

## Gerätegewichte (Stand 01.01.2015)

| Altersklassen      |           | Kugel    | Diskus   | Hammer   | Speer | Gewicht / Ball |
|--------------------|-----------|----------|----------|----------|-------|----------------|
| Senioren           | M80 +     | 3,000 kg | 1,000 kg | 3,000 kg | 400 g | 5,450 kg       |
| Senioren           | M70 + M75 | 4,000 kg | 1,000 kg | 4,000 kg | 500 g | 7,260 kg       |
| Senioren           | M60 + M65 | 5,000 kg | 1,000 kg | 5,000 kg | 600 g | 9,080 kg       |
| Senioren           | M50 + M55 | 6,000 kg | 1,500 kg | 6,000 kg | 700 g | 11,340 kg      |
| Senioren           | M30 - M45 | 7,260 kg | 2,000 kg | 7,260 kg | 800 g | 15,880 kg      |
| Männer, M U 23     | M20 u.ä.  | 7,260 kg | 2,000 kg | 7,260 kg | 800 g | -----          |
| Männl. Jugend U 20 | M19/18    | 6,000 kg | 1,750 kg | 6,000 kg | 800 g | -----          |
| Männl. Jugend U 18 | M17/16    | 5,000 kg | 1,500 kg | 5,000 kg | 700 g | -----          |
| Männl. Jugend U 16 | M15/14    | 4,000 kg | 1,000 kg | 4,000 kg | 600 g | 200 g          |
| Männl. Jugend U 14 | M13/12    | 3,000 kg | 0,750 kg | 3,000 kg | 400 g | 200 g          |
| Seniorinnen        | W75 +     | 2,000 kg | 0,750 kg | 2,000 kg | 400 g | 4,000 kg       |
| Seniorinnen        | W60 - W70 | 3,000 kg | 1,000 kg | 3,000 kg | 500 g | 5,450 kg       |
| Seniorinnen        | W50 + W55 | 3,000 kg | 1,000 kg | 3,000 kg | 500 g | 7,260 kg       |
| Seniorinnen        | W30 - W45 | 4,000 kg | 1,000 kg | 4,000 kg | 600 g | 9,080 kg       |
| Frauen, W U 23     | W20 u.ä.  | 4,000 kg | 1,000 kg | 4,000 kg | 600 g | -----          |
| Weibl. Jugend U 20 | W19/18    | 4,000 kg | 1,000 kg | 4,000 kg | 600 g | -----          |
| Weibl. Jugend U 18 | W17/16    | 3,000 kg | 1,000 kg | 3,000 kg | 500 g | -----          |
| Weibl. Jugend U 16 | W15/14    | 3,000 kg | 1,000 kg | 3,000 kg | 500 g | 200 g          |
| Weibl. Jugend U 14 | W13/12    | 3,000 kg | 0,750 kg | 2,000 kg | 400 g | 200 g          |

## Hürdenstrecken/Hürdenmaße (Stand 01.01.2015)

| Altersklassen                  | Strecke | Anzahl | Höhe    | Anlauf  | Abstand | Auslauf |
|--------------------------------|---------|--------|---------|---------|---------|---------|
| Männer, M30                    | 110 m   | 10     | 1,067 m | 13,72 m | 9,14 m  | 14,02 m |
| MJ U 20, M35, M40, M45         | 110 m   | 10     | 0,991 m | 13,72 m | 9,14 m  | 14,02 m |
| MJ U 18                        | 110 m   | 10     | 0,914 m | 13,72 m | 8,90 m  | 16,18 m |
| M50, M55                       | 100 m   | 10     | 0,914 m | 13,00 m | 8,50 m  | 10,50 m |
| M60, M65                       | 100 m   | 10     | 0,838 m | 12,00 m | 8,00 m  | 16,00 m |
| Frauen, WJ U20, W30, W35       | 100 m   | 10     | 0,838 m | 13,00 m | 8,50 m  | 10,50 m |
| WJ U 18                        | 100 m   | 10     | 0,762 m | 13,00 m | 8,50 m  | 10,50 m |
| W40, W45, WJ U 16              | 80 m    | 8      | 0,762 m | 12,00 m | 8,00 m  | 12,00 m |
| M70, M75, W50, W55             | 80 m    | 8      | 0,762 m | 12,00 m | 7,00 m  | 19,00 m |
| M80 u.ä., W60 u.ä.             | 80 m    | 8      | 0,686 m | 12,00 m | 7,00 m  | 19,00 m |
| MJ U 16                        | 80 m    | 7      | 0,838 m | 13,50 m | 8,60 m  | 14,90 m |
| U 14                           | 60 m    | 6      | 0,762 m | 11,50 m | 7,50 m  | 11,00 m |
| Männer, MJ U 20, M30 -45       | 400 m   | 10     | 0,914 m | 45,00 m | 35,00 m | 40,00 m |
| MJ U 18, M50, M55              | 400 m   | 10     | 0,838 m | 45,00 m | 35,00 m | 40,00 m |
| Frauen, WJ U 20 + U 18, W30-45 | 400 m   | 10     | 0,762 m | 45,00 m | 35,00 m | 40,00 m |
| MJ U 16                        | 300 m   | 7      | 0,838 m | 50,00 m | 35,00 m | 40,00 m |
| WJ U 16                        | 300 m   | 7      | 0,762 m | 50,00 m | 35,00 m | 40,00 m |
| M60, M65, W50, W55             | 300 m   | 7      | 0,762 m | 50,00 m | 35,00 m | 40,00 m |
| M70 u.ä., W60 u.ä.             | 300 m   | 7      | 0,686 m | 50,00 m | 35,00 m | 40,00 m |

## Hindernisstrecken (Stand 01.01.2015)

|                    |        |  |         |  |  |  |
|--------------------|--------|--|---------|--|--|--|
| Männer, M30 - M55  | 3000 m |  | 0,914 m |  |  |  |
| MJ U 20 + 18, M60+ | 2000 m |  | 0,914 m |  |  |  |
| Frauen, W30        | 3000 m |  | 0,762 m |  |  |  |
| WJ U 20, W35+      | 2000 m |  | 0,762 m |  |  |  |
| WJ U 18            | 1500 m |  | 0,762 m |  |  |  |