Innerschweizer Leichtathletik Verband
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Limiten Regionalkader Innerschweizer Leichtathletik Verband
Richtwerte 2026/2027

Disziplinen	Männer								Frauen							
	U14		U16		U18		U20		U14		U16		U18		U20	
	2015	2014	2013	2012	2011	2010	2009	2008	2015	2014	2013	2012	2011	2010	2009	2008
60m		7.90								8.25						
80m			9.80	9.65							10.55	10.40				
100m					11.50	11.30	11.20	11.05					12.70	12.50	12.40	12.25
200m					23.50	23.20	22.90	22.70					26.40	26.00	25.70	25.50
400m					52.50	51.50	51.00	50.00					61.00	60.00	59.00	58.00
600m		1:39.00	1:33.00	1:31.00						1:45.00	1:43.00	1:41.00				
800m					2:02.00	2:00.00	1:58.00	1:57.00					2:22.00	2:20.00	2:18.00	2:17.00
1000m		3:00.00	2:53.00	2:48.00						3:14.00	3:07.00	3:05.00				
1500m					4:20.00	4:15.00	4:12.00	4:10.00					5:00.00	4:56.00	4:52.00	4:47.00
2000m		6:42.00	6:27.00	6:15.00						7:10.00	7:05.00	7:00.00				
3000m					9:35.00	9:25.00	9:15.00	9:08.00					10:40.00	10:35.00	10:25.00	10:20.00
5000m							15:52	15:40							18:00	17:53
60mH										10.10						
80mH		13.60									12.80	12.50				
100mH			15.40	15.00									15.50	15.10	15.50	15.20
110mH					15.80	15.40	15.50	15.30								
400mH					60.00	59.00	59.00	57.00					70.00	69.00	67.00	65.00
Hoch		1.60	1.65	1.70	1.75	1.80	1.85	1.90		1.50	1.55	1.58	1.60	1.63	1.65	1.68
Weit		5.40	5.70	5.90	6.10	6.40	6.60	6.80		4.90	5.10	5.20	5.30	5.50	5.60	5.80
Drei			11.10	11.40	11.80	12.00	12.50	13.00			10.20	10.60	10.90	11.40	11.90	12.40
Stab			2.80	3.20	3.50	3.80	4.00	4.30			2.40	2.60	2.90	3.10	3.30	3.50
Kugel		11.20	12.40	12.80	13.00	13.30	12.30	13.00		9.50	10.50	11.00	11.60	12.00	10.60	11.50
Diskus		31.00	36.00	40.00	36.00	39.00	40.00	42.00		24.00	30.00	32.00	30.00	32.00	34.00	36.00
Hammer		31.00	32.00	35.00	34.00	37.00	38.00	42.00		25.00	29.00	33.00	36.00	39.00	36.00	39.00
Speer		40.00	43.00	46.00	48.00	50.00	50.00	52.00		33.00	35.00	38.00	36.00	38.00	36.00	40.00
5-Kampf		2600								3000	3200	3300				
6-Kampf			3700	4000												
7-Kampf													4300	4500	4500	4700
10-Kampf					5800	6200	6000	6300								

Member
Partner