

MINIMI CAMPIONATI ITALIANI INDIVIDUALI 2006

UOMINI

GARA	ASSOLUTI	PROMESSE	JUNIORES	ALLIEVI
100	10.65	10.8-11.04	11.0-11.24	11.1-11.34
200	21.70	22.0-22.24	22.5-22.74	22.9-23.14
400	48.20	49.9-50.04	50.5-50.64	51.8-51.94
800	1:53.00	1:56.00	1:57.00	2:01.00
1500	3:52.00	3:57.50	4:02.50	4:13.00
3000	----	----	----	9:17.00
5000	14:23.00 (3000: 8:17.00; 10.000: 30:00.00)	15.00.00 (3000: 8:34.00; 10.000: 33:30.00)	15.35.00 (3000: 8:55.00; 10.000: 35:00.00)	----
10.000 (*)	30:00.00 (3000: 8:17.00; 5000: 14:23.00; maratona: 1h06'00"; maratona: 2h20:00)	----	----	----
3000 st	9:15.00	9:59.00	10:10.00	----
2000 st	----	----	----	6:45.00
110 HS	14.94	15.6-15.84	15.4-15.64	15.5-15.74
400 HS	53.80	56.5-56.64	56.7-56.84	59.0-59.14
ALTO	2,06	1,94	1,90	1,86
ASTA	4,70	4,00	3,90	3,60
LUNGO	7,25	6,70	6,55	6,35
TRIPLO	14,80	13,80	13,50	12,90
PESO	15,00	12,70	13,10 (kg.6); 12,40 (kg.7,260)	13,20
DISCO	47,50	38,50	40,00 (kg.1,750); 37,00 (kg. 2)	38,50
MARTELLLO	55,00	41,00	45,00 (kg.6); 40,00 (kg. 7,260)	41,00
GIAVELLOTTO	60,00	48,50	47,00	44,00
MARCIA KM.10	km.10: 45:00.0; km.20: 1h33.0; km.5: 22:00.00	52:00.00	54:00.00	58:00.00
DECATHLON	s.m.	s.m.	s.m.	----
OCTATHLON	----	----	----	s.m.
4 x 100	42.7- 42.84	----	s.m.	45.7-45.84
4 x 400	3:21.00	----	s.m.	3:42.00

DONNE

GARA	ASSOLUTI	PROMESSE	JUNIORES	ALLIEVE
100	12.10	12.3-12.54	12.5-12.74	12.5-12.74
200	24.94	25.5-25.74	25.7-25.94	26.2-26.44
400	56.30	58.4-58.54	59.6-59.74	1:01.0-1:01.14
800	2:12.00	2:19.00	2:22.00	2:24.00
1500	4:34.00	4:48.00	4:55.00	5:04.00
3000	----	----	----	11:20.00
5000	17:20.00 (3000: 9:54.00; 10.000: 37:00.00)	19:20.00 (3000: 10:45.00; 10.000: 40:00.00)	19:30.00 (3000:10:50.00)	----
10.000 (*)	37:00.00 (3000: 9:54.00; 5000:17:15.00; maratona: 1h17'00"; maratona: 2h47:00)	----	----	----
2000 st (*)	----	----	----	9:00.00 (*)
3000 st (*)	12:10.00 (2000 st.: 7:50.00)	13:00.00 (2000 st: 8:20.00) (*)	13:00.00 (2000 st: 8:45.00) (*)	----
100 HS	14.65	15.7-15.94	15.9-16.14	15.6-15.84
400 HS	1:03.00	1:07.0-1:07.14	1:09.0-1:09.14	1:10.0-1:10.14
ALTO	1,72	1,60	1,56	1,56
ASTA	3,55	3,00	2,70	2,60
LUNGO	5,85	5,30	5,30	5,20
TRIPLO	12,30	11,30	11,30	10,80
PESO	12,40	10,70	10,00	10,00
DISCO	40,50	32,00	31,00	28,50
MARTELLLO	47,00	40,00	34,00	29,50
GIAVELLOTTO	41,00	34,00	32,00	30,00
MARCIA KM.5	25:00.00; (km.3:14:30.00; km.10: 51:30.00)	29:00.00; (km.3: 16:45.00)	29:00.00; (km.3: 16:45.00)	29:30.00
EPTATHLON	s.m.	s.m.	s.m.	----
ESATHLON	----	----	----	s.m.
4 x 100	49.1- 49.24	----	s.m.	52.0-52.14
4 x 400	4:00.00	----	s.m.	4:25.00

(*) Per i Campionati Italiani dei m. 10.000 maschili e femminili, m.2000 siepi Allieve e m.3000 siepi femminili Promesse e Juniores sono valide anche le prestazioni ottenute nel 2005.

I minimi validi per l'ammissione ai Campionati Italiani Individuali devono essere ottenuti con vento non superiore ai 2 m/s.