

Deutscher Leichtathletik-Verband	Kaderrichtwerte Frauen 2016 / 2017										beschlossen im BA-L am 01.07.2015				
Status	C-Kader		B-Kader							JET	JET	JET	JET+	TT	
Jahrgang	1999	1998	1997	1996	1995	1994	1993	1992	1991	1996	1995	1994	1993		
Alter	Jugend U18	Jugend U20	19	20	21	22	23	24	25+	20	21	22	23		
100m		11,90	11,75	11,70	11,60	11,55	11,45	11,35	11,30	11,52	11,45	11,40	11,30	11,20	
200m		24,20	23,90	23,80	23,65	23,50	23,35	23,20	23,10	23,50	23,35	23,25	23,10	22,85	
400m		55,20	54,30	54,00	53,50	53,10	52,60	52,15	51,80	53,15	52,65	52,20	51,90	51,50	
100mH		14,05	13,70	13,50	13,40	13,30	13,15	13,05	12,95	13,40	13,25	13,15	13,05	12,90	
400mH		61,00	59,50	58,75	58,10	57,50	57,00	56,50	55,90	57,80	56,90	56,35	56,00	55,55	
800m		02:09,00	02:06,00	02:05,00	02:04,50	02:03,70	02:02,50	02:01,30	02:00,20	02:03,50	02:02,50	02:01,70	02:00,80	01:59,50	
1500m		04:28,00	04:23,00	04:20,00	04:17,00	04:15,00	04:12,00	04:09,00	04:07,00	04:14,00	04:13,00	04:11,00	04:08,00	04:05,00	
3000 m		09:45,00	09:25,00												
5000m		16:45,00	16:30,00	16:15,00	16:05,00	16:00,00	15:45,00	15:35,00	15:25,00	15:59,00	15:55,00	15:45,00	15:30,00	15:18,00	
10000m			35:15,00	34:50,00	34:25,00	34:00,00	33:35,00	33:05,00	32:20,00	34:30,00	34:20,00	33:45,00	32:45,00	31:55,00	
2000m H		06:51,00	06:37,00												
3000m H			10:24,00	10:20,00	10:10,00	10:03,00	09:53,00	9:44,00	09:39,00	10:06,00	10:00,00	09:54,00	09:46,00	09:37,50	
Halbmarathon				01:19:30	01:17:30	01:16:30	01:15:30	01:14:00	01:12:30	01:17:30	01:16:30	01:15:30	01:14:00	01:11,00	
Marathon				02:44:00	02:42:00	02:39:30	02:37:00	02:34:30	02:32:00		02:39:00	02:37:30	02:34:30	02:28:00	
5kmG		24:30,00	23:00,00												
10km G		50:40,00	48:30,00	47:30,00											
20kmG		01:49:40	01:44:00	01:42:00	01:40:00	01:38:00	01:36:00	01:34:00	01:32.30	01:37:00	01:36:00	01:34:00	01:32:45	01:31:45	
Hoch		1,80	1,83	1,84	1,85	1,87	1,89	1,91	1,93	1,87	1,89	1,90	1,92	1,95	
Stab		3,90	4,20	4,25	4,30	4,35	4,40	4,45	4,50	4,30	4,35	4,40	4,45	4,55	
Weit		6,10	6,35	6,40	6,45	6,50	6,58	6,63	6,68	6,45	6,50	6,55	6,65	6,75	
Drei		12,75	13,20	13,30	13,45	13,60	13,75	13,95	14,15	13,70	13,80	13,95	14,15	14,30	
Kugel	16,80	14,80	15,50	16,00	16,50	17,20	17,50	17,80	18,20	16,20	16,70	17,30	17,70	18,50	
Diskus	47,00	47,00	51,00	53,00	54,00	55,00	57,50	59,50	61,00	54,50	56,00	57,50	59,00	62,00	
Hammer	59,00	54,50	59,50	60,50	62,00	64,50	66,00	69,00	70,50	64,00	65,50	67,00	69,00	71,50	
Speer	49,00	47,00	51,50	52,00	54,00	55,00	57,50	59,50	60,50	55,00	56,00	57,70	59,00	61,00	
Siebenkampf		5250	5500	5600	5700	5800	5950	6050	6100	5800	5900	6000	6075	6200	

JET= DLV-Junior-Elli TT= DLV-TopTeam

Deutscher Leichtathletik-Verband		Kaderrichtwerte Männer 2016 / 2017								beschlossen im BA-L am 01.07.2015				
Status	C-Kader	C-Kader	B-Kader							JET	JET	JET	JET+	TT
Jahrgang	1999	1998	1997	1996	1995	1994	1993	1992	1991	1996	1995	1994	1993	
Alter	Jugend U18	Jugend U20	19	20	21	22	23	24	25+	20	21	22	23	
100m		10,66	10,52	10,46	10,43	10,38	10,33	10,25	10,20	10,37	10,34	10,29	10,21	10,12
200m		21,53	21,20	21,10	20,95	20,88	20,75	20,68	20,55	20,90	20,82	20,72	20,62	20,45
400m		48,00	47,20	47,00	46,75	46,45	46,20	45,90	45,70	46,40	46,20	46,00	45,75	45,30
110mH		13,95*	14,10	13,95	13,85	13,80	13,70	13,60	13,54	13,85	13,75	13,65	13,60	13,46
400mH		53,25	51,80	51,40	51,00	50,50	50,20	49,95	49,80	50,80	50,50	50,00	49,75	49,25
800m		01:52,20	01:49,50	01:49,00	01:48,00	01:47,50	01:47,00	01:46,50	01:46,10	01:47,50	01:47,00	01:46,60	01:46,10	01:45,30
1500m		03:52,00	03:46,00	03:45,00	03:44,00	03:42,00	03:40,00	03:38,50	03:37,30	03:42,00	03:40,00	03:38,50	03:37,00	03:34,70
3000 m		08:38,00	08:18,00											
5000m		14:40,00	14:15,00	14:10,00	14:05,00	13:58,00	13:45,00	13:38,00	13:32,00	14:04,00	13:55,00	13:45,00	13:33,00	13:16,00
10000m		30:35,00	30:20,00	30:00,00	29:40,00	29:30,00	29:00,00	28:45,00	28:30,00	29:35,00	29:20,00	28:55,00	28:30,00	27:54,00
2000m H		05:52,50	05:42,00											
3000m H		09:24,00	09:01,00	08:55,00	08:48,00	08:44,00	08:35,00	08:30,00	08:26,00	08:48,00	08:44,00	08:36,00	08:30,00	08:21,50
Halbmarathon				01:07:00	01:06:00	01:05:00	01:04:30	01:04:00	01:03:00	01:06:00	01:05:30	01:04:30	01:03:30	01:02:30
Marathon				02:24:00	02:22:00	2:18.00	2:16.30	2:15.00	2:14.30		02:18:00	02:16:00	02:14:00	02:12:00
10kmG		45:00,00	42:30,00											
20kmG		01:35:30	01:32:00	01:30:00	01:27:30	01:25:50	01:24:30	01:23:00	01:22:00	01:25:00	01:24:00	01:23:30	01:23:00	01:21:20
50kmG				04:18:00	04:10:00	04:05:00	03:59:00	03:57:00	03:53.50		04:05:00	03:59:00	03:56:00	03:52:00
Hoch		2,09	2,15	2,17	2,19	2,22	2,24	2,26	2,28	2,22	2,24	2,26	2,28	2,30
Stab		4,90	5,25	5,35	5,40	5,45	5,55	5,60	5,65	5,40	5,50	5,60	5,65	5,70
Weit		7,30	7,60	7,70	7,78	7,83	7,90	8,00	8,08	7,80	7,90	8,00	8,10	8,18
Drei		14,85	15,65	15,80	15,90	16,15	16,40	16,65	16,95	16,30	16,45	16,70	16,80	17,05
Kugel	18,50	17,00 *	18,50 *	17,50	18,00	18,50	19,00	19,50	20,20	18,20	18,60	19,10	19,70	20,50
Diskus	59,00	53,00 *	56,00 *	55,00	56,50	58,50	60,00	62,50	64,50	57,50	59,50	61,00	63,00	65,50
Hammer	67,50	61,00 *	68,50 *	65,00	67,50	70,00	72,50	75,00	76,50	70,00	71,50	72,50	75,50	77,50
Speer	69,00	64,00	72,00	73,50	75,50	76,50	78,50	80,50	82,00	77,00	78,00	79,00	80,80	83,00
Zehnkampf		6900 *	7400 *	7400	7600	7700	7850	7950	8100	7650	7750	7880	8000	8200

*A-Jugendgeräte (Gewichte, Hürdenhöhe) JET= DLV-Junior-Elite Team

TT= DLV-TopTeam