

Bronze Standard

Men	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100m	15.10	15.56	16.25	16.84	17.38	18.08	18.81	19.52	20.50	21.83	23.48	25.68
200m	30.79	31.94	33.22	34.45	35.58	36.80	38.10	39.92	42.38	45.24	49.44	55.42
400m	68.82	71.90	74.83	77.50	80.09	82.99	85.89	89.62	96.95	107.52	120.54	137.15
800m	02:39.88	02:45.12	02:51.45	03:00.11	03:09.02	03:17.43	03:26.34	03:37.40	03:52.02	04:14.03	04:48.43	05:30.66
1500m	05:27.35	05:39.06	05:52.28	06:08.09	06:26.86	06:47.29	07:08.94	07:32.43	07:59.38	08:36.03	09:45.03	11:36.85
3000m	11:29.80	11:55.55	12:36.46	13:11.83	13:40.97	14:20.72	15:13.20	16:14.66	17:16.63	18:44.95	21:25.05	25:09.17
5000m	19:48.22	20:30.09	21:40.14	22:50.60	23:44.49	24:33.88	25:52.11	27:42.48	29:30.57	32:10.22	37:30.63	45:20.92
10000m	41:25.68	43:08.20	45:21.95	47:21.94	49:15.65	51:23.94	53:47.72	56:54.83	60:56.11	67:38.69	79:43.28	95:56.15
Short Hurdles	20.17	21.03	21.94	20.88	21.92	22.11	23.20	19.40	20.95	22.69	27.32	33.26
Long Hurdles	73.78	77.33	81.38	84.92	88.82	65.09	67.43	70.77	76.38	56.85	66.79	78.94
Steeplechase	12:34.00	13:15.55	14:02.52	14:44.35	15:15.46	10:00.32	10:46.45	11:32.14	12:58.32	14:49.52	16:50.88	19:08.57
High Jump	1.28	1.22	1.15	1.09	1.04	1.00	0.94	0.88	0.83	0.80	0.80	0.80
Pole Vault	2.51	2.38	2.21	2.04	1.93	1.83	1.70	1.70	1.70	1.70	1.70	1.70
Long Jump	3.56	3.31	3.08	2.90	2.75	2.57	2.36	2.19	2.04	1.85	1.62	1.38
Triple Jump	7.55	7.20	6.65	6.19	5.86	5.46	5.03	5.00	5.00	5.00	5.00	5.00
Shot Put	9.54	9.11	8.78	7.87	7.34	7.76	7.04	6.90	6.26	5.80	5.22	4.40
Discus	30.39	29.58	28.69	28.90	27.29	28.04	25.47	23.18	20.58	17.68	14.94	12.04
Hammer	35.51	34.59	33.55	32.68	28.42	26.75	25.62	24.94	22.65	20.84	17.51	12.03
Javelin	39.08	36.10	32.60	32.18	28.21	26.43	24.75	23.01	21.61	19.56	16.90	13.29
Weight Throw	10.63	9.15	8.78	11.05	9.32	10.22	9.34	9.78	8.87	8.41	7.24	4.73

Women	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90
100m	16.43	16.90	17.44	18.01	18.85	20.06	21.31	22.32	23.40	25.24	28.37	32.69
200m	33.72	35.03	36.42	37.35	38.89	41.62	44.09	46.23	48.88	53.46	62.85	77.43
400m	76.93	81.77	85.90	88.12	90.38	95.60	102.31	108.48	119.26	137.12	186.85	296.48
800m	02:59.08	03:03.78	03:11.31	03:22.86	03:33.18	03:44.72	04:03.06	04:24.32	04:45.91	05:16.48	06:15.54	07:43.62
1500m	06:03.18	06:10.28	06:26.95	06:54.51	07:16.72	07:41.94	08:17.94	08:56.14	09:40.55	10:37.58	12:56.15	17:42.49
3000m	13:01.06	13:39.74	14:17.20	14:56.14	15:32.29	16:22.91	17:37.55	19:01.15	20:36.37	22:41.97	25:37.15	
5000m	22:23.37	23:19.72	24:19.92	25:24.62	26:35.69	27:54.02	29:48.57	32:16.71	35:22.77	39:06.11	52:11.83	84:15.92
10000m	46:40.06	48:25.88	50:38.20	53:40.15	56:16.38	58:28.58	62:18.05	67:34.14	73:03.82	91:02.06	132:41.54	
Short Hurdles	19.03	17.29	17.71	18.58	18.94	19.85	21.09	23.64	26.42	31.28	41.01	53.15
Long Hurdles	82.54	88.82	94.28	69.08	71.91	75.14	80.51	56.20	60.98	64.98	156.98	
Steeplechase	09:55.55	10:24.85	10:32.02	11:39.06	12:06.02	12:44.51	13:39.22	14:57.22	16:57.69	19:08.11	26:02.66	
High Jump	1.11	1.05	0.98	0.92	0.86	0.82	0.80	0.80	0.80	0.80	0.80	0.80

Pole Vault	2.06	1.89	1.65	1.49	1.40	1.34	1.32	1.30	1.30	1.30	1.30	1.30
Long Jump	2.97	2.75	2.53	2.40	2.27	2.10	1.95	1.82	1.70	1.54	1.32	1.10
Triple Jump	6.29	5.89	5.41	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00
Shot Put	8.95	8.11	7.21	6.41	6.14	5.84	5.44	4.69	5.19	4.55	3.84	2.88
Discus Throw	29.99	28.46	25.79	21.50	18.54	17.16	15.82	14.28	13.56	11.36	9.21	6.69
Hammer Throw	32.69	28.92	23.75	23.43	21.68	20.12	18.61	16.58	18.16	15.93	12.94	8.65
Javelin Throw	28.86	26.49	23.53	20.08	18.75	17.33	15.91	14.72	12.64	11.59	9.93	7.17
Weight Throw	8.14	8.20	7.55	7.93	7.39	7.99	7.33	6.54	7.01	5.85	5.06	3.62

Red values indicate minimum opening heights or distances required to reach the sand pit.