

BAREME HOMMES

EPREUVES	CATEGORIE	PERF N3	PERF R1	PERF R2	PERF R3	PERF D1
50m	CJESV	6"24	6"44	6"64	6"84	7"04
60m	CJESV	7"24	7"54	7"84	8"14	8"44
100m	CJEV	11"14	11"54	11"94	12"34	12"74
200m	CJEV	22"54	23"44	24"34	25"24	26"14
300m	C	36"74	38"54	40"34	42"14	43"94
400m	JESV	50"84	53"44	56"04	58"64	61"24
800m	CJESV	1'57"0	2'03"0	2'09"0	2'15"0	2'21"0
1500m	CJESV	3'59"0	4'12"0	4'25"0	4'38"0	4'51"0
3000m	CJESV	8'41"0	9'10"0	9'39"0	10'08"0	10'37"0
5000m	JESV	15'01"0	15'52"0	16'53"0	17'34"0	18'25"0
50mh 0,91	C	7"24	7"64	8"04	8"44	8"84
50mh 1,06	CJESV	7"54	7"94	8"34	8"74	9"14
60mh 0,91	C	8"34	8"74	9"14	9"54	9"94
60mh 1,06	CJESV	8"74	9"14	9"54	9"94	10"34
110mh 0,91	C	14"84	15"74	16"64	17"54	18"44
110mh 1,06	CJESV	15"54	16"44	17"34	18"24	19"14
320mh	C	42"94	45"74	48"54	51"34	54"14
400mh	JESV	56"94	60"34	63"74	67"14	70"54
3000msteep	JESV	9'41"0	10'18"0	10'55"0	11'32"0	12'09"0
hauteur	CJESV	1m97	1m87	1m77	1m67	1m57
longueur	CJESV	6m90	6m50	6m10	5m70	5m30
triple	CJESV	14m10	13m30	12m50	11m70	10m90
perche	CJESV	4m60	4m20	3m80	3m40	3m00
poids 5kg	C	16m30	14m95	13m60	12m25	10m90
poids 6kg	CJ	15m00	13m65	12m30	10m95	9m60
poids 7kg260	CJESV	13m80	12m45	11m10	9m75	8m40
disque1,5kg	C	47m70	43m20	38m70	34m20	29m70
disque1,75kg	CJ	46m00	41m50	37m00	38m50	28m00
disque2kg	CJESV	43m30	39m10	34m90	30m70	26m50
marteau 5kg	C	62m00	56m00	50m00	44m00	38m00
marteau 6kg	CJ	56m00	50m50	45m00	39m50	34m00
mart 7kg260	CJESV	51m50	46m50	41m50	36m50	31m50
javelot 700g	C	61m60	55m90	50m20	44m50	38m80
javelot 800g	CJESV	57m50	52m00	46m50	41m00	35m50
heptathlon	CJESV	4410pts	4040pts	3670pts	3300pts	2930pts
decathlon	CJESV	6000pts	5490pts	4980pts	4470pts	3960pts
3000mMarche	C	14'20"0	15'10"0	16'00"0	16'50"0	17'40"0
5000mMarche	CJESV	24'25"0	25'50"0	27'15"0	28'40"0	30'00"0