

Limiten Regionalkader Thurgau

Frauen	Alter						
	U16	16	17	18	19	20-22	Ab 23
80m	10.40						
100m		12.70	12.60	12.50	12.40	12.20	12.00
200m		26.30	26.00	25.70	25.40	25.10	45.50
400m			60.00	59.00	58.00	57.00	56.00
600m	1:41.50						
1000m/800m	3:08.00	2:23.00	2:21.00	2:19.00	2:17.00	2:13.00	2:09.00
1500m		4:58.00	4:54.00	4:49.50	4:45.00	4:36.00	4:28.00
2000m/3000m	6:58.00	10:54.00	10:44.00	10:34.00	10:23.00	10:02.00	9:43.00
5000m					18:00.00	17:30.00	17:00.00
80m Hü	12.40						
100m Hü		15.30	15.00	15.00	14.70	14.40	14.10
300m Hü			45.50				
400m Hü				64.50	63.50	62.50	61.00
3000 St.					11:30.00	11:10.00	10.43.00
Hoch	1.59	1.62	1.64	1.66	1.68	1.72	1.76
Stab	2.80	3.00	3.20	3.30	3.40	3.60	3.80
Weit	5.20	5.40	5.50	5.60	5.70	5.80	6.00
Drei			10.80	11.10	11.40	12.00	12.60
Kugel	12.00	12.60	13.20	11.80	12.20	13.20	14.00
Diskus	34.00	34.00	36.00	38.00	40.00	42.00	46.00
Speer	40.00	40.00	42.00	40.00	41.00	43.00	46.00
Hammer			34.00	36.00	38.00	42.00	46.00
Fünfkampf	3200						
Siebenkampf		4300	4600	4600	4800	5000	5200
Cross	Top Ten Cross Cup	Top 8 Cross Cup	Top 8 Cross Cup	Top 5 Cross Cup	Top 5 Cross Cup	Top 3 Cross Cup	Top 3 Cross Cup

Männer	Alter						
	U16	16	17	18	19	20-22	Ab 23
80m	9.60						
100m		11.40	11.30	11.20	11.10	10.90	10.70
200m		23.00	22.80	22.60	22.40	22.00	21.60
400m			51.00	50.50	50.00	49.00	48.00
600m	1:32.00						
1000m/800m	2:47.00	2:04.00	2:01.00	1:59.50	1:58.00	1:55.00	1:52.00
1500m		4:17.00	4:13.00	4:09.00	4:05.00	3:57.00	3:51.00
2000m/3000m	6:20.00	9:33.00	9:23.00	9:12.00	9:04.00	8:45.00	8:26.00
5000m					15:39.00	15:07.00	14:35.00
100m Hü	14.40						
110m Hü		15.40	15.10	15.10	14.90	14.70	14.30
300m Hü			39.50				
400m Hü				57.00	55.50	54.50	53.50
3000 St.					10:12.00	9:55.00	9:14.00
Hoch	1.76	1.83	1.88	1.91	1.94	2.02	2.06
Stab	3.20	3.70	3.90	4.10	4.30	4.60	4.90
Weit	6.00	6.30	6.50	6.65	6.80	7.00	7.30
Drei			13.00	13.30	13.60	14.20	15.20
Kugel	14.20	15.00	15.40	13.80	14.40	14.50	16.00
Diskus	41.00	39.00	42.00	38.00	40.00	44.00	48.00
Speer	48.00	49.00	52.00	49.00	52.00	58.00	64.00
Hammer			50.00	40.00	44.00	52.00	60.00
Sechskampf	4000						
Zehnkampf		6000	6400	6200	6600	6800	7200
Cross	Top Ten Cross Cup	Top 8 Cross Cup	Top 8 Cross Cup	Top 5 Cross Cup	Top 5 Cross Cup	Top 3 Cross Cup	Top 3 Cross Cup