Leistungsstandards 2021 Saarland bei weniger als 2 Teilnehmern einer Altersklasse

Stand: 14.06.2021

Senioren	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100m	12,50	12,80	13,00	13,20	13,70	14,30	14,80	15,60	16,80	18,40	21,00	24,50	25,00
200m	25,60	26,20	27,00	27,30	28,30	29,40	30,50	32,00	35,00	39,00	45,50	51,00	55,00
400m	57,10	58,50	59,40	61,20	64,00	68,00	72,00	76,00	83,00	90,00	96,00	110,00	117,00
800m	2:18,0	2:21,0	2:25,0	2:30,0	2:40,0	2:45,0	2:55,0	3:15,0	3:35,0	3:50,0	4:00,0	4:40,0	5:40,0
3000m									15:45,0	18:20,0	21:20,0	22:40,0	25:00,0
5000m	17:30	18:00	18.30	19:00	20:00	21:50	23:00	14:00	26:30	29:00	32:00	38:00	49:00
10000m	36:50	37:50	38:00	39:00	42:00	45:00	47:30	51:00	54:00	62:50	66:00	76:00	85:00
10 km Straße	36:50	37:50	38:00	39:00	42:00	45:00	47:50	51:00	54:00	62:50	66:00	76:00	85:00
Halbmarathon	1:18,0	1:19,0	1:21,0	1:25,0	1:29,0	1:34,0	1:41,0	1:50,0	2:00,0	2:11,0	2:21,0		
HM-Team	4:15,0		4:30,0		4:55,0		5:20,0		6:20,0				
Marathon	2:45,0	2:49,0	2:58,0	3:10,0	3:20,0	3:30,0	3:50,0	4:10,0	4:30,0	5:00,0	5:30,0		
M-Team	8:30,0		9:15,0		10:50,0		12:30,0		14:30,0				
4x100m	-		-		-		-		-		-		
Hoch	1,65	1,60	1,55	1,50	1,45	1,37	1,30	1,20	1,10	1,00	0.95	0,90	0,85
Weit	5,70	5,50	5,30	5,10	4,80	4,60	4,20	3,80	3,50	3,20	2,90	2,50	2,30
Kugel	12,00	11,50	11,00	10,50	11,00	10,50	10,50	9,80	9,50	8,50	8,00	6,50	5,80
Diskus	35,00	34,00	33,00	30,00	35,00	32,00	34,00	31,50	28,00	24,00	17,50	14,00	12,10
Hammer	36,00	34,00	32,00	29,00	30,00	27,00	27,00	25,00	23,00	20,00	19,00	15,00	13,50
Speer	44,00	40,00	39,00	36,00	36,00	33,00	32,00	30,00	27,00	22,00	16,50	14,50	12,60
5-Kampf (AK)	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300
3-Kampf (AK)							1400	1400	1400	1400	1400	1400	1400

Leistungsstandards 2021 Saarland bei weniger als 2 Teilnehmern einer Altersklasse

Stand: 14.06.2021

Seniorinnen	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90
100m	14,40	14,90	15,50	15,50	16,10	17,10	18,50	19,50	21,00	24,00	25,50	27,50	31,00
200m	30,00	30,50	31,50	33,00	35,00	37,00	39,00	42,00	45,00	48,50	52,00	55,00	57,00
400m	69,00	69,50	72,00	75,30	80,00	84,00	88,50	96,00	110,0	119,0	129,0	135,0	138,0
800m	2:44,0	2:47.0	2:55,0	3:00,0	3:16,0	3:35,0	3:50,0	4:10,0	4:25,0	4:35,0	4:50,0	5:10,0	5:40,0
3000m	12:20,0	12:50,0	13:30,0	14:10,0	15:10,0	16:20,0	17:30,0	18:20,0	19:20,0	20:30	23:30	25:00	30:00
5000m	21:00	21:30	22:30	23:30	24:30	26:00	27:40	30:00	34:00	36:00	38:00	42:00	49:00
10000m	43:30	45:30	48:00	50:00	52:00	53:30	56:50	63:30	70:30	74:00	77:00	88:00	95:00
10km Straße	43:30	45:30	48:00	50:00	52:00	53:30	56:50	63:30	70:30	74:00	77:00	88:00	95:00
Halbmarathon	1:35,0	1:36,0	1:42,0	1:46,0	1:50,0	2:00,0	2:15,0	2:30,0	2:45,0	2:50,0	2:55	-	-
HM-Team	5:30,0		6:30,0		7:30,0								
Marathon	3:28,0	3:30,0	3:40,0	3:55,0	4:10,0	4:30,0	4:50,0	5:15,0	5:40,0	5:55,0	6:00,0		
M-Team	12:00,0		13:30,0		15:30,0								
4x100m	-		-		-		-		-				
Hoch	1,39	1,33	1,27	1,20	1,15	1,09	1,00	0,95	0,90	0,85	0,80	0,80	0,80
Weit	4,40	4,30	4,25	4,00	3,70	3,40	3,00	2,70	2,60	2,30	2,10	1,90	1,90
Kugel	9,00	8,60	8,30	8,00	8,40	7,90	7,40	6,90	6,50	6,25	5,75	4,80	4,00
Diskus	29,00	27,00	25,00	23,00	21,00	18,00	16,00	14,00	12,00	12,00	11,00	9,50	8,50
Hammer	25,00	23,00	22,00	20,50	21,00	20,00	18,50	17,00	16,50	18,00	16,00	14,00	13,00
Speer	28,50	27,50	24,00	21.00	21,00	17,50	17,00	15,00	14,00	13,50	11,50	10,00	9,00
5-Kampf (AK)	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300	2300
3-Kampf(AK)					1400	1400	1400	1400	1400	1400	1400	1400	1400