Normes Élite Femmes 2022

	24 ans et -	25 ans	26 ans	27 ans	28 ans	29 ans	30 ans	31 ans	32 ans	33 ans	34 ans	35 ans et +
100m	12.09	12.08	12.06	12.04	12.03	12.01	11.99	11.99	11.99	11.98	11.98	11.97
200m	24.81	24.76	24.69	24.65	24.62	24.60	24.53	24.52	24.52	24.51	24.51	24.49
400m	56.35	56.21	56.13	55.96	55.94	55.88	55.88	55.85	55.80	55.77	55.74	55.74
100m haies	14.43	14.40	14.28	14.21	14.21	14.21	14.21	14.18	14.18	14.18	14.18	14.18
400m haies	1:02.47	1:02.33	1:02.12	1:02.04	1:01.66	1:01.66	1:01.55	1:01.48	1:01.41	1:01.31	1:01.27	1:01.27
3000m steeple	10:49.33	10:48.89	10:47.58	10:41.90	10:38.86	10:37.56	10:36.69	10:36.69	10:36.69	10:36.69	10:36.69	10:36.69
800m	2:11.99	2:11.44	2:10.95	2:10.22	2:10.10	2:10.10	2:10.04	2:10.04	2:10.04	2:09.92	2:09.92	2:09.80
1500m	4:33.45	4:32.61	4:30.11	4:29.29	4:28.87	4:28.32	4:28.19	4:27.36	4:27.36	4:27.36	4:27.36	4:27.36
3000m	9:50.24	9:48.63	9:45.42	9:43.18	9:42.54	9:40.63	9:39.99	9:39.04	9:38.72	9:38.72	9:38.72	9:36.82
5000m	17:04.27	17:01.97	17:00.83	16:55.68	16:55.68	16:50.55	16:49.42	16:49.42	16:48.28	16:48.28	16:48.28	16:41.50
10000m	36:01.77	35:51.80	35:43.11	35:36.92	35:31.98	35:28.29	35:24.60	35:22.14	35:18.46	35:00.13	35:00.13	34:56.48
½ Marathon	1h19:56	1h19:27	1h18:59	1h18:36	1h18:17	1h17:58	1h17:43	1h17:33	1h17:27	1h17:05	1h17:05	1h16:56
Marathon	2h51:17	2h50:04	2h48:57	2h47:58	2h46:58	2h46:06	2h45:20	2h44:47	2h44:47	2h44:47	2h44:47	2h44:34
10000m marche	50:49.08	50:49.08	50:05.90	50:04.03	49:52.86	49:51.01	49:30.63	49:25.10	49:21.41	49:19.57	49:19.57	49:06.71
20km marche	1h44:57	1h44:57	1h43:24	1h43:21	1h43:02	1h42:58	1h42:16	1h42:05	1h41:57	1h41:53	1h41:53	1h41:27
35km marche	3h19:56	3h19:56	3h16:56	3h16:49	3h16:11	3h16:04	3h14:43	3h14:21	3h14:06	3h13:59	3h13:59	3h13:07
Hauteur	1.72m	1.73m	1.73m	1.74m	1.74m	1.74m	1.75m	1.75m	1.75m	1.75m	1.75m	1.75m
Perche	3.80m	3.85m	3.87m	3.89m	3.90m	3.90m	3.90m	3.94m	3.94m	3.95m	3.95m	3.96m
Longueur	5.76m	5.78m	5.80m	5.84m	5.86m	5.88m	5.90m	5.91m	5.91m	5.91m	5.91m	5.92m
Triple saut	12.08m	12.11m	12.20m	12.23m	12.29m	12.37m	12.37m	12.38m	12.47m	12.52m	12.53m	12.54m
Poids	13.88m	14.20m	14.28m	14.58m	14.63m	14.75m	14.96m	14.99m	15.04m	15.04m	15.04m	15.10m
Disque	47.71m	48.31m	48.59m	48.64m	48.80m	49.19m	49.46m	50.11m	50.11m	50.55m	50.66m	51.26m
Marteau	54.95m	56.63m	57.25m	57.50m	58.74m	58.99m	58.99m	58.99m	59.11m	59.80m	59.80m	59.98m
Javelot	48.24m	48.51m	49.32m	49.54m	49.70m	49.97m	50.30m	50.52m	50.52m	50.90m	51.00m	51.76m
Heptathlon	4995	5052	5084	5130	5135	5172	5192	5192	5192	5192	5192	5208