

Medaillenstandards für die Schweizermeisterschaften der Masters

6.2010

Frauen

	W 30	W 35	W 40	W 45	W 50	W 55	W 60	W 65	W 70	W 75	W 80
100 m	13.50	14.00	14.50	15.00	15.50	16.20	17.20	18.00	19.50	22.25	
200 m	27.95	29.40	31.05	32.15	33.25	34.65	36.80				
400 m	64.00	68.00	70.00	74.00	78.00	82.00					
800 m	2:29.00	2:35.00	2:45.00	2:50.00	3:00.00	3:10.00	3:20.00	3:30.00	3:45.00	4:00.00	
1500 m	5:15.00	5:20.00	5:35.00	5:50.00	6:05.00	6:25.00	6:45.00	7:10.00	7:40.00	8:15.00	
5000 m	19:50.00	20:00.00	20:50.00	21:50.00	22:50.00	23:50.00	25:10.00	26:40.00	28:30.00	30:50.00	
10000 m											
80 m Hü (68.6)							17.55	19.00			
80 m Hü (76.2)					17.15	18.85					
80 m Hü (76.2)			16.00	16.50							
100 m Hü (84.0)	19.00	20.50									
5000 m Gehen	27:50.00	29:00.00	30:15.00	31:35.00	33:00.00	34:30.00	36:40.00				
Hoch	1.50	1.40	1.35	1.30	1.20	1.15	1.10	1.05	1.00	0.90	
Stab	2.60	2.40	2.30	2.20	2.10	2.05					
Weit	4.90	4.70	4.60	4.30	3.80	3.50	3.20	3.00	2.70	2.50	
Dreisprung	10.00	9.50	8.50	8.30	7.80	7.50	7.20				
Kugel 3 kg					9.30	8.50	8.00	7.70	7.20	6.50	
Kugel 4 kg	10.20	10.00	9.80	9.30							
Diskus 1 kg	30.00	28.00	26.00	24.00	22.00	20.00	18.00	16.00	15.00	13.00	
Speer 400 gr.							20.00	18.00	17.00	15.00	
Speer 500 gr.					25.00	23.00					
Speer 600 gr.	30.00	27.50	25.00	23.50							
Hammer 3 kg					26.00	24.00	23.00	21.00	19.00	17.00	
Hammer 4 kg	29.00	26.00	25.00	23.00							

Männer

	M 30	M 35	M 40	M 45	M 50	M 55	M 60	M 65	M 70	M 75	M 80
100 m	11.65	11.95	12.35	12.65	12.95	13.70	14.00	15.00	16.00	18.75	
200 m	23.65	24.45	25.25	25.65	26.85	28.10	29.00	31.00	33.00	38.25	
400 m	52.15	55.15	57.65	59.15	62.10	65.00	73.10	78.10	82.00		
800 m	2:00.00	2:05.00	2:10.00	2:15.00	2:25.00	2:30.00	2:40.00	3:00.00	3:30.00		
1500 m	4:10.00	4:20.00	4:30.00	4:35.00	4:50.00	5:00.00	5:30.00	6:00.00	6:30.00	7:30.00	
5000 m	15:30.00	16:00.00	16:25.00	16:45.00	18:00.00	19:00.00	20:30.00	21:30.00	24:00.00	27:00.00	
10000 m	33:30.00	34:30.00	35:00.00	36:30.00	38:00.00	40:00.00	42:30.00	45:00.00	50:00.00	55:00.00	60:00.00
80 m Hü (68.6)											26.00
80 m Hü (76.2)									21.00	23.00	
100 m Hü (84.0)							23.00	24.00			
100 m Hü (91.4)					19.00	20.00					
110 m Hü (99.1)		18.00	19.50	20.50							
110 m Hü (106.7)	17.50										
300 m Hü (68.6)									70.00	78.00	
300 m Hü (76.2)							58.00	63.00			
400 m Hü (84.0)					76.00	78.00					
400 m Hü (91.4)	62.00	65.00	68.00	72.00							
5000 m Gehen	23:30.00	24:30.00	25:30.00	26:40.00	27:50.00	29:00.00	30:10.00	31:30.00	33:00.00		
Hoch	1.75	1.70	1.65	1.55	1.50	1.40	1.30	1.25	1.18	1.08	
Stab	3.80	3.60	3.40	3.20	3.00	2.80	2.60	2.40			
Weit	6.40	6.10	5.80	5.50	5.30	4.90	4.50	4.20	3.90	3.30	
Dreisprung	12.00	11.20	10.70	10.40	9.50	9.00	8.60	8.40			
Kugel 4/3 kg									10.20 (4)	9.20 (4)	8.50 (3)
Kugel 5 kg							11.20	10.20			
Kugel 6 kg					11.70	10.70					
Kugel 7.26 kg	12.60	12.00	11.50	11.00							
Diskus 1 kg							35.00	32.00	28.00	25.00	20.00
Diskus 1.5 kg					37.00	34.00					
Diskus 2 kg	37.50	36.50	35.50	33.50							
Speer 400 gr.											25.00
Speer 500 gr.									29.00	23.00	
Speer 600 gr.							35.00	31.50			
Speer 700 gr.					39.00	38.00					
Speer 800 gr.	50.00	47.00	44.00	42.00							
Hammer 4/3 kg									28.00(4)	24.00(4)	23.00(3)
Hammer 5 kg							34.00	30.00			
Hammer 6 kg					37.00	35.00					
Hammer 7.26 kg	48.00	44.00	40.00	36.00							