

Normes Relève Femmes 2022

	équivalence 17 ans	18 ans	19 ans	20 ans	21 ans	22 ans	23 ans
100m		12.58	12.46	12.41	12.34	12.30	12.26
200m		25.83	25.60	25.46	25.23	25.15	25.10
400m		58.98	58.34	57.85	57.68	57.39	57.14
100m haies	14.95 / 30"	15.30	15.05	14.91	14.80	14.73	14.66
400m haies		1:06.16	1:05.26	1:04.78	1:03.90	1:03.47	1:03.44
3000m steeple	7:29.06 / 2000mSC	11:49.39	11:39.54	11:26.13	11:21.55	11:12.48	11:06.63
800m		2:17.93	2:16.58	2:15.62	2:14.92	2:13.98	2:13.73
1500m		4:46.36	4:44.31	4:41.99	4:40.40	4:39.11	4:38.11
3000m		10:26.52	10:19.36	10:10.60	10:05.95	10:02.31	9:59.68
5000m		18:20.61	18:03.42	17:41.15	17:31.07	17:24.01	17:18.75
10000m				38:30.12	37:55.71	37:23.13	36:59.95
½ Marathon							1h22:12
5000m marche	15:50.24 / 3000mRW	27:16.25	26:30.84				
10000m marche		56:02.17	54:29.83	54:15.70	52:58.15	52:46.38	51:48.17
20km marche				1h52:00	1h49:21	1h48:57	1h46:54
Hauteur		1.63m	1.65m	1.66m	1.67m	1.68m	1.68m
Perche		3.42m	3.44m	3.53m	3.62m	3.68m	3.68m
Longueur		5.34m	5.47m	5.51m	5.58m	5.58m	5.62m
Triple saut		11.14m	11.32m	11.42m	11.55m	11.61m	11.70m
Poids	13.18m / 3kg	11.41m	12.02m	12.60m	12.84m	13.04m	13.30m
Disque		38.91m	40.77m	42.47m	43.40m	44.49m	46.02m
Marteau	52.83m / 3kg	45.72m	48.34m	49.65m	51.34m	52.46m	53.27m
Javelot	43.35m / 500g	39.54m	42.81m	44.17m	44.93m	45.58m	46.83m
Heptathlon	4391 / Juvénile	4239	4454	4558	4694	4788	4886