

Anlage 4 (zur Föderrichtlinie)

LG Stadtwerke München e.V.

Leistungsnormen (Basis zur Athleteneinstufung für die Grundförderung für das Jahr 2025 ff)



| Disziplinen | Männer | | Frauen | | M U23 | | W U23 | | MJ U20 | | WJ U20 | | MJ U18 | | WJ U18 | | MJ U16 (M15) | | WJ U16 (W15) | |
|------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|---------|----------|--------|---------|---------|---------|--------------|---------|--------------|---------|
| | LG-A | LG-B | LG-A | LG-B | LG-A | LG-B | LG-A | LG-B | LG-A | LG-B | LG-A | LG-B | LG-A | LG-B | LG-A | LG-B | LG-A | LG-B | LG-A | LG-B |
| 60 m (Halle) | 6,78 | 7,40 | 7,50 | 8,40 | 6,78* | 7,40* | 7,50* | 8,40* | 7,15 | 7,70 | 7,80 | 8,50 | - | 7,90 | - | 8,50 | - | 8,10 | - | 8,60 |
| 100 m | 10,55 | 11,40 | 11,75 | 13,10 | 11,00 | 11,60 | 12,20 | 13,20 | 11,20 | 11,60 | 12,40 | 13,30 | 11,30 | 11,70 | 12,50 | 13,30 | 11,80 | 12,30 | 12,80 | 13,40 |
| 200 m | 21,20 | 22,95 | 24,00 | 26,70 | 22,30 | 23,20 | 25,20 | 26,80 | 22,60 | 23,50 | 25,50 | 27,10 | 23,00 | 23,80 | 25,70 | 27,10 | - | - | - | - |
| 300 m | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 38,50 | 40,50 | 42,70 | 45,50 |
| 400 m | 47,60 | 52,50 | 54,00 | 60,80 | 49,50 | 53,40 | 58,00 | 61,80 | 50,50 | 53,50 | 58,70 | 62,50 | 52,00 | 55,00 | 58,80 | 63,50 | - | - | - | - |
| Hürden (Höhe) | 106,68 | 106,68 | 83,82 | 83,82 | 106,68 | 106,68 | 83,82 | 83,82 | 99,06 | 99,06 | 83,82 | 83,82 | 91,44 | 91,44 | 76,20 | 76,20 | 83,82 | 83,82 | 76,20 | 76,20 |
| 60 m Hürden (Halle) | 8,20 | 9,00 | 8,50 | 9,50 | 8,20* | 9,00* | 8,50* | 9,00* | 8,50 | 8,90 | 9,10 | 9,80 | - | 9,50 | - | 9,80 | - | 9,60 | - | 10,00 |
| 80 m Hürden | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 11,40 | 12,60 | 12,20 | 13,40 |
| 100 m Hürden | - | - | 13,65 | 15,95 | - | - | 14,80 | 16,30 | - | - | 15,20 | 16,30 | - | - | 14,50 | 16,20 | - | - | - | - |
| 110 m Hürden | 14,55 | 16,25 | - | - | 15,50 | 17,00 | - | - | 15,50 | 16,40 | - | - | 15,20 | 16,00 | - | - | - | - | - | - |
| Langhürden (Höhe) | 91,44 | 91,44 | 76,20 | 76,20 | 91,44 | 91,44 | 76,20 | 76,20 | 91,44 | 91,44 | 76,20 | 76,20 | 83,82 | 83,82 | 76,20 | 76,20 | 83,82 | 83,82 | 76,20 | 76,20 |
| 300 m Hürden | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 45,50 | 45,50 | 48,00 | 50,50 |
| 400 m Hürden | 52,50 | 59,00 | 59,00 | 68,00 | 55,80 | 59,00 | 64,50 | 69,00 | 57,50 | 59,50 | 65,20 | 71,00 | 58,50 | 61,00 | 65,00 | 71,00 | - | - | - | - |
| Staffel (für Staffel-Budget) | | | | | | | | | | | | | | | | | | | | |
| 4 x 100 m | 41,50 | 45,00 | 47,50 | 53,00 | 43,20 | ohne | 49,00 | ohne | 43,80 | 46,50 | 49,50 | 53,00 | 44,80 | 48,00 | 50,20 | 53,00 | 48,00 | 49,00 | 51,50 | 54,00 |
| 4 x 200 m Halle | 1:28,5 | ohne | 1:40,5 | ohne | - | - | - | - | 1:34,5 | ohne | 1:46,50 | ohne | - | - | - | - | - | - | - | - |
| 4 x 200 m Mixed | 1:36,0 | ohne | 1:36,0 | ohne | 1:32,0 | 1:34,0 | 1:34,0 | ohne | 1:35,0 | 1:35,0 | 1:33,0 | 1:35,0 | - | - | - | - | - | - | - | - |
| 4 x 400 m | 3:26,0 | ohne | 4:00,0 | ohne | 3:32,0 | ohne | 4:09,0 | ohne | 3:28,0 | ohne | 4:15,0 | ohne | - | - | - | - | - | - | - | - |
| 4 x 400 m Mixed | 3:45,0 | ohne | 3:45,0 | - | - | - | - | - | 3:34,0 | - | 3:34,0 | - | - | - | - | - | - | - | - | - |
| 3 x 800 m | - | - | 7:16,0 | ohne | - | - | 7:25,0 | ohne | - | - | 7:30 | ohne | - | - | - | - | - | - | - | - |
| 3 x 1000 m | 7:50,0 | ohne | - | - | 8:00,0 | ohne | - | - | 8:22,0 | ohne | - | - | - | - | - | - | - | - | - | - |
| 800 m | 1:50,0 | 1:58,0 | 2:07,0 | 2:23,0 | 1:54,0 | 2:02,0 | 2:17,0 | 2:25,0 | 1:56,7 | 2:05,0 | 2:17,2 | 2:26,0 | 1:59,0 | 2:08,0 | 2:18,2 | 2:28,0 | 2:06,0 | 2:12,0 | 2:22,2 | 2:30,0 |
| 1500 m | 3:47,0 | 4:05,0 | 4:22,0 | 5:05,0 | 3:57,5 | 4:15,0 | 4:50,0 | 5:20,0 | 4:05,2 | 4:22,0 | 4:50,2 | 5:40,0 | 4:13,2 | 4:30,0 | 4:54,2 | 5:40,0 | - | - | - | - |
| 2000 m | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 7:25,0 | 7:50,0 |
| 3000 m | 8:20,0 | 9:00,0 | 9:30,0 | 11:20,0 | 8:30,0 | 9:30,0 | 10:00,0 | 11:30,0 | 8:55,0 | 9:45,0 | 10:10,0 | 11:50,0 | 9:10,2 | 10:00,0 | 10:30,0 | 11:50,0 | 9:55,0 | 10:50,0 | 11:15,0 | 12:00,0 |
| 5000 m | 14:10,0 | 15:20,0 | 16:30,0 | 20:00,0 | 15:00,0 | 16:30,0 | 18:20,0 | 20:30,0 | 15:45,0 | 17:00* | 18:15,0 | 19:55* | - | - | - | - | - | - | - | - |
| 10000 m / 10 km | 30:40,0 | 31:40* | 36:10,0 | 41:00,0 | 30:40,0 | 33:15* | 39:00,0 | 39:00,* | 34:00,0 | 35:15* | - | - | - | - | - | - | - | - | - | - |
| Marathon | 2:18:0* | 2:24:0* | 2:30:0* | 2:50:0* | 2:25:0* | 2:29:0* | 2:40:0* | 3:00:0* | - | - | - | - | - | - | - | - | - | - | - | - |
| Hindernis (Höhe) | 91,44 | 91,44 | 76,20 | 76,20 | 91,44 | 91,44 | 76,20 | 76,20 | 91,44 | 91,44 | 76,20 | 76,20 | 83,82 | 83,82 | 76,20 | 76,20 | 83,82 | 83,82 | 76,20 | 76,20 |
| 1500 m Hindernis | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 5:10,0 | 5:44,0* | 5:10,0 | - | 5:35,0 | - |
| 2000 m Hindernis | - | - | - | - | - | - | - | - | 6:15,2 | 6:30,0* | 7:25,0 | 7:40,0* | 6:30,2 | 6:45,0* | 7:40,0 | 8:05,0* | - | - | - | - |
| 3000 m Hindernis | 8:55,0 | 9:45,0* | 10:30,0 | 11:55* | 9:50,0 | 10:10* | 12:00,0 | 12:00* | 10:20,0 | 10:35,0* | 12:30,0 | 12:45,0* | - | - | - | - | - | - | - | - |
| Hochsprung | 2,10 | 1,90 | 1,82 | 1,60 | 2,00 | 1,90 | 1,72 | 1,60 | 1,98 | 1,85 | 1,71 | 1,58 | 1,93 | 1,80 | 1,70 | 1,58 | 1,80 | 1,68 | 1,65 | 1,53 |
| Stabhochsprung | 5,35 | 4,40 | 4,25 | 3,40 | 4,90 | 4,20 | 3,80 | 3,20 | 4,60 | 3,90 | 3,60 | 3,00 | 4,30 | 3,60 | 3,40 | 2,80 | 3,60 | 3,20 | 3,00 | 2,60 |
| Weitsprung | 7,60 | 6,80 | 6,40 | 5,40 | 7,20 | 6,60 | 5,95 | 5,40 | 7,00 | 6,30 | 5,80 | 5,30 | 6,75 | 6,20 | 5,70 | 5,30 | 6,25 | 5,80 | 5,45 | 5,10 |
| Dreisprung | 15,00 | 13,40 | 13,20 | 10,50 | 14,00 | 12,50 | 12,00 | 10,00 | 13,80 | 12,00 | 11,80 | 10,00 | 13,25 | 11,40 | 11,60 | 10,00 | 11,50 | 10,70 | 10,70 | 9,50 |
| Kugelgewicht | 7,26 | 7,26 | 4,00 | 4,00 | 7,26 | 7,26 | 4,00 | 4,00 | 6,00 | 6,00 | 4,00 | 4,00 | 5,00 | 5,00 | 3,00 | 3,00 | 4,00 | 4,00 | 3,00 | 3,00 |
| Kugelstoßen | 19,00 | 14,00 | 16,50 | 11,80 | 14,50 | 12,80 | 13,50 | 11,00 | 15,00 | 13,00 | 13,00 | 11,00 | 15,00 | 13,50 | 13,50 | 11,50 | 14,00 | 12,50 | 12,50 | 10,50 |
| Diskusgewicht | 2,00 | 2,00 | 1,00 | 1,00 | 2,00 | 2,00 | 1,00 | 1,00 | 1,75 | 1,75 | 1,00 | 1,00 | 1,50 | 1,50 | 1,00 | 1,00 | 1,00 | 1,00 | 1,00 | 1,00 |
| Diskuswurf | 61,00 | 43,00 | 56,00 | 35,00 | 46,00 | 39,00 | 45,00 | 32,00 | 47,00 | 36,00 | 43,00 | 30,00 | 47,50 | 36,00 | 39,00 | 30,00 | 45,00 | 34,00 | 32,00 | 27,00 |
| Hammergewicht | 7,26 | 7,26 | 4,00 | 4,00 | 7,26 | 7,26 | 4,00 | 4,00 | 6,00 | 6,00 | 4,00 | 4,00 | 5,00 | 5,00 | 3,00 | 3,00 | 4,00 | 4,00 | 3,00 | 3,00 |
| Hammerwurf | 63,00 | 44,00 | 63,00 | 35,00 | 51,00 | 39,00 | 47,00 | 32,00 | 50,00 | 28,00 | 47,00 | 32,00 | 50,00 | 28,00 | 50,00 | 30,00 | 40,00 | 25,00 | 40,00 | 25,00 |
| Speergewicht | 800 | 800 | 600 | 600 | 800 | 800 | 600 | 600 | 800 | 800 | 600 | 600 | 700 | 700 | 500 | 500 | 600 | 600 | 500 | 500 |
| Speerwurf | 73,00 | 55,00 | 53,00 | 38,00 | 62,00 | 50,00 | 46,00 | 35,00 | 58,00 | 48,00 | 44,00 | 35,00 | 56,00 | 48,00 | 44,00 | 38,00 | 50,00 | 42,00 | 40,00 | 33,00 |
| Siebenkampf | - | - | 4800 | 3500 | - | - | 4800 | 3500 | - | - | 4000 | 3700 | - | - | 4430 | 3450 | - | - | 3530 | 3000 |
| Neunkampf | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 4730 | 4400 | - | - |
| Zehnkampf | 6200 | 4600 | - | - | 6200 | 4600 | - | - | 5800 | 4800 | - | - | 5500 | 4800 | - | - | - | - | - | - |

LG-A Norm = A-Quali DM2024
LG-B Norm = A-Quali BM2024

Schwarz=unveränderte LG-A-/LG-B-Normen
Rot=erhöht auf DLV-A-/BLV-A-Quali

* in diesen Disziplinen gibt's keine DM / BM Qualis
Blau = reduziert auf DLV-A-/BLV-A-Quali

V 3.11 | 08.10.2024 | RM
Werte im Text-Format eineben