

Kaderrichtwerte Regionalkader Ostschweiz 2024/2025

Männliche Kategorien



Bereich	Disziplin		U16M		U18M		U20M		U23M
			2011	2010	2009	2008	2007	2006	2005
Sprint	60m		8.15						
	80m			10.10	9.85				
	100m					11.80	11.65	11.40	11.30
	200m					23.45	23.10	22.80	22.50
	400m					52.20	51.35	50.60	50.05
Hürden	80mH	0.76	13.40						
	100m H	0.84		15.30	14.45				
	110m H	0.91				15.05	14.85		
		0.99						15.10	14.85
400m H					57.90	56.80	56.00	55.20	
Mittel- und Langstrecke	600m		1:42.80	1:36.00	1:33.90				
	800m					2:05.20	2:03.30	1:59.40	1:58.30
	1000m		3:03.50	2:54.60	2:49.50				
	1500m					4:22.50	4:17.40	4:12.60	4:08.10
	2000m		7:15.00	6:52.00	6:31.00				
	3000m					9:44.00	9:23.00		
	5000m							15:54.00	15:40.00
Steeple	2000m St					6:54.00	6:44.00		
	3000m St							10:17.00	10:07.00
Sprung	Hoch		1.53	1.62	1.68	1.76	1.81	1.85	1.91
	Stab		2.80	3.00	3.20	3.40	3.60	3.80	4.00
	Weit		5.25	5.60	5.90	6.05	6.25	6.50	6.70
	Drei			11.50	12.00	12.40	12.70	13.00	13.36
Wurf	Kugel	3,00	10.80				13.00		
		4,00		13.10	14.50				
		5,00				13.30	14.50		
		6,00						14.00	14.60
	Diskus	0,75	35.30						
		1,00		37.20	42.70				
		1,50				39.20	41.80		
		1,75						40.80	42.10
	Speer	400	40.00						
		600		42.00	44.50				
		700				46.00	49.00		
		800						48.50	51.00
	Hammer	3,00	33.60						
		4,00		36.10	42.00				
		5,00				42.00	43.70		
		6,00						42.90	44.90
Mehrkampf	UBS Kids Cup		1880						
	6-Kampf			3480	3950				
	10- Kampf					5640	5830	5780	6010