

Athletics Performance Evaluation (APE) Tables 2012-2015
Girls 12

	Track				Relays				Hurdles				Walk	Field							
	100m		150m		1200m	4 x 100m			75mH		150mH		1500 m W	HJ		LJ	SP	DT	HT	JT	
1000	11.7	11.97	18.3	18.53	3:31.69	50.3	50.46	1000	11.0	11.22	21.1	21.33	7:23.85	1000	1.62	5.20	14.37	37.47	12.00	39.70	1000
990		12.01	18.4	18.61	3:32.78	50.5	50.66	990		11.29	21.3	21.49	7:32.31	990		5.17	14.04	36.71	51.01	39.02	990
980	11.8	12.06		18.69	3:33.89	50.7	50.87	980	11.1	11.37	21.4	21.65	7:41.07	980	1.61	5.15	13.69	35.89	49.65	38.28	980
970		12.11	18.5	18.78	3:35.03	50.9	51.08	970	11.2	11.45	21.6	21.82	7:50.15	970	1.60	5.13	13.31	35.03	48.19	37.49	970
960	11.9	12.16	18.6	18.86	3:36.19	51.2	51.29	960	11.3	11.54	21.7	21.99	7:59.57	960		5.10	12.92	34.12	46.66	36.66	960
950		12.21	18.7	18.95	3:37.38	51.4	51.51	950	11.4	11.62	21.9	22.16	8:09.34	950	1.59	5.08	12.51	33.17	45.07	35.79	950
940	12.0	12.27	18.8	19.04	3:38.60	51.6	51.73	940	11.5	11.71	22.1	22.34	8:19.47	940	1.58	5.05	12.09	32.18	43.41	34.89	940
930		12.32	18.9	19.13	3:39.84	51.8	51.96	930	11.6	11.80	22.3	22.52	8:29.98	930	1.57	5.03	11.66	31.16	41.72	33.95	930
920	12.1	12.38	19.0	19.23	3:41.11	52.1	52.19	920		11.89	22.5	22.71	8:40.87	920		5.00	11.21	30.12	39.98	32.98	920
910	12.2	12.43	19.1	19.32	3:42.41	52.3	52.43	910	11.7	11.98	22.7	22.90	8:52.18	910	1.56	4.98	10.76	29.06	38.22	31.99	910
900		12.49	19.2	19.42	3:43.73	52.5	52.67	900	0.0	12.08	22.9	23.10	9:03.90	900	1.55	4.95	10.31	27.97	36.45	30.98	900
890	12.3	12.55	19.3	19.52	3:45.08	52.8	52.92	890	11.9	12.18	23.1	23.30	9:16.09	890		4.93	10.11	27.49	34.67	30.52	890
880		12.61	19.4	19.62	3:46.47	53.0	53.17	880	12.0	12.28	23.3	23.51	9:28.78	880	1.54	4.90	9.91	27.01	33.87	30.07	880
870	12.4	12.67	19.5	19.73	3:47.89	53.3	53.43	870	12.1	12.38	23.5	23.72	9:41.99	870	1.53	4.88	9.71	26.54	33.10	29.62	870
860	12.5	12.73	19.6	19.83	3:49.35	53.6	53.69	860	12.2	12.49	23.7	23.94	9:55.76	860	1.52	4.85	9.52	26.07	32.33	29.17	860
850		12.80	19.7	19.94	3:50.84	53.8	53.96	850	12.4	12.60	23.9	24.16	10:10.09	850		4.83	9.32	25.61	31.58	28.73	850
840	12.6	12.86	19.8	20.05	3:52.36	54.1	54.24	840	12.5	12.71	24.2	24.39	10:25.03	840	1.51	4.81	9.14	25.15	30.84	28.30	840
830	12.7	12.93	19.9	20.17	3:53.92	54.4	54.52	830	12.6	12.82	24.4	24.63	10:40.60	830	1.50	4.78	8.95	24.70	30.11	27.86	830
820		13.00	20.0	20.28	3:55.52	54.7	54.81	820	12.7	12.94	24.6	24.87	10:56.81	820	1.49	4.76	8.76	24.25	29.40	27.43	820
810	12.8	13.07	20.2	20.40	3:57.15	55.0	55.10	810	12.8	13.06	24.9	25.12	11:13.72	810		4.74	8.58	23.81	28.70	27.01	810
800	12.9	13.14	20.3	20.53	3:58.83	55.3	55.40	800	12.9	13.19	25.1	25.38	11:31.34	800	1.48	4.71	8.40	23.37	28.01	26.59	800
790		13.21	20.4	20.65	4:00.54	55.6	55.71	790	13.1	13.31	25.4	25.64	11:49.70	790	1.47	4.69	8.23	22.94	27.33	26.17	790
780	13.0	13.29	20.5	20.78	4:02.29	55.9	56.02	780	13.2	13.44	25.7	25.91	12:08.86	780	1.46	4.66	8.06	22.51	26.67	25.76	780
770	13.1	13.36	20.7	20.91	4:04.08	56.2	56.34	770	13.3	13.58	25.9	26.18	12:28.83	770		4.64	7.88	22.09	26.01	25.35	770
760	13.2	13.44	20.8	21.04	4:05.91	56.5	56.67	760	13.5	13.71	26.2	26.46	12:49.66	760	1.45	4.62	7.72	21.68	25.37	24.94	760
750	13.3	13.52	20.9	21.18	4:07.78	56.9	57.00	750	13.6	13.85	26.5	26.75	13:11.40	750	1.44	4.59	7.55	21.27	24.74	24.54	750
740		13.60	21.1	21.31	4:09.69	57.2	57.34	740	13.8	14.00	26.8	27.05	13:34.08	740	1.43	4.57	7.39	20.86	24.13	24.14	740
730	13.4	13.68	21.2	21.46	4:11.65	57.6	57.69	730	13.9	14.14	27.1	27.36	13:57.75	730		4.55	7.23	20.46	23.52	23.75	730
720	13.5	13.77	21.4	21.60	4:13.65	57.9	58.05	720	14.1	14.29	27.4	27.67	14:22.46	720	1.42	4.52	7.07	20.07	22.93	23.36	720
710	13.6	13.85	21.5	21.75	4:15.69	58.3	58.41	710	14.2	14.45	27.8	27.99	14:48.26	710	1.41	4.50	6.91	19.68	22.35	22.98	710
700	13.7	13.94	21.7	21.90	4:17.78	58.6	58.78	700	14.4	14.61	28.1	28.32	15:15.20	700	1.40	4.47	6.76	19.30	21.78	22.60	700
690	13.8	14.03	21.8	22.05	4:19.91	59.0	59.15	690	14.5	14.77	28.4	28.66	15:43.34	690		4.45	6.61	18.92	21.22	22.22	690
680	13.9	14.12	22.0	22.21	4:22.09	59.4	59.54	680	14.7	14.94	28.8	29.01	16:12.74	680	1.39	4.43	6.46	18.55	20.67	21.85	680
670	14.0	14.21	22.1	22.37	4:24.32	59.8	59.93	670	14.9	15.11	29.1	29.36	16:43.47	670	1.38	4.40	6.32	18.18	20.14	21.48	670
660	14.1	14.31	22.3	22.53	4:26.60	1:00.20	1:00.33	660	15.0	15.28	29.5	29.73	17:15.59	660	1.37	4.38	6.18	17.82	19.61	21.12	660
650	14.2	14.40	22.5	22.70	4:28.93	1:00.60	1:00.74	650	15.2	15.46	29.9	30.10	17:49.17	650		4.36	6.03	17.46	19.09	20.76	650
640	14.3	14.50	22.6	22.87	4:31.30	1:01.00	1:01.15	640	15.4	15.64	30.2	30.48	18:24.30	640	1.36	4.33	5.90	17.11	18.59	20.40	640
630	14.4	14.60	22.8	23.04	4:33.73	1:01.40	1:01.58	630	15.6	15.83	30.6	30.88	19:01.03	630	1.35	4.31	5.76	16.76	18.10	20.05	630
620	14.5	14.70	23.0	23.22	4:36.21	1:01.90	1:02.01	620	15.8	16.02	31.0	31.28	19:39.47	620		4.29	5.63	16.42	17.61	19.70	620
610	14.6	14.81	23.2	23.40	4:38.74	1:02.30	1:02.45	610	16.0	16.22	31.5	31.69	20:19.70	610	1.34	4.26	5.50	16.08	17.14	19.36	610
600	14.7	14.91	23.3	23.58	4:41.33	1:02.80	1:02.90	600	16.2	16.42	31.9	32.12	21:01.82	600	1.33	4.24	5.37	15.75	16.68	19.02	600
590	14.8	15.02	23.5	23.77	4:43.97	1:03.20	1:03.35	590	16.4	16.63	32.3	32.55	21:45.92	590	1.32	4.22	5.24	15.43	16.22	18.68	590
580	14.9	15.13	23.7	23.96	4:46.67	1:03.70	1:03.82	580	16.6	16.84	32.8	33.00	22:32.11	580		4.19	5.12	15.10	15.78	18.35	580
570	15.0	15.25	23.9	24.16	4:49.43	1:04.20	1:04.29	570	16.8	17.06	33.2	33.46	23:20.50	570	1.31	4.17	5.00	14.79	15.35	18.02	570
560	15.1	15.36	24.1	24.36	4:52.25	1:04.60	1:04.78	560	17.0	17.28	33.7	33.93	24:11.22	560	1.30	4.15	4.88	14.48	14.92	17.70	560
550	15.2	15.48	24.3	24.56	4:55.12	1:05.10	1:05.27	550	17.3	17.51	34.2	34.41	25:04.38	550	1.29	4.12	4.76	14.17	14.51	17.38	550
540	15.4	15.60	24.5	24.77	4:58.06	1:05.60	1:05.77	540	17.5	17.75	34.7	34.90	26:00.13	540		4.10	4.64	13.87	14.11	17.07	540
530	15.5	15.72	24.7	24.98	5:01.06	1:06.10	1:06.29	530	17.7	17.99	35.2	35.41	26:58.60	530	1.28	4.08	4.53	13.57	13.71	16.76	530
520	15.6	15.84	25.0	25.19	5:04.13	1:06.70	1:06.81	520	18.0	18.23	35.7	35.93	27:59.94	520	1.27	4.06	4.42	13.28	13.32	16.45	520
510	15.7	15.97	25.2	25.41	5:07.26	1:07.20	1:07.34	510	18.2	18.48	36.2	36.46	29:04.32	510		4.03	4.31	12.99	12.95		

Technical Standards: 75 mH - 68 cm : 150 mH - 68 cm : SP - 3 kg : DT - 0,75 kg : HT - 3 kg : JT - 500 g

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Girls 12

	Track					Relays			Hurdles				Walk	Field							
	100m		150m		1200m	4 x 100m			75mH		150mH		1500 m W	HJ		LJ	SP	DT	HT	JT	
500	15.9	16.10	25.4	25.64	5:10.45	1:07.70	1:07.88	500	18.5	18.74	36.8	37.01	30:11.90	500	1.26	4.01	4.21	12.71	12.58	15.85	500
490	16.0	16.23	25.6	25.86	5:13.72	1:08.30	1:08.43	490	18.8	19.01	37.3	37.57	31:22.87	490	1.25	3.99	4.10	12.43	12.22	15.55	490
480	16.1	16.36	25.9	26.10	5:17.05	1:08.90	1:09.00	480	19.0	19.28	37.9	38.14	32:37.40	480	1.24	3.96	4.00	12.16	11.86	15.26	480
470	16.3	16.50	26.1	26.33	5:20.45	1:09.40	1:09.57	470	19.3	19.56	38.5	38.74	33:55.72	470		3.94	3.90	11.89	11.52	14.98	470
460	16.4	16.64	26.3	26.58	5:23.93	1:10.00	1:10.15	460	19.6	19.84	39.1	39.34	35:18.04	460	1.23	3.92	3.80	11.63	11.19	14.69	460
450	16.5	16.78	26.6	26.82	5:27.48	1:10.60	1:10.75	450	19.9	20.13	39.7	39.96	36:44.57	450	1.22	3.90	3.70	11.37	10.86	14.41	450
440	16.7	16.92	26.8	27.08	5:31.11	1:11.20	1:11.35	440	20.2	20.43	40.4	40.60	38:15.58	440		3.87	3.61	11.11	10.54	14.14	440
430	16.8	17.07	27.1	27.33	5:34.81	1:11.80	1:11.97	430	20.5	20.74	41.0	41.26	39:51.31	430	1.21	3.85	3.52	10.86	10.23	13.87	430
420	17.0	17.22	27.4	27.59	5:38.59	1:12.50	1:12.60	420	20.8	21.06	41.7	41.93	41:32.05	420	1.20	3.83	3.43	10.61	9.92	13.60	420
410	17.1	17.37	27.6	27.86	5:42.46	1:13.10	1:13.24	410	21.1	21.38	42.4	42.62	43:18.09	410	1.19	3.81	3.34	10.37	9.63	13.34	410
400	17.3	17.52	27.9	28.13	5:46.40	1:13.80	1:13.89	400	21.5	21.71	43.1	43.33	45:09.74	400		3.78	3.25	10.14	9.34	13.08	400
390	17.4	17.68	28.2	28.41	5:50.43	1:14.40	1:14.56	390	21.8	22.05	43.8	44.05	47:07.34	390	1.18	3.76	3.17	9.90	9.06	12.82	390
380	17.6	17.84	28.5	28.69	5:54.55	1:15.10	1:15.24	380	22.2	22.40	44.6	44.80	49:11.25	380	1.17	3.74	3.08	9.67	8.78	12.57	380
370	17.8	18.00	28.7	28.98	5:58.75	1:15.80	1:15.93	370	22.5	22.75	45.3	45.57	51:21.83	370		3.72	3.00	9.45	8.52	12.32	370
360	17.9	18.17	29.0	29.27	6:03.04	1:16.50	1:16.63	360	22.9	23.12	46.1	46.35	53:39.51	360	1.16	3.69	2.92	9.23	8.26	12.08	360
350	18.1	18.34	29.3	29.57	6:07.43	1:17.20	1:17.34	350	23.3	23.49	46.9	47.16	56:04.70	350	1.15	3.67	2.85	9.01	8.00	11.83	350
340	18.3	18.51	29.6	29.88	6:11.91	1:17.90	1:18.07	340	23.6	23.88	47.7	47.99	58:37.86	340		3.65	2.77	8.80	7.75	11.60	340
330	18.5	18.69	29.9	30.19	6:16.48	1:18.70	1:18.82	330	24.0	24.27	48.6	48.84	1:01:19.50	330	1.14	3.63	2.70	8.59	7.51	11.36	330
320	18.6	18.87	30.3	30.51	6:21.16	1:19.40	1:19.57	320	24.4	24.68	49.5	49.72	1:04:10.13	320	1.13	3.61	2.62	8.39	7.28	11.13	320
310	18.8	19.05	30.6	30.83	6:25.93	1:20.20	1:20.34	310	24.9	25.09	50.4	50.61	1:07:10.31	310		3.58	2.55	8.19	7.05	10.91	310
300	19.0	19.24	30.9	31.16	6:30.81	1:21.00	1:21.13	300	25.3	25.52	51.3	51.54	1:10:20.63	300	1.12	3.56	2.48	7.99	6.83	10.68	300
290	19.2	19.43	31.3	31.50	6:35.80	1:21.80	1:21.93	290	25.7	25.96	52.2	52.49	1:13:41.74	290	1.11	3.54	2.41	7.80	6.61	10.47	290
280	19.4	19.62	31.6	31.84	6:40.89	1:22.60	1:22.75	280	26.2	26.41	53.2	53.46	1:17:14.32	280		3.52	2.35	7.61	6.40	10.25	280
270	19.6	19.82	32.0	32.19	6:46.09	1:23.40	1:23.58	270	26.6	26.87	54.2	54.46	1:20:59.10	270	1.10	3.50	2.28	7.42	6.20	10.04	270
260	19.8	20.02	32.3	32.55	6:51.41	1:24.30	1:24.42	260	27.1	27.34	55.2	55.49	1:24:56.84	260	1.09	3.48	2.22	7.24	6.00	9.83	260
250	20.0	20.22	32.7	32.91	6:56.84	1:25.10	1:25.28	250	27.6	27.82	56.3	56.55	1:29:08.39	250	1.08	3.45	2.16	7.06	5.81	9.62	250
240	20.2	20.43	33.0	33.28	7:02.39	1:26.00	1:26.16	240	28.1	28.32	57.4	57.63	1:33:34.64	240		3.43	2.10	6.89	5.62	9.42	240
230	20.4	20.64	33.4	33.66	7:08.06	1:26.90	1:27.06	230	28.6	28.83	58.5	58.75	1:38:16.54	230	1.07	3.41	2.04	6.72	5.44	9.22	230
220	20.6	20.86	33.8	34.05	7:13.85	1:27.80	1:27.97	220	29.1	29.36	59.7	59.90	1:43:15.12	220	1.06	3.39	1.98	6.55	5.26	9.03	220
210	20.8	21.08	34.2	34.44	7:19.77	1:28.80	1:28.90	210	29.7	29.90	1:00.8	1:01.08	1:48:31.46	210		3.37	1.92	6.39	5.09	8.83	210
200	21.1	21.30	34.6	34.84	7:25.83	1:29.70	1:29.84	200	30.2	30.45	1:02.0	1:02.29	1:54:06.73	200	1.05	3.35	1.87	6.23	4.92	8.64	200
190	21.3	21.53	35.0	35.25	7:32.01	1:30.70	1:30.81	190	30.8	31.02	1:03.3	1:03.54	2:00:02.19	190	1.04	3.33	1.82	6.07	4.76	8.46	190
180	21.5	21.77	35.4	35.67	7:38.33	1:31.60	1:31.79	180	31.4	31.60	1:04.6	1:04.82	2:06:19.19	180		3.31	1.76	5.91	4.60	8.28	180
170	21.8	22.00	35.9	36.09	7:44.80	1:32.60	1:32.79	170	32.0	32.20	1:05.9	1:06.14	2:12:59.17	170	1.03	3.28	1.71	5.76	4.44	8.10	170
160	22.0	22.25	36.3	36.53	7:51.40	1:33.70	1:33.81	160	32.6	32.81	1:07.3	1:07.49	2:20:03.67	160		3.26	1.66	5.62	4.30	7.92	160
150	22.3	22.49	36.7	36.97	7:58.15	1:34.70	1:34.85	150	33.2	33.45	1:08.6	1:08.89	2:27:34.35	150	1.02	3.24	1.61	5.47	4.15	7.75	150
140	22.5	22.74	37.2	37.42	8:05.05	1:35.80	1:35.91	140	33.9	34.10	1:10.1	1:10.32	2:35:33.00	140	1.01	3.22	1.57	5.33	4.01	7.58	140
130	22.8	23.00	37.6	37.88	8:12.11	1:36.80	1:36.99	130	34.5	34.76	1:11.6	1:11.80	2:44:01.52	130		3.20	1.52	5.19	3.87	7.41	130
120	23.0	23.26	38.1	38.36	8:19.33	1:37.90	1:38.08	120	35.2	35.45	1:13.1	1:13.32	2:53:01.97	120	1.00	3.18	1.48	5.06	3.74	7.24	120
110	23.3	23.53	38.6	38.84	8:26.70	1:39.10	1:39.21	110	35.9	36.15	1:14.6	1:14.88	3:02:36.55	110	0.99	3.16	1.43	4.92	3.61	7.08	110
100	23.6	23.80	39.1	39.32	8:34.24	1:40.20	1:40.35	100	36.6	36.87	1:16.3	1:16.49	3:12:47.63	100		3.14	1.39	4.80	3.49	6.93	100
90	23.8	24.07	39.6	39.82	8:41.96	1:41.40	1:41.51	90	37.4	37.62	1:17.9	1:18.15	3:23:37.76	90	0.98	3.12	1.35	4.67	3.37	6.77	90
80	24.1	24.35	40.1	40.33	8:49.84	1:42.60	1:42.70	80	38.1	38.38	1:19.6	1:19.85	3:35:09.68	80	0.97	3.10	1.31	4.55	3.25	6.62	80
70	24.4	24.64	40.6	40.85	8:57.91	1:43.80	1:43.91	70	38.9	39.17	1:21.4	1:21.61	3:47:26.33	70		3.08	1.27	4.42	3.14	6.47	70
60	24.7	24.93	41.1	41.38	9:06.15	1:45.00	1:45.14	60	39.7	39.98	1:23.2	1:23.41	4:00:30.88	60	0.96	3.06	1.23	4.31	3.03	6.32	60
50	25.0	25.23	41.7	41.93	9:14.59	1:46.30	1:46.39	50	40.6	40.81	1:25.0	1:25.27	4:14:26.74	50	0.95	3.04	1.19	4.19	2.92	6.18	50
40	25.3	25.53	42.2	42.48	9:23.22	1:47.50	1:47.67	40	41.4	41.66	1:26.9	1:27.19	4:29:17.58	40		3.02	1.16	4.08	2.82	6.03	40
30	25.6	25.84	42.8	43.04	9:32.05	1:48.80	1:48.98	30	42.3	42.54	1:28.9	1:29.16	4:45:07.35	30	0.94	3.00	1.12	3.97	2.72	5.89	30
20	25.9	26.16	43.4	43.62	9:41.07	1:50.20	1:50.31	20	43.2	43.44	1:31.0	1:31.19	5:02:00.32	20		2.98	1.09	3.86	2.62	5.76	20
10	26.2	26.48	44.0	44.20	9:50.31	1:51.50	1:51.66	10	44.1	44.37	1:33.0	1:33.28	5:20:01.08	10	0.93	2.96	1.05	3.75	2.53	5.62	10
0	26.6	26.81	44.6	44.80	9:59.76	1:52.90	1:53.04	0	45.1	45.32	1:35.2	1:35.44	5:39:14.57	0	0.92	2.94	1.02	3.65	2.44	5.49	0
	100m		150m		1200m	4 x 100m			75mH		150mH		1500 m W	HJ		LJ	SP	DT	HT	JT	

Technical Standards: 75 mH - 68 cm : 150 mH - 68 cm : SP - 3 kg : DT - 0,75 kg : HT - 3 kg : JT - 500 g

