

## Weibliche Kategorien

### NLZ-NWS Kaderlimiten 2019

Disziplin	U16W		U18W		U20W		U23W	Frauen
	2005	2004	2003	2002	2001	2000	1999+	1996+
80m	10.55	10.35						
100m			12.90	12.70	12.60	12.50	12.45	12.20
200m			26.60	26.20	25.80	25.60	25.40	25.20
400m			62.50	61.00	60.00	59.50	58.00	57.00
80mH	12.90	12.70						
100mH			15.50	15.20	15.70	15.30	15.00	14.80
400mH			75.00	72.00	68.00	66.00	64.00	62.00
600m	1:44.00	1:43.00	1:42.00	1:41.00	1:40.00	1:39.00	1:38.00	1:36.00
800m			2:26.00	2:24.00	2:22.00	2:20.00	2:18.00	2:16.00
1000m			3:12.00	3:09.00	3:06.00	3:03.00	3:01.00	2:58.00
1500m			5:08.00	5:03.00	4:58.00	4:53.00	4:48.00	4:43.00
2000m	7:15.00	7:09.00	7:03.00	6:56.00	6:49.00	6:42.00	6:35.00	6:28.00
3000m			11:45.00	11:30.00	11:15.00	11:00.00	10:45.00	10:30.00
5000m					19:30.00	19:00.00	18:35.00	18:10.00
10000m					41:20.00	40:20.00	39:25.00	38:25.00
10km Strasse					41:50.00	40:50.00	39:45.00	38:45.00
Halbmarathon					1:31.01	1:29.00	1:26.30	1:24.30
Marathon							3:08.00	3:04.00
2'000m Steeple			7:40.00	7:32.00	07:24.00	7:16.00	7:08.00	7:00.00
3'000m Steeple					11:45.00	11:30.00	11:15.00	11:00.00
Hochsprung	1.55	1.55	1.60	1.63	1.66	1.68	1.70	1.72
Weitsprung	5.20	5.25	5.30	5.40	5.50	5.60	5.70	5.80
Stabhochsprung	2.50	2.70	2.90	3.10	3.30	3.40	3.60	3.80
Dreisprung	9.80	10.00	10.30	10.60	11.00	11.20	11.60	11.80
Kugelstossen	11.00	11.50	11.80	12.20	11.50	11.80	12.20	12.80
Diskuswerfen	29.00	31.00	30.00	32.00	33.00	36.00	37.00	40.00
Hammerwerfen	28.00	31.00	33.00	35.00	30.00	34.00	36.00	38.00
Speerwerfen	34.00	37.00	36.00	37.00	35.00	36.00	38.00	40.00
UBS Kids Cup								
Fünfkampf	3200	3300						
Siebenkampf			4100	4500	4200	4500	4800	5000