

MINIMOS REGIONAIS – 2012/2013

	Infantis		Iniciados		Juvenis		Juniors		Seniores	
	Masc	Fem	Masc	Fem	Masc	Fem	Masc	Fem	Masc	Fem
60 m	8,8 (9.04)	9,1 (9.34)								
80 m			10,4 (10.64)	11.4 (11.64)						
100 m					12.1 (12.34)	13.9 (14.14)	12.0 (12.24)	13.8 (14.04)	11.8 (12.04)	13.7(13.94)
150 m	22.5 (22.74)	23.8 (24.04)								
200 m					25,5 (25.74)	29,3 (29.54)	25.0 (25.24)	29.2 (29.44)	24.0 (24.24)	29.0 (29.24)
250 m			34.5 (34.74)	37.5 (37.74)						
300 m					46.0 (46.24)	49.0 (49.24)				
400 m					57.8 (57.94)	68.0 (68.14)	56.0 (56.14)	66.5 (66.64)	54.5 (54.64)	65.8 (65.94)
600 m	1.50,0	2.10,0								
800 m			2.22,0	2.38,0	2.17,0	2.40,0	2.10,0	2.38,0	2.06,0	2.36,0
1.000 m	3.38,0	3.55,0	3.22,0	3.48,0						
1.500 m			4.50,0	5.45,0	4.40,0	5.35,0	4.30,0	5.30,0	4.20,0	5.25,0
3.000 m			10.25,0	12.40,0	10.05,0	12.10,0	9.50,0	12.00,0	9.40,0	11.55,0
5.000 m							17.00,0		16.20,0	20.50,0
10.000 m									34.00,0	40.00,0
60 m/b	11.4 (11.64)	12.8 (13.04)								
80 m/b				15.5 (15.74)						
100 m/b			17.0 (17.24)			19.0 (19.24)		18.5 (18.74)		18.0 (18.24)
110 m/b					18.0 (18.24)		18.0 (18.24)		17.0 (17.24)	
250 m/b			39.0 (39.24)	43.0 (43.24)						
300 m/b					51.0 (51.24)	54.0 (54.24)				
400 m/b					64.0 (64.14)	75.0 (75.14)	66.0 (66.14)	74.0 (74.14)	65.5 (65.64)	73.0 (73.14)
1.500 m/Ob.			5.20,0							
2.000 m/Ob.					7.40,0					
3.000 m/Ob.							10.20,0		10.10,0	
1.000 MX	6.30,4	6.50,0								
2.000 MX				12.30,0						
3.000 MX			19.00,0	21.00,0						19.00,0
4.000 MX			26.00,0	28.00,0	25.00,0	26.00,0				
5.000 MX					32.00,00	36.00,0	30.00,0	34.20,0	28.30,0	34.00,0
10.000 MX							65.00,0	68.30,0	65.00,0	68.00,0
Comprim.	4.25	4.10	4.90	4.35	5.40	4.45	5.70	4.70	6.00	4.90
Altura	1.25	1.18	1.50	1.30	1.60	1.35	1.75	1.40	1.80	1.45
Triplo			10.50	9.00	11.20	9.50	11.80	9.80	12.30	10.00
Vara			2.00	1.80	2.50	1.90	2.70	2.20	3.00	2.30
Peso	8.15	7.95	10.40	8.00	10.60	8.55	11.00	8.20	10.30	8.50
Dardo	24.00	20.00	33.00	21.00	36.50	24.00	40.00	26.00	42.00	27.00
Disco	22.00	19.00	26.00	20.00	27.00	22.00	30.00	24.00	30.00	27.00
Martelo	22.00	19.00	25.00	20.00	27.00	23.00	27.00	24.00	30.00	27.00