

Athletics Performance Evaluation (APE) Tables 2012-2015
Girls 13

	Track					Relays			Hurdles				Walk	Field								
	100m		200m		800m	1500m	4 x 100m			75mH		200mH		1500 m W	HJ		LJ	SP	DT	HT		JT
1000	11.4	11.67	25.0	25.19	2:13.17	4:38.35	49.1	49.24	1000	10.8	11.07	28.0	28.27	7:16.04	1000		5.51	15.38	42.10	13.00	43.69	1000
990		11.72	25.1	25.31	2:13.86	4:39.79	49.3	49.44	990	10.9	11.14	28.2	28.48	7:24.35	990	1.70	5.49	15.02	41.24	56.18	42.93	990
980	11.5	11.76	25.2	25.44	2:14.56	4:41.25	49.5	49.64	980	11.0	11.22	28.5	28.69	7:32.96	980	1.69	5.46	14.65	40.32	54.68	42.12	980
970		11.81	25.3	25.56	2:15.28	4:42.75	49.7	49.84	970		11.30	28.7	28.91	7:41.88	970		5.44	14.25	39.35	53.08	41.26	970
960	11.6	11.86	25.5	25.69	2:16.01	4:44.28	49.9	50.05	960	11.1	11.38	28.9	29.14	7:51.14	960	1.68	5.41	13.83	38.33	51.39	40.34	960
950		11.91	25.6	25.82	2:16.76	4:45.85	50.1	50.27	950	11.2	11.47	29.1	29.37	8:00.73	950	1.67	5.39	13.39	37.26	49.63	39.39	950
940	11.7	11.96	25.7	25.96	2:17.52	4:47.44	50.3	50.48	940	11.3	11.55	29.4	29.61	8:10.68	940	1.66	5.36	12.94	36.15	47.81	38.39	940
930		12.02	25.9	26.09	2:18.30	4:49.08	50.6	50.71	930	11.4	11.64	29.6	29.85	8:21.01	930		5.33	12.47	35.01	45.94	37.36	930
920	11.8	12.07	26.0	26.23	2:19.10	4:50.75	50.8	50.93	920	11.5	11.73	29.9	30.10	8:31.71	920	1.65	5.31	12.00	33.84	44.03	36.29	920
910		12.12	26.1	26.37	2:19.92	4:52.45	51.0	51.16	910	11.6	11.83	30.1	30.35	8:42.81	910	1.64	5.28	11.52	32.64	42.10	35.20	910
900	11.9	12.18	26.3	26.52	2:20.75	4:54.19	51.3	51.40	900	11.7	11.92	30.4	30.61	8:54.33	900	1.63	5.25	11.03	31.43	40.14	34.09	900
890	12.0	12.24	26.4	26.67	2:21.60	4:55.97	51.5	51.64	890	11.8	12.02	30.6	30.88	9:06.30	890	1.62	5.22	10.82	30.88	38.18	33.58	890
880		12.30	26.6	26.82	2:22.47	4:57.79	51.7	51.89	880	11.9	12.12	30.9	31.15	9:18.77	880		5.20	10.60	30.35	37.31	33.09	880
870	12.1	12.36	26.7	26.98	2:23.37	4:59.66	52.0	52.14	870	12.0	12.22	31.2	31.43	9:31.75	870	1.61	5.17	10.39	29.81	36.45	32.59	870
860		12.42	26.9	27.14	2:24.28	5:01.57	52.3	52.40	860	12.1	12.32	31.5	31.72	9:45.27	860	1.60	5.15	10.18	29.29	35.61	32.10	860
850	12.2	12.48	27.1	27.30	2:25.22	5:03.53	52.5	52.66	850	12.2	12.43	31.8	32.02	9:59.36	850	1.59	5.12	9.98	28.77	34.78	31.62	850
840	12.3	12.54	27.2	27.47	2:26.18	5:05.54	52.8	52.93	840	12.3	12.54	32.1	32.32	10:14.03	840	1.58	5.10	9.78	28.25	33.96	31.14	840
830		12.61	27.4	27.64	2:27.16	5:07.59	53.1	53.20	830	12.4	12.65	32.4	32.64	10:29.32	830		5.07	9.58	27.74	33.16	30.66	830
820	12.4	12.67	27.6	27.81	2:28.17	5:09.69	53.3	53.49	820	12.5	12.77	32.7	32.96	10:45.26	820	1.57	5.05	9.38	27.24	32.38	30.19	820
810	12.5	12.74	27.8	27.99	2:29.20	5:11.84	53.6	53.77	810	12.6	12.89	33.0	33.29	11:01.86	810	1.56	5.02	9.19	26.75	31.60	29.72	810
800		12.81	27.9	28.18	2:30.25	5:14.04	53.9	54.07	800	12.8	13.01	33.4	33.62	11:19.17	800	1.55	5.00	8.99	26.25	30.85	29.26	800
790	12.6	12.88	28.1	28.36	2:31.32	5:16.29	54.2	54.37	790	12.9	13.14	33.7	33.97	11:37.22	790		4.97	8.81	25.77	30.10	28.80	790
780	12.7	12.96	28.3	28.56	2:32.42	5:18.59	54.5	54.67	780	13.0	13.26	34.1	34.33	11:56.03	780	1.54	4.95	8.62	25.29	29.37	28.34	780
770	12.8	13.03	28.5	28.75	2:33.55	5:20.94	54.8	54.98	770	13.2	13.40	34.5	34.69	12:15.65	770	1.53	4.92	8.44	24.82	28.65	27.89	770
760		13.11	28.7	28.95	2:34.70	5:23.35	55.2	55.30	760	13.3	13.53	34.8	35.07	12:36.12	760	1.52	4.90	8.26	24.35	27.94	27.45	760
750	12.9	13.18	28.9	29.16	2:35.88	5:25.81	55.5	55.63	750	13.4	13.67	35.2	35.45	12:57.47	750	1.51	4.87	8.08	23.89	27.25	27.01	750
740	13.0	13.26	29.1	29.36	2:37.08	5:28.33	55.8	55.96	740	13.6	13.81	35.6	35.85	13:19.75	740		4.85	7.91	23.44	26.57	26.57	740
730	13.1	13.34	29.3	29.58	2:38.31	5:30.90	56.2	56.30	730	13.7	13.96	36.0	36.25	13:43.01	730	1.50	4.82	7.73	22.99	25.91	26.14	730
720	13.2	13.42	29.6	29.80	2:39.57	5:33.53	56.5	56.65	720	13.9	14.10	36.4	36.67	14:07.28	720	1.49	4.80	7.57	22.55	25.25	25.71	720
710	13.3	13.51	29.8	30.02	2:40.86	5:36.22	56.9	57.00	710	14.0	14.26	36.9	37.09	14:32.63	710	1.48	4.77	7.40	22.11	24.61	25.28	710
700		13.59	30.0	30.25	2:42.17	5:38.96	57.2	57.36	700	14.2	14.41	37.3	37.53	14:59.09	700		4.75	7.24	21.68	23.99	24.87	700
690	13.4	13.68	30.2	30.48	2:43.51	5:41.77	57.6	57.73	690	14.3	14.57	37.7	37.98	15:26.74	690	1.47	4.72	7.07	21.26	23.37	24.45	690
680	13.5	13.77	30.5	30.72	2:44.88	5:44.64	58.0	58.10	680	14.5	14.74	38.2	38.44	15:55.63	680	1.46	4.70	6.92	20.84	22.77	24.04	680
670	13.6	13.86	30.7	30.96	2:46.29	5:47.57	58.3	58.48	670	14.7	14.91	38.7	38.91	16:25.82	670	1.45	4.67	6.76	20.42	22.18	23.64	670
660	13.7	13.95	31.0	31.21	2:47.72	5:50.56	58.7	58.87	660	14.8	15.08	39.2	39.39	16:57.37	660	1.44	4.65	6.61	20.02	21.60	23.24	660
650	13.8	14.05	31.2	31.46	2:49.18	5:53.62	59.1	59.27	650	15.0	15.26	39.6	39.89	17:30.36	650		4.62	6.46	19.62	21.03	22.84	650
640	13.9	14.14	31.5	31.72	2:50.68	5:56.74	59.5	59.68	640	15.2	15.44	40.2	40.39	18:04.87	640	1.43	4.60	6.31	19.22	20.47	22.45	640
630	14.0	14.24	31.7	31.98	2:52.21	5:59.94	1:00.00	1:00.09	630	15.4	15.62	40.7	40.92	18:40.96	630	1.42	4.57	6.16	18.83	19.93	22.06	630
620	14.1	14.34	32.0	32.25	2:53.77	6:03.20	1:00.40	1:00.51	620	15.6	15.81	41.2	41.45	19:18.72	620	1.41	4.55	6.02	18.45	19.40	21.68	620
610	14.2	14.44	32.3	32.52	2:55.36	6:06.53	1:00.80	1:00.94	610	15.8	16.01	41.8	42.00	19:58.24	610		4.52	5.88	18.07	18.88	21.30	610
600	14.3	14.54	32.6	32.80	2:56.99	6:09.93	1:01.20	1:01.38	600	16.0	16.21	42.3	42.56	20:39.62	600	1.40	4.50	5.74	17.70	18.37	20.93	600
590	14.4	14.65	32.8	33.09	2:58.65	6:13.41	1:01.70	1:01.83	590	16.2	16.41	42.9	43.14	21:22.94	590	1.39	4.47	5.61	17.33	17.87	20.56	590
580	14.5	14.76	33.1	33.38	3:00.35	6:16.96	1:02.10	1:02.28	580	16.4	16.62	43.5	43.73	22:08.32	580	1.38	4.45	5.48	16.97	17.38	20.19	580
570	14.6	14.87	33.4	33.68	3:02.08	6:20.58	1:02.60	1:02.74	570	16.6	16.84	44.1	44.33	22:55.86	570		4.42	5.35	16.61	16.90	19.	

Technical Standards: 75 mH - 76,2 cm : 200 mH - 68 cm : SP - 3 kg : DT - 0,75 kg : HT - 3 kg : JT - 500 g

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Girls 13

	Track						Relays			Hurdles				Walk	Field							
	100m		200m		800m	1500m	4 x 100m			75mH		200mH		1500 m W	HJ	LJ	SP	DT	HT	JT		
500	15.5	15.70	35.7	35.94	3:15.31	6:48.22	1:06.10	1:06.24	500	18.3	18.49	48.8	49.04	29:40.02	500	1.32	4.25	4.50	14.28	13.85	17.44	500
490	15.6	15.83	36.1	36.29	3:17.36	6:52.52	1:06.60	1:06.78	490	18.5	18.76	49.5	49.78	30:49.74	490		4.23	4.39	13.97	13.45	17.11	490
480	15.7	15.96	36.4	36.65	3:19.46	6:56.90	1:07.20	1:07.33	480	18.8	19.02	50.3	50.55	32:02.96	480	1.31	4.20	4.28	13.66	13.07	16.79	480
470	15.8	16.09	36.8	37.02	3:21.60	7:01.38	1:07.80	1:07.89	470	19.1	19.30	51.1	51.33	33:19.90	470	1.30	4.18	4.17	13.36	12.69	16.48	470
460	16.0	16.22	37.1	37.39	3:23.79	7:05.95	1:08.30	1:08.46	460	19.3	19.58	51.9	52.13	34:40.77	460	1.29	4.16	4.07	13.06	12.32	16.17	460
450	16.1	16.36	37.5	37.77	3:26.02	7:10.62	1:08.90	1:09.04	450	19.6	19.87	52.7	52.96	36:05.78	450		4.13	3.96	12.77	11.96	15.86	450
440	16.3	16.50	37.9	38.16	3:28.30	7:15.38	1:09.50	1:09.63	440	19.9	20.16	53.6	53.80	37:35.19	440	1.28	4.11	3.86	12.48	11.61	15.56	440
430	16.4	16.64	38.3	38.55	3:30.63	7:20.25	1:10.10	1:10.24	430	20.2	20.47	54.4	54.67	39:09.24	430	1.27	4.08	3.76	12.20	11.26	15.26	430
420	16.5	16.79	38.7	38.96	3:33.01	7:25.23	1:10.70	1:10.85	420	20.5	20.78	55.3	55.56	40:48.20	420	1.26	4.06	3.67	11.92	10.93	14.97	420
410	16.7	16.94	39.1	39.37	3:35.44	7:30.31	1:11.30	1:11.47	410	20.9	21.10	56.2	56.47	42:32.38	410		4.04	3.57	11.65	10.60	14.68	410
400	16.8	17.09	39.5	39.79	3:37.92	7:35.49	1:12.00	1:12.11	400	21.2	21.42	57.2	57.41	44:22.06	400	1.25	4.01	3.48	11.39	10.29	14.39	400
390	17.0	17.24	40.0	40.22	3:40.46	7:40.79	1:12.60	1:12.76	390	21.5	21.76	58.1	58.38	46:17.60	390	1.24	3.99	3.39	11.12	9.98	14.11	390
380	17.2	17.40	40.4	40.66	3:43.05	7:46.20	1:13.30	1:13.42	380	21.9	22.10	59.1	59.36	48:19.32	380	1.23	3.97	3.30	10.87	9.67	13.83	380
370	17.3	17.56	40.9	41.10	3:45.69	7:51.73	1:14.00	1:14.09	370	22.2	22.45	1:00.1	1:00.38	50:27.61	370		3.94	3.21	10.62	9.38	13.56	370
360	17.5	17.72	41.3	41.56	3:48.39	7:57.38	1:14.60	1:14.78	360	22.6	22.81	1:01.2	1:01.42	52:42.86	360	1.22	3.92	3.13	10.37	9.09	13.29	360
350	17.6	17.89	41.8	42.03	3:51.15	8:03.14	1:15.30	1:15.48	350	22.9	23.18	1:02.3	1:02.49	55:05.49	350	1.21	3.90	3.05	10.12	8.81	13.02	350
340	17.8	18.05	42.3	42.50	3:53.97	8:09.03	1:16.10	1:16.19	340	23.3	23.56	1:03.4	1:03.59	57:35.97	340	1.20	3.87	2.96	9.89	8.54	12.76	340
330	18.0	18.23	42.7	42.99	3:56.85	8:15.05	1:16.80	1:16.92	330	23.7	23.95	1:04.5	1:04.72	1:00:14.76	330		3.85	2.88	9.65	8.28	12.50	330
320	18.2	18.40	43.2	43.48	3:59.79	8:21.20	1:17.50	1:17.66	320	24.1	24.35	1:05.6	1:05.88	1:03:02.39	320	1.19	3.82	2.81	9.42	8.02	12.25	320
310	18.3	18.58	43.7	43.99	4:02.79	8:27.48	1:18.30	1:18.41	310	24.5	24.76	1:06.8	1:07.07	1:05:59.39	310	1.18	3.80	2.73	9.20	7.77	12.00	310
300	18.5	18.76	44.3	44.50	4:05.86	8:33.89	1:19.00	1:19.17	300	24.9	25.18	1:08.1	1:08.29	1:09:06.37	300		3.78	2.66	8.98	7.52	11.76	300
290	18.7	18.95	44.8	45.03	4:09.00	8:40.45	1:19.80	1:19.95	290	25.4	25.61	1:09.3	1:09.55	1:12:23.94	290	1.17	3.76	2.58	8.76	7.28	11.52	290
280	18.9	19.14	45.3	45.57	4:12.20	8:47.14	1:20.60	1:20.75	280	25.8	26.06	1:10.6	1:10.84	1:15:52.78	280	1.16	3.73	2.51	8.55	7.05	11.28	280
270	19.1	19.33	45.9	46.11	4:15.47	8:53.98	1:21.40	1:21.56	270	26.3	26.51	1:11.9	1:12.17	1:19:33.60	270	1.15	3.71	2.44	8.34	6.83	11.04	270
260	19.3	19.52	46.4	46.67	4:18.82	9:00.97	1:22.20	1:22.39	260	26.7	26.98	1:13.3	1:13.53	1:23:27.16	260		3.69	2.38	8.13	6.61	10.81	260
250	19.5	19.72	47.0	47.25	4:22.23	9:08.11	1:23.10	1:23.23	250	27.2	27.46	1:14.7	1:14.93	1:27:34.29	250	1.14	3.66	2.31	7.94	6.40	10.59	250
240	19.7	19.93	47.6	47.83	4:25.73	9:15.41	1:23.90	1:24.08	240	27.7	27.95	1:16.1	1:16.37	1:31:55.85	240	1.13	3.64	2.24	7.74	6.19	10.37	240
230	19.9	20.13	48.2	48.42	4:29.29	9:22.87	1:24.80	1:24.96	230	28.2	28.45	1:17.6	1:17.85	1:36:32.79	230		3.62	2.18	7.55	5.99	10.15	230
220	20.1	20.34	48.8	49.03	4:32.94	9:30.49	1:25.70	1:25.85	220	28.7	28.97	1:19.1	1:19.37	1:41:26.11	220	1.12	3.60	2.12	7.36	5.79	9.93	220
210	20.3	20.56	49.4	49.65	4:36.66	9:38.27	1:26.60	1:26.75	210	29.3	29.50	1:20.7	1:20.93	1:46:36.89	210	1.11	3.57	2.06	7.17	5.60	9.72	210
200	20.5	20.78	50.0	50.29	4:40.47	9:46.23	1:27.50	1:27.68	200	29.8	30.05	1:22.3	1:22.54	1:52:06.26	200		3.55	2.00	6.99	5.42	9.51	200
190	20.8	21.00	50.7	50.93	4:44.36	9:54.37	1:28.50	1:28.62	190	30.4	30.61	1:24.0	1:24.19	1:57:55.47	190	1.10	3.53	1.94	6.82	5.24	9.31	190
180	21.0	21.23	51.4	51.59	4:48.34	10:02.68	1:29.40	1:29.58	180	30.9	31.18	1:25.7	1:25.89	2:04:05.84	180	1.09	3.51	1.89	6.64	5.06	9.11	180
170	21.2	21.46	52.0	52.27	4:52.41	10:11.17	1:30.40	1:30.55	170	31.5	31.77	1:27.4	1:27.64	2:10:38.77	170	1.08	3.48	1.83	6.48	4.89	8.91	170
160	21.5	21.69	52.7	52.96	4:56.56	10:19.86	1:31.40	1:31.55	160	32.1	32.38	1:29.2	1:29.44	2:17:35.81	160		3.46	1.78	6.31	4.73	8.72	160
150	21.7	21.93	53.4	53.66	5:00.81	10:28.74	1:32.40	1:32.56	150	32.8	33.00	1:31.0	1:31.29	2:24:58.56	150	1.07	3.44	1.73	6.15	4.57	8.52	150
140	21.9	22.18	54.1	54.38	5:05.15	10:37.81	1:33.50	1:33.59	140	33.4	33.64	1:32.9	1:33.19	2:32:48.78	140	1.06	3.42	1.68	5.99	4.42	8.34	140
130	22.2	22.43	54.9	55.11	5:09.59	10:47.09	1:34.50	1:34.65	130	34.1	34.30	1:34.9	1:35.14	2:41:08.36	130		3.39	1.63	5.83	4.27	8.15	130
120	22.4	22.68	55.6	55.86	5:14.13	10:56.58	1:35.60	1:35.72	120	34.7	34.98	1:36.9	1:37.16	2:49:59.30	120	1.05	3.37	1.58	5.68	4.12	7.97	120
110	22.7	22.94	56.4	56.63	5:18.77	11:06.28	1:36.70	1:36.81	110	35.4	35.67	1:39.0	1:39.23	2:59:23.77	110	1.04	3.35	1.53	5.53	3.98	7.79	110
100	23.0	23.21	57.2	57.41	5:23.51	11:16.20	1:37.80	1:37.93	100	36.1	36.39	1:41.1	1:41.36	3:09:24.10	100		3.33	1.49	5.39	3.84	7.62	100
90	23.2	23.47	58.0	58.21	5:28.37	11:26.34	1:38.90	1:39.06	90	36.9	37.12	1:43.3	1:43.55									