

Normes Élite Hommes 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	10.64	10.63	10.62	10.61	10.59	10.59	10.58	10.57	10.57	10.56	10.56	10.56
200m	21.60	21.56	21.56	21.47	21.44	21.44	21.43	21.42	21.42	21.42	21.42	21.42
400m	48.08	47.95	47.92	47.84	47.82	47.79	47.68	47.68	47.68	47.67	47.67	47.67
110m haies	14.66	14.61	14.48	14.46	14.42	14.40	14.39	14.36	14.36	14.35	14.35	14.34
400m haies	53.22	53.06	52.87	52.76	52.70	52.68	52.68	52.66	52.66	52.66	52.66	52.66
3000m steeple	9:05.92	9:00.09	8:58.41	8:56.73	8:56.73	8:56.73	8:56.73	8:56.73	8:56.73	8:56.73	8:56.73	8:56.73
800m	1:51.46	1:51.28	1:51.25	1:50.93	1:50.79	1:50.79	1:50.61	1:50.61	1:50.61	1:50.61	1:50.61	1:50.57
1500m	3:49.59	3:49.11	3:48.72	3:48.09	3:47.93	3:47.86	3:47.86	3:47.39	3:47.39	3:47.39	3:47.31	3:47.31
3000m	8:16.79	8:15.36	8:13.23	8:11.99	8:11.82	8:11.64	8:11.29	8:10.76	8:10.76	8:10.76	8:10.59	8:10.59
5000m	14:18.92	14:16.13	14:10.31	14:08.48	14:08.48	14:08.17	14:06.66	14:06.66	14:06.66	14:06.66	14:06.66	14:06.66
10000m	30:13.48	30:02.82	29:53.64	29:50.83	29:50.83	29:48.73	29:48.03	29:47.32	29:43.13	29:43.13	29:43.13	29:42.43
½ Marathon	1h06:21	1h05:57	1h05:39	1h05:31	1h05:28	1h05:23	1h05:18	1h05:09	1h05:05	1h05:00	1h04:58	1h04:53
Marathon	2h23:04	2h22:12	2h21:37	2h21:13	2h20:57	2h20:46	2h20:30	2h19:55	2h19:51	2h19:28	2h19:20	2h19:04
10000m marche	44:27.05	44:16.40	44:04.26	43:47.66	43:34.15	43:28.17	43:17.72	43:07.31	43:07.31	43:05.83	42:55.46	42:55.46
20km marche	1h32:05	1h31:43	1h31:18	1h30:44	1h30:17	1h30:04	1h29:43	1h29:22	1h29:22	1h29:19	1h28:58	1h28:58
35km marche	2h53:20	2h52:34	2h51:42	2h50:30	2h49:32	2h49:07	2h48:22	2h47:37	2h47:37	2h47:30	2h46:46	2h46:46
Hauteur	2.05m	2.07m	2.08m	2.09m	2.09m	2.09m	2.09m	2.09m	2.09m	2.10m	2.10m	2.10m
Perche	4.93m	4.93m	4.97m	4.98m	4.98m	5.02m	5.03m	5.03m	5.03m	5.03m	5.03m	5.03m
Longueur	7.25m	7.27m	7.28m	7.29m	7.32m	7.32m	7.32m	7.32m	7.32m	7.32m	7.32m	7.33m
Triple saut	14.92m	15.02m	15.09m	15.21m	15.22m	15.22m	15.22m	15.25m	15.26m	15.26m	15.29m	15.31m
Poids	16.49m	16.94m	17.09m	17.35m	17.58m	17.65m	17.77m	17.78m	17.78m	17.80m	17.80m	17.82m
Disque	50.52m	51.29m	52.22m	52.82m	52.98m	53.31m	54.56m	54.56m	54.56m	54.56m	54.84m	55.16m
Marteau	60.30m	60.94m	61.72m	62.76m	63.28m	63.73m	64.12m	64.25m	64.64m	64.96m	64.96m	65.48m
Javelot	66.57m	67.06m	67.84m	68.83m	69.25m	69.61m	69.61m	70.10m	70.10m	70.10m	70.24m	70.45m
Décathlon	6555	6621	6739	6785	6831	6844	6883	6883	6909	6909	6909	6909