# Leistungsstandards Saarland bei weniger als 2 Teilnehmern einer Altersklasse

Aktualisierung per 01.01.2016

| Senioren | M30 | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80 | M85 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m | 12,50 | 12,80 | 13,00 | 13,20 | 13,70 | 14,30 | 14,80 | 15,60 | 16,80 | 18,40 | 21,00 | - |
| 200m | 25,60 | 26,20 | 27,00 | 27,30 | 28,30 | 29,40 | 30,50 | 32,00 | 35,00 | 38,50 | 43,00 | - |
| 400m | 57,10 | 58,50 | 59,40 | 61,20 | 64,00 | 68,00 | 72,00 | 76,00 | 83,00 | 89,00 | 95,00 | - |
| 800m | 2:18,00 | 2:21,00 | 2:25,00 | 2:30,00 | 2:40,00 | 2:45,00 | 2:55,00 | 3:15,00 | 3:35,00 | 3:50,00 | 4:00,00 | - |
| 5000m | 17:30 | 18:00 | 18:30 | 19:00 | 20:00 | 21:50 | 23:00 | 24:00 | 26:30 | 29:00 | 32:00 | - |
| 10000m | 36:50 | 37:50 | 38:00 | 39:00 | 42:50 | 45:00 | 47:30 | 51:00 | 54:00 | 62:50 | 66:00 | |
| 10KM Straße | 36:50 | 37:50 | 38:00 | 39:00 | 42:00 | 45:00 | 47:30 | 51:00 | 54:00 | 62:50 | 66:00 | |
| Halbmarathon | 1:18,00 | 1:19,00 | 1:21,00 | 1:25,00 | 1:29,00 | 1:34,00 | 1:41,00 | 1:50,00 | 2:00,00 | 2:11,00 | 2:21,00 | |
| HM-Team | 4:15,00 | | 4:30,00 | | 4:55,00 | | 5:20,00 | | 6:20,00 | | | |
| Marathon | 2:45,00 | 2:49,00 | 2:58,00 | 3:10,00 | 3:20,00 | 3:30,00 | 3:50,00 | 4:10,00 | 4:30,00 | 5:00,00 | 5:30,00 | |
| Marathon Team | 8:30,00 | | 9:15,00 | | 10:50,00 | | 12:30,00 | | 14:30,00 | | | |
| 4x100m | 50:00 | | 53:00 | | 57:00 | | 62:00 | | 71:00 | | | |
| Hoch | 1,65 | 1,60 | 1,55 | 1,50 | 1,45 | 1,37 | 1,30 | 1,20 | 1,10 | 1,00 | 0,95 | |
| 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 |
| Kugel | 12,20 | 11,50 | 11,50 | 10,50 | 11,00 | 10,50 | 10,50 | 9.80 | 9,50 | 8,50 | 8,50 | 6,50 |
| Diskus | 35,00 | 34,00 | 33,00 | 30,00 | 35,00 | 32,00 | 34,00 | 31,00 | 28,00 | 24,00 | 17,50 | 14,50 |
| Speer | 44,00 | 40,00 | 39,00 | 36,00 | 36,00 | 33,00 | 32,00 | 30,00 | 27,00 | 22,00 | 18,50 | 15,00 |
| Hammer | 36,00 | 34,00 | 32,00 | 29,00 | 30,00 | 27,00 | 27,00 | 25,00 | 23,00 | 20,00 | 19,00 | 16,00 |
| 5-Kampf (AK) | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 |
| 3-Kampf (AK) | | | | | | | 1400 | 1400 | 1400 | 1400 | 1400 | 1400 |

# Leistungsstandards Saarland bei weniger als 2 Teilnehmern einer Altersklasse

Aktualisierung per 01.01.2016

| Seniorinnen | W30 | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 | W75 | W80 | W85 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 100m | 14,30 | 14,90 | 15,50 | 15,50 | 16,10 | 17,10 | 18,50 | 19,50 | 21,00 | 24,00 | 25,50 | - |
| 200m | 30,00 | 30,50 | 31,50 | 33,00 | 35,00 | 37,00 | 39,00 | 42,00 | 45,00 | 48,50 | 52,00 | - |
| 400m | 69,00 | 69,50 | 72,00 | 75,30 | 80,00 | 84,00 | 88,50 | 95,00 | 110,00 | 119,00 | - | |
| 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 | 5:00 |
| 5000m | 20:30 | 21:00 | 22:00 | 23:30 | 24:30 | 26:00 | 27:40 | 30:00 | 34:00 | 36:00 | 38:00 | 40:00 |
| 10000m | 43:30 | 45:30 | 48:00 | 50:00 | 52:00 | 53:50 | 56:50 | 63:30 | 70:30 | 74:00 | 77:00 | 80:00 |
| 10km Straße | 43:30 | 45:30 | 48:00 | 50:00 | 52:00 | 53:50 | 56:50 | 63:30 | 70:30 | 74:00 | 77:00 | 80:00 |
| Halbmarathon | 1:35 | 1:36,00 | 1:42,00 | 1:46,00 | 1:50,00 | 2:00,0 | 2:15,00 | 2:30,00 | 2:45,00 | 2:50,00 | 2:55,00 | - |
| HM-Team | 5:30,00 | | 6:30,00 | | 7:30,00 | | | | | | | |
| Marathon | 3:28,00 | 3:30,00 | 3:40,00 | 3:55,00 | 4:10,00 | 4:30,00 | 4:50,00 | 5:15,00 | 5:40,00 | 5:55:00 | 6:00,00 | |
| Marathon-Team | 12:00,00 | | 13:30,00 | | 15:30,00 | | | | | | | |
| 4x100m | 61:00 | | 64:00 | | 70:00 | | 77:00 | | 78:50 | | | |
| Hoch | 1,39 | 1,33 | 1,27 | 1,20 | 1,15 | 1,09 | 1,00 | 0,95 | 0,90 | 0,85 | | |
| Weit | 4,60 | 4,40 | 4,25 | 4,00 | 3,70 | 3,40 | 3,00 | 2,70 | 2,60 | 2,30 | | |
| Kugel | 9,00 | 8,60 | 8,30 | 8,00 | 8,40 | 7,90 | 7,40 | 6,90 | 6,50 | 6,25 | 5,75 | |
| Diskus | 29,00 | 27,00 | 25,00 | 23,00 | 21,00 | 18,00 | 16,00 | 14,00 | 12,00 | 12,00 | 11,00 | |
| Speer | 30,00 | 27,00 | 24,00 | 21,00 | 21,00 | 19,00 | 18,00 | 16,00 | 14,00 | 13,50 | 12,00 | |
| Hammer | 25,00 | 23,00 | 22,00 | 20,50 | 21,00 | 20,00 | 18,50 | 17,00 | 16,50 | 18,00 | | |
| 5-Kampf (AK) | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 | 2300 | - |
| 3-Kampf (AK) | | | | | 1400 | 1400 | 1400 | 1400 | 1400 | 1400 | 1400 | - |