg)
Marteau	38,00 m (3kg)	40.50 m (3kg)	42.00 m (4kg)
Javelot	36,00 m (400g)	38,00 m (500g)	40.00 m (600g)

Indoor	MF	CF	JF
60 m	8"42	8"30	8"20
200 m	27"62	27"10	26"70
400 m	---	61"90	60"50
60 m haies	10"11	9"90	9"70
800 m	2'32"20	2'26"70	2'21"73
1000 m	3'20"50	3'13"30	3'04"30
1500 m	5'15"00	5'03"00	4'50"00
3000 m	11'45"00	11'15"00	10'44"00
5000 m	---	19'40"00	18'40"00
Hauteur	1,53 m	1,58 m	1,62 m
Perche	3,00 m	3,20 m	3,40 m
Longueur	5,00 m	5,15 m	5,30 m
Triple	10,15 m	10,54 m	10,91 m
Poids	11,00 m (3kg)	12,50m (3kg) 11,50m (4kg)	12,20m (4kg)

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