



Kreisauswahl-Richtwerte LVR Kreis Bad Kreuznach

| | M 10 | M 11 | M 12 | M 13 | M 14 | M 15 | M 16 | M 17 | M 18 | | W 10 | W 11 | W 12 | W 13 | W 14 | W 15 | W 16 | W 17 | W 18 |
|----------------------|---------------|---------------|---------------|---------------|---------------|---------------|----------------|----------------|----------------|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 50/75/100 | 8,00 | 7,60 | 10,70 | 10,40 | 12,50 | 12,20 | 11,90 | 11,70 | 11,50 | | 8,00 | 7,80 | 10,90 | 10,60 | 13,50 | 13,30 | 13,10 | 12,70 | 12,40 |
| 200 | - | - | - | - | - | - | 24,50 | 24,00 | 23,70 | | - | - | - | - | - | - | 27,00 | 26,50 | 26,00 |
| 300/400 | - | - | - | - | - | 41,00 | 54,80 | 54,00 | 53,50 | | - | - | - | - | - | 47,00 | 61,00 | 60,50 | 60,00 |
| 800/1000 | 3:50,0 | 3:40,0 | 3:30,0 | 3:20,0 | 3:10,0 | 3:00,0 | 2:15,0 | 2:10,0 | 2:05,0 | | 3:00,0 | 2:55,0 | 2:50,0 | 2:45,0 | 2:40,0 | 2:35,0 | 2:30,0 | 2:25,0 | 2:20,0 |
| 2000/3000 | - | - | 7:00,0 | 6:55,0 | 10:30,0 | 10:00,0 | 9:30,0 | 9:15,0 | 9:00,0 | | - | - | 8:00,0 | 7:55,0 | 12:00,0 | 11:30,0 | 10:50,0 | 10:30,0 | 10:10,0 |
| 60/80/100/110 Hürden | - | - | 11,60 | 10,80 | 13,30 | 12,80 | 18,00 | 17,20 | 16,50 | | - | - | 12,00 | 11,00 | 14,20 | 14,00 | 15,00 | 17,90 | 14,50 |
| 300/400 Hürden | - | - | - | - | - | 48,00 | 64,50 | 62,00 | 60,00 | | - | - | - | - | - | 55,00 | 70,00 | 68,00 | 66,00 |
| Hoch | - | - | 1,30 | 1,45 | 1,55 | 1,65 | 1,70 | 1,75 | 1,80 | | - | - | 1,24 | 1,32 | 1,45 | 1,50 | 1,55 | 1,60 | 1,65 |
| Weit | 4,10 | 4,30 | 4,40 | 4,70 | 5,30 | 5,60 | 5,90 | 6,20 | 6,50 | | 3,95 | 4,20 | 4,40 | 4,50 | 4,60 | 4,70 | 5,00 | 5,30 | 5,60 |
| Dreisprung | - | - | - | - | - | 10,50 | 10,80 | 11,40 | 12,00 | | - | - | - | - | - | 9,00 | 10,00 | 10,00 | 10,50 |
| Stab | - | - | - | - | 1,70 | 2,00 | 2,50 | 3,20 | 4,00 | | - | - | - | - | 1,60 | 1,90 | 2,20 | 2,50 | 3,00 |
| Ball | 43,0 | 46,0 | 48,0 | 50,0 | 55,0 | 60,0 | - | - | - | | 32,0 | 38,0 | 41,0 | 44,0 | 42,0 | 43,0 | - | - | - |
| Diskus | - | - | 23,00 | 26,00 | 26,50 | 35,00 | 37,00 | 40,00 | 40,00 | | - | - | 18,50 | 22,00 | 23,00 | 24,00 | 33,00 | 35,00 | 37,00 |
| Kugel | - | - | 8,50 | 10,00 | 11,00 | 12,00 | 12,50 | 13,00 | 12,00 | | - | - | 7,50 | 8,50 | 9,00 | 9,50 | 10,50 | 11,00 | 11,50 |
| Speer | - | - | 26,00 | 29,00 | 32,00 | 37,00 | 45,00 | 48,00 | 46,00 | | - | - | - | 24,00 | 25,00 | 26,00 | 32,00 | 38,00 | 40,00 |
| Hammer | - | - | 20,00 | 25,00 | 28,00 | 31,00 | 34,00 | 40,00 | 40,00 | | - | - | - | 15,00 | 23,00 | 28,00 | 28,00 | 32,00 | 36,00 |
| 3/4/5-Kampf | 1000 (3-K) | 1100 (3-K) | 1200 (3-K) | 1250 (3-K) | 1800 (4-K) | 1900 (4-K) | 2500 (5-K) | 2800 (5-K) | 2800 (5-K) | | 1150 (3-K) | 1250 (3-K) | 1350 (3-K) | 1400 (3-K) | 1700 (4-K) | 1800 (4-K) | 2400 (4-K) | 2800 (4-K) | 3000 (4-K) |
| 7/8/10-Kampf | - | - | - | - | 3000 (8-K) | 3500 (8-K) | 4200 (10-K) | 5000 (10-K) | 5000 (10-K) | | - | - | - | - | 2900 (7-K) | 3050 (7-K) | 4000 (7-K) | 4200 (7-K) | 4030 (7-K) |
| Block | - | - | 1700 | 1900 | 2000 | 2200 | - | - | - | | - | - | 1900 | 2000 | 2100 | 2200 | - | - | - |