

# LIMITI PER L'OTTENIMENTO DELLE MEDAGLIE DEL CAMPIONATO SVIZZERO VETERANI

s.l. = senza limite

UOMINI	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
100 m	11.65	11.95	12.35	12.65	12.95	13.70	14.00	15.00	16.00	18.75	s.l.
200 m	23.65	24.45	25.25	25.65	26.85	28.10	29.00	31.00	33.00	38.25	s.l.
400 m	52.15	55.15	57.65	59.15	62.10	65.00	73.10	78.10	82.00	s.l.	s.l.
800 m	2:00.00	2:05.00	2:10.00	2:15.00	2:25.00	2:30.00	2:40.00	3:00.00	3:30.00	s.l.	s.l.
1500 m	4:10.00	4:20.00	4:30.00	4:35.00	4:50.00	5:00.00	5:30.00	6:00.00	6:30.00	7:30.00	s.l.
5000 m	15:30.00	16:00.00	16:25.00	16:45.00	18:00.00	19:00.00	20:30.00	21:30.00	24:00.00	27:00.00	s.l.
80 m H (68.6) (12.00/7.00/19.00)											26.00
80 m H (76.2) (12.00/7.00/19.00)									21.00	23.00	
100 m H (84.0) (12.00/8.00/16.00)							23.00	24.00			
100 m H (91.4) (13.00/8.50/10.50)					19.00	20.00					
110 m H (99.1) (13.72/9.14/14.02)		18.00	19.50	20.50							
110 m H (106.7) (13.72/9.14/14.02)	17.50										
300 m H (68.6)(50.00/35.00/40.00)									70.00	78.00	s.l.
300 m H (76.2)(50.00/35.00/40.00)							58.00	63.00			
400 m H (84.0)(45.00/35.00/40.00)					76.00	78.00					
400 m H (91.4)(45.00/35.00/40.00)	62.00	65.00	68.00	72.00							
5000 m MARCIA	23:30.00	24:30.00	25:30.00	26:40.00	27:50.00	29:00.00	30:10.00	31:30.00	33:00.00	s.l.	s.l.
ALTO	1.75	1.70	1.65	1.55	1.50	1.40	1.30	1.25	1.18	1.08	s.l.
ASTA	3.80	3.60	3.40	3.20	3.00	2.80	2.60	2.40			
LUNGO	6.40	6.10	5.80	5.50	5.30	4.90	4.50	4.20	3.90	3.30	s.l.
TRIPLO	12.00	11.20	10.70	10.40	9.50	9.00	8.60	8.40			
PESO (3.0)											8.50
PESO (4.0)									10.20	9.20	
PESO (5.0)							11.20	10.20			
PESO (6.0)					11.70	10.70					
PESO (7.26)	12.60	12.00	11.50	11.00							
DISCO (1.0)							35.00	32.00	28.00	25.00	20.00
DISCO (1.5)					37.00	34.00					
DISCO (2.0)	37.50	36.50	35.50	33.50							
GIAVELLOTTO (400)											25.00
GIAVELLOTTO (500)									29.00	23.00	
GIAVELLOTTO (600)							35.00	31.50			
GIAVELLOTTO (700)					39.00	38.00					
GIAVELLOTTO (800)	50.00	47.00	44.00	42.00							
DONNE	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
100 m	13.50	14.00	14.50	15.00	15.50	16.20	17.20	18.00	19.50	22.25	s.l.
200 m	27.95	29.40	31.05	32.15	33.25	34.65	36.80	s.l.	s.l.	s.l.	s.l.
400 m	64.00	68.00	70.00	74.00	78.00	82.00	s.l.	s.l.	s.l.	s.l.	s.l.
800 m	2:29.00	2:35.00	2:45.00	2:50.00	3:00.00	3:10.00	3:20.00	3:30.00	3:45.00	4:00.00	s.l.
1500 m	5:15.00	5:20.00	5:35.00	5:50.00	6:05.00	6:25.00	6:45.00	7:10.00	7:40.00	8:15.00	s.l.
5000 m	19:50.00	20:00.00	20:50.00	21:50.00	22:50.00	23:50.00	25:10.00	26:40.00	28:30.00	30:50.00	s.l.
80 m H (68.6) (12.00/7.00/19.00)							17.55	19.00	s.l.	s.l.	s.l.
80 m H (76.2) (12.00/7.00/19.00)					17.15	18.85					
80 m H (76.2) (12.00/8.00/12.00)			16.00	16.50							
100 m H (84.0) (13.00/8.50/10.50)	19.00	20.50									
5000 m MARCIA	27:50.00	29:00.00	30:15.00	31:35.00	33:00.00	34:30.00	36:40.00	s.l.	s.l.	s.l.	s.l.
ALTO	1.50	1.45	1.35	1.30	1.20	1.15	1.10	1.05	1.00	0.90	s.l.
LUNGO	4.90	4.70	4.60	4.30	3.80	3.50	3.20	3.00	2.70	2.50	s.l.
TRIPLO	10.00	9.50	8.50	8.30	7.80	7.50	7.20	s.l.	s.l.	s.l.	s.l.
PESO (2.5)										6.50	s.l.
PESO (3.0)					9.30	8.50	8.00	7.70	7.20		
PESO (4.0)	10.20	10.00	9.80	9.30							
DISCO (0.75)										13.00	s.l.
DISCO (1.0)	30.00	28.00	26.00	24.00	22.00	20.00	18.00	16.00	15.00		
GIAVELLOTTO (400)							20.00	18.00	17.00	15.00	s.l.
GIAVELLOTTO (500)					25.00	23.00					
GIAVELLOTTO (600)	30.00	27.50	25.00	23.50							