

Menn

Øvelse	Grense	Antall	Ajour pr
<a href="#">100m</a>	11.43	669	1.1.2014
<a href="#">150m</a>	17.60	196	1.1.2014
<a href="#">200m</a>	23.26	801	1.1.2014
<a href="#">300m</a>	37.45	334	1.1.2014
<a href="#">400m</a>	51.00	606	1.1.2014
<a href="#">600m</a>	1:24.65	154	1.1.2014
<a href="#">800m</a>	1:55.50	860	1.1.2014
<a href="#">1000m</a>	2:30.00	159	1.1.2014
<a href="#">1500m</a>	3:59.99	1227	1.1.2014
<a href="#">1 mile</a>	4:20.00	128	1.1.2014
<a href="#">2000m</a>	5:26.00	32	1.1.2014
<a href="#">3000m</a>	8:40.00	962	1.1.2014
<a href="#">2 miles</a>	9:20.00	32	1.1.2014
<a href="#">3 miles</a>	13:45.00	13	1.1.2014
<a href="#">5000m</a>	15:10.00	909	1.1.2014
<a href="#">6 miles</a>	29:40.00	22	1.1.2014
<a href="#">10000m</a>	32:30.00	886	1.1.2014
<a href="#">20000m</a>	70:00.00	12	1.1.2014
<a href="#">1 time</a>	17000	18	1.1.2014
<a href="#">Halvmaraton</a>	1:10:34	382	1.1.2014
<a href="#">Maraton</a>	2:38:00	503	1.1.2014
<a href="#">110m hekk</a>	17.50	357	1.1.2014
<a href="#">200m hekk</a>	26.00	53	1.1.2014
<a href="#">300m hekk</a>	41.50	91	1.1.2014
<a href="#">400m hekk</a>	59.99	388	1.1.2014
<a href="#">2000m hinder</a>	5:59.99	127	1.1.2014
<a href="#">3000m hinder</a>	10:00.00	861	1.1.2014
<a href="#">Høyde</a>	1.90	586	1.1.2014
<a href="#">Stav</a>	3.50	496	1.1.2014
<a href="#">Lengde</a>	6.80	505	1.1.2014
<a href="#">Tresteg</a>	13.80	443	1.1.2014
<a href="#">Høyde u.t.</a>	1.69	46	1.1.2014
<a href="#">Lengde u.t.</a>	3.36	44	1.1.2014
<a href="#">Kule</a>	13.80	354	1.1.2014

<a href="#">Diskos</a>	42.00	392	1.1.2014
<a href="#">Slegge</a>	42.00	343	1.1.2014
<a href="#">Spyd</a>	60.00	107	1.1.2014
<a href="#">Vektkast</a>	13.00	51	1.1.2014
<a href="#">Supervektkast</a>	8.00	12	1.1.2014
<a href="#">5-kamp</a>	3100	127	1.1.2014
<a href="#">10-kamp</a>	5680	265	1.1.2014
<a href="#">Kast-5-kamp</a>	2800	27	1.1.2014

Kvinner:

Ajour pr. 1.1.2014/As of 1.1.2014.

<b>Øvelse/Event</b>	<b>Grense/Limit</b>	<b>Antall/Number</b>	<b>Ajour pr/As of</b>
<a href="#">100m</a>	12.99	647	1.1.2014
<a href="#">150m</a>	19.99	111	1.1.2014
<a href="#">200m</a>	26.99	817	1.1.2014
<a href="#">300m</a>	43.99	257	1.1.2014
<a href="#">400m</a>	61.99	920	1.1.2014
<a href="#">600m</a>	1:35.50	33	1.1.2014
<a href="#">800m</a>	2:19.30	739	1.1.2014
<a href="#">1000m</a>	3:10.00	298	1.1.2014
<a href="#">1500m</a>	4:48.70	541	1.1.2014
<a href="#">1 mile</a>	5:45.00	52	1.1.2014
<a href="#">2000m</a>	7:00.00	131	1.1.2014
<a href="#">3000m</a>	10:42.00	610	1.1.2014
<a href="#">2 miles</a>	11:00.00	0	1.1.2014
<a href="#">3 miles</a>	16:00.00	3	1.1.2014
<a href="#">5000m</a>	18:30.00	220	1.1.2014
<a href="#">10000m</a>	40:00.00	99	1.1.2014
<a href="#">1 time</a>	13000	3	1.1.2014
<a href="#">Halvmaraton</a>	1:30:00	411	1.1.2014
<a href="#">Maraton</a>	3:30:00	363	1.1.2014
<a href="#">80m hekk</a>	12.9	57	1.1.1970

	(Utgått øvelse - oppdateres ikke/Outdated event - not updated)		
<a href="#">100m hekk</a>	16.99	400	1.1.2014
<a href="#">200m hekk</a>	32.99	206	1.1.2014
<a href="#">300m hekk</a>	47.99	235	1.1.2014
<a href="#">400m hekk</a>	72.99	428	1.1.2014
<a href="#">2000m hinder</a>	8:40.00	54	1.1.2014
<a href="#">3000m hinder</a>	12:00.00	39	1.1.2014
<a href="#">Høyde</a>	1.55	809	1.1.2014
<a href="#">Stav</a>	2.01	316	1.1.2014
<a href="#">Lengde</a>	5.21	684	1.1.2014
<a href="#">Tresteg</a>	10.00	652	1.1.2014
<a href="#">Høyde u.t.</a>	1.40	41	1.1.2014
<a href="#">Lengde u.t.</a>	2.72	43	1.1.2014
<a href="#">Kule</a>	10.17	620	1.1.2014
<a href="#">Diskos</a>	32.00	508	1.1.2014
<a href="#">Slegge</a>	25.00	311	1.1.2014
<a href="#">Spyd</a>	32.00	262	1.1.2014
<a href="#">Vektkast</a>	10.00	47	1.1.2014
<a href="#">Supervektkast</a>	6.00	3	1.1.2014
<a href="#">3-kamp</a>	1700	82	1.1.1985
<a href="#">5-kamp</a>	2740	31	1.1.1982
<a href="#">7-kamp</a>	3700	279	1.1.2014
<a href="#">9-kamp</a>	5000	1	1.1.2014
<a href="#">10-kamp</a>	-	6	1.1.2014
<a href="#">Kast-5-kamp</a>	2200	22	1.1.2014