

Anlage zu den Kadernormen 2022/2023

| MÄNNLICH | U16 | U18 | | | U20 | | Erwachsene und U23 | | | |
|-----------------|-------------|-------------|-------------|-------------|--------------|--------------|--------------------|-------------|-------------|--|
| Jg | 2008 | 2007 | 2006 | 2005 | 2004 | 2003 | 2002 | 2001 | 2000 | |
| 100m | 12,30 | 11,99 | 11,69 | 11,43 | 11,22 | 11,21 | 11,07 | 11,02 | 10,87 | |
| 200m | | | 23,88 | 23,27 | 22,76 | 22,55 | 22,35 | 22,14 | 21,94 | |
| 300/400m | | 38,44 | 53,30 | 52,02 | 50,74 | 50,23 | 49,71 | 49,2 | 48,69 | |
| 80m/110mH | 12,20 | 11,48 | 15,27 | 14,86 (B) | 14,86 (A) | 14,76 | 15,17 | 15,07 | 14,86 | |
| 300/400H | | 42,33 | 59,76 | 56,60 | 56,38 | 55,97 | 55,35 | 54,53 | 53,81 | |
| 800m | 02:13,25 | 02:07,1 | 02:02,4 | 02:02,0 | 1:57,4 | 1:56,9 | 1:54,8 | 1:54,6 | 1:53,8 | |
| 1500m | | | 4:16,2 | 4:10,1 | 4:02,9 | 4:00,9 | 03:56,8 | 03:54,2 | 03:50,6 | |
| 3000m | 10:10,0 | 09:40 | 09:10 | 08:55 | 08:42 | 08:38 | 08:30 | 08:23 | 08:15 | |
| 5000m | | | | | 15:10,0 | 15:00 | 14:40 | 14:20 | 14:00 | |
| Hindernis | | | 06:30,0 | 06:20,0 | 06:10,0 | 06:05 | 09:30 | 09:10 | 09:00 | |
| Straße | | 17:20 (5) | 25,45(7,5) | 25:10 (7,5) | 50:30 (15) | 49:30 (15) | 01:10:00 | 01:09:00 | 01:08:00 | |
| | | | 34:15 (10) | 33:30 (10) | 33:00 (10) | | | | | |
| Hoch | 1,72 | 1,80 | 1,88 | 1,93 | 1,98 | 2,00 | 2,02 | 2,05 | 2,07 | |
| Stab | 3,12 | 3,61 | 4,00 | 4,19 | 4,49 | 4,58 | 4,78 | 4,88 | 4,97 | |
| Weit | 5,66 | 6,05 | 6,44 | 6,73 | 6,97 | 7,02 | 7,12 | 7,31 | 7,41 | |
| Drei | | 12,19 | 13,16 | 13,65 | 14,14 | 14,33 | 14,63 | 15,02 | 15,11 | |
| Kugel | 12,92 | 14,63 (4) | 15,31 (5) | 16,09 (5) | 16,09 (6) | 16,58 (6) | 15,60 | 16,09 | 16,58 | |
| Diskus | 37,05 (1) | 44,85 (1) | 43,88 (1,5) | 49,00 (1,5) | 46,80 (1,75) | 48,75 (1,75) | 46,80 | 49,73 | 51,68 | |
| Hammer | 39 (1) | 44,85 (4) | 48,75 (5) | 58,00 (5) | 58,50 (6) | 59,96 (6) | 56,55 | 60,45 | 62,21 | |
| Speer | 43,88 (600) | 49,24 (600) | 53,63 (700) | 57,53 (700) | 58,50 (6) | 60,45 | 61,75 | 64,64 | 68,25 | |
| 10-Kampf | 4095 | 8K: 4388 | 6045 (B) | 6338 (B) | 6338 (A) | 6435(A) | 6630 (Mä) | 6825 | 6825 | |

| WEIBLICH | U16 | U18 | | | U20 | | Erwachsene und U23 | | | |
|-----------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------------|-------------|-------------|--|
| Jg | 2008 | 2007 | 2006 | 2005 | 2004 | 2003 | 2002 | 2001 | 2000 | |
| 100m | 13,33 | 13,07 | 12,76 | 12,61 | 12,45 | 12,35 | 12,25 | 12,10 | 11,99 | |
| 200m | | | 26,45 | 26,45 | 25,93 | 25,27 | 24,11 | 24,91 | 24,70 | |
| 300/400m | | 43,56 | 60,99 | 59,45 | 57,91 | 57,40 | 56,99 | 56,58 | 55,76 | |
| 80m/100mH | 12,71 | 12,30 | 15,07 | 14,66 (B) | 14,66 (A) | 14,56 | 14,45 | 14,35 | 14,04 | |
| 300/400H | | 48,18 | 67,14 | 66,11 | 64,06 | 63,86 | 63,55 | 63,04 | 62,53 | |
| 800m | 02:26,6 | 02:23,5 | 02:20,4 | 02:17,4 | 02:14,3 | 02:13,3 | 02:11,2 | 02:10,2 | 02:09,2 | |
| 1500m | | | 04:57,3 | 4:51,1 | 4:41,9 | 4:39,8 | 04:36,8 | 04:34,7 | 04:29,6 | |
| 2000m | 07:15,6 | 6:55 | | | | | | | | |
| 3000m | | 11,00 | 10:30 | 10:10 | 09:55 | 09:40 | 09:30 | 09:20 | 09:15 | |
| 5000m | | | | | 18:30,0 | 18:00 | 17:30 | 17:00 | 16:30 | |
| Hindernis | | | 30:00,0 | 5:20 (1500) | 7:10 (2000) | | | | | |
| | | | (1500m) | | | | | | | |
| Straße | 21:01 | 19:40 (5) | 30:15(7,5) | 29:30 (7,5) | 58:30 (15) | 58,00 (15) | 1:26:00 | 1:22:00 | 1:18:00 | |
| | | | 40:15 (10) | 39:30 (10) | 38:45 (10) | | | | | |
| Hoch | 1,56 | 1,61 | 1,65 | 1,69 | 1,72 | 1,72 | 1,74 | 1,75 | 1,76 | |
| Stab | 2,63 | 2,83 | 3,02 | 3,22 | 3,46 | 3,36 | 3,41 | 3,46 | 3,51 | |
| Weit | 5,07 | 5,27 | 5,41 | 5,51 | 5,66 | 5,75 | 5,85 | 5,95 | 6,05 | |
| Drei | | 10,53 | 10,92 | 11,31 | 11,70 | 11,80 | 11,99 | 12,19 | 12,38 | |
| Kugel | 11,21 (3) | 12,19 (3) | 11,70 | 12,48 | 13,26 | 13,36 | 13,65 | 13,94 | 14,43 | |
| Diskus | 29,25 | 33,15 | 36,08 | 39,00 | 41,93 | 41,93 | 43,88 | 45,83 | 47,78 | |
| Hammer | 32,18(3) | 37,05 (3) | 37,05 | 40,95 | 45,83 | 45,83 | 46,80 | 47,78 | 48,75 | |
| Speer | 33,15 | 37,05 | 40,95 | 42,90 | 44,85 | 46,80 | 47,78 | 48,75 | 49,73 | |
| 7-Kampf | 3413 | 3608 | 4388 | 4583 | 4666 | 4778 | 4875 | 5070 | 5265 | |

Werte ohne 2,5% Abzug