



Die Angaben dienen als Richtwerte, die Kadertrainer behalten sich vor, im Sinne einer homogenen Gruppe, Anpassungen an diesen Richtwert zumachen.

### männliche Jugend / Junioren

| Disziplin     | Kategorie + Alter (Saison 2022) |           |           |           |           |            |
|---------------|---------------------------------|-----------|-----------|-----------|-----------|------------|
|               | u14                             | u16       |           | u18       |           | u20        |
|               | 13                              | 14        | 15        | 16        | 17        | 18         |
| Jahrgang      | 2009                            | 2008      | 2007      | 2006      | 2005      | 2004       |
|               | RW                              | RW        | RW        | RW        | RW        | RW         |
| 60/80/100 m   | 8.15                            | 9.80      | 9.60      | 11.50     | 11.30     | 11.20      |
| 200 m         |                                 |           |           | 23.45     | 23.10     | 22.80      |
| 400m          |                                 |           |           | 52.50     | 51.80     | 51.00      |
| 80-110mHü     | 13.40                           | 15.30     | 14.45     | 15.05     | 14.85     | 15.10      |
| 400m H        |                                 |           |           | 57.50     | 56.80     | 56.00      |
| 600/800 m     | 1:41.00                         | 1:36.00   | 1:33.00   | 2:05.00   | 2:03.00   | 2:01.00    |
| 1000/1500 m   | 3:00.00                         | 2:55.00   | 2:50.00   | 4:28.00   | 4:22.00   | 4:16.00    |
| 2000-5000m    |                                 | 6:35.00   | 6:25.00   | 9:50.00   | 9:40.00   | 9:20.00    |
| 2000m/3000mST |                                 |           |           | 6:50.00   | 6:34.00   | 6:24.00    |
| Hoch          | 1.53                            | 1.62      | 1.68      | 1.75      | 1.80      | 1.85       |
| Stab          | 2.80                            | 3.00      | 3.20      | 3.40      | 3.60      | 3.80       |
| Weit          | 5.40/Z                          | 5.70      | 6.00      | 6.30      | 6.60      | 6.90       |
| Drei          |                                 | 11.00     | 11.40     | 11.80     | 12.20     | 12.60      |
| Kugel         | 11.20/3                         | 12.50/4   | 13.00/4   | 13.00/5   | 13.70/5   | 12.80/6    |
| Diskus        |                                 | 36.00/1   | 38.00/1   | 36.00/1.5 | 38.00/1.5 | 36.00/1.75 |
| Hammer        |                                 | 35.00/4   | 40.00/4   | 35.00/5   | 40.00/5   | 40.00/6    |
| Speer         | 44.00/400                       | 44.00/600 | 47.00/600 | 47.00/700 | 52.00/700 | 50.00/800  |
| Mehrkampf     | 2000                            | 3500      | 3700      | 5500      | 5800      | 6100       |

### weibliche Jugend / Juniorinnen

| Disziplin     | Kategorie + Alter (Saison 2022) |            |            |           |           |           |
|---------------|---------------------------------|------------|------------|-----------|-----------|-----------|
|               | u14                             | u16        |            | u18       |           | u20       |
|               | 13                              | 14         | 15         | 16        | 17        | 18        |
| Jahrgang      | 2009                            | 2008       | 2007       | 2006      | 2005      | 2004      |
|               | RW                              | RW         | RW         | RW        | RW        | RW        |
| 60/80/100 m   | 8.20                            | 10.50      | 10.40      | 12.70     | 12.50     | 12.40     |
| 200 m         |                                 |            |            | 26.35     | 26.00     | 25.40     |
| 400m          |                                 |            |            | 60.00     | 59.50     | 59.00     |
| 60m-100m H    | 9.95                            | 12.50      | 12.20      | 14.80     | 14.50     | 14.62     |
| 400m H        |                                 |            |            | 65.50     | 65.00     | 64.45     |
| 600/800 m     | 1:48.00                         | 1:46.00    | 1:42.00    | 2:28.00   | 2:23.00   | 2:18.00   |
| 1000/1500 m   | 3:15.00                         | 3:11.00    | 3:07.00    | 5:20.00   | 5:15.00   | 5:00.00   |
| 2000-5000m    |                                 | 7:15.00    | 7:05.00    | 11:20.00  | 11:00.00  | 10:30.00  |
| 2000m/3000mST |                                 |            |            | 7:50.00   | 7:30.00   | 7:15.00   |
| Hoch          | 1.50                            | 1.52       | 1.55       | 1.56      | 1.58      | 1.60      |
| Stab          | 2.40                            | 2.60       | 2.80       | 2.90      | 3.10      | 3.20      |
| Weit          | 5.00                            | 5.10       | 5.20       | 5.30      | 5.40      | 5.50      |
| Drei          |                                 | 10.00      | 10.20      | 10.40     | 10.60     | 10.80     |
| Kugel         | 9.80/3                          | 10.90/3    | 11.20/3    | 11.60/3   | 12.20/3   | 11.00/4   |
| Diskus        |                                 | 29.00/0.75 | 31.00/0.75 | 29.00/1   | 31.00/1   | 33.00/1   |
| Hammer        |                                 | 25.00/3    | 28.00/3    | 30.00/3   | 33.00/3   | 30.00/4   |
| Speer         | 34.00/400                       | 37.00/400  | 40.00/400  | 38.00/500 | 40.00/500 | 40.00/600 |
| Mehrkampf     | 2150                            | 2800       | 3000       | 4000      | 4200      | 4300      |