

## Normen: „Das Beste im Norden“

Disziplin	Männlich u16	m2010	m2011
75m	10,30s	10,45s	10,65s
100m	12,40s	-	-
60m Hürden	10,00s	10,20s	10,50s
80m Hürden	13,10s	-	-
800m	02:30,00min	02:35,00min	02:40,00min
2.000m	07:30,00min	07:50,00min	08:05,00min
Weitsprung	4,90m	4,70m	4,50m
Hochsprung	1,50m	1,40m	1,35m
Kugel	(3kg) 8,50m (4kg) 9,00m	8,00m	7,50m
Diskus	24,00m	22,00m	20,00m
Speer	32,00m	28,00m	24,00m
Ball	45,00m	40,00m	35,00m

Disziplin	Weiblich u16	w2010	w2011
75m	10,60s	10,70s	10,80s
100m	13,50s	-	-
60m Hürden	10,50s	10,60s	10,70s
80m Hürden	13,20s	-	-
800m	02:37,00min	02:40,00min	02:45,00min
2.000m	07:45,00min	08:00,00min	08:10,00min
Weitsprung	4,80m	4,60m	4,40m
Hochsprung	1,45m	1,38m	1,32m
Kugel	8,20m	7,70m	7,20m
Diskus	20,00m	18,00m	16,00m
Ball	38,00m	34,00m	30,00m

Speer	25,00m	22,00m	19,00m
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