

Barème Senior Homme

	IA 17 pts	IB 15 pts	N1 13 pts	N2 11 pts	N3 9 pts	R1 7 pts	R2 6 pts	R3 5 pts	D1 4 pts
*50m	5"66	5"76	5"86	6"04	6"24	6"44	6"64	6"84	7"04
*60m	6"56	6"66	6"76	6"94	7"24	7"54	7"84	8"14	8"44
100m	10"06	10"23	10"40	10"68	11"14	11"54	11"94	12"34	12"74
200m	20"24	20"60	21"11	21"63	22"54	23"44	24"34	25"24	26"14
300m			33"90	34"94	36"74	38"54	40"34	42"14	43"94
400m	44"79	45"63	46"70	48"27	50"84	53"44	56"04	58"64	61"24
800m	1'44"27	1'46"15	1'47"87	1'50"88	1'57"0	2'03"0	2'09"0	2'15"0	2'21"0
1000m	2'13"90	2'16"20	2'18"20	2'22"00	2'30"0	2'38"0	2'46"0	2'54"0	3'02"0
1500m	3'34"30	3'37"74	3'40"07	3'46"11	3'59"0	4'12"0	4'25"0	4'38"0	4'51"0
3000m	7'40"66	7'49"92	7'56"19	8'11"92	8'41"0	9'10"0	9'39"0	10'08"0	10'37"0
5000m	13'10"86	13'26"31	13'34"54	14'10"88	15'01"0	15'52"0	16'43"0	17'34"0	18'25"0
10000m	27'38"0	28'06"0	28'59"0	30'13"0	32'10"0	34'07"0	36'04"0	38'01"0	39'58"0
15 km	43'00"	43'35"	44'30"	46'15"	49'00"	51'45"	54'30"	57'15"	1h00'00"
20000m	58'25"	59'05"	1h00'00"	1h02'20"	1h05'55"	1h09'35"	1h13'15"	1h16'55"	1h20'35"
Semi-marathon	1h01'18"	1h02'00"	1h03'15"	1h05'25"	1h09'00"	1h13'00"	1h17'00"	1h21'00"	1h25'00"
Marathon	2h09'45"	2h11'45"	2h15'25"	2h22'50"	2h32'00"	2h41'00"	2h50'00"	2h59'00"	3h08'00"
100 km	6h35'00"	6h53'00"	7h11'00"	7h30'00"	8h00'00"	8h25'00"	8h50'00"	9h15'00"	9h40'00"
Heure	20550m	20300m	20000m	19250m	18400m	17550m	16700m	15850m	15000m
24 heures	250km	240km	230km	220km	210km	200km	190km	180km	170km
*50m haies 0.91m			6"51	6"87	7"24	7"64	8"04	8"44	8"84
*50m haies 0.91m	6"43	6"62	6"78	7"14	7"54	7"94	8"34	8"74	9"14
*60m haies 0.91m			7"54	7"94	8"34	8"74	9"14	9"54	9"94
*60m haies 0.91m	7"57	7"76	7"92	8"34	8"74	9"14	9"54	9"94	10"34
110m haies 0.91m			13"18	13"92	14"84	15"74	16"64	17"54	18"44
110m haies 0.91m	13"30	13"64	13"93	14"67	15"54	16"44	17"34	18"24	19"14
320m haies			37"64	40"14	42"94	45"74	48"54	51"34	54"14
400m haies	48"78	49"86	51"05	53"50	56"94	60"34	63"74	67"14	70"54
1500m steeple			4'01"0	4'15"0	4'29"0	4'43"0	4'57"0	5'11"0	5'25"0
3000m steeple	8'14"42	8'29"36	8'41"51	9'03"88	9'41"0	10'18"0	10'55"0	11'32"0	12'09"0
Hauteur	2.34m	2.27m	2.17m	2.07m	1.97m	1.87m	1.77m	1.67m	1.57m
Perche	5.80m	5.60m	5.45m	4.95m	4.60m	4.20m	3.80m	3.40m	3.00m
Longueur	8.27m	8.04m	7.76m	7.30m	6.90m	6.50m	6.10m	5.70m	5.30m
Triple	17.35m	16.88m	16.14m	14.92m	14.10m	13.30m	12.50m	11.70m	10.90m
Poids 5 kg			19.15m	17.65m	16.30m	14.95m	13.60m	12.25m	10.90m
Poids 6 kg		20.60m	17.85m	16.35m	15.00m	13.65m	12.30m	10.95m	9.60m
Poids 7 kg	20.70m	19.40m	16.65m	15.15m	13.80m	12.45m	11.10m	9.75m	8.40m
Disque 1,500 kg			59.60m	52.20m	47.70m	43.20m	38.70m	34.20m	29.70m
Disque 1,750 kg	64.50m	57.90m	50.50m	46.00m	41.50m	37.00m	32.50m	28.00m	
Disque 2,000 kg	66.00m	61.50m	54.90m	47.50m	43.30m	39.10m	34.90m	30.70m	26.50m
Marteau 5 kg			81.70m	68.40m	62.00m	56.00m	50.00m	44.00m	38.00m
Marteau 6,250 kg	79.60m	74.80m	61.50m	56.00m	50.50m	45.00m	39.50m	34.00m	

Feuille1

Marteau	80.50m	74.60m	69.80m	56.50m	51.50m	46.50m	41.50m	36.50m	31.50m
Javelot 700 g			76.50m	67.30m	61.60m	55.90m	50.20m	44.50m	38.80m
Javelot	85.60m	79.30m	72.20m	63.00m	57.50m	52.00m	46.50m	41.00m	35.50m
*Pentathlon			3850pts	3550pts	3300pts	3000pts	2700pts	2500pts	2200pts
*Pentathlon	4260pts	4050pts	3780pts	3350pts	3090pts	2830pts	2570pts	2310pts	2050pts
*Heptathlon	6080pts	5770pts	5390pts	4780pts	4410pts	4040pts	3670pts	3300pts	2930pts
Ennéathlon			6940pts	6200pts	5740pts	5280pts	4820pts	4360pts	3900pts
Décathlon	8270pts	7850pts	7330pts	6510pts	6000pts	5490pts	4980pts	4470pts	3960pts
3000m marche			12'00"0	13'30"0	14'20"0	15'10"0	16'00"0	16'50"0	17'40"0
5000m marche	18'50"0	19'35"0	20'35"0	23'00"0	24'25"0	25'50"0	27'15"0	28'40"0	30'00"0
45 ' marche			10600m	9600m	8900m	8550m	8200m	7850m	7500m
10000m marche	39'00"0	40'00"0	43'00"0	47'00"0	50'00"0	53'00"0	56'00"0	59'00"0	62'00"0
Heure marche	15300m	14900m	13800m	12600m	12000m	11400m	10800m	10200m	9600m
20000m marche	1h20'00"	1h22'00"	1h28'00"	1h36'00"	1h42'00"	1h48'00"	1h54'00"	2h00'00"	2h06'00"
2 heures marche	28100m	27300m	25400m	23400m	22550m	21700m	20850m	20000m	19150m
30000m marche	2h08'	2h12'	2h22'	2h34'	2h43'	2h52'	3h01'	3h10'	3h19'
50000m marche	3h48'	4h00'	4h12'	4h35'	4h52'	5h09'	5h26'	5h43'	6h00'
100 km marche	8h20'	9h00'	9h45'	10h10'	10h30'	10h50'	11h10'	11h30'	11h50'
Grand fond marche (tem)		200km	195km	190km	185km	180km	175km	170km	