

ADAPTED AND CORRECTED 2012

reworked and completed from Jan 2014

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MEN	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	M100
60m	9,859	9,568	9,277	8,986	8,695	8,404	8,101	7,772	7,399	6,957	6,413	5,725	4,840	2,783
60m H (indoor)	9,838	9,466	9,094	8,922	8,550	8,312	7,940	7,714	7,328	6,826	6,178	5,001	4,119	3,137
80m Hurdles	-	-	-	-	-	-	-	10,220	9,845	8,912	8,344	7,496	6,129	2,981
100m Hurdles	-	-	-	9,604	9,229	9,012	8,637							
110m / 0,991m	9,901	9,526	9,151											
100m	9,869	9,578	9,287	8,996	8,705	8,414	8,111	7,782	7,409	6,967	6,423	5,735	4,850	2,735
200m	9,837	9,536	9,235	8,934	8,633	8,332	8,007	7,642	7,215	6,697	6,051	5,231	4,181	2,668
200m Hurdles										09,641	08,877	7,627	6,118	2,718
300m Hurdles						8,568	7,852	7,046	6,146					
400m Hurdles	1,000	9,572	9,144	8,716	8,288									
400m	9,654	9,354	9,054	8,754	8,454	8,154	7,836	7,460	6,984	6,363	5,548	4,485	3,114	2,469
800m	9,917	9,560	9,203	8,847	8,490	8,133	7,776	7,420	6,924	6,281	5,478	4,498	3,318	2,417
1.000m (indoor)	9,928	9,537	9,146	8,755	8,364	7,968	7,561	7,111	6,588	5,952	5,153	4,127	0.2791	1,908
1.500m	9,913	9,519	9,125	8,731	8,337	7,939	7,529	7,079	6,556	5,920	5,121	4,095	0.2759	1,908
2000m St Ch						12,434	11,572	10,645	9,643	8,546	7,324	6,072	4,736	3,765
3000m St Ch	10,000	9,539	9,078	8,617	8,156									
3000m	10,000	9,652	9,304	8,956	8,608	8,260	7,898	7,487	6,986	6,347	5,515	4,428	3,017	1,868
5000m	10,000	9,651	9,302	8,953	8,604	8,255	7,892	7,480	6,978	6,338	5,505	4,417	3,005	1,868
10000m	10,000	9,648	9,296	8,944	8,592	8,240	7,858	7,418	6,885	6,217	5,365	4,273	3,174	1,868
High Jump	10,260	10,486	11,022	11,617	12,280	13,025	13,869	14,832	15,943	17,241	18,779	20,635	22,925	35,000
Pole Vault	10,168	10,773	11,481	12,272	13,182	14,236	15,475	16,949	18,733	20,938	23,730	27,382	32,362	48,547
Long Jump	10,317	10,899	11,551	12,286	13,121	14,078	15,186	16,482	18,021	19,876	22,158	25,031	28,760	64,392
Triple Jump	10,069	10,636	11,270	11,984	12,795	13,724	14,799	16,056	17,546	19,428	21,982	25,759	40,644	79,590
Hammer 7,250kg	10,300	11,252	12,397											
6,000kg	-	-	-	11,864	13,145									
5,000kg	-	-	-	-	-	13,082	14,656							
4,000kg								14,524	16,490					
3,000kg										18,654	22,212	27,616	36,895	56,369
Shot Put 7,250kg	10,372	11,137	12,023											
6,000kg	-	-	-	11,721	12,706									
5,000kg	-	-	-	-	-	12,482	13,607							
4,000kg								12,806	13,993					
3,000kg										15,053	16,866	19,535	24,044	33,512
Discus 2,000kg	10,143	11,014	12,049											
1,500kg	-	-	-	10,218	11,103									
1,000kg	-	-	-	-	-	10,628	11,637	12,781	14,332	16,441	19,508	24,402	33,478	56,116
Javelin 800g	10,126	10,862	11,716											
700g	-	-	-	12,278	13,380									
600g	-	-	-	-	-	14,140	15,620							
500g	-	-	-	-	-	-	-	16,801	18,932					
400g	-	-	-	-	-	-	-	-	-	20,952	24,378	29,137	36,206	87,034
Weight 15,880kg	10,203	10,898	11,697											
11,340kg	-	-	-	10,488	11,225									
9,080kg	-	-	-	-	-	10,424	11,153							
7,260kg	-	-	-	-	-	-	-	11,408	12,286					
5,450kg	-	-	-	-	-	-	-	-	-	13,043	14,452	16,714	21,057	32,456

WOMEN														
	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95	W100
60m	9,890	9,538	9,186	8,834	8,482	8,130	7,778	7,386	6,940	6,410	5,750	4,898	3,776	2,417
60m H (indoor)	9,644	9,060	8,965	8,621	8,277	7,923	7,560	7,184	6,739	6,209	5,549	4,697	3,572	2,417
80m Hurdles	-	11,834	10,914	10,964	10,044	9,924	9,004	8,084	7,114	5,946	4,391	2,209	1,803	1,312
100m Hurdles	9,852	-	-	-	-	-	-	-	-	-	-	-	-	-
100m	9,900	9,548	9,196	8,844	8,492	8,140	7,788	7,396	6,950	6,420	5,760	4,908	3,786	2,706
200m	9,702	9,342	8,982	8,622	8,262	7,902	7,542	7,068	6,545	5,857	4,932	3,600	2,938	1,917
200m Hurdles								14,794	13,902	12,510	9,724	8,943	7,856	6,012
300m Hurdles				12,138	11,388	10,582	9,682							
400m Hurdles	10,000	9,338	8,568											
400m	9,799	9,391	8,983	8,575	8,167	7,715	7,201	6,602	5,889	5,026	3,969	2,665	2,132	1,625
800m	9,951	9,537	9,123	8,709	8,295	7,848	7,342	6,752	6,053	5,220	4,228	3,052	2,554	2,007
1.500m	9,872	9,457	9,042	8,627	8,212	7,759	7,242	6,635	5,912	5,047	4,014	3,140	1,999	1,698
2000m St Ch	10,000	9,582	9,164	8,746	8,316	7,862	7,358	6,754	5,966	4,902	4,089	3,211	2,417	1,668
3000m	10,000	9,572	9,144	8,716	8,276	7,803	7,276	6,669	5,952	5,090	4,047	3,506	2,225	1,768
5000m	1,000	9,775	9,150	8,725	8,300	7,848	7,353	6,797	6,160	5,420	4,553	3,495	2,219	1,768
10000m	10,000	9,589	9,160	8,740	8,320	7,874	7,382	6,822	6,169	5,394	4,464	3,670	2,470	1,768
High Jump	10,512	11,036	11,614	12,256	12,973	13,779	14,708	15,795	17,094	18,681	20,673	23,261	26,766	32,000
Pole Vault	10,820	11,451	12,159	12,961	13,877	14,932	16,160	17,854	20,333	24,342	32,020	48,402	54,547	60,588
Long Jump	10,500	11,101	11,776	12,538	13,405	14,400	15,557	16,943	18,695	21,645	29,154	32,696	44,235	75,200
Triple Jump	10,186	10,780	11,448	12,204	13,066	14,060	15,218	16,781	19,164	23,391	32,733	33,532	44,286	75,610
Hammer	4,000kg	10,942	11,763	12,717										
	3,000kg	-	-	-	12,838	13,984	15,353	17,038	19,160					
	2,000kg									18,918	21,630	25,284	30,478	38,446
Shot Put	4,000kg	10,368	11,100	11,943				-	-	-	-	-	-	-
	3,000kg	-	-	-	12,607	13,706	15,015	16,600	18,559					
	2,000kg	-	-	-	-	-	-	-	-	18,324	20,742	23,894	28,176	34,328
Discus	1,000kg	10,368	11,150	12,058	13,128	14,407	15,961	17,927	20,542					
	0,750kg	-	-	-	-	-	-	-	-	21,546	25,220	30,404	38,270	51,626
Javelin	600g	10,621	11,475	12,479										
	500g	-	-	-	13,147	14,482	16,118	1.8171	2.0992					
	400g	-	-	-	-	-				22,794	27,129	33,500	43,782	63,171
Weight	9,080kg	10,922	11,852	12,955										
	7,260kg	-	-	-	11,822	12,918								
	5,450kg	-	-	-	-	-	12,108	13,260	14,667					
	,4,000kg									13,955	15,424	17,304	19,798	23,272