

Landeskader-Richtwerte Saison 2026/2027

Disziplin	M15	M16	M17	M18	M19	M20	M21
Jahrgänge 2026	2011	2010	2009	2008	2007	2006	2005
100m	11,60	11,30	11,10	10,95	10,70	10,60	10,52
200m		23,20	22,60	22,20	21,60	21,40	21,25
300/400m	37,50	51,75	50,50	49,50	48,50	48,00	47,50
80/110m Hü	11,20	14,90	14,50	14,50	14,05	14,50	14,25
300/400m Hü	41,30	57,90	56,20	55,00	53,40	52,75	52,15
800m	02:04,0	01:58,5	01:56,5	01:54,5	01:53,0	01:51,0	01:50,0
1500m		04:10,0	04:04,0	03:57,0	03:53,0	03:49,0	03:46,0
3000m	09:40,0	09:10,0	08:55,0	08:45,0	08:35,0		
5000m				15:15,0	14:40,0	14:25,0	14:15,0
10km					30:45,0	30:25,0	30:10,0
1500 m Hi	04:55,0						
2/3km Hi		06:30,0	06:20,0	06:10,0/9:45,0	05:55,0/09:25,0	09:15,0	09:05,0
21,1 km						01:09,0	01:08,0
42,2 km						02:25:00	02:22:30
Gehen 3/5 km	15:30,0	26:00,0	23:50,0	22:50,0			
10km BG			49:40,0	46:30,0	45:30,0	43:40,0	42:00,0
20/35km Gehen				01:37,0	01:36:00	01:34:00	01:31:00
Hoch	1,85	1,92	1,96	2,00	2,08	2,12	2,16
Stabhoch	3,60	4,10	4,30	4,60	4,80	5,00	5,15
Weit	6,20	6,55	6,85	7,10	7,25	7,50	7,60
Drei	12,50	13,40	13,90	14,50	14,80	15,35	15,65
Kugel	15,00	15,25	16,00	16,00	17,50 (6,0)	17,00	17,50
Diskus	48,00	45,00	49,00	48,00	52,50 (1,75)	51,00	54,00
Hammer	48,00	50,00	56,00	55,00	62,00 (6,0)	60,50	64,00
Speer	52,00	54,00	59,00	58,00	64,00 (800)	70,00	72,50
9-/10-Kampf	5.000	6.250	6.500	6.650	6850 (U20)	7100	7300



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Disziplin	W15	W16	W17	W18	W19	W20	W21
Jahrgänge 2026	2011	2010	2009	2008	2007	2006	2005
100m	12,60	12,35	12,20	12,10	11,95	11,80	11,70
200m		25,60	25,20	24,80	24,45	24,00	23,80
300/400m	42,00	59,00	57,50	56,50	55,50	54,50	54,00
80/100m Hü	12,00	14,70/15,25	14,30/14,80	14,30	14,10 (U20)	13,75	13,60
300/400m Hü	46,00	65,50	64,00	62,50	61,50	60,50	59,50
800m	02:20,0	02:17,0	02:14,0	02:11,0	02:09,0	02:07,5	02:06,0
1500m		04:50,0	04:42,0	04:35,0	04:28,5	04:23,5	04:20,5
2000/3000m	10:50,0	10:30,0	10:10,0	09:50,0	09:35,0		
5000m				18:00,0	16:50,0	16:35,0	16:15,0
10km					36:45,0	36:00,0	35:15,0
1500m Hi	05:40						
2000m Hi		07:40,0	07:25,0	07:10/11:05	6:54/10:44	10:34,0	10:24,0
21,1 km						01:21:30	01:20:00
42,2 km						02:47:00	02:45:00
Gehen Jugend	17:00,0	16:00,0	15:15/26:00	25:00,0			
10km BG			54:00,0	52:10,0	51:00,0	49:00,0	48:00,0
20/35km Gehen				01:51:20	01:48:00	01:44:30	01:42:30
Hoch	1,65	1,69	1,71	1,73	1,78	1,81	1,83
Stabhoch	3,00	3,20	3,40	3,60	3,90	4,05	4,15
Weit	5,40	5,50	5,65	5,80	6,05	6,20	6,30
Drei	10,80	11,35	11,70	12,05	12,50	12,95	13,10
Kugel	12,50	13,50	14,25	13,50	14,70 (4,0)	15,10	15,75
Diskus	34,00	37,00	40,00	43,00	47,50 (1,0)	49,50	51,50
Hammer	42,00	47,00	52,00	50,00	54,00 (4,0)	57,00	60,50
Speer	40,00	43,00	46,00	45,00	47,50 (600)	50,00	51,50
7-Kampf	3.700	4.600	4.800	4.900	5240 (U20)	5350	5500

