

## Sprint (60 - 400 meter)

	60 meter inde		100 meter		200 meter		400 meter inde		400 meter	
	Piger	Dr.	Piger	Dr.	Piger	Dr.	Piger	Dr.	Piger	Dr.
Elite 1	8,10	7,46	12,74	11,59	26,47	23,85	60,55	53,59	<u>300m:</u> 41,74 59,81	<u>300m:</u> 37,51 53,10
Elite 2	8,00	7,31	12,59	11,39	26,09	23,24	59,57	52,37	58,84	51,86
Elite 3	7,91	7,18	12,45	11,22	25,74	22,76	58,68	51,36	57,96	50,81
Elite 4	7,83	7,07	12,32	11,06	25,41	22,38	57,87	50,55	57,16	49,93
Elite 5	7,75	6,98	12,20	10,93	25,11	22,08	57,13	49,89	56,43	49,19
Elite 6	7,68	6,91	12,09	10,81	24,83	21,84	56,47	49,36	55,77	48,57
Elite 7	7,62	6,86	11,99	10,70	24,58	21,64	55,86	48,92	55,18	48,05
Elite 8	7,57	6,81	11,90	10,61	24,34	21,47	55,31	48,56	54,64	47,61
Elite 9	7,52	6,78	11,81	10,54	24,12	21,33	54,82	48,25	54,15	47,25
Elite 10	7,48	6,75	11,73	10,47	23,91	21,20	54,38	47,97	53,71	46,94
Elite 11	7,44	6,73	11,65	10,42	23,73	21,09	53,98	47,73	53,31	46,67
Elite 12	7,41	6,71	11,57	10,37	23,55	20,98	53,62	47,51	52,96	46,43
Elite 13	7,39	6,69	11,49	10,32	23,40	20,88	53,29	47,30	52,64	46,21
Elite 14	7,37	6,68	11,42	10,28	23,25	20,78	53,00	47,10	52,35	46,00

## Hækkeløb (60 – 400 meter)

	60 meter hæk		100/110 meter hæk		400 meter hæk	
	Piger	Drenge	Piger	Drenge	Piger	Drenge
Elite 1	<u>76.2cm: 9.37</u> 9,62	<u>84.0cm: 9.00</u>	<u>80m/76.2: 11.97</u> 16,10	<u>100m/84.0: 14.33</u>	<u>300m/76.2: 47.53</u> 65,69	<u>300m/76.2: 41.79</u> 58,86
Elite 2	<u>76.2cm: 9.13</u> 9,30	<u>91.4cm: 8.75</u>	<u>100m/76.2: 14.79</u> 15,66	<u>110/91.4m: 15.22</u>	64,61	<u>400m/84.0: 57.22</u> 57,65
Elite 3	<u>76.2cm: 8.96</u> 9,07	<u>91.4cm: 8.52</u>	<u>100m/76.2: 14.50</u> 15,27	<u>110m/91.4: 14.75</u>	63,60	<u>400m/84.0: 56.05</u> 56,57
Elite 4	8,90	<u>99.1cm: 8.50</u> 8,64	14,94	<u>110m/99.1: 14.88</u> 15,73	62,68	55,60
Elite 5	8,76	<u>99.1cm: 8.35</u> 8,45	14,64	<u>110m/100: 14.53</u> 15,30	61,82	54,72
Elite 6	8,66	8,29	14,39	14,94	61,02	53,94
Elite 7	8,57	8,17	14,17	14,65	60,29	53,25
Elite 8	8,50	8,07	13,98	14,41	59,63	52,61
Elite 9	8,43	8,00	13,81	14,22	59,01	52,03
Elite 10	8,38	7,94	13,66	14,07	58,45	51,50
Elite 11	8,32	7,88	13,53	13,95	57,92	51,01
Elite 12	8,28	7,84	13,40	13,86	57,43	50,57
Elite 13	8,24	7,80	13,28	13,79	56,97	50,16
Elite 14	8,20	7,77	13,16	13,72	56,55	49,80

## Mellemdistance (800 – 3.000 meter)

	800 meter		1500 meter		3000 meter		3000 meter FH	
	Piger	Dreng	Piger	Dreng	Piger	Dreng	Piger	Dreng
Elite 1	2.20,00	2.01,00	4.50,00	4.15,00	10.35,00	9.08,80	----	----
Elite 2	2.17,79	1.58,56	4.45,47	4.08,08	10.24,11	8.57,93	----	----
Elite 3	2.15,74	1.56,51	4.41,20	4.02,36	10.13,54	8.48,80	----	----
Elite 4	2.13,85	1.54,77	4.37,18	3.57,66	10.03,37	8.40,52	----	----
Elite 5	2.12,11	1.53,29	4.33,40	3.53,80	9.53,50	8.33,00	11.20,00	9.30,00
Elite 6	2.10,49	1.52,05	4.29,85	3.50,62	9.44,16	8.26,19	11,09,82	9.19,27
Elite 7	2.09,00	1.51,00	4.26,50	3.48,00	9.35,09	8.20,00	10.59,83	9.10,00
Elite 8	2.07,63	1.50,10	4.23,35	3.45,86	---	---	10.50,03	9.02,01
Elite 9	2.06,35	1.49,35	4.20,39	3.44,10	---	---	10.40,42	8.55,12
Elite 10	2.05,18	1.48,71	4.17,60	3.42,65	---	---	10.31,00	8.49,17
Elite 11	2.04,09	1.48,17	4.14,98	3.41,45	---	---	10.21,76	8.44,04
Elite 12	2.03,09	1.47,71	4.12,51	3.40,47	---	---	10.12,69	8.39,62
Elite 13	2.02,16	1.47,33	4.10,18	3.39,67	---	---	10.03,80	8.35,80
Elite 14	2.01,30	1.47,00	4.08,00	3.39,00	---	---	9.55,00	8.32,50

## Langdistance (5.000 meter – Maraton)

	5000 meter		10000 meter		Halvmaraton		Maraton	
	Piger	Dr.	Piger	Dr.	Piger	Dr.	Piger	Dr.
Elite 1	---	---	---	---	---	---	---	---
Elite 2	---	---	---	---	---	---	---	---
Elite 3	---	---	---	---	---	---	---	---
Elite 4	17.19,64	14.55,33	---	---	---	---	---	---
Elite 5	17.01,15	14.39,87	35.54,02	32.21,75	---	---	---	---
Elite 6	16.44,69	14.26,51	35.20,67	31.38,32	---	---	---	---
Elite 7	16.30,04	14.15,00	34.50,00	31.00,00	---	---	---	---
Elite 8	16.17,01	14.04,99	34.22,49	30.26,15	1.17.30	1.07.13	2.45.00	2.22.44
Elite 9	16.05,42	13.56,37	33.57,16	29.56,29	1.16.12	1.06.06	2.41.52	2.20.41
Elite 10	15.55,10	13.48,92	33.34,06	29.29,93	1.15.09	1.05.11	2.39.20	2.18.53
Elite 11	15.45,92	13.42,49	33.12,97	29.06,66	1.14.17	1.04,27	2.37,14	2.17.14
Elite 12	15.37,76	13.36,93	32.53,74	28.46,12	1.13.35	1.03.52	2.35.32	2.15.44
Elite 13	15.30,49	13.32,13	32.36,19	28.27,99	1.13.00	1.03.24	2.34.08	2.14.20
Elite 14	15.24,02	13.28,00	32.20,00	28.12,00	1.12.30	1.03.00	2.33.00	2.13.00

## Kapgang (3.000 meter – 50 km)

	3000 meter		5000 meter		10000 meter		20000 meter		50000 meter	
	Piger	Dr.	Piger	Dr.	Piger	Dr.	Piger	Dr.	Piger	Dr.
Elite 1	16.49,80	15.50,00	29.00,37	27.40,00	1.04.29,00	1.02.11,00	---	---	---	---
Elite 2	16.11,90	15.14,85	27.59,90	26.33,60	1.02.00,00	58.20,00	---	---	---	---
Elite 3	15.39,03	14.43,75	27.10,18	25.36,23	59.49,00	54.43,77	---	---	---	---
Elite 4	15.10,80	14.15,91	26.28,87	24.47,07	57.53,00	51.49,63	---	---	---	---
Elite 5	---	---	25.53,14	24.05,43	56.10,00	49.28,62	1.58,00	1.44,00	---	---
Elite 6	---	---	25.21,20	23.29,30	54.38,00	47.33,07	1.54,28	1.39.58	---	---
Elite 7	---	---	---	---	53.15,00	45.56,59	1.51.30	1.36.41	---	4.37.01
Elite 8	---	---	---	---	52.00,00	44.35,00	1.49.00	1.34.00	---	4.30.00
Elite 9	---	---	---	---	50.51,00	43.33,48	1.46.49	1.31.45	---	4.24.04
Elite 10	---	---	---	---	---	---	1.44.51	1.29.55	---	4.19.03
Elite 11	---	---	---	---	---	---	1.43.01	1.28.26	---	4.14.54
Elite 12	---	---	---	---	---	---	1.41.19	1.27.11	---	4.11.20
Elite 13	---	---	---	---	---	---	1.39.44	1.26.08	---	4.08.19
Elite 14	---	---	---	---	---	---	1.38.15	1.25.16	---	4.05.35
Elite 15	---	---	---	---	---	---	1.36.50	1.24.30	---	4.03.00

# Spring

	Längdespring		Trespring		Höjdespring		Stangspring	
	Piger	Dreng	Piger	Dreng	Piger	Dreng	Piger	Dreng
Elite 1	5,30	6,15	11,10	13,00	1,62	1,80	2,90	3,55
Elite 2	5,45	6,40	11,40	13,40	1,65	1,86	3,15	3,90
Elite 3	5,60	6,60	11,70	13,75	1,68	1,92	3,35	4,20
Elite 4	5,70	6,80	11,90	14,10	1,70	1,98	3,53	4,47
Elite 5	5,80	7,00	12,10	14,55	1,73	2,03	3,70	4,70
Elite 6	5,92	7,20	12,40	15,00	1,77	2,08	3,84	4,90
Elite 7	6,05	7,40	12,75	15,40	1,80	2,13	3,95	5,05
Elite 8	6,15	7,51	13,10	15,70	1,82	2,16	4,05	5,16
Elite 9	6,25	7,61	13,30	15,90	1,84	2,18	4,13	5,25
Elite 10	6,34	7,69	13,45	16,10	1,86	2,20	4,20	5,33
Elite 11	6,42	7,77	13,55	16,25	1,88	2,22	4,26	5,40
Elite 12	6,49	7,83	13,65	16,40	1,89	2,24	4,30	5,46
Elite 13	6,55	7,89	13,78	16,55	1,90	2,25	4,33	5,51
Elite 14	6,60	7,95	13,90	16,70	1,91	2,26	4,35	5,55

# Kast

	Kuglestød		Diskoskast		Hammerkast		Spydkast	
	Piger	Drenge	Piger	Drenge	Piger	Drenge	Piger	Drenge
Elite 1	<u>3kg 12,50</u> 11,00	<u>4kg 15,00</u> 12,15	<u>¾kg 38,00</u> 34,00	<u>1kg 46,00</u> 36,80	<u>3kg 42,00</u> 37,00	<u>4kg 48,00</u> 36,80	<u>500 39,70</u> 37,50	<u>600 51,00</u> 46,00
Elite 2	<u>3kg 13,25</u> 11,65	<u>5kg 15,40</u> 12,90	36,30	<u>1½kg 44,00</u> 39,30	<u>3kg 46,00</u> 40,50	<u>5kg 48,60</u> 41,40	<u>500 42,10</u> 39,80	<u>700 53,60</u> 50,10
Elite 3	<u>3kg 13,95</u> 12,30	<u>5kg 16,20</u> 13,65	38,60	<u>1½kg 47,50</u> 41,70	<u>3kg 49,70</u> 43,80	<u>5kg 53,70</u> 45,70	<u>500 44,40</u> 42,00	<u>700 57,40</u> 53,90
Elite 4	12,90	<u>6kg 15,70</u> 14,35	40,80	<u>1¾kg 46,50</u> 44,00	46,90	<u>6 kg 54,30</u> 49,70	44,00	57,40
Elite 5	13,45	<u>6kg 16,40</u> 15,05	42,90	<u>1¾kg 49,50</u> 46,30	49,80	<u>6 kg 58,20</u> 53,40	46,00	60,70
Elite 6	14,00	15,70	45,00	48,40	52,50	56,80	47,80	63,70
Elite 7	14,50	16,30	47,00	50,50	55,00	60,00	49,50	66,50
Elite 8	15,00	16,90	48,90	52,50	57,30	62,90	51,10	69,00
Elite 9	15,45	17,45	50,80	54,40	59,40	65,40	52,50	71,20
Elite 10	15,85	18,00	52,60	56,20	61,30	67,70	53,90	73,20
Elite 11	16,25	18,50	54,30	57,90	63,00	69,70	55,10	74,90
Elite 12	16,60	18,95	55,90	59,50	64,50	71,40	56,20	76,40
Elite 13	16,90	19,40	57,50	61,00	65,80	72,80	57,10	77,60
Elite 14	17,20	19,80	59,00	62,50	67,00	74,00	58,00	78,50

# Mangekamp

	Mangekamp inde		Mangekamp ude	
	Piger	Dreng	Piger	Dreng
Elite 1	4 kamp: 2450	5 kamp: 2700	4350	9 kamp: 5400
Elite 2	4 kamp: 2300 5 kamp: 2800 J	5 kamp: 3050	4000 J 3950 S	9 kamp: 5200 10 kamp: 5775
Elite 3	4 kamp: 2500 5 kamp: 2950 J	5 kamp: 3200 7 kamp: 4500 J	4150 J 4050 S	9 kamp: 5400 10 kamp: 6000
Elite 4	3100	7 kamp: 4700 J 7 kamp: 4600 S	4300	6650 J 6400 S
Elite 5	3250	7 kamp: 4850 J 7 kamp: 4750 S	4500	6850 J 6625 S
Elite 6	3400	4800	4850	6750
Elite 7	3550	4900	5150	6850
Elite 8	3675	5000	5275	7000
Elite 9	3800	5100	5400	7150
Elite 10	3900	5200	5500	7300
Elite 11	4000	5275	5600	7450
Elite 12	4075	5350	5700	7600
Elite 13	4150	5425	5800	7700
Elite 14	4225	5500	5900	7800