

# Kaderrichtwerte für die Nominierung in den NLV D/L-Kader 2012

## Männlich

Stand: 20. September 2011

| Kader             | E           | D3          |                           | D4                        |                          | D/C                 | D/C                        | C            | C (DSH*)           | L            |            |          |          |
|-------------------|-------------|-------------|---------------------------|---------------------------|--------------------------|---------------------|----------------------------|--------------|--------------------|--------------|------------|----------|----------|
|                   |             | Jg.         | 1996                      | 1995                      | 1994                     |                     |                            |              |                    | 1993         | 1996       | 1995     | 1993/94  |
| Alter             | 14          | 15          | 16                        | 17                        | 18                       | 15                  | 16                         | 17/18        | 17/18              | 19           | 20         | 21       | 22       |
| <b>100m</b>       | 12,00       | 11,70       | 11,40                     | 11,15                     | 10,95                    | 11,00               | 10,85                      | 10,66        | 10,60              | 10,85        | 10,80      | 10,75    | 10,60    |
| <b>200m</b>       |             |             | 23,30                     | 22,70                     | 22,20                    | 22,45               | 22,05                      | 21,53        | 21,30              | 22,00        | 21,80      | 21,60    | 21,40    |
| <b>300/400m</b>   |             | 37,50       | 52,00                     | 50,75                     | 49,50                    | 50,60               | 49,00                      | 48,00        | 47,50              | 49,00        | 48,50      | 48,00    | 47,50    |
| <b>80/110 H.</b>  | 11,90       | 11,20       | 14,90                     | 14,50 (B)                 | 14,50 (A)                | 14,30 (B)           | 14,55 (A)                  | 14,60 (Mä)   | 14,40 (Mä)         | 14,40        | 14,80      | 14,70    | 14,50    |
| <b>300/400 H.</b> |             | 41,30       | 58,30                     | 56,50                     | 55,00                    | 56,50               | 54,50                      | 53,25        | 52,40              | 54,60        | 54,00      | 53,20    | 52,50    |
| <b>800/1.000m</b> | 2:53,00     | 2:44,00     | 1:59,00                   | 1:57,00                   | 1:54,50                  | 1:57,25             | 1:54,50                    | 1:52,20      | 1:51,20            | 1:54,00      | 1:52,00    | 1:51,80  | 1:51,00  |
| <b>1.500m</b>     |             |             | 4:10,00                   | 4:04,00                   | 3:57,00                  | 4:05,80             | 4:01,00                    | 3:52,00      | 3:49,00            | 3:55,00      | 3:51,00    | 3:48,50  | 3:45,00  |
| <b>3.000m</b>     | 10:10,00    | 9:40,00     | 9:10,00                   | 8:55,00                   | 8:42,00                  | 8:57,00             | 8:45,00                    | 8:38,00      | 8:21,00            | 8:38,00      | 8:30,00    | 8:23,00  | 8:15,00  |
| <b>5.000m</b>     |             |             |                           |                           | 15:10,00                 |                     | 15:35,00                   | 14:30,00     | 14:20,00           | 15:00,00     | 14:40,00   | 14:20,00 | 14:00,00 |
| <b>Hindernis</b>  |             |             | 6:30,00                   | 6:20,00                   | 6:10,00                  | 6:20,00             | 6:05,00                    | 5:52,50      | 5:42,50<br>9:12,00 | 6:05,00      | 9:30,00    | 9:10,00  | 9:00,00  |
| <b>Straße</b>     | 18:20       | 17:20 (5)   | 25:45 (7,5)<br>34:15 (10) | 25:10 (7,5)<br>33:30 (10) | 50:30 (15)<br>33:00 (10) | 24:45<br>33:30 (10) | 24:00<br>32:15 (10)        | 49:00        | 48:30              | 49:30(15)    | 1:10.00    | 1:09:00  | 1:08,00  |
| <b>Hoch</b>       | 1,76        | 1,85        | 1,93                      | 1,98                      | 2,03                     | 1,98                | 2,02                       | 2,09         | 2,11               | 2,05         | 2,07       | 2,10     | 2,12     |
| <b>Stab</b>       | 3,20        | 3,70        | 4,10                      | 4,30                      | 4,60                     | 4,40                | 4,65                       | 4,90         | 5,00               | 4,70         | 4,90       | 5,00     | 5,10     |
| <b>Weit</b>       | 5,80        | 6,20        | 6,60                      | 6,90                      | 7,15                     | 6,90                | 7,05                       | 7,30         | 7,40               | 7,20         | 7,30       | 7,50     | 7,60     |
| <b>Drei</b>       |             | 12,50       | 13,50                     | 14,00                     | 14,50                    | 14,20               | 14,40                      | 14,85        | 15,45              | 14,70        | 15,00      | 15,40    | 15,50    |
| <b>Kugel</b>      | 13,25       | 15,00 (4)   | 15,70 (5)                 | 16,50 (5)                 | 16,50 (6,00)             | 16,20 (5)           | 17,20 (5)<br>16,50 (6)     | 17,00 (6 kg) | 17,80 (6 kg)       | 17,00 (6,00) | 16,00      | 16,50    | 17,00    |
| <b>Diskus</b>     | 38,00 (1)   | 46,00 (1)   | 45,00 (1,5)               | 49,00 (1,5)               | 48,00 (1,75)             | 48,00 (1,5)         | 52,00 (1,5)                | 48,00 (2)    | 51,00 (2)          | 50,00 (1,75) | 48,00      | 51,00    | 53,00    |
| <b>Hammer</b>     | 40,00 (4)   | 46,00 (4)   | 50,00 (5)                 | 58,00 (5)                 | 60,00 (6,00)             | 63,00 (5)           | 60,00 (6)                  | 54,75 (7,26) | 56,75 (7,26)       | 61,50 (6,00) | 58,00      | 62,00    | 64,00    |
| <b>Speer</b>      | 45,00 (600) | 50,50 (600) | 55,00 (700)               | 59,00 (700)               | 60,00 (800)              | 62,00 (700)         | 68,00 (700)<br>61,00 (800) | 64,00        | 66,00              | 62,00        | 65,00      | 68,00    | 70,00    |
| <b>10-Kampf</b>   | 8-K.: 4.200 | 8-K.: 4.500 | 6.200 (B)                 | 6.500 (B)                 | 6.500 (A)                | 6.600 (B)           | 6.900 (B)<br>6.600 (A)     | 6.900 (Jgd.) | 7.200 (Jgd.)       | 6.600 (A)    | 6.800 (Mä) | 7.000    | 7.200    |

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## Weiblich

Stand: 20. September 2011

| Kader      | E         | D3        |                           |                           | D4                       |                     | D/C                        | D/C               | C                   | C (DSH*)  | L        |          |          |         |
|------------|-----------|-----------|---------------------------|---------------------------|--------------------------|---------------------|----------------------------|-------------------|---------------------|-----------|----------|----------|----------|---------|
|            |           | Jg.       | 1996                      | 1995                      | 1994                     | 1993                |                            |                   |                     |           | 1996     | 1995     | 1993/94  | 1993/94 |
| Alter      | 14        | 15        | 16                        | 17                        | 18                       | 15                  | 16                         | 17/18             | 17/18               | 19        | 20       | 21       | 22       |         |
| 100m       | 13,00     | 12,75     | 12,45                     | 12,30                     | 12,15                    | 12,10               | 12,00                      | 11,90             | 11,85               | 12,05     | 11,95    | 11,80    | 11,70    |         |
| 200m       |           |           | 25,80                     | 25,30                     | 24,80                    | 25,00               | 24,60                      | 24,20             | 24,00               | 24,65     | 24,50    | 24,30    | 24,10    |         |
| 300/400m   |           | 42,50     | 59,50                     | 58,00                     | 56,50                    | 57,20               | 56,50                      | 55,20             | 54,80               | 56,00     | 55,60    | 55,20    | 54,40    |         |
| 80/100m H. | 12,40     | 12,00     | 14,70                     | 14,30 (B)                 | 14,30 (A)                | 14,30 (B)           | 14,30 (A)                  | 14,05             | 13,85               | 14,20     | 14,10    | 14,00    | 13,70    |         |
| 300/400 H. |           | 47,00     | 65,50                     | 64,50                     | 62,50                    | 64,00               | 62,00                      | 61,40             | 59,80               | 62,30     | 62,00    | 61,50    | 61,00    |         |
| 800m       | 2:23,00   | 2:20,00   | 2:17,00                   | 2:14,00                   | 2:11,00                  | 2:12,00 od.<br>57,5 | 2:10,50                    | 2:09,00           | 2:06,50             | 2:10,00   | 2:08,00  | 2:07,00  | 2:06,00  |         |
| 1.500m     |           |           | 4:50,00                   | 4:44,00                   | 4:35,00                  | 4:35,00             | 4:31,50                    | 4:28,00           | 4:25,00             | 4:33,00   | 4:30,00  | 4:28,00  | 4:23,00  |         |
| 2.000m     | 7:05,00   | 6:55,00   |                           |                           |                          |                     |                            |                   |                     |           |          |          |          |         |
| 3.000m     |           | 11:00,00  | 10:30,00                  | 10:10,00                  | 9:55,00                  | 10:05,00            | 9:55,00                    | 9:45,00           | 9:30,00             | 9:40,00   | 9:30,00  | 9:20,00  | 9:15,00  |         |
| 5000m      |           |           |                           |                           | 18:30,00                 | 17:45,00            | 17:20,00                   | 16:31,00          | 16:30,00            | 18:00,00  | 17:30,00 | 17:00,00 | 16:30,00 |         |
| Hindernis  |           |           | 5:30 (1500)               | 5:20 (1500)               | 7:10 (2000)              | 5:08 (1500)         | 4:58 (1500)<br>7:00 (2000) | 6:53,00<br>(2000) | 6:40,00<br>10:28,00 |           |          |          |          |         |
| Straße     | 20:30     | 19:40 (5) | 30:15 (7,5)<br>40:15 (10) | 29:30 (7,5)<br>39:30 (10) | 58:30 (15)<br>38:45 (10) | 28:30<br>39:00 (10) | 28:00<br>37:50 (10)        | 57:00             | 55:45               | 58,00(15) | 1:26,00  | 1:22,00  | 1:18,00  |         |
| Hoch       | 1,60      | 1,65      | 1,69                      | 1,73                      | 1,76                     | 1,74                | 1,76                       | 1,80              | 1,82                | 1,76      | 1,78     | 1,79     | 1,80     |         |
| Stab       | 2,70      | 2,90      | 3,10                      | 3,30                      | 3,55                     | 3,30                | 3,50                       | 3,90              | 4,00                | 3,45      | 3,50     | 3,55     | 3,60     |         |
| Weit       | 5,20      | 5,40      | 5,80                      | 5,65                      | 5,80                     | 5,75                | 5,90                       | 6,10              | 6,20                | 5,90      | 6,00     | 6,10     | 6,20     |         |
| Drei       |           | 10,80     | 11,20                     | 11,60                     | 12,00                    | 11,70               | 12,00                      | 12,75             | 13,00               | 12,10     | 12,30    | 12,50    | 12,70    |         |
| Kugel      | 11,50 (3) | 12,50 (3) | 12,00                     | 12,80                     | 13,60                    | 13,00               | 13,50                      | 14,80             | 15,50               | 13,70     | 14,00    | 14,30    | 14,80    |         |
| Diskus     | 30,00     | 34,00     | 37,00                     | 40,00                     | 43,00                    | 41,00               | 43,00                      | 47,00             | 50,00               | 43,00     | 45,00    | 47,00    | 49,00    |         |
| Hammer     | 33,00 (3) | 38,00 (3) | 38,00                     | 42,00                     | 47,00                    | 39,00               | 43,50                      | 54,50             | 55,50               | 47,00     | 48,00    | 49,00    | 50,00    |         |
| Speer      | 34,00     | 38,00     | 42,00                     | 44,00                     | 46,00                    | 43,00               | 45,00                      | 48,00             | 51,00               | 48,00     | 49,00    | 50,00    | 51,00    |         |
| 7-Kampf    | 3.500     | 3.700     | 4.500                     | 4.700                     | 4.800                    | 4.750               | 4.850                      | 5.250             | 5.400               | 4.900     | 5.000    | 5.200    | 5.400    |         |