

| FRAUEN Alter Jahrgg. | B-Kader | | | | | | | C / D S H | C |
|----------------------------|------------------|------------|------------|------------|------------|------------|------------|------------|------------|
| | 25 u. ä. 1984 | 24 1985 | 23 1986 | 22 1987 | 21 1988 | 20 1989 | 19 1990 | 18 1991 | 18 1991 |
| 100m | 11,30 | 11,35 | 11,40 | 11,50 | 11,60 | 11,70 | 11,80 | 11,85 | 11,90 |
| 200m | 23,00 | 23,10 | 23,25 | 23,40 | 23,55 | 23,75 | 23,90 | 24,00 | 24,20 |
| 400m | 51,50 | 52,10 | 52,60 | 53,10 | 53,50 | 54,20 | 54,60 | 54,80 | 55,20 |
| 100m H | 12,96 | 13,10 | 13,20 | 13,30 | 13,45 | 13,55 | 13,68 | 13,85 | 14,05 |
| 400m H | 55,50 | 56,40 | 57,30 | 58,10 | 58,80 | 59,20 | 59,60 | 59,80 | 61,00 |
| 800m | 2:00,00 | 2:01,30 | 2:02,80 | 2:04,00 | 2:05,00 | 2:06,00 | 2:06,50 | 2:06,50 | 2:09,00 |
| 1500m | 4:06,00 | 4:08,20 | 4:10,50 | 4:14,00 | 4:16,00 | 4:20,00 | 4:24,00 | 4:25,00 | 4:28,00 |
| 3000m | | | | | | | 9:25,00 | 9:30,00 | 9:45,00 |
| 5000m | 15:10,00 | 15:20,00 | 15:40,00 | 15:50,00 | 15:59,00 | 16:15,00 | 16:30,00 | 16:30,00 | 16:45,00 |
| 10000m | 31:45,00 | 32:05,00 | 32:35,00 | 33:05,00 | 33:55,00 | 34:25,00 | 35:15,00 | | |
| 2000m Hi | | | | | | | 06:38,00 | 06:38,00 | 06:51,00 |
| 3000m Hi | 9:40,00 | 9:46,00 | 09:52,00 | 09:58,00 | 10:04,00 | 10:12,00 | 10:24,00 | 10:24,00 | |
| Halbmarathon | 1:13:00 | 01:14:00 | 01:15:00 | 01:16:15 | 01:17:30 | 1:20:00 | | | |
| Marathon | 2:32:00 | 02:34:30 | 02:37:00 | 02:38:30 | 02:40:00 | 2:44:00 | | | |
| 5km Gehen | | | | | | | 23:00,00 | 23:30,00 | 24:30,00 |
| 10km Gehen | | | | | | 47:30,00 | 48:30,00 | 49:15,00 | 50:40,00 |
| 20km Gehen | 1:31:40 | 1:33:45 | 1:36:00 | 1:38:00 | 1:40:00 | 1:41:00 | 1:43:00 | 1:45:20 | 1:49:40 |
| 7-Kampf | 6100 | 6050 | 6000 | 5900 | 5800 | 5700 | 5600 | 5400 | 5250 |
| Hoch | 1,95 | 1,93 | 1,91 | 1,90 | 1,88 | 1,86 | 1,84 | 1,82 | 1,80 |
| Stabhoch | 4,50 | 4,45 | 4,40 | 4,35 | 4,30 | 4,20 | 4,10 | 4,10 | 3,90 |
| Weit | 6,62 | 6,55 | 6,50 | 6,44 | 6,38 | 6,30 | 6,20 | 6,20 | 6,10 |
| Drei | 14,00 | 13,90 | 13,75 | 13,65 | 13,40 | 13,20 | 13,10 | 13,10 | 12,75 |
| Kugel | 18,20 | 18,00 | 17,50 | 17,00 | 16,50 | 16,00 | 15,50 | 15,50 | 14,80 |
| Diskus | 60,50 | 59,00 | 57,50 | 56,00 | 54,50 | 53,00 | 50,00 | 50,00 | 47,00 |
| Hammer | 70,00 | 68,00 | 66,00 | 64,00 | 62,00 | 60,00 | 59,00 | 58,50 | 54,50 |

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|----------------|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|------------------|--------------|
| Alter | 25 u. ä. | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 18 |
| Jahrgg. | 1984 | 1985 | 1986 | 1987 | 1988 | 1989 | 1990 | 1991 | 1991 |
| Speer | 61,00 | 59,00 | 57,50 | 56,00 | 54,50 | 53,00 | 52,00 | 51,00 | 47,00 |