

Kaderlimiten U20 – Aktive Männer

1. September 2026



	U20						U23									Aktive		
Männer	18	A	B	19	A	B	20	A	B	21	A	B	22	A	B	23+	A	B
100m	10.84	11.17	11.50	10.75	11.07	11.40	10.67	10.99	11.32	10.60	10.92	11.25	10.53	10.85	11.17	10.48	10.79	11.12
200m	21.95	22.61	23.29	21.75	22.40	23.07	21.57	22.22	22.88	21.41	22.05	22.71	21.27	21.91	22.57	21.16	21.79	22.45
400m	48.78	50.24	51.75	48.30	49.75	51.24	47.93	49.37	50.85	47.60	49.03	50.50	47.33	48.75	50.21	47.10	48.51	49.97
800m	01:52.68	01:56.06	01:59.54	01:51.50	01:54.84	01:58.29	01:50.63	01:53.95	01:57.37	01:49.86	01:53.16	01:56.55	01:49.20	01:52.48	01:55.85	01:48.64	01:51.90	01:55.26
1500m	03:55.00	04:02.05	04:09.31	03:52.00	03:58.96	04:06.13	03:49.56	03:56.45	04:03.54	03:47.39	03:54.21	04:01.24	03:45.48	03:52.24	03:59.21	03:43.84	03:50.56	03:57.47
5000m	14:41.44	15:07.88	15:35.12	14:30.00	14:56.10	15:22.98	14:19.11	14:44.88	15:11.43	14:09.46	14:34.94	15:01.19	14:01.07	14:26.30	14:52.29	13:53.93	14:18.95	14:44.72
10000m													30:07.05	31:01.26	31:57.10	29:47.83	30:41.46	31:36.71
100m H	14.44	14.87	15.32	14.63	15.07	15.52	14.37	14.80	15.25	14.26	14.69	15.13	14.16	14.58	15.02	14.07	14.49	14.93
400m H	54.43	56.06	57.74	53.75	55.36	57.02	53.16	54.75	56.40	52.63	54.21	55.84	52.18	53.75	55.36	51.78	53.33	54.93
3000m St.	09:24.94	09:41.89	09:59.34	09:15.00	09:31.65	09:48.80	09:06.72	09:23.12	09:40.02	08:59.41	09:15.59	09:32.26	08:53.08	09:09.07	09:25.54	08:47.72	09:03.55	09:19.86
Marathon													02:25:44	02:30:06	02:34:37	02:23:42	02:28:01	02:32:27
Weitsprung	7.20	6.84	6.50	7.35	6.98	6.63	7.46	7.09	6.73	7.56	7.18	6.82	7.64	7.26	6.90	7.71	7.32	6.96
Hochsprung	2.09	1.99	1.89	2.12	2.01	1.91	2.14	2.03	1.93	2.16	2.05	1.95	2.18	2.07	1.97	2.19	2.08	1.98
Dreisprung	14.48	13.76	13.07	14.90	14.16	13.45	15.22	14.46	13.74	15.50	14.73	13.99	15.74	14.95	14.21	15.94	15.14	14.39
Stabhochsprung	4.74	4.50	4.28	4.90	4.66	4.42	5.01	4.76	4.52	5.11	4.85	4.61	5.19	4.93	4.68	5.27	5.01	4.76
Kugel	18.12	16.31	14.68	17.70	15.93	14.34	17.35	15.62	14.05	17.81	16.03	14.43	18.21	16.39	14.75	18.55	16.70	15.03
Hammer	68.50	61.65	55.49	66.00	59.40	53.46	63.50	57.15	51.44	65.86	59.27	53.35	67.89	61.10	54.99	69.61	62.65	56.38
Diskus	53.50	48.15	43.34	53.00	47.70	42.93	53.50	48.15	43.34	55.54	49.99	44.99	57.30	51.57	46.41	58.79	52.91	47.62
Speer	64.78	58.30	52.47	67.50	60.75	54.68	69.76	62.78	56.51	71.76	64.58	58.13	73.49	66.14	59.53	74.96	67.46	60.72
Zehnkampf	6995	6645	6313	7100	6745	6408	7184	6825	6484	7259	6896	6551	7323	6957	6609	7378	7009	6659

Kaderlimiten U20 – Aktive Frauen

1. September 2026



	U20						U23									Aktive		
Frauen	18	A	B	19	A	B	20	A	B	21	A	B	22	A	B	23+	A	B
100m	12.13	12.49	12.87	12.00	12.36	12.73	11.89	12.25	12.61	11.79	12.14	12.51	11.71	12.06	12.42	11.64	11.99	12.35
200m	24.87	25.62	26.38	24.60	25.34	26.10	24.38	25.11	25.86	24.19	24.92	25.66	24.02	24.74	25.48	23.88	24.60	25.33
400m	56.38	58.07	59.81	55.80	57.47	59.20	55.32	56.98	58.69	54.89	56.54	58.23	54.50	56.14	57.82	54.15	55.77	57.45
800m	02:11.61	02:15.56	02:19.63	02:10.00	02:13.90	02:17.92	02:08.54	02:12.40	02:16.37	02:07.23	02:11.05	02:14.98	02:06.06	02:09.84	02:13.74	02:05.05	02:08.80	02:12.67
1500m	04:34.12	04:42.34	04:50.81	04:30.00	04:38.10	04:46.44	04:26.08	04:34.06	04:42.28	04:22.61	04:30.49	04:38.60	04:19.59	04:27.38	04:35.40	04:17.01	04:24.72	04:32.66
5000m	17:37.33	18:09.05	18:41.72	17:15.00	17:46.05	18:18.03	16:53.73	17:24.14	17:55.47	16:35.03	17:04.88	17:35.63	16:18.90	16:48.27	17:18.52	16:05.32	16:34.28	17:04.11
10000m													35:25.19	36:28.95	37:34.61	34:55.55	35:58.42	37:03.17
100m H	14.53	15.26	16.02	14.30	15.02	15.77	14.08	14.78	15.52	13.88	14.57	15.30	13.72	14.41	15.13	13.57	14.25	14.96
400m H	62.24	64.11	66.03	61.40	63.24	65.14	60.62	62.44	64.31	59.93	61.73	63.58	59.33	61.11	62.94	58.83	60.59	62.41
3000m St.	11:08.16	11:28.20	11:48.85	10:55.00	11:14.65	11:34.89	10:42.47	11:01.74	11:21.60	10:31.26	10:50.20	11:09.70	10:21.37	10:40.01	10:59.21	10:12.79	10:31.17	10:50.11
Marathon													02:52:30	02:57:41	03:03:00	02:50:15	02:55:21	03:00:37
Weitsprung	5.82	5.53	5.25	5.95	5.65	5.37	6.06	5.76	5.47	6.16	5.85	5.56	6.24	5.93	5.63	6.31	5.99	5.69
Hochsprung	1.75	1.66	1.58	1.78	1.69	1.61	1.80	1.71	1.62	1.82	1.73	1.64	1.83	1.74	1.65	1.84	1.75	1.66
Dreisprung	12.22	11.61	11.03	12.50	11.88	11.28	12.74	12.10	11.50	12.96	12.31	11.70	13.14	12.48	11.86	13.31	12.64	12.01
Stabhochsprung	3.87	3.68	3.49	3.95	3.75	3.56	4.01	3.81	3.62	4.07	3.87	3.67	4.12	3.91	3.72	4.16	3.95	3.75
Kugel	12.90	11.61	10.45	13.50	12.15	10.94	14.01	12.61	11.35	14.46	13.01	11.71	14.85	13.37	12.03	15.18	13.66	12.30
Hammer	55.13	49.62	44.66	57.50	51.75	46.58	59.47	53.52	48.17	61.21	55.09	49.58	62.71	56.44	50.80	63.97	57.57	51.82
Diskus	43.31	38.98	35.08	45.50	40.95	36.86	47.49	42.74	38.47	49.26	44.33	39.90	50.81	45.73	41.16	52.13	46.92	42.23
Speer	45.94	41.35	37.21	48.00	43.20	38.88	49.71	44.74	40.27	51.24	46.12	41.50	52.58	47.32	42.59	53.74	48.37	43.53
Siebenkampf	5041	4789	4550	5175	4916	4670	5287	5023	4772	5387	5118	4862	5475	5201	4941	5551	5273	5010

Kaderlimiten U16 – U18 Männer 1. September 2026



	U16						U18					
Männer	14	A	B	15	A	B	16	A	B	17	A	B
100m	9.46	9.74	10.04	9.20	9.48	9.76	11.08	11.41	11.75	10.95	11.28	11.62
200m							22.40	23.07	23.76	22.16	22.82	23.51
400m							50.23	51.74	53.29	49.41	50.89	52.42
800m	01:32.00	01:34.00	01:36.00	01:30.00	01:32.00	01:34.00	02:02.00	02:05.00	02:07.00	01:58.00	02:01.00	02:03.00
1500m	06:03.57	06:14.48	06:25.71	05:55.00	06:05.65	06:16.62	04:03.97	04:11.29	04:18.83	03:58.90	04:06.07	04:13.45
5000m							08:57.61	09:13.74	09:30.35	08:45.00	09:00.75	09:16.97
10000m												
100m H	14.00	14.42	14.85	13.80	14.21	14.64	14.36	14.79	15.23	14.20	14.63	15.06
400m H							39.40	40.58	41.80	38.50	39.66	40.84
3000m St.							06:19.31	06:30.69	06:42.41	06:05.00	06:15.95	06:27.23
Marathon												
Weitsprung	5.80	5.51	5.23	6.33	6.01	5.71	6.71	6.37	6.06	6.99	6.64	6.31
Hochsprung	1.75	1.66	1.58	1.88	1.79	1.70	1.98	1.88	1.79	2.04	1.94	1.84
Dreisprung	10.93	10.38	9.86	12.21	11.60	11.02	13.18	12.52	11.89	13.92	13.22	12.56
Stabhochsprung	3.45	3.35	3.25	3.69	3.51	3.33	4.17	3.96	3.76	4.51	4.28	4.07
Kugel	16.51	14.86	13.37	16.00	14.40	12.96	18.16	16.34	14.71	17.70	15.93	14.34
Hammer				60.00	54.00	48.60	62.50	56.25	50.63	60.00	54.00	48.60
Diskus				50.00	45.00	40.50	52.50	47.25	42.53	52.00	46.80	42.12
Speer	50.37	45.33	40.80	56.00	50.40	45.36	57.09	51.38	46.24	61.00	54.90	49.41
Zehnkampf	3950	3750	3560	4200	3990	3791	6699	6364	6046	6863	6520	6194

Kaderlimiten U16 – U18 Frauen

1. September 2026



	U16						U18					
Frauen	14	A	B	15	A	B	16	A	B	17	A	B
100m	10.46	10.77	11.10	10.20	10.51	10.82	12.47	12.84	13.23	12.28	12.65	13.03
200m							25.59	26.36	27.15	25.19	25.95	26.72
400m							57.91	59.65	61.44	57.07	58.78	60.55
800m	01:39.85	01:42.85	01:45.93	01:37.50	01:40.43	01:43.44	02:15.32	02:19.38	02:23.56	02:13.38	02:17.38	02:21.50
1500m	06:44.51	06:56.65	07:09.14	06:38.00	06:49.94	07:02.24	04:42.98	04:51.47	05:00.21	04:38.44	04:46.79	04:55.40
5000m							10:19.62	10:38.21	10:57.35	09:55.00	10:12.85	10:31.24
100m H	12.08	12.68	13.32	11.80	12.39	13.01	14.46	15.18	15.94	14.20	14.91	15.66
400m H							63.50			63.50	65.50	67.50
3000m St.							07:14.51	07:27.55	07:40.97	07:00.00	07:12.60	07:25.58
Weitsprung	4.96	4.71	4.48	5.24	4.98	4.73	5.47	5.20	4.94	5.66	5.38	5.11
Hochsprung	1.55	1.52	1.49	1.60	1.55	1.52	1.66	1.58	1.55	1.71	1.62	1.59
Dreisprung	10.64	10.11	9.60	11.12	10.56	10.04	11.54	10.96	10.41	11.91	11.31	10.75
Stabhochsprung	3.20	3.04	2.89	3.43	3.26	3.10	3.62	3.44	3.27	3.76	3.57	3.39
Kugel	11.21	10.09	9.08	12.37	11.13	10.02	13.36	12.02	10.82	14.20	12.78	11.50
Hammer	43.49	39.14	35.23	48.41	43.57	39.21	52.50	47.25	42.53	55.91	50.32	45.29
Diskus	35.79	32.21	28.99	39.00	35.10	31.59	38.25	34.43	30.98	40.90	36.81	33.13
Speer	41.40	37.26	33.53	45.00	40.50	36.45	45.04	40.54	36.48	48.00	43.20	38.88
Siebenkampf	3322	3156	2998	3600	3420	3249	4687	4453	4230	4880	4636	4404