

**Tab. 1 Hallensaison Richtwerte zur Nachberufung in den Landeskader des LVSA 2025**

Stand 04.02.2025

**Männlich**

| 2025                           | Nachberufung            | Freiluft         | Nachberufung            | Freiluft         | Nachberufung                  | Freiluft         | Nachberufung            | Freiluft                      | Nachberufung            | Freiluft                      | Nachberufung            | Freiluft                       |
|--------------------------------|-------------------------|------------------|-------------------------|------------------|-------------------------------|------------------|-------------------------|-------------------------------|-------------------------|-------------------------------|-------------------------|--------------------------------|
| Disz./AK                       | BJ 2011<br>Hallensaison | 14               | BJ 2010<br>Hallensaison | 15               | Bj 2009<br>Hallensaison       | 16               | BJ 2008<br>Hallensaison | 17                            | Bj 2007<br>Hallensaison | 18                            | BJ 2006<br>Hallensaison | 19                             |
| 100 m                          | -                       | 12,00 s          | -                       | 11,60 s          | -                             | 11,30 s          | -                       | 11,10 s                       | -                       | 10,95 s                       | -                       | 10,70 s                        |
| 60 m                           | 7,70 s                  | -                | 7,55 s                  | -                | 7,25 s                        | -                | 7,10 s                  | -                             | 7,05 s                  | -                             | 6,98 s                  | -                              |
| 200 m                          | -                       | -                | -                       | -                | 23,85 s                       | 23,20 s          | 23,00 s                 | 22,60 s                       | 22,40 s                 | 22,20 s                       | 22,10 s                 | 21,60 s                        |
| 300 m                          | -                       | -                | 37,55 s                 | 37,50 m          | -                             | -                | -                       | -                             | -                       | -                             | -                       | -                              |
| 400 m                          | -                       | -                | -                       | -                | 53,05 s                       | 51,75 s          | 51,25 s                 | 50,50 s                       | 50,00 s                 | 49,50 s                       | 49,30 s                 | 48,50 s                        |
| 3/400 m Hü                     | -                       | -                | -                       | 41,30 s          | -                             | 57,90 s          | -                       | 56,20 s                       | -                       | 55,00 s                       | -                       | 53,40                          |
| 800 m                          | 02:12,50 min            | 02:10,00 min     | 02:08,00 min            | 02:04,00 min     | 02:02,50 min                  | 01:58,50 min     | 01:57,75 min            | 01:56,50 min                  | 01:55,75 min            | 01:54,50 min                  | 01:53,80 min            | 01:52,80 min                   |
| 1.500 m                        | -                       | -                | -                       | -                | 04:13,00 min                  | 04:10,00 min     | 04:08,00 min            | 04:04,00 min                  | 04:01,70 min            | 03:57,00 min                  | 03:56,10 min            | 03:53,00 min                   |
| 3./5.000 m                     | 10:20,00 min            | 10:10,00 min     | 09:55,00 min            | 09:40,00 min     | 09:25,00 min                  | 09:10,00 min     | 09:05,00 min            | 08:55,00 min                  | 08:51,50 min            | 08:45,00 min/<br>15:15,00 min | 08:40,00 min            | 14:40,00 min                   |
| 10.000 m                       | -                       | -                | -                       | -                | -                             | -                | -                       | -                             | -                       | 32:45,00 min                  | -                       | 30:45,00 min                   |
| 1,5/2./3.000 m Hi              | -                       | -                | -                       | 04:55,00 min     | -                             | 06:30,00 min     | -                       | 06:20,00 min                  | -                       | 06:10,00 min/<br>09:45,00 min | -                       | 05:55,00 min /<br>09:25,00 min |
| 10,0 km/ 3./5./<br>10.000 m BG | 17:30,00 min            | 17:00,00 min     | 16:15,00 min            | 15:30,00 min     | 14:00,00 min/<br>28:15,00 min | 26:00,00 min     | 25:00,00 min            | 23:50,00 min/<br>49:40,00 min | 23:10,00 min            | 22:50,00 min/<br>46:30,00 min | 22:30,00 min            | 45:30,00 min                   |
| 20,0 km/ 35,0 km<br>Gehen      | -                       | -                | -                       | -                | -                             | -                | -                       | -                             | -                       | 01:37:00 min                  | -                       | 01:36,00 h                     |
| 80/110 m Hü                    | -                       | 1,80 s           | -                       | 11,20 s          | -                             | 14,90 s          | -                       | 14,50 s                       | -                       | 14,50 s (U20)                 | -                       | 14,00 s (U20)                  |
| 60 m Hü                        | 9,15 s                  | -                | 8,60 s                  | -                | 8,55 s                        | -                | 8,35 s                  | -                             | 8,40 s (U20)            | -                             | 8,25 s                  | -                              |
| Hoch                           | 1,73 m                  | 1,76 m           | 1,80 m                  | 1,85 m           | 1,89 m                        | 1,92 m           | 1,94 m                  | 1,96 m                        | 1,98 m                  | 2,00 m                        | 2,04 m                  | 2,08 m                         |
| Stab                           | 3,00 m                  | 3,20 m           | 3,50 m                  | 3,60 m           | 3,90 m                        | 4,10 m           | 4,20 m                  | 4,30 m                        | 4,50 m                  | 4,60 m                        | 4,70 m                  | 4,80 m                         |
| Weit                           | 5,60 m                  | 5,80 m           | 6,00 m                  | 6,20 m           | 6,45 m                        | 6,55 m           | 6,70 m                  | 6,85 m                        | 7,00 m                  | 7,10 m                        | 7,20 m                  | 7,25                           |
| Drei                           | -                       | 11,80 m          | 12,20 m                 | 12,50 m          | 13,20 m                       | 13,00 m          | 13,70 m                 | 13,90 m                       | 14,30 m                 | 14,50 m                       | 14,60 m                 | 14,80 m                        |
| Kugel                          | 12,80 m (4,0 kg)        | 13,25 m (4,0 kg) | 14,25 m (4,0 kg)        | 15,00 m (4,0 kg) | 15,00 m (5,0 kg)              | 15,25 m (5,0 kg) | 15,75 m (5,0 kg)        | 16,00 m (5,0 kg)              | 15,50 m (6,0 kg)        | 16,00 m (6,0 kg)              | 16,80 m (6,0 kg)        | 17,00 m (6,0 kg)               |
| Diskus                         | 37,50 m (1,0 kg)        | 40,00 m (1,0 kg) | 44,00 m (1,0 kg)        | 48,00 m (1,0 kg) | 41,50 m (1,5 kg)              | 45,00 m (1,5 kg) | 47,00 m (1,5 kg)        | 49,00 m (1,5 kg)              | 47,00 m (1,75 kg)       | 48,00 m (1,75 kg)             | 49,00 m (1,75 kg)       | 52,50 m (1,75 kg)              |
| Hammer                         | 38,50 m (4,0 kg)        | 40,00 m (4,0 kg) | 44,00 m (4,0 kg)        | 48,00 m (4,0 kg) | 49,00 m (4,0 kg)              | 50,00 m (5,0 kg) | 54,50 m (5,0 kg)        | 56,00 m (5,0 kg)              | 53,50 m (6,0 kg)        | 55,00 m (6,0 kg)              | 60,00 m (6,0 kg)        | 62,00 m (6,0 kg)               |
| Speer                          | 43,50 m (600 g)         | 45,00 m (600 g)  | 49,00 m (600 g)         | 52,00 m (600 g)  | 49,00 m (700 g)               | 54,00 m (700 g)  | 57,00 m (700 g)         | 59,00 m (700 g)               | 56,50 m (800 g)         | 58,00 m (800 g)               | 61,00 m (800 g)         | 63,50 m (800 g)                |
| 10-/ 9-/ 7-Kampf               | 2.475 Pkt.              | 4.700 Pkt.       | 2.535 Pkt.              | 5.000 Pkt.       | 4.000 Pkt.                    | 6.250 Pkt.       | 4.300 Pkt.              | 6.500 Pkt.                    | 4.500 Pkt.              | 6.650 Pkt.                    | 4.700 Pkt.              | 6.800 Pkt.                     |

\* Für die Nachberufung der AK 14 und 15 (in der Halle AK 15 und 16) ist die erfüllte Blocknorm aus dem Vorjahr Voraussetzung für eine Nachberufung nach der Hallensaison

**Tab. 2 Hallensaison Richtwerte zur Nachberufung in den Landeskader des LVSA 2025**

Stand 04.02.2025

**Weiblich**

| 2025                           | Nachberufung            | Freiluft         | Nachberufung            | Freiluft            | Nachberufung            | Freiluft         | Nachberufung            | Freiluft                      | Nachberufung                  | Freiluft                      | Nachberufung            | Freiluft                      |
|--------------------------------|-------------------------|------------------|-------------------------|---------------------|-------------------------|------------------|-------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------|-------------------------------|
| Disz./AK                       | BJ 2011<br>Hallensaison | 14               | BJ 2010<br>Hallensaison | 15                  | Bj 2009<br>Hallensaison | 16               | BJ 2008<br>Hallensaison | 17                            | Bj 2007<br>Hallensaison       | 18                            | BJ 2006<br>Hallensaison | 19                            |
| 100 m                          | -                       | 12,90 s          | -                       | 12,60 s             | -                       | 12,35 s          | -                       | 12,20 s                       | -                             | 12,10 s                       | -                       | 11,95 s                       |
| 60 m                           | 8,25 s                  | -                | 8,14 s                  | -                   | 8,05 s                  | -                | 7,86 s                  | -                             | 7,78 s                        | -                             | 7,70 s                  | -                             |
| 200 m                          | -                       | -                | -                       | -                   | 26,30 s                 | 25,60 s          | 25,45 s                 | 25,30 s                       | 25,10 s                       | 24,80 s                       | 24,70 s                 | 24,45 s                       |
| 300 m                          | 42,80 s                 | -                | 42,80 s                 | 42,00 s             | -                       | -                | -                       | -                             | -                             | -                             | -                       | -                             |
| 400 m                          | -                       | -                | -                       | -                   | 60,70 s                 | 59,00 s          | 58,50 s                 | 57,50 s                       | 57,00 s                       | 56,50 s                       | 56,30 s                 | 55,50 s                       |
| 400 m Hü                       | -                       | -                | -                       | 46,00 s             | -                       | 65,50 s          | -                       | 64,00 s                       | -                             | 62,50 s                       | -                       | 61,50 s                       |
| 800 m                          | 02:24,00 min            | 02:23,00 min     | 02:22,00 min            | 02:20,00 min        | 02:19,00 min            | 02:17,00 min     | 02:16,00 min            | 02:14,00 min                  | 02:13,00 min                  | 02:11,00 min                  | 02:10,00 min            | 02:09,00 min                  |
| 1.500 m                        | -                       | -                | -                       | -                   | 05:00,00 min            | 04:50,00 min     | 04:47,00 min            | 04:42,50 min                  | 04:39,50 min                  | 04:35,00 min                  | 04:33,30 min            | 04:28,50 min                  |
| 2./3./5.000 m                  | 07:00,00 min            | 07:05,00 min     | 07:00/ 11:15,00 min     | 06:55/ 10:50,00 min | 10:40,00 min            | 10:30,00 min     | 10:23,50 min            | 10:10,00 min                  | 10:03,00 min                  | 09:50,00 min/<br>18:00,00 min | 09:46,00 min            | 16:50,00 min                  |
| 10.000 m                       | -                       | -                | -                       | -                   | -                       | -                | -                       | -                             | -                             | -                             | -                       | 36:45,00 min                  |
| 1,5/2./3.000 mH                | -                       | -                | -                       | 05:40,00 min        | -                       | 07:40,00 min     | -                       | 07:25,00 min                  | -                             | 07:00,00 min/<br>11:05,00 min | -                       | 06:54,00 min/<br>10:44,00 min |
| 10,0 km/ 3./5./<br>10.000 m BG | 19:00,00 min            | 18:00,00 min     | 17:30,00 min            | 17:00,00 min        | 16:30,00 min            | 16:00,00 min     | 15:40,00 min            | 15:15,00 min/<br>26:00,00 min | 14:45,00 min/<br>25:30,00 min | 25:00,00 min                  | 14:30,00 min            | 24:00,00 min/<br>51:00,00 min |
| 20,0 km Gehen                  | -                       | -                | -                       | -                   | -                       | -                | -                       | -                             | -                             | 01:51:20 h                    | -                       | 01:48,00 h                    |
| 80/100 m Hü                    | -                       | 12,30 s          | -                       | 12,00 s             | -                       | 14,70 s          | -                       | 14,30 s                       | -                             | 14,30 s (U20)                 | -                       | 14,30 s (U20)                 |
| 60 m Hü                        | 9,50 s                  | -                | 9,10 s                  | -                   | 9,18 s                  | -                | 9,00 s                  | -                             | 9,00 s (U20)                  | -                             | 8,85 s                  | -                             |
| Hoch                           | 1,57 m                  | 1,60 m           | 1,62 m                  | 1,65 m              | 1,67 m                  | 1,69 m           | 1,70 m                  | 1,71 m                        | 1,72 m                        | 1,73 m                        | 1,76 m                  | 1,78 m                        |
| Stab                           | 2,60 m                  | 2,70 m           | 2,80 m                  | 3,00 m              | 3,10 m                  | 3,20 m           | 3,30 m                  | 3,40 m                        | 3,50 m                        | 3,60 m                        | 3,75 m                  | 3,90 m                        |
| Weit                           | 5,10 m                  | 5,20 m           | 5,30 m                  | 5,40 m              | 5,45 m                  | 5,50 m           | 5,60 m                  | 5,65 m                        | 5,70 m                        | 5,80 m                        | 5,90 m                  | 6,05 m                        |
| Drei                           | -                       | 10,20 m          | 10,60 m                 | 10,80 m             | 11,00 m                 | 11,35 m          | 11,50 m                 | 11,70 m                       | 11,90 m                       | 12,05 m                       | 12,25 m                 | 12,50 m                       |
| Kugel                          | 11,00 m (3,0 kg)        | 11,50 m (3,0 kg) | 12,00 m (3,0 kg)        | 12,50 m (3,0 kg)    | 12,80 m (3,0 kg)        | 13,50 m (3,0 kg) | 14,00 m (3,0 kg)        | 14,25 m (3,0 kg)              | 13,30 m (4,0 kg)              | 13,50 m (4,0 kg)              | 13,80 m (4,0 kg)        | 14,70 m (4,0 kg)              |
| Diskus                         | 29,00 m (1,0 kg)        | 30,00 m (1,0 kg) | 32,00 m (1,0 kg)        | 34,00 m (1,0 kg)    | 35,50 m (1,0 kg)        | 37,00 m (1,0 kg) | 38,50 m (1,0 kg)        | 40,00 m (1,0 kg)              | 41,50 m (1,0 kg)              | 43,00 m (1,0 kg)              | 45,50 m (1,0 kg)        | 47,50 m (1,0 kg)              |
| Hammer                         | 33,50 m (3,0 kg)        | 35,00 m (3,0 kg) | 38,00 m (3,0 kg)        | 42,00 m (3,0 kg)    | 43,50 m (3,0 kg)        | 45,00 m (3,0 kg) | 48,50 m (3,0 kg)        | 52,00 m (3,0 kg)              | 46,50 m (4,0 kg)              | 50,00 m (4,0 kg)              | 48,50 m (4,0 kg)        | 54,00 m (4,0 kg)              |
| Speer                          | 34,50 m (500 g)         | 36,00 m (500 g)  | 38,00 m (500 g)         | 40,00 m (500 g)     | 41,50 m (500 g)         | 43,00 m (500 g)  | 44,50 m (500 g)         | 46,00 m (500 g)               | 44,00 m (600 g)               | 45,00 m (600 g)               | 46,00 m (600 g)         | 47,50 m (600 g)               |
| 7-/ 5-Kampf                    | 2.480 Pkt.              | 3.500 Pkt.       | 2.565 Pkt.              | 3.700 Pkt.          | 3.210 Pkt.              | 4.600 Pkt.       | 3.350 Pkt.              | 4.800 Pkt.                    | 3.425 Pkt.                    | 4.900 Pkt.                    | 3.600 Pkt.              | 5.200 Pkt.                    |

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