

Athletics Performance Evaluation (APE) Tables 2012-2015
Girls 15

	Track								Hurdles				Walk		Relays			Field											
	100m		200m		400m			800m	1500m	3000m	90mH		300mH		5000 m W		4 x 100m		HJ		PV	LJ	TJ	SP	DT		HT	JT	
1000	11.7	11.98	24.0	24.25	54.2	54.60	1000	2:05.60	4:29.21	10:05.10	1000	12.6	12.84	41.2	41.35	23:14.94	1000	47.4	47.52	1000	1.77		5.90	11.87	17.07	42.70	65.00	50.33	1000
990		12.02	24.1	24.37	54.5	54.90	990	2:06.25	4:30.60	10:10.27	990	12.7	12.93	41.5	41.66	23:41.51	990	47.6	47.71	990	1.76	3.44	5.87	11.82	16.68	41.83	63.26	49.46	990
980	11.8	12.07	24.2	24.49	54.8	55.20	980	2:06.91	4:32.02	10:15.58	980	12.8	13.02	41.8	41.97	24:09.05	980	47.8	47.90	980		3.42	5.85	11.77	16.26	40.90	61.41	48.53	980
970		12.12	24.4	24.61	55.1	55.50	970	2:07.59	4:33.47	10:21.02	970	12.9	13.11	42.2	42.30	24:37.60	970	48.0	48.10	970	1.75	3.40	5.82	11.72	15.81	39.91	59.46	47.53	970
960	11.9	12.17	24.5	24.73	55.4	55.90	960	2:08.28	4:34.95	10:26.59	960	13.0	13.21	42.5	42.63	25:07.21	960	48.2	48.30	960	1.74	3.38	5.79	11.67	15.35	38.88	57.43	46.48	960
950		12.22	24.6	24.86	55.7	56.20	950	2:08.98	4:36.46	10:32.32	950	13.1	13.31	42.8	42.96	25:37.91	950	48.4	48.51	950	1.73	3.37	5.77	11.62	14.86	37.79	55.32	45.38	950
940	12.0	12.28	24.7	24.99	56.0	56.50	940	2:09.71	4:38.01	10:38.19	940	13.2	13.41	43.2	43.31	26:09.75	940	48.6	48.72	940	1.72	3.35	5.74	11.57	14.36	36.67	53.16	44.23	940
930		12.33	24.9	25.12	56.3	56.80	930	2:10.44	4:39.59	10:44.20	930	13.3	13.51	43.5	43.66	26:42.76	930	48.8	48.93	930		3.33	5.71	11.52	13.85	35.51	50.95	43.04	930
920	12.1	12.39	25.0	25.25	56.7	57.20	920	2:11.20	4:41.20	10:50.37	920	13.4	13.61	43.9	44.03	27:17.01	920	49.0	49.15	920	1.71	3.31	5.68	11.47	13.32	34.32	48.70	41.81	920
910	12.2	12.44	25.1	25.39	57.0	57.50	910	2:11.96	4:42.85	10:56.70	910	13.5	13.72	44.3	44.40	27:52.52	910	49.2	49.37	910	1.70	3.29	5.65	11.42	12.79	33.11	46.44	40.55	910
900		12.50	25.3	25.53	57.4	57.90	900	2:12.75	4:44.53	11:03.18	900	13.6	13.83	44.6	44.78	28:29.37	900	49.5	49.60	900	1.69	3.27	5.62	11.37	12.25	31.88	44.17	39.27	900
890	12.3	12.56	25.4	25.67	57.7	58.20	890	2:13.55	4:46.25	11:09.84	890	13.7	13.94	45.0	45.17	29:07.67	890	49.7	49.83	890	1.68	3.25	5.59	11.32	12.01	31.33	43.16	38.69	890
880		12.62	25.6	25.82	58.1	58.60	880	2:14.38	4:48.02	11:16.69	880	13.8	14.06	45.4	45.57	29:47.55	880	49.9	50.07	880		3.24	5.57	11.26	11.77	30.78	42.17	38.12	880
870	12.4	12.68	25.7	25.97	58.5	59.00	870	2:15.22	4:49.82	11:23.73	870	13.9	14.18	45.8	45.98	30:29.08	870	50.2	50.31	870	1.67	3.22	5.54	11.21	11.54	30.24	41.20	37.55	870
860	12.5	12.74	25.9	26.12	58.9	59.40	860	2:16.08	4:51.67	11:30.97	860	14.1	14.30	46.3	46.41	31:12.34	860	50.4	50.56	860	1.66	3.21	5.51	11.15	11.30	29.71	40.24	36.98	860
850		12.81	26.0	26.28	59.3	59.80	850	2:16.97	4:53.57	11:38.42	850	14.2	14.42	46.7	46.84	31:57.41	850	50.7	50.82	850	1.65	3.19	5.48	11.10	11.08	29.18	39.30	36.42	850
840	12.6	12.87	26.2	26.44	59.7	1:00.2	840	2:17.87	4:55.51	11:46.08	840	14.3	14.55	47.1	47.29	32:44.35	840	50.9	51.08	840	1.64	3.18	5.46	11.04	10.85	28.66	38.37	35.87	840
830	12.7	12.94	26.4	26.61	1:00.08	1:00.6	830	2:18.80	4:57.49	11:53.96	830	14.4	14.68	47.6	47.74	33:33.27	830	51.2	51.34	830	1.63	3.16	5.43	10.99	10.63	28.14	37.46	35.32	830
820		13.01	26.5	26.78	1:00.51	1:01.1	820	2:19.75	4:59.52	12:02.05	820	14.6	14.82	48.1	48.21	34:24.24	820	51.5	51.61	820		3.14	5.40	10.93	10.41	27.63	36.57	34.78	820
810	12.8	13.08	26.7	26.95	1:00.95	1:01.5	810	2:20.72	5:01.60	12:10.37	810	14.7	14.95	48.6	48.70	35:17.36	810	51.7	51.89	810	1.62	3.13	5.38	10.88	10.20	27.13	35.69	34.24	810
800	12.9	13.15	26.9	27.12	1:01.39	1:01.9	800	2:21.71	5:03.73	12:18.92	800	14.9	15.10	49.1	49.19	36:12.73	800	52.0	52.17	800	1.61	3.11	5.35	10.82	9.98	26.63	34.83	33.70	800
790	13.0	13.22	27.1	27.31	1:01.85	1:02.4	790	2:22.72	5:05.90	12:27.71	790	15.0	15.24	49.6	49.70	37:10.46	790	52.3	52.46	790	1.60	3.10	5.32	10.77	9.77	26.14	33.98	33.18	790
780		13.30	27.2	27.49	1:02.32	1:02.9	780	2:23.76	5:08.13	12:36.74	780	15.1	15.39	50.1	50.22	38:10.65	780	52.6	52.76	780	1.59	3.08	5.29	10.71	9.57	25.65	33.15	32.65	780
770	13.1	13.37	27.4	27.68	1:02.79	1:03.4	770	2:24.82	5:10.41	12:46.02	770	15.3	15.54	50.6	50.75	39:13.42	770	52.9	53.06	770		3.07	5.27	10.66	9.37	25.17	32.33	32.13	770
760	13.2	13.45	27.6	27.87	1:03.28	1:03.9	760	2:25.91	5:12.73	12:55.55	760	15.5	15.70	51.2	51.30	40:18.90	760	53.2	53.37	760	1.58	3.05	5.24	10.60	9.17	24.70	31.53	31.62	760
750	13.3	13.53	27.8	28.07	1:03.78	1:04.4	750	2:27.02	5:15.11	13:05.35	750	15.6	15.86	51.7	51.87	41:27.21	750	53.5	53.68	750	1.57	3.03	5.21	10.55	8.97	24.23	30.74	31.11	750
740	13.4	13.61	28.0	28.27	1:04.29	1:04.9	740	2:28.15	5:17.55	13:15.42	740	15.8	16.02	52.3	52.44	42:38.48	740	53.9	54.00	740	1.56	3.02	5.19	10.49	8.78	23.77	29.97	30.61	740
730		13.69	28.2	28.47	1:04.82	1:05.4	730	2:29.31	5:20.03	13:25.77	730	16.0	16.19	52.9	53.03	43:52.88	730	54.2	54.33	730	1.55	3.00	5.16	10.44	8.59	23.32	29.22	30.11	730
720	13.5	13.78	28.4	28.68	1:05.35	1:05.9	720	2:30.50	5:22.58	13:36.39	720	16.1	16.36	53.5	53.64	45:10.53	720	54.5	54.66	720		2.99	5.13	10.39	8.40	22.87	28.48	29.62	720
710	13.6	13.86	28.7	28.90	1:05.90	1:06.5	710	2:31.71	5:25.18	13:47.32	710	16.3	16.54	54.1	54.26	46:31.61	710	54.9	55.										

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	Track							Hurdles				Walk		Relays		Field													
	100m		200m		400m			800m	1500m	3000m		100mH	400mH	5000 m W		4 x 100m	HJ	PV	LJ	TJ	SP	DT	HT	JT					
500	15.9	16.11	34.4	34.60	1:20.60	1:21.4	500	3:04.21	6:34.82	19:00.91	500	21.2	21.46	1:11.6	1:11.74	1:34:54.45	500	1:03.80	1:03.93	500	1.37	2.65	4.55	9.21	5.00	14.48	15.57	20.09	500
490	16.0	16.24	34.7	34.94	1:21.48	1:22.3	490	3:06.14	6:38.97	19:20.85	490	21.5	21.76	1:12.7	1:12.83	1:38:37.47	490	1:04.30	1:04.44	490	1.36	2.63	4.53	9.16	4.87	14.16	15.12	19.72	490
480	16.1	16.37	35.0	35.28	1:22.37	1:23.2	480	3:08.12	6:43.21	19:41.35	480	21.8	22.07	1:13.8	1:13.94	1:42:31.74	480	1:04.80	1:04.97	480		2.62	4.50	9.11	4.75	13.85	14.68	19.35	480
470	16.3	16.51	35.4	35.63	1:23.29	1:24.1	470	3:10.14	6:47.54	20:02.43	470	22.2	22.39	1:14.9	1:15.09	1:46:37.87	470	1:05.40	1:05.51	470	1.35	2.60	4.47	9.05	4.63	13.55	14.25	18.98	470
460	16.4	16.65	35.8	35.99	1:24.23	1:25.0	460	3:12.20	6:51.96	20:24.11	460	22.5	22.72	1:16.1	1:16.26	1:50:56.56	460	1:05.90	1:06.06	460	1.34	2.59	4.45	9.00	4.52	13.25	13.84	18.63	460
450	16.6	16.79	36.1	36.36	1:25.19	1:26.0	450	3:14.31	6:56.48	20:46.41	450	22.8	23.05	1:17.3	1:17.47	1:55:28.53	450	1:06.50	1:06.62	450	1.33	2.57	4.42	8.95	4.40	12.95	13.43	18.27	450
440	16.7	16.93	36.5	36.73	1:26.17	1:27.0	440	3:16.46	7:01.09	21:09.35	440	23.2	23.39	1:18.6	1:18.71	2:00:14.54	440	1:07.10	1:07.19	440	1.32	2.56	4.40	8.90	4.29	12.66	13.03	17.92	440
430	16.8	17.08	36.9	37.11	1:27.17	1:28.0	430	3:18.66	7:05.80	21:32.95	430	23.5	23.75	1:19.8	1:19.98	2:05:15.42	430	1:07.60	1:07.78	430		2.54	4.37	8.85	4.18	12.38	12.65	17.58	430
420	17.0	17.23	37.3	37.50	1:28.19	1:29.0	420	3:20.90	7:10.61	21:57.23	420	23.9	24.11	1:21.1	1:21.28	2:10:32.02	420	1:08.20	1:08.37	420	1.31	2.53	4.35	8.79	4.07	12.09	12.27	17.24	420
410	17.1	17.38	37.7	37.90	1:29.23	1:30.1	410	3:23.20	7:15.52	22:22.21	410	24.2	24.48	1:22.5	1:22.62	2:16:05.28	410	1:08.80	1:08.97	410	1.30	2.51	4.32	8.74	3.97	11.82	11.90	16.91	410
400	17.3	17.54	38.1	38.30	1:30.30	1:31.2	400	3:25.54	7:20.54	22:47.91	400	24.6	24.85	1:23.8	1:23.99	2:21:56.18	400	1:09.40	1:09.59	400	1.29	2.50	4.30	8.69	3.86	11.55	11.54	16.58	400
390	17.5	17.69	38.5	38.72	1:31.39	1:32.3	390	3:27.93	7:25.66	23:14.37	390	25.0	25.24	1:25.3	1:25.40	2:28:05.78	390	1:10.10	1:10.21	390		2.48	4.27	8.64	3.76	11.28	11.19	16.25	390
380	17.6	17.86	38.9	39.14	1:32.50	1:33.4	380	3:30.37	7:30.90	23:41.59	380	25.4	25.64	1:26.7	1:26.85	2:34:35.18	380	1:10.70	1:10.85	380	1.28	2.47	4.25	8.59	3.66	11.02	10.85	15.93	380
370	17.8	18.02	39.3	39.57	1:33.64	1:34.6	370	3:32.86	7:36.24	24:09.62	370	25.8	26.05	1:28.2	1:28.33	2:41:25.59	370	1:11.40	1:11.50	370	1.27	2.46	4.22	8.54	3.57	10.77	10.52	15.62	370
360	17.9	18.19	39.8	40.01	1:34.81	1:35.7	360	3:35.41	7:41.70	24:38.46	360	26.2	26.47	1:29.7	1:29.86	2:48:38.27	360	1:12.00	1:12.16	360	1.26	2.44	4.19	8.49	3.47	10.52	10.20	15.31	360
350	18.1	18.36	40.2	40.46	1:35.99	1:36.9	350	3:38.01	7:47.28	25:08.16	350	26.7	26.90	1:31.3	1:31.42	2:56:14.57	350	1:12.70	1:12.84	350		2.43	4.17	8.44	3.38	10.27	9.88	15.00	350
340	18.3	18.53	40.7	40.91	1:37.21	1:38.2	340	3:40.67	7:52.98	25:38.73	340	27.1	27.34	1:32.9	1:33.03	3:04:15.95	340	1:13.40	1:13.52	340	1.25	2.41	4.14	8.38	3.29	10.03	9.57	14.70	340
330	18.5	18.71	41.1	41.38	1:38.45	1:39.4	330	3:43.39	7:58.80	26:10.22	330	27.6	27.79	1:34.5	1:34.68	3:12:43.94	330	1:14.10	1:14.22	330	1.24	2.40	4.12	8.33	3.20	9.79	9.28	14.41	330
320	18.6	18.88	41.6	41.86	1:39.72	1:40.7	320	3:46.16	8:04.74	26:42.64	320	28.0	28.25	1:36.2	1:36.38	3:21:40.19	320	1:14.80	1:14.94	320	1.23	2.38	4.09	8.28	3.12	9.56	8.99	14.11	320
310	18.8	19.07	42.1	42.34	1:41.02	1:42.0	310	3:48.99	8:10.81	27:16.03	310	28.5	28.73	1:38.0	1:38.12	3:31:06.46	310	1:15.50	1:15.66	310		2.37	4.07	8.23	3.03	9.33	8.70	13.83	310
300	19.0	19.25	42.6	42.84	1:42.34	1:43.4	300	3:51.89	8:17.02	27:50.42	300	29.0	29.22	1:39.8	1:39.91	3:41:04.61	300	1:16.30	1:16.40	300	1.22	2.35	4.04	8.18	2.95	9.10	8.43	13.54	300
290	19.2	19.44	43.1	43.35	1:43.70	1:44.7	290	3:54.85	8:23.36	28:25.84	290	29.5	29.72	1:41.6	1:41.75	3:51:36.67	290	1:17.00	1:17.15	290	1.21	2.34	4.02	8.13	2.87	8.88	8.16	13.27	290
280	19.4	19.64	43.6	43.86	1:45.08	1:46.1	280	3:57.87	8:29.83	29:02.34	280	30.0	30.23	1:43.5	1:43.63	4:02:44.76	280	1:17.80	1:17.92	280	1.20	2.32	4.00	8.08	2.79	8.67	7.90	12.99	280
270	19.6	19.83	44.2	44.39	1:46.50	1:47.6	270	4:00.95	8:36.45	29:39.95	270	30.5	30.76	1:45.4	1:45.57	4:14:31.17	270	1:18.60	1:18.70	270		2.31	3.97	8.03	2.71	8.46	7.65	12.72	270
260	19.8	20.04	44.7	44.93	1:47.94	1:49.0	260	4:04.11	8:43.21	30:18.70	260	31.1	31.30	1:47.4	1:47.57	4:26:58.36	260	1:19.40	1:19.50	260	1.19	2.30	3.95	7.98	2.64	8.25	7.40	12.46	260
250	20.0	20.24	45.2	45.48	1:49.42	1:50.5	250	4:07.33	8:50.12	30:58.63	250	31.6	31.86	1:49.5	1:49.62	4:40:08.94	250	1:20.20	1:20.31	250	1.18	2.28	3.92	7.93	2.56	8.05	7.16	12.20	250
240	20.2	20.45	45.8	46.04	1:50.93	1:52.1	240	4:10.62	8:57.17	31:39.79	240	32.2	32.43	1:51.6	1:51.72	4:54:05.71	240	1:21.00	1:21.14	240	1.17	2.27	3.90	7.88	2.49	7.85	6.93	11.94	240
230	20.4	20.66	46.4	46.62	1:52.48	1:53.6	230	4:13.99	9:04.38	32:22.22	230	32.8	33.01	1:53.7	1:53.89	5:08:51.67	230	1:21.80	1:21.98	230		2.25	3.87	7.84	2.42	7.65	6.70	11.69	230
220	20.6	20.88	47.0	47.20	1:54.06	1:55.2	220	4:17.43	9:11.75	33:05.95	220	33.4	33.61	1:56.0	1:56.11	5:24:30.03	220	1:22.70	1:22.84	220	1.16	2.24	3.85	7.79	2.35	7.46	6.48	11.44	220
210	20.9	21.10	47.6	47.80	1:55.68	1:56.8	210	4:20.94	9:19.29	33:51.05	210	34.0	34.23	1:58.3	1:58.40	5:41:04.21	210	1:23.60	1:23.71	210	1.15	2.23	3.82	7.74	2.29	7.28	6.27	11.20	210
200	21.1	21.32	48.2	48.41	1:57.33	1:58.5	200	4:24.53	9:26.98	34:37.55	200	34.6	34.86	2:00.6	2:00.75	5:58:37.91	200	1:24.50	1:24.61	200		2.21	3.80	7.69	2.22	7.09	6.06	10.96	200
190	21.3	21.55	48.8	49.03	1:59.02	2:00.2	190	4:28.20	9:34.85	35:25.50	190	35.3	35.51	2:03.0	2:03.17	6:17:15.07	190	1:25.40	1:25.51	190	1.14	2.20	3.78	7.64	2.16	6.92	5.86	10.72	190
180	21.5	21.78	49.4	49.67	2:00.75	2:02.0	180	4:31.95	9:42.89	36:14.96	180	35.9	36.18	2:05.5	2:05.65	6:36:59.90	180	1:26.30	1:26.44	180	1.13	2.18	3.75	7.59	2.09	6.74	5.66	10.49	180
170	21.8	22.02	50.1	50.32	2:02.51	2:03.8	170	4:35.79	9:51.11	37:05.98	170	36.6	36.86	2:08.1	2:08.21	6:57:56.95	170	1:27.20	1:27.38	170	1.12	2.17	3.73	7.54	2.03	6.57	5.47	10.26	170
160	22.0	22.26	50.7	50.98	2:04.32	2:05.6	160	4:39.71	9:59.51	37:58.61	160	37.3	37.57	2:10.7	2:10.84	7:20:11.07	160	1:28.20	1:28.34	160		2.16	3.70	7.49	1.98	6.40	5.29	10.04	160
150	22.3	22.51	51.4	51.66	2:06.17	2:07.5	150	4:43.71	10:08.09	38:52.92	150	38.1	38.29	2:13.4	2:13.54	7:43:47.48	150	1:29.20	1:29.32	150	1.11	2.14	3.68	7.45	1.92	6.24	5.11	9.82	150
140	22.5	22.76	52.1	52.35	2:08.06	2:09.4	140	4:47.81	10:16.87	39:48.95	140	38.8	39.03	2:16.2	2:16.33	8:08:51.77	140	1:30.20	1:30.32	140	1.10	2.13	3.66	7.40	1.86	6.07	4.94	9.60	140
130	22.8	23.02	52.8	53.06	2:09.99	2:11.3	130	4:51.99	10:25.85	40:46.78	130	39.6	39.80	2:19.0	2:19.19	8:35:29.95	130	1:31.20	1:31.33	130		2.11	3.63	7.35	1.81	5.92	4.77	9.39	130
120	23.0	23.28	53.5	53.78	2:11.97	2:13.3	120	4:56.27	10:35.02	41:46.48	120	40.3	40.58	2:22.0	2:22.13	9:03:48.48	120	1:32.20	1:32.37	120	1.09	2.10	3.61	7.30	1.75	5.76	4.60	9.18	120
110																													