



Sport

## Atleet

Voer 6 disciplines uit:

- 60m, 60 mH, 100m, 200m, 300m, 400m ( 3kiezen)
- 800m, 1500m (1 kiezen)
- Hoogspringen, Verspringen (1 kiezen)
- Discuswerpen, Kogelstoten, Speerwerpen (1 kiezen)

Tel de behaalde punten op. Je bent geslaagd als je 8 punten behaald hebt (volgens de tabel bij atleet)

Details:

- Kogelstoten: M= 7.26kg; V= 4kg
- Discuswerpen: M= 2kg; V= 1kg
- Speerwerpen: M= 800gr; V= 600gr
- Horden: M= 1,067m; V= 0,84m.

Mannen

Punten	60m	60mH	100m	200m	300m	400m	800m	1500m	Hoogspringen	verspringen	Discuswerpen	Kogelstoten	Speerwerpen
10	7"35	8"70	11"40	23"00	37"00	52"00	2m05s	4m10s	1m80	6m00	35m00	11m00	50m00
9	7"50	8"90	11"60	23"50	37"50	53"00	2m07s	4m20s	1m75	5m80	33m00	10m50	47m00
8	7"65	9"10	11"80	24"00	38"00	54"00	2m09s	4m30s	1m70	5m60	31m00	10m00	44m00
7	7"80	9"30	12"00	24"50	38"50	55"00	2m11s	4m40s	1m65	5m40	29m00	9m50	41m00
6	7"95	9"50	12"20	25"00	39"00	56"00	2m13s	4m50s	1m60	5m20	27m00	9m00	38m00
5	8"10	9"70	12"40	25"50	39"50	57"00	2m15s	5m00s	1m55	5m00	25m00	8m50	35m00
4	8"25	9"90	12"60	26"00	40"00	58"00	2m17s	5m10s	1m50	4m80	23m00	8m	32m00
3	8"40	10"10	12"80	26"50	40"50	59"00	2m19s	5m20s	1m45	4m60	21m00	7m50	29m00
2	9"55	10"30	13"00	27"00	41"00	60"00	2m21s	5m30s	1m40	4m40	19m00	7m00	26m00
1	9"70	10"50	13"20	27"50	41"50	61"00	2m23s	5m40s	1m35	4m20	17m00	6m50	23m00

Vrouwen

Punten	60m	60mH	100m	200m	300m	400m	800m	1500m	Hoogspringen	verspringen	Discuswerpen	Kogelstoten	Speerwerpen
10	8"00	9"70	12"90	25"00	46"00	61"00	2m30s	4m20s	1m55	5m00	30m00	9m50	40m00
9	8"15	9"90	13"10	25"50	46"50	62"00	2m32s	4m30s	1m50	4m80	28m00	9m00	37m00
8	8"30	10"10	13"30	26"00	47"00	63"00	2m34s	4m40s	1m45	4m60	26m00	8m50	34m00
7	8"45	10"30	13"50	26"50	47"50	64"00	2m36s	4m50s	1m40	4m40	24m00	8m00	31m00
6	8"60	10"50	13"70	27"00	48"00	65"00	2m38s	5m00s	1m35	4m20	22m00	7m50	28m00
5	8"75	10"70	13"90	27"50	48"50	66"00	2m40s	5m10s	1m30	4m00	20m00	7m00	25m00
4	8"90	10"90	14"10	28"00	49"00	67"00	2m42s	5m20s	1m25	3m80	18m00	6m50	22m00
3	9"05	11"10	14"30	28"50	49"50	68"00	2m44s	5m30s	1m20	3m60	16m00	6m00	19m00
2	9"20	11"30	14"50	29"00	50"00	69"00	2m46s	5m40s	1m15	3m40	14m00	5m50	16m00
1	9"35	11"50	14"70	29"50	50"50	70"00	2m48s	5m50s	1m10	3m20	12m00	5m00	13m00