

Prestatienormen Elitestatuut Vlaamse Atletiekliga 2020

MANNEN

VROUWEN

B2 U20	B2 U23	B1 U20	B1 U23	A3 U26	A3	A2	A1	DISC	A1	A2	A3	A3 U26	B1 U23	B1 U20	B2 U23	B2 U20
10,60	10,45	10,53	10,40	10,21	10,11	10,03	9,99	100	11,05	11,13	11,24	11,35	11,55	11,70	11,65	11,80
21,40	21,10	21,30	20,95	20,56	20,36	20,21	20,08	200	22,57	22,75	22,98	23,21	23,60	23,95	23,70	24,10
47,50	46,70	47,30	46,50	45,83	45,38	45,05	44,79	400	51,06	51,39	51,81	52,33	53,00	54,00	53,50	54,50
13,95	13,95	13,85	13,85	13,66	13,52	13,39	13,30	100/110H	12,78	12,89	13,05	13,18	13,45	13,75	13,55	13,90
52,50	51,50	52,00	51,15	49,88	49,39	49,05	48,75	400H	55,16	55,53	56,16	56,72	58,00	59,40	58,70	59,90
01:50,00	01:48,00	01:49,50	01:47,50	01:46,89	01:45,83	01:45,13	01:44,78	800	01:59,05	01:59,84	02:00,81	02:02,02	02:03,00	02:06,00	02:03,80	02:06,50
03:47,80	03:43,20	03:46,50	03:42,00	03:38,98	03:36,81	03:35,07	03:33,86	1500	04:01,90	04:04,27	04:07,73	04:10,21	04:14,00	04:21,00	04:16,00	04:23,00
								3000						09:30,00		09:35,00
14:30,00	14:10,00	14:20,00	14:00,00	13:32,87	13:24,82	13:15,47	13:10,98	5K	15:02,61	15:09,41	15:24,86	15:34,11	16:10,00	16:30,00	16:20,00	16:40,00
30:30,00	30:00,00	30:15,00	29:35,00	28:33,76	28:16,79	27:51,70	27:34,63	10K	31:34,68	31:50,06	32:25,84	32:45,30	34:20,00		34:50,00	
				2:12:42	2:11:23	2:09:47	2:08:38	42K	2:25:14	2:27:30	2:29:29	2:30:59				
09:10,00	08:50,00	09:05,00	08:43,00	08:34,84	08:29,74	08:23,40	08:18,79	35C	09:26,93	09:32,04	09:42,10	09:47,92	10:10,00	10:30,00	10:20,00	10:35,00
2,14	2,20	2,17	2,23	2,24	2,26	2,29	2,30	HJ	1,94	1,93	1,89	1,87	1,86	1,84	1,83	1,82
5,05	5,30	5,15	5,40	5,53	5,59	5,70	5,73	PV	4,65	4,54	4,40	4,36	4,24	4,10	4,15	4,05
7,50	7,70	7,60	7,80	7,96	8,04	8,14	8,22	LJ	6,78	6,71	6,60	6,53	6,40	6,30	6,30	6,20
15,50	16,00	15,80	16,20	16,59	16,76	16,94	17,08	TJ	14,32	14,18	13,92	13,78	13,60	13,15	13,35	13,00
18,30	17,85	18,65	18,40	20,00	20,20	20,76	21,16	SP	18,38	18,05	17,29	17,12	15,80	15,00	15,20	14,50
55,50	56,00	56,70	57,50	62,62	63,25	65,11	66,05	DT	63,00	61,35	58,55	57,96	54,00	50,00	53,00	49,00
68,50	67,50	71,00	69,50	73,31	74,05	75,98	76,95	HT	72,35	71,19	68,74	68,05	65,00	59,50	62,00	57,80
69,00	73,00	71,00	75,00	80,41	81,22	83,20	84,72	JT	63,23	61,99	59,15	58,56	54,00	52,00	52,30	51,00
7100	7400	7250	7550	7775	7854	8094	8181	10/7 KAMP	6297	6181	5976	5916	5700	5400	5600	5300
						6,59	6,55	60 i	7,13	7,19						
						7,66	7,60	60H i	7,97	8,04						
						5868	5986	7/5 KAMP i	4467	4338						
						07:48,22	07:44,15	3000 i	08:46,35	08:53,48						