

Minimas des Athlètes ciblés

Saison sportive 2019-2020

Hommes								Epreuves
U18		U20		U23			Elite Seniors	
C.1	C.2	J.1	J.2	U23.1	U23.2	U23.3	E.N	
11.20	10.90	10.75	10.60	10.50	10.42	10.35	10.25	100m
22.75	22.30	21.85	21.55	21.45	21.30	21.10	20.80	200m
51.50	49.50	47.90	47.30	47.00	46.50	45.80	45.40	400m
1.58	1.54	1.52	1.50	1.49	1.48	1.47	1.46	800m
4.00	3.54	3.48	3.45	3.42	3.40	3.39	3.37	1500m
8.35	8.25	----	----	----	----	----	----	3000m
----	----	14.40	14.20	14.00	13.50	13.40	13.30	5000m
14.70	14.40	14.20	14.00	14.00	13.90	13.80	13.50	100mh/110mh
56.00	53.80	52.30	51.30	51.00	50.50	49.90	49.50	400mH
6.20	6.10	----	----	----	----	----	----	2000mStep
----	----	9.05	8.48	8.42	8.37	8.31	8.25	3000m Stp
1m80	1m90	2m06	2m15	2m16	2m18	2m20	2m25	Hauteur
4m20	4m50	4m70	5m00	5m10	5m20	5m35	5m55	Perche
6m65	6m90	7m10	7m40	7m35	7m50	7m70	7m95	Longeur
13m60	14m00	15m00	15m40	15m20	15m70	16m20	16m80	T-Saut
14m50	15m50	17m20	17m80	16m90	17m50	18m00	18m50	poids
44m00	47m00	50m00	55m00	53m00	56m00	58m00	62m00	Disque
52m00	58m00	59m50	65m00	64m00	66m00	68m00	72m00	Marteau
53m00	58m00	62m00	66m50	65m00	67m00	69m00	73m00	Javelot
24.40	23.40	----	----	----	----	----	----	5000m marche
----	----	45.30	45.00	44.50	44.20	43.50	----	10000m Marche
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5800	6100	6600	6900	7150	7400	7800	8400	Epr. Combinées

Epreuves	Dames							
	U18		U20		U23			Elite Seniors
	C.1	C.2	J.1	J.2	U23.1	U23.2	U23.3	E.N
100m	12.60	12.30	12.10	11.90	11.85	11.70	11.60	11.40
200m	25.70	25.30	25.00	24.50	24.30	24.10	23.90	23.30
400m	60.00	58.00	57.60	55.40	55.20	54.80	54.10	53.00
800m	2.15	2.13	2.11	2.08	2.06	2.04	2.02	2.00
1500m	4.48	4.40	4.35	4.20	4.18	4.16	4.14	4.06
3000m	10.48	10.35	----	----	----	----	----	----
5000m	----	----	17.20	16.30	16.20	16.10	16.00	15.40
100mh/110mh	14.60	14.40	14.30	14.00	14.00	13.90	13.80	13.70
400mH	66.00	64.00	62.30	61.20	60	59	58	57.50
2000mStep	7.10	7.00	----	----	----	----	----	----
3000m Stp	----	----	11.00	10.40	10.20	10.05	9.50	9.35
Hauteur	1m55	1m65	1m68	1m75	1m78	1m83	1m85	1m87
Perche	3m50	3m60	3m60	3m80	3m85	3m95	4m10	4m40
Longeur	5m30	5m60	5m60	5m95	6m00	6m08	6m15	6m30
T-Saut	11m80	12m10	12m50	12m90	13m08	13m20	13m35	13m50
poids	13m50	13m80	13m50	14m30	14m80	15m30	15m80	17m00
Disque	36m00	39m00	43m10	48m50	49m00	50m50	52m00	56m00
Marteau	52m00	55m00	52m00	56m00	58m00	60m00	62m00	65m00
Javelot	39m00	42m00	43m00	48m00	50m00	52m00	53m00	58m00
5000m marche	26.40	26.00	----	----	----	----	----	----
10000m Marche	----	----	50.30	48.30	48.00	47.00	46.00	----
20 Km Marche	----	----	----	----	----	----	----	1h31
Epr. Combinées	4150	4350	4500	5000	5100	5300	5700	6100