

BLV-Talentförderung F- / D-Kader – Richtnormen für Schüler/innen AK 12-15

| AK | Kader | 75 100 | 300 300 Hü | 60 Hü 80 Hü | 800 1000 | 2000 3000 | 5 Km | Gehen | Weit | Hoch | Drei | Stab | Kugel | Diskus | Ball Speer | Ham- mer | BWK Sprint | BWK Wurf | BWK Lauf |
|------------|----------|--------------|----------------|----------------|-------------|---------------|--------------|--------------|-------------|-------------|-------|-------------|--------------|--------------|---------------|-------------|---------------|-------------|-------------|
| W12 | Tafö | 10.90 | | 11.50 | 2:45 | 8:20 | | | 4.40 | 1.30 | | 1.60 | 8.00 | 16.00 | 20/42 | 20.00 | 1800 | 1700 | 1700 |
| W13 | Tafö | 10.60 | | 10.80 | 2:38 | 8:00 | | | 4.60 | 1.40 | | 1.70 | 8.50 | 18.00 | 22/45 | 20.00 | 2000 | 1800 | 1900 |
| W13 | F | 10.25 | | 10.35 | 2:36 | 7:45 | 22:00 | 21:30 | 4.90 | 1.50 | | 2.20 | 9.00 | 23.00 | 27.50 | | 2300 | 2150 | 2250 |
| W14 | F | 13.00 | | 12.70 | 2:32 | 7:30 | 21:30 | 20:30 | 5.00 | 1.55 | | 2.40 | 10.00 | 27.00 | 32.00 | 30.00 | 2400 | 2250 | 2400 |
| W15 | F | 12.90 | | 12.40 | 2:30 | 7:25 | 21:00 | 19:30 | 5.15 | 1.60 | 10.00 | 2.80 | 10.60 | 30.00 | 34.00 | 34.00 | 2500 | 2350 | 2550 |
| W14 | D | 12.80 | | 12.20 | 2:21 | 7:00 | 20:10 | 18:00 | 5.30 | 1.64 | | 2.75 | 11.50 | 30.00 | 34.00 | 33.00 | 7. K. 3550 | | |
| W15 | D | 12.60 | 41.50 46.50 | 11.95 | 2:18.5 | 6:50 | 19:30 | 17:00 | 5.50 | 1.66 | 10.80 | 3.00 | 12.50 | 34.00 | 38.00 | 38.00 | 7. K. 3700 | | |
| M12 | Tafö | 10.80 | | 11.20 | 3:25 | 7:40 | | | 4.60 | 1.35 | | 1.80 | 8.50 | 20.00 | 27/46 | 20.00 | 1800 | 1700 | 1600 |
| M13 | Tafö | 10.50 | | 10.40 | 3:18 | 7:30 | | | 4.90 | 1.46 | | 2.00 | 9.80 | 22.00 | 29/52 | 20.00 | 2000 | 1900 | 1800 |
| M13 | F | 9.95 | | 10.05 | 3:10 | 7:20 | 21:00 | 21:00 | 5.35 | 1.55 | | 2.20 | 10.70 | 27.00 | 35.00 | | 2300 | 2150 | 2150 |
| M14 | F | 12.30 | | 12.30 | 3:00 | 7:00 10:50 | 20:00 | 20:00 | 5.50 | 1.60 | | 2.60 | 11.20 | 30.00 | 38.50 | 30.00 | 2400 | 2250 | 2250 |
| M15 | F | 12.00 | | 12.00 | 2:54 | 10:25 | 19:20 | 19:00 | 5.75 | 1.70 | 11.20 | 2.80 | 12.60 | 35.00 | 42.00 | 35.00 | 2500 | 2450 | 2450 |
| M14 | D | 11.85 | | 11.60 | 2:48.5 | 9:50 | 17:50 | 17:00 | 5.95 | 1.75 | | 3.20 | 13.25 | 38.00 | 45.00 | 40.00 | 8. K. 4200 | | |
| M15 | D | 11.50 | 37.40 41.50 | 11.00 | 2:42 | 9:35 | 17:15 | 15:30 | 6.35 | 1.84 | 12.50 | 3.70 | 15.00 | 46.00 | 50.50 | 46.00 | 8. K 4550 | | |

Tafö = W/M 12-13

F-Kader Sichtung = W/M 13 F fettgedruckt

F-Kader = W/M 14-15 F

Dieter Roth