

DONNE

PRESTAZIONI DI RIFERIMENTO

Specialità Categoria	100m	200m	400m	800m	1500m	3000m	alto	lungo	disco	peso	martello	giavelotto	Martello con maniglia
MF35	12"30	24"70	53"00	2'10"00	4'20"00	9'00"00	1,80m	6,00m	60,00m	18,00m (4kg)	50,00m (4kg)	50,00m (600g)	15m (9,08kg)
MF40	12"70	25"90	58"80	2'15"00	4'30"00	9'30"00	1,65m	5,50m	50,00m	15,00m (4kg)	45,00m (4kg)	45,00m (600g)	13m (9,08kg)
MF45	13"10	27"30	1'02"30	2'20"00	4'40"00	10'00"00	1,50m	5,00m	41,00m	12,00m (4kg)	40,00m (4kg)	40,00m (600g)	11m (9,08kg)
MF50	13"60	28"70	1'05"80	2'30"00	4'50"00	10'30"00	1,40m	4,50m	35,00m	12,00m (3kg)	40,00m (3kg)	40,00m (500g)	13m (7,257kg)
MF55	14"10	29"85	1'09"50	2'40"00	5'00"00	11'00"00	1,35m	4,00m	30,00m	11,00m (3kg)	36,00m (3kg)	35,00m (500g)	11m (7,257kg)
MF60	14"60	31"00	1'13"00	2'55"00	5'25"00	11'50"00	1,30m	3,50m	26,00m	10,00m (3kg)	33,00m (3kg)	35,00m (400g)	15m (5,45kg)
MF65	15"25	32"50	1'17"00	3'10"00	6'00"00	13'00"00	1,20m	3,00m	23,00m	9,00m (3kg)	30,00m (3kg)	30,00m (400g)	13m (5,45kg)
MF70	15"90	34"00	1'20"00	3'25"00	7'00"00	14'30"00	1,10m	2,50m	20,50m	8,00m (3kg)	25,00m (3kg)	25,00m (400g)	11m (5,45kg)
MF75	16"55	36"00	1'23"50	3'40"00	8'00"00	16'00"00	1,00m	2,00m	17,50m	7,00m (3kg)	20,00m (3kg)	20,00m (400g)	9,50m(5,45kg)
MF80	17"60	38"00	1'30"00	4'10"00	9'20"00	18'10"00	0,90m	1,70m	14,30m	6,00m (3kg)	15,00m (3kg)	15,00m (400g)	8m (5,45kg)
MF85	18"60	40"50	1'45"00	4'50"00	10'40"00	21'00"00	0,85m	1,50m	12,20m	5,00m (3kg)	12,50m (3kg)	10,00m (400g)	7m (5,45kg)
MF90	20"00	44"00	2'10"00	5'45"00	12'20"00	26'00"00	0,80m	1,30m	11,50m	4,50m (3kg)	11,00m (3kg)	8,50m (400g)	6m (5,45kg)

UOMINI

Specialità Categoria	100m	200m	400m	800m	1500m	5000m	alto	lungo	disco	peso	martello	giavelotto	Martello con maniglia
MM35	10"30	20"80	47"00	1'50"00	3'45"00	13'45"00	2,16m	7,50m	60,00m (2,0kg)	18m (7,257kg)	65m (7,257kg)	70,00m (800g)	18m (15,88kg)
MM40	10"70	21"60	48"00	1'54"00	3'55"00	14'15"00	2,10m	7,10m	55,00m (2,0kg)	17m (7,257kg)	60m (7,257kg)	65,00m (800g)	16m (15,88kg)
MM45	11"10	22"60	50"00	1'58"00	4'05"00	14'50"00	2,02m	6,70m	50,00m (2,0kg)	16m (7,257kg)	55m (7,257kg)	60,00m (800g)	14m (15,88kg)
MM50	11"50	23"60	52"00	2'03"00	4'15"00	15'25"00	1,88m	6,30m	55,00m (1,5kg)	15,00m (6kg)	60,00m (6kg)	55,00m (700g)	19m (11,43kg)
MM55	12"00	24"80	54"50	2'08"00	4'25"00	16'00"00	1,75m	5,90m	50,00m (1,5kg)	14,00m (6kg)	55,00m (6kg)	50,00m (700g)	16m (11,43kg)
MM60	12"50	26"00	57"50	2'15"00	4'35"00	16'40"00	1,65m	5,50m	55,00m (1,0kg)	14,00m (5kg)	55,00m (5kg)	50,00m (600g)	17m (9,08kg)
MM65	13"00	27"20	1'02"00	2'22"00	4'55"00	17'30"00	1,55m	5,10m	50,00m (1,0kg)	13,00m (5kg)	50,00m (5kg)	45,00m (600g)	15m (9,08kg)
MM70	13"60	28"60	1'06"50	2'34"00	5'15"00	18'30"00	1,45m	4,70m	45,00m (1,0kg)	13,00m (4kg)	45,00m (4kg)	45,00m (500g)	17m (7,257kg)
MM75	14"20	30"00	1'11"00	2'48"00	5'45"00	20'00"00	1,35m	4,30m	40,00m (1,0kg)	12,00m (4kg)	40,00m (4kg)	40,00m (500g)	15m (7,257kg)
MM80	15"00	31"80	1'17"00	3'10"00	6'35"00	23'20"00	1,22m	3,90m	35,00m (1,0kg)	10,00m (3kg)	35,00m (4kg)	30,00m (400g)	13m (5,45kg)
MM85	16"00	34"10	1'27"00	3'40"00	8'00"00	30'00"00	1,08m	3,50m	30,00m (1,0kg)	9,00m (3kg)	30,00m (4kg)	25,00m (400g)	11m (5,45kg)
MM90	17"20	36"90	1'41"00	4'30"00	10'40"00	42'00"00	1,00m	3,10m	25,00m (1,0kg)	8,00m (3kg)	25,00m (4kg)	20,00m (400g)	9m (5,45kg)
MM95	18"60	40"20	2'07"00	5'40"00	15'00"00	59'00"00	0,94m	2,70m	20,00m (1,0kg)	7,00m (3kg)	20,00m (4kg)	15,00m (400g)	6,50m(5,45kg)