



Leichtathletik-Verband Brandenburg

## Richtwerte 2021 für die Aufnahme in den Landeskader 2022

| LK 2022                  | LK U14   |          | LK U16   |          | LK U18   |          | LK U20   |          | LK U23   |          |          |
|--------------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                          | M12      | M13      | M14      | M15      | M16      | M17      | M18      | M19      | M20      | M21      | M22      |
| AK 2021                  | M11      | M12      | M13      | M14      | M15      | M16      | M17      | M18      | M19      | M20      | M21      |
| 50/75/100 m              | 7,60     | 10,40    | 9,90     | 12,00    | 11,70    | 11,40    | 11,15    | 10,95    | 10,75    | 10,60    | 10,50    |
| 200 m                    |          |          |          |          |          | 23,30    | 22,70    | 22,20    | 21,65    | 21,40    | 21,20    |
| 300/400 m                |          |          |          |          | 37,50    | 52,00    | 50,75    | 49,50    | 48,50    | 47,70    | 47,30    |
| 60-/80-/110-m-Hü.        |          | 10,80    | 9,90     | 11,90    | 11,20    | 14,90    | 14,50    | 14,50    | 14,10    | 14,10    | 14,00    |
| 300-/400-m-Hü.           |          |          |          |          | 41,30    | 58,30    | 56,50    | 55,00    | 53,30    | 52,40    | 51,60    |
| 800 m                    | 02:40,00 | 02:31,00 | 02:25,00 | 02:10,00 | 02:04,00 | 01:59,00 | 01:57,00 | 01:54,50 | 01:51,70 | 01:50,50 | 01:49,00 |
| 1.500 m                  |          |          |          |          |          | 04:10,00 | 04:04,00 | 03:57,00 | 03:50,50 | 03:48,50 | 03:46,50 |
| 2.000 m                  |          | 07:40,00 | 07:20,00 | 10:10,00 |          |          |          |          |          |          |          |
| 3.000 m                  |          |          |          |          | 09:40,00 | 09:10,00 | 08:55,00 | 08:45,00 | 08:28,00 |          |          |
| 5.000 m                  |          |          |          |          |          |          |          | 14:50,00 | 14:40,00 | 14:25,00 | 14:10,00 |
| 10.000 m                 |          |          |          |          |          |          |          | 32:45,00 | 30:55,00 | 30:25,00 | 29:55,00 |
| 2.000-/3.000-m-Hi.       |          |          |          |          |          | 06:30,00 | 06:20,00 | 06:10,00 | 09:12,00 | 09:04,00 | 08:55,00 |
| 2.000-/3.000-/5.000-m-G. |          | 12:00,00 | 11:00,00 | 17:00,00 | 15:30,00 | 27:30,00 | 24:30,00 |          |          |          |          |
| 10-km-G./10.000-m-G.     |          |          |          |          |          |          |          | 51:00,00 | 45:00    |          |          |
| 20-km-G.                 |          |          |          |          |          |          |          |          | 38:00,00 | 34:00,00 | 30:00,00 |
| 50-km-G.                 |          |          |          |          |          |          |          |          |          | 28:00,00 | 17:00,00 |
| Hoch                     | 1,32     | 1,45     | 1,56     | 1,76     | 1,85     | 1,93     | 1,98     | 2,03     | 2,08     | 2,12     | 2,16     |
| Stab                     |          |          |          | 3,20     | 3,70     | 4,10     | 4,30     | 4,60     | 5,05     | 5,20     | 5,30     |
| Weit                     | 4,40     | 4,75     | 5,20     | 5,80     | 6,20     | 6,60     | 6,90     | 7,15     | 7,30     | 4,45     | 7,60     |
| Drei                     |          |          |          |          | 12,50    | 13,50    | 14,00    | 14,50    | 15,20    | 15,45    | 15,65    |
| Kugel                    |          | 9,00     | 11,40    | 13,25    | 15,00    | 15,70    | 16,50    | 16,50    | 17,00    | 17,00    | 17,50    |
| Diskus                   |          | 24,00    | 30,00    | 38,00    | 46,00    | 45,00    | 49,00    | 48,00    | 54,00    | 52,50    | 55,00    |
| Hammer                   |          |          |          | 40,00    | 46,00    | 50,00    | 58,00    | 60,00    |          |          |          |
| Speer                    |          | 30,00    | 38,00    | 45,00    | 50,50    | 55,00    | 59,00    | 60,00    | 65,00    | 68,00    | 71,00    |
| Ball                     | 50,0     | 50,0     | 58,0     |          |          |          |          |          |          |          |          |
| 3-/4-/9-/10-Kampf        | 1.120    | 1.600    | 1.800    | 4.700    | 5.000    | 6.100    | 6.400    | 6.500    | 7.200    | 7.200    | 7.500    |