

**Kaderrichtwerte Regionalkader Ostschweiz 2024/2025**

Weibliche Kategorien



Bereich	Disziplin		U16W		U18W		U20W		U23W
			2011	2010	2009	2008	2007	2006	2005
Sprint	60m		8.30						
	80m			10.60	10.50				
	100m					12.95	12.80	12.60	12.45
	200m					26.35	25.98	25.70	25.50
	400m					59.90	59.20	58.50	57.90
Hürden	60m H		9.95						
	80m H	0.76		12.50	12.20				
	100m H	0.76				14.80	14.50		
		0.84						14.62	14.55
400m H					65.50	65.00	64.45	63.35	
Mittel- und Langstrecke	600m		1:47.20	1:43.20	1:41.30				
	800m					2:22.80	2:21.30	2:19.60	2:18.10
	1000m		3:15.10	3:10.60	3:08.00				
	1500m					5:08.50	5:00.90	4:53.10	4:48.40
	2000m		7:30.00	7:13.00	7:05.00				
	3000m					10:51.00	10:43.00		
	5000m							18:25.00	18:14.00
Steeple	2000m St					7:45.00	7:37.00		
	3000m St							11:55.00	11:45.00
Sprung	Hoch		1.50	1.52	1.55	1.56	1.58	1.60	1.62
	Stab		2.30	2.60	2.80	2.90	3.00	3.20	3.40
	Weit		4.95	5.05	5.20	5.30	5.40	5.52	5.64
	Drei			10.25	10.60	11.00	11.25	11.45	11.65
Wurf	Kugel	3,00	8.60	10.90	11.50	12.40	13.00		
		4,00						12.20	12.60
	Diskus	0,75	27.50	31.50	35.50				
		1,00				37.40	39.30	40.00	40.40
	Speer	400	31.00	33.00	34.50				
		500				36.00	38.00		
		600						37.00	39.00
	Hammer	3,00	25.60	28.00	32.00	33.60	35.20		
4,00							35.20	36.80	
Mehrkampf	UBS Kids Cup		2070	3000					
	5- Kampf			3000	3100				
	7- Kampf				3990	4180	4410	4600	