

# Stipendieunderlag för IFK Halmstad

Av: Linda Åkerman, IFK Halmstad 2018-01-06

## Mästerskapsmedaljer

|         | Guld    | Silver | Brons  | Finalplats |
|---------|---------|--------|--------|------------|
| USM     | 900:-   | 600:-  | 300:-  | 0          |
| JSM     | 900:-   | 600:-  | 300:-  | 0          |
| SM      | 1500:-  | 1000:- | 500:-  | 200:-      |
| UNM/JNM | 900:-   | 600:-  | 300:-  | 0          |
| UEM/UVM | 1500:-  | 1000:- | 500:-  | 250:-      |
| JEM/JVM | 2000:-  | 1500:- | 1000:- | 500:-      |
| EM      | 5000:-  | 4000:- | 3000:- | 2000:-     |
| VM      | 10000:- | 8000:- | 6000:- | 4000:-     |

|     | Guld  | Silver | Brons |
|-----|-------|--------|-------|
| VSM | 100:- | 0      | 0     |
| VNM | 150:- | 0      | 0     |
| VEM | 900:- | 600:-  | 300:- |
| VVM | 900:- | 600:-  | 300:- |

## Landslagsuttagning

|        |        |        |
|--------|--------|--------|
| Ungdom | Junior | Senior |
| 750:-  | 1000:- | 2000:- |

## Svenskt rekord

|        |        |         |
|--------|--------|---------|
| Junior | Senior | Veteran |
| 1500:- | 5000:- | 500:-   |

## Distrikts rekord

Senior  
500:-

# Resultatgränser

Gränserna är baserade på *IAAF Scoring Tables for Combined Events/ Tables de Cotation pour les Epreuves Combinées 2001 Edition Reprinted edition- April 2004* (Friidrott.se) och *Ungdomsmärket i Friidrott, Svensk Friidrott* (Friidrott.se). Veteranresultaten, samt de seniorgrenar som inte ingår i mångkamp, baseras på appen *Score Calc*. Resultaten är lika med eller det som är närmast respektive den aktuella poängsumman.

Källor: **IAAF Scoring Tables for Combined Events 2001** samt **Score Calc** **Ungdomsmärket i Friidrott 14-15/16-17år**

|     |                  |                 |                |                |               |                 |
|-----|------------------|-----------------|----------------|----------------|---------------|-----------------|
| Ca: | 1000 p<br>2000:- | 900 p<br>1000:- | 800 p<br>500:- | 700 p<br>250:- | Guld<br>200:- | Silver<br>100:- |
|-----|------------------|-----------------|----------------|----------------|---------------|-----------------|

## 60 m

|       |       |       |       |      |
|-------|-------|-------|-------|------|
| F15-K | 7,52  | 7,83  | 8,16  | 8,50 |
| P15-M | 6,67  | 6,95  | 7,23  | 7,54 |
| K35   | 7,60  | 7,91  | 8,25  |      |
| M35   | 6,76  | 7,04  | 7,33  |      |
| K40   | 7,88  | 8,20  | 8,55  |      |
| M40   | 6,97  | 7,26  | 7,55  |      |
| K45   | 8,18  | 8,52  | 8,88  |      |
| M45   | 7,18  | 7,49  | 7,79  |      |
| K50   | 8,51  | 8,86  | 9,23  |      |
| M50   | 7,42  | 7,73  | 8,04  |      |
| K55   | 8,86  | 9,23  | 9,62  |      |
| M55   | 7,67  | 7,99  | 8,31  |      |
| K60   | 9,24  | 9,63  | 10,03 |      |
| M60   | 7,93  | 8,26  | 8,60  |      |
| K65   | 9,66  | 10,06 | 10,49 |      |
| M65   | 8,23  | 8,57  | 8,92  |      |
| K70   | 10,18 | 10,60 | 11,04 |      |
| M70   | 8,58  | 8,94  | 9,30  |      |
| K75   | 10,83 | 11,28 | 11,75 |      |
| M75   | 9,01  | 9,39  | 9,77  |      |
| K80   | 11,73 | 12,21 | 12,73 |      |
| M80   | 9,58  | 9,98  | 10,39 |      |

## 60 m häck

|       |       |       |       |       |
|-------|-------|-------|-------|-------|
| F15-K | 8,58  | 9,05  | 9,54  | 10,06 |
| P15-M | 7,92  | 8,33  | 8,76  | 9,21  |
| K35   | 8,89  | 9,38  | 9,89  |       |
| M35   | 8,05  | 8,46  | 8,90  |       |
| K40   | 9,47  | 9,98  | 10,52 |       |
| M40   | 8,36  | 8,79  | 9,25  |       |
| K45   | 9,57  | 10,09 | 10,64 |       |
| M45   | 8,70  | 9,15  | 9,63  |       |
| K50   | 9,95  | 10,49 | 11,06 |       |
| M50   | 8,87  | 9,33  | 9,81  |       |
| K55   | 10,36 | 10,93 | 11,52 |       |

Källor: **IAAF Scoring Tables for Combined Events 2001** **Ungdomsmärket i Friidrott 14-15/16-17år**  
 samt **Score Calc**

|     |                  |                 |                |                |               |                 |
|-----|------------------|-----------------|----------------|----------------|---------------|-----------------|
| Ca: | 1000 p<br>2000:- | 900 p<br>1000:- | 800 p<br>500:- | 700 p<br>250:- | Guld<br>200:- | Silver<br>100:- |
|-----|------------------|-----------------|----------------|----------------|---------------|-----------------|

#### 60 m häck

|     |       |       |       |
|-----|-------|-------|-------|
| M55 | 9,26  | 9,74  | 10,24 |
| K60 | 10,82 | 11,42 | 12,04 |
| M60 | 9,52  | 10,02 | 10,53 |
| K65 | 11,34 | 11,97 | 12,61 |
| M65 | 9,97  | 10,49 | 11,03 |
| K70 | 11,94 | 12,59 | 13,27 |
| M70 | 10,26 | 10,79 | 11,35 |
| K75 | 12,73 | 13,42 | 14,15 |
| M75 | 10,80 | 11,36 | 11,95 |
| K80 | 13,81 | 14,57 | 15,36 |
| M80 | 11,60 | 12,20 | 12,83 |

#### 80 m

|     |       |       |
|-----|-------|-------|
| F15 | 10,50 | 11,40 |
| P15 | 9,80  | 10,50 |

#### 80 m häck

|     |       |       |       |
|-----|-------|-------|-------|
| F15 | 12,65 | 13,50 |       |
| P15 | 12,30 | 13,10 |       |
| K40 | 11,70 | 12,31 | 12,95 |
| K45 | 12,69 | 13,34 | 14,03 |
| K50 | 12,63 | 13,28 | 13,97 |
| K55 | 13,78 | 14,50 | 15,25 |
| K60 | 13,95 | 14,67 | 15,43 |
| K65 | 15,38 | 16,17 | 17,01 |
| K70 | 17,13 | 18,01 | 18,95 |
| M70 | 13,50 | 14,27 | 15,07 |
| K75 | 19,46 | 20,46 | 21,53 |
| M75 | 14,01 | 14,81 | 15,65 |
| K80 | 23,29 | 24,48 | 25,76 |
| M80 | 15,48 | 16,37 | 17,29 |

#### 100 m häck

|       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|
| F17-K | 13,85 | 14,56 | 15,32 | 16,12 |       |
| F17   |       |       |       |       | 16,90 |
| M50   | 14,36 | 15,19 | 16,04 |       |       |
| M55   | 14,95 | 15,80 | 16,69 |       |       |
| M60   | 15,31 | 16,18 | 17,09 |       |       |
| M65   | 15,97 | 16,89 | 17,84 |       |       |

Källor: **IAAF Scoring Tables for Combined Events 2001** **Ungdomsmärket i Friidrott 14-15/16-17år**  
 samt **Score Calc**

Ca: 1000 p 900 p 800 p 700 p Guld Silver  
 2000:- 1000:- 500:- 250:- 200:- 100:-

### 110 m häck

|       |       |       |       |       |  |       |
|-------|-------|-------|-------|-------|--|-------|
| P17-M | 13,80 | 14,59 | 15,41 | 16,29 |  |       |
| P17   |       |       |       |       |  | 17,50 |
| M35   | 13,93 | 14,73 | 15,57 |       |  |       |
| M40   | 14,48 | 15,31 | 16,18 |       |  |       |
| M45   | 15,08 | 15,94 | 16,84 |       |  |       |

### 100 m

|       |       |       |       |       |  |       |
|-------|-------|-------|-------|-------|--|-------|
| F15-K | 11,75 | 12,27 | 12,82 | 13,40 |  |       |
| P15-M | 10,39 | 10,82 | 11,27 | 11,75 |  |       |
| F17   |       |       |       |       |  | 13,85 |
| P17   |       |       |       |       |  | 12,40 |
| K35   | 11,86 | 12,39 | 12,94 |       |  |       |
| M35   | 10,53 | 10,97 | 11,42 |       |  |       |
| K40   | 12,30 | 12,85 | 13,42 |       |  |       |
| M40   | 10,85 | 11,30 | 11,76 |       |  |       |
| K45   | 12,77 | 13,34 | 13,94 |       |  |       |
| M45   | 11,19 | 11,66 | 12,14 |       |  |       |
| K50   | 13,28 | 13,87 | 14,49 |       |  |       |
| M50   | 11,55 | 12,03 | 12,53 |       |  |       |
| K55   | 13,83 | 14,44 | 15,09 |       |  |       |
| M55   | 11,94 | 12,43 | 12,95 |       |  |       |
| K60   | 14,43 | 15,07 | 15,74 |       |  |       |
| K70   | 15,88 | 16,59 | 17,33 |       |  |       |
| M70   | 13,35 | 13,90 | 14,48 |       |  |       |
| K75   | 16,90 | 17,65 | 18,44 |       |  |       |
| M75   | 14,02 | 14,60 | 15,21 |       |  |       |
| K80   | 18,30 | 19,11 | 19,96 |       |  |       |
| M80   | 14,91 | 15,53 | 16,17 |       |  |       |

### 200 m

|       |       |       |       |       |  |       |
|-------|-------|-------|-------|-------|--|-------|
| F15-K | 23,80 | 24,86 | 25,97 | 27,14 |  |       |
| P15-M | 20,86 | 21,83 | 22,85 | 23,92 |  |       |
| F17   |       |       |       |       |  | 28,00 |
| P17   |       |       |       |       |  | 25,30 |
| K35   | 24,53 | 25,62 | 26,76 |       |  |       |
| M35   | 21,20 | 22,19 | 23,22 |       |  |       |
| K40   | 25,47 | 26,61 | 27,79 |       |  |       |
| M40   | 21,87 | 22,89 | 23,96 |       |  |       |
| K45   | 26,49 | 27,67 | 28,91 |       |  |       |
| M45   | 22,58 | 23,63 | 24,74 |       |  |       |
| K50   | 27,60 | 28,83 | 30,12 |       |  |       |
| M50   | 23,34 | 24,43 | 25,57 |       |  |       |
| K55   | 28,80 | 30,80 | 31,43 |       |  |       |
| M55   | 24,16 | 25,28 | 26,46 |       |  |       |

Källor: **IAAF Scoring Tables for Combined Events 2001** **Ungdomsmärket i Friidrott 14-15/16-17år**  
 samt **Score Calc**

|     |                  |                 |                |                |               |                 |
|-----|------------------|-----------------|----------------|----------------|---------------|-----------------|
| Ca: | 1000 p<br>2000:- | 900 p<br>1000:- | 800 p<br>500:- | 700 p<br>250:- | Guld<br>200:- | Silver<br>100:- |
|-----|------------------|-----------------|----------------|----------------|---------------|-----------------|

### 200 m

|     |       |       |       |
|-----|-------|-------|-------|
| K60 | 30,11 | 31,46 | 32,86 |
| M60 | 25,03 | 26,20 | 27,42 |
| K65 | 31,55 | 32,96 | 34,43 |
| M65 | 26,05 | 27,26 | 28,53 |
| K70 | 33,67 | 35,17 | 36,74 |
| M70 | 27,29 | 28,56 | 29,90 |
| K75 | 36,36 | 37,98 | 39,67 |
| M75 | 28,91 | 30,25 | 31,67 |
| K80 | 40,63 | 42,44 | 44,34 |
| M80 | 31,14 | 32,59 | 34,11 |

### 200 m häck

|     |       |       |       |
|-----|-------|-------|-------|
| K70 | 38,84 | 40,59 | 42,41 |
| K75 | 41,33 | 43,19 | 45,13 |
| K80 | 45,93 | 48,00 | 50,15 |
| M80 | 51,71 | 54,18 | 56,78 |

### 300 m

|     |       |       |
|-----|-------|-------|
| F15 | 43,00 | 47,00 |
| P15 | 38,70 | 43,00 |

### 300 m häck

|     |       |       |       |
|-----|-------|-------|-------|
| F15 | 48,60 | 51,50 |       |
| P15 | 45,90 | 49,00 |       |
| F17 | 47,50 | 50,00 |       |
| P17 | 42,00 | 46,50 |       |
| K50 | 47,34 | 49,47 | 51,69 |
| K55 | 50,46 | 52,73 | 55,10 |
| K60 | 54,30 | 56,74 | 59,29 |
| M60 | 58,19 | 60,97 | 63,90 |
| K65 | 59,35 | 62,02 | 64,81 |
| M65 | 63,49 | 66,53 | 69,72 |
| M70 | 70,76 | 74,14 | 77,70 |
| M75 | 81,82 | 84,99 | 89,08 |

### 400 m

|       |       |       |       |       |
|-------|-------|-------|-------|-------|
| F17-K | 53,08 | 55,27 | 57,56 | 59,99 |
| P17-M | 46,17 | 48,19 | 50,32 | 52,58 |
| F17   |       |       |       | 66,50 |
| P17   |       |       |       | 56,50 |
| K35   | 54,16 | 56,40 | 58,74 |       |
| M35   | 47,82 | 49,91 | 52,12 |       |
| K40   | 56,52 | 58,85 | 61,29 |       |
| M40   | 49,35 | 51,51 | 53,79 |       |
| K45   | 59,08 | 61,52 | 64,07 |       |
| M45   | 50,99 | 53,22 | 55,57 |       |

Källor: **IAAF Scoring Tables for Combined Events 2001** **Ungdomsmärket i Friidrott 14-15/16-17år**  
 samt **Score Calc**

Ca: 1000 p 900 p 800 p 700 p Guld Silver  
 2000:- 1000:- 500:- 250:- 200:- 100:-

#### 400 m

|     |        |        |        |
|-----|--------|--------|--------|
| K50 | 61,90  | 64,45  | 67,12  |
| M50 | 52,74  | 55,04  | 57,48  |
| K55 | 64,99  | 67,67  | 70,47  |
| M55 | 54,61  | 57,00  | 59,52  |
| K60 | 68,80  | 71,63  | 74,60  |
| M60 | 56,62  | 59,09  | 61,71  |
| K65 | 73,71  | 76,75  | 79,93  |
| M65 | 58,92  | 61,49  | 64,21  |
| K70 | 80,39  | 83,71  | 87,18  |
| M70 | 61,89  | 64,59  | 67,45  |
| M70 | 61,89  | 64,59  | 67,45  |
| K75 | 90,13  | 93,85  | 97,74  |
| M75 | 66,10  | 69,00  | 72,05  |
| K80 | 105,61 | 109,96 | 114,48 |
| M80 | 72,56  | 75,73  | 79,08  |

#### 400 m häck

|       |       |       |       |       |
|-------|-------|-------|-------|-------|
| F17-K | 57,47 | 60,05 | 62,75 | 65,61 |
| P17-M | 49,86 | 52,24 | 54,75 | 57,40 |
| K35   | 57,47 | 60,05 | 62,75 |       |
| M35   | 49,86 | 52,24 | 54,75 |       |
| K40   | 61,54 | 64,30 | 67,19 |       |
| M40   | 52,08 | 54,57 | 57,19 |       |
| K45   | 67,07 | 70,80 | 73,23 |       |
| M45   | 54,52 | 57,13 | 59,87 |       |
| M50   | 57,20 | 59,93 | 62,81 |       |
| M55   | 60,15 | 63,03 | 66,05 |       |

#### 800 m

|       |         |         |         |         |         |         |
|-------|---------|---------|---------|---------|---------|---------|
| F15   |         |         |         |         | 2,23,00 | 2,40,00 |
| P15   |         |         |         |         | 2,08,00 | 2,20,00 |
| F17-K | 2,07,63 | 2,14,52 | 2,21,77 | 2,29,47 |         |         |
| F17   |         |         |         |         |         | 2,33,00 |
| P17-M | 1,50,38 | 1,57,27 | 2,04,54 | 2,12,23 |         |         |
| K35   | 2,08,25 | 2,15,18 | 2,22,46 |         |         |         |
| M35   | 1,51,30 | 1,58,25 | 2,05,58 |         |         |         |
| K40   | 2,13,82 | 2,21,05 | 2,28,65 |         |         |         |
| M40   | 1,55,46 | 2,02,66 | 2,10,27 |         |         |         |
| K45   | 2,19,89 | 2,27,45 | 2,35,39 |         |         |         |
| M45   | 1,59,93 | 2,07,42 | 2,15,32 |         |         |         |
| K50   | 2,26,54 | 2,34,46 | 2,42,78 |         |         |         |
| M50   | 2,04,76 | 2,12,55 | 2,20,77 |         |         |         |
| K55   | 2,33,86 | 2,42,16 | 2,50,91 |         |         |         |
| M55   | 2,10,01 | 2,18,12 | 2,26,69 |         |         |         |
| K60   | 2,42,62 | 2,51,40 | 3,00,64 |         |         |         |
| M60   | 2,15,71 | 2,24,19 | 2,33,03 |         |         |         |

Källor: **IAAF Scoring Tables for Combined Events 2001** **Ungdomsmärket i Friidrott 14-15/16-17år**  
 samt **Score Calc**

|     |                  |                 |                |                |               |                 |
|-----|------------------|-----------------|----------------|----------------|---------------|-----------------|
| Ca: | 1000 p<br>2000:- | 900 p<br>1000:- | 800 p<br>500:- | 700 p<br>250:- | Guld<br>200:- | Silver<br>100:- |
|-----|------------------|-----------------|----------------|----------------|---------------|-----------------|

### 800 m

|     |         |         |         |
|-----|---------|---------|---------|
| K65 | 2,53,83 | 3,03,21 | 3,13,09 |
| M65 | 2,21,94 | 2,30,81 | 2,40,15 |
| K70 | 3,09,02 | 3,19,22 | 3,29,96 |
| M70 | 2,28,76 | 2,38,04 | 2,47,84 |
| K75 | 3,30,85 | 3,42,23 | 3,54,21 |
| M75 | 2,39,41 | 2,49,36 | 2,59,86 |
| K80 | 4,04,40 | 4,17,70 | 4,31,59 |
| M80 | 2,55,73 | 3,06,70 | 3,18,28 |

### 1500 m

|       |         |         |          |         |         |
|-------|---------|---------|----------|---------|---------|
| F15-K | 4,34,99 | 4,49,16 | 5,04,09  | 5,19,92 |         |
| F17   |         |         |          |         | 5,20,00 |
| P15-M | 3,53,79 | 4,07,42 | 4,21,77  | 4,36,96 |         |
| P17   |         |         |          |         | 4,40,00 |
| K35   | 4,38,55 | 4,52,90 | 5,08,03  |         |         |
| K40   | 4,50,77 | 5,05,92 | 5,21,55  |         |         |
| M35   | 3,55,84 | 4,09,59 | 4,24,06  |         |         |
| K45   | 5,04,12 | 5,19,79 | 5,36,30  |         |         |
| M45   | 4,16,20 | 4,31,14 | 4,46,87  |         |         |
| K50   | 5,18,75 | 5,35,18 | 5,52,48  |         |         |
| M50   | 4,27,77 | 4,43,38 | 4,59,81  |         |         |
| K55   | 5,34,86 | 5,52,11 | 6,10,29  |         |         |
| M55   | 4,40,42 | 4,56,77 | 5,13,98  |         |         |
| K60   | 5,54,41 | 6,12,67 | 6,31,91  |         |         |
| M60   | 4,54,48 | 5,11,65 | 5,29,72  |         |         |
| K65   | 6,19,71 | 6,39,28 | 6,59,89  |         |         |
| M65   | 5,10,51 | 5,28,62 | 5,47,68  |         |         |
| K70   | 6,54,45 | 7,15,81 | 7,38,31  |         |         |
| M70   | 5,30,25 | 5,49,51 | 6,09,78  |         |         |
| K75   | 7,45,13 | 8,09,10 | 8,34,36  |         |         |
| M75   | 5,56,60 | 6,17,39 | 6,39,28  |         |         |
| K80   | 9,04,85 | 9,32,93 | 10,02,51 |         |         |
| M80   | 6,34,91 | 6,57,93 | 7,22,17  |         |         |

### 1500 m hinder

|     |         |         |
|-----|---------|---------|
| F15 | 5,50,00 | 6,30,00 |
| P15 | 5,00,00 | 5,30,00 |
| F17 | 5,35,00 | 6,00,00 |

### 2000 m

|     |         |         |
|-----|---------|---------|
| F15 | 7,05,00 | 7,40,00 |
| P15 | 6,20,00 | 6,50,00 |

Källor: **IAAF Scoring Tables for Combined Events 2001** **Ungdomsmärket i Friidrott 14-15/16-17år**  
 samt **Score Calc**

Ca:            1000 p            900 p            800 p            700 p            Guld Silver  
                  2000:-            1000:-            500:-            250:-            200:- 100:-

### 2000 m hinder

|     |          |          |          |  |         |         |
|-----|----------|----------|----------|--|---------|---------|
| P17 |          |          |          |  | 6,50,00 | 7,40,00 |
| M60 | 7,18,63  | 7,45,07  | 8,12,96  |  |         |         |
| M65 | 7,51,31  | 8,19,72  | 8,49,68  |  |         |         |
| M70 | 8,32,35  | 9,03,24  | 9,35,81  |  |         |         |
| M75 | 9,25,59  | 9,59,68  | 10,35,64 |  |         |         |
| M80 | 10,38,19 | 11,16,66 | 11,57,23 |  |         |         |

### 3000 m

|       |          |          |          |          |  |          |
|-------|----------|----------|----------|----------|--|----------|
| F17-K | 9,50,69  | 10,21,17 | 10,53,29 | 11,27,34 |  |          |
| P17-M | 8,33,81  | 9,01,00  | 9,29,62  | 9,59,94  |  |          |
| F17   |          |          |          |          |  | 12,15,00 |
| K35   | 9,50,69  | 10,21,17 | 10,53,29 |          |  |          |
| M35   | 8,33,81  | 9,01,00  | 9,29,62  |          |  |          |
| K40   | 10,17,10 | 10,48,94 | 11,22,50 |          |  |          |
| M40   | 8,52,33  | 9,20,50  | 9,50,15  |          |  |          |
| K45   | 10,45,98 | 11,19,31 | 11,54,80 |          |  |          |
| M45   | 9,12,24  | 9,41,47  | 10,12,23 |          |  |          |
| K50   | 11,17,70 | 11,52,67 | 12,29,52 |          |  |          |
| M50   | 9,33,70  | 10,04,06 | 10,36,02 |          |  |          |
| K55   | 11,53,73 | 12,30,56 | 13,09,37 |          |  |          |
| M55   | 9,56,89  | 10,28,48 | 11,01,73 |          |  |          |
| K60   | 12,37,00 | 13,16,06 | 13,57,22 |          |  |          |
| M60   | 10,22,04 | 10,54,96 | 11,29,61 |          |  |          |
| K65   | 13,31,83 | 14,13,72 | 14,57,86 |          |  |          |
| M65   | 10,50,55 | 11,24,98 | 12,01,22 |          |  |          |
| K70   | 14,45,72 | 15,31,42 | 16,19,59 |          |  |          |
| M70   | 11,26,26 | 12,02,58 | 12,40,81 |          |  |          |
| K75   | 16,32,42 | 17,23,63 | 18,17,59 |          |  |          |
| M75   | 12,15,48 | 12,54,40 | 13,35,37 |          |  |          |
| K80   | 19,20,49 | 20,20,37 | 21,23,47 |          |  |          |
| M80   | 13,29,53 | 14,12,37 | 14,57,46 |          |  |          |

### 3000 m hinder

|     |          |          |          |          |
|-----|----------|----------|----------|----------|
| K   | 10,33,73 | 11,10,75 | 11,49,77 | 12,31,18 |
| M   | 9,05,40  | 9,38,28  | 10,12,95 | 10,49,74 |
| M35 | 9,05,40  | 9,38,28  | 10,12,95 |          |
| M40 | 9,31,75  | 10,06,22 | 10,42,57 |          |
| M45 | 10,00,79 | 10,37,01 | 11,15,20 |          |
| M50 | 10,32,93 | 11,11,09 | 11,51,32 |          |
| M55 | 11,08,71 | 11,49,02 | 12,31,53 |          |

Källor: **IAAF Scoring Tables for Combined Events 2001** **Ungdomsmärket i Friidrott 14-15/16-17år**  
 samt **Score Calc**

|     |                  |                 |                |                |               |                 |
|-----|------------------|-----------------|----------------|----------------|---------------|-----------------|
| Ca: | 1000 p<br>2000:- | 900 p<br>1000:- | 800 p<br>500:- | 700 p<br>250:- | Guld<br>200:- | Silver<br>100:- |
|-----|------------------|-----------------|----------------|----------------|---------------|-----------------|

### 5000 m

|     |          |          |          |          |
|-----|----------|----------|----------|----------|
| K   | 16,47,28 | 17,37,02 | 18,29,43 | 19,25,01 |
| M   | 14,32,92 | 15,17,60 | 16,04,63 | 16,54,45 |
| K35 | 16,47,28 | 17,37,02 | 18,29,43 |          |
| M35 | 14,32,92 | 15,17,60 | 16,04,63 |          |
| K40 | 17,10,46 | 18,01,35 | 18,54,96 |          |
| M40 | 15,04,48 | 15,50,78 | 16,39,51 |          |
| K45 | 18,20,85 | 19,15,21 | 20,12,49 |          |
| M45 | 15,38,42 | 16,26,45 | 17,17,01 |          |
| K50 | 19,14,47 | 20,11,48 | 21,11,55 |          |
| M50 | 16,15,00 | 17,04,90 | 17,57,43 |          |
| K55 | 20,13,59 | 21,13,51 | 22,16,66 |          |
| M55 | 16,54,55 | 17,46,48 | 18,41,14 |          |
| K60 | 21,23,48 | 22,26,86 | 23,33,64 |          |
| M60 | 17,37,44 | 18,31,56 | 19,28,54 |          |
| K65 | 22,49,88 | 23,57,53 | 25,08,81 |          |
| M65 | 18,26,08 | 19,22,69 | 20,22,28 |          |
| K70 | 24,41,94 | 25,55,12 | 27,12,23 |          |
| M70 | 19,27,00 | 20,26,73 | 21,29,61 |          |
| K75 | 27,15,19 | 28,35,94 | 30,01,02 |          |
| M75 | 20,50,96 | 21,54,99 | 23,02,38 |          |
| K80 | 30,58,45 | 32,30,22 | 34,06,91 |          |
| M80 | 22,57,27 | 24,07,77 | 25,21,97 |          |

### 10000 m

|     |          |          |          |          |
|-----|----------|----------|----------|----------|
| K   | 39,36,20 | 41,54,84 | 44,20,91 | 46,55,80 |
| M   | 32,39,81 | 34,43,08 | 36,53,03 | 39,10,93 |
| K35 | 39,36,20 | 41,54,84 | 44,20,91 |          |
| M35 | 32,39,81 | 34,43,08 | 36,53,03 |          |
| K40 | 41,18,04 | 43,42,63 | 46,14,96 |          |
| M40 | 33,51,31 | 35,59,07 | 38,13,77 |          |
| K45 | 43,14,10 | 45,45,45 | 48,24,92 |          |
| M45 | 35,08,22 | 37,20,83 | 39,40,62 |          |
| K50 | 45,18,76 | 47,57,39 | 50,44,51 |          |
| M50 | 36,31,20 | 38,49,02 | 41,14,31 |          |
| K55 | 47,36,00 | 50,22,64 | 53,18,20 |          |
| M55 | 38,00,97 | 40,24,44 | 42,55,68 |          |
| K60 | 50,17,78 | 53,13,85 | 56,19,36 |          |
| M60 | 52,20,72 | 55,38,26 | 59,06,52 |          |
| K65 | 53,38,91 | 56,46,71 | 60,04,59 |          |
| M65 | 41,34,03 | 44,10,90 | 46,56,96 |          |
| K70 | 58,03,14 | 61,26,36 | 65,00,48 |          |
| M70 | 44,01,96 | 46,48,14 | 49,43,32 |          |
| K75 | 64,11,83 | 67,56,57 | 71,53,35 |          |
| M75 | 47,26,49 | 50,25,53 | 53,34,27 |          |
| K80 | 73,25,26 | 77,42,29 | 82,13,09 |          |

Källor: **IAAF Scoring Tables for Combined Events 2001** **Ungdomsmärket i Friidrott 14-15/16-17år**  
 samt **Score Calc**

Ca: 1000 p 900 p 800 p 700 p Guld Silver  
 2000:- 1000:- 500:- 250:- 200:- 100:-

### 10000 m

M80 52,32,34 55,50,61 59,19,64

### Kula

|       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|
| F15-K | 17,07 | 15,58 | 14,09 | 12,58 |       |       |
| F15   |       |       |       |       | 10,60 | 8,40  |
| F17   |       |       |       |       |       | 10,20 |
| P15-M | 18,40 | 16,79 | 15,16 | 13,53 |       |       |
| P15   |       |       |       |       | 12,80 | 10,80 |
| P17   |       |       |       |       |       | 11,00 |
| K35   | 16,47 | 15,03 | 13,59 |       |       |       |
| M35   | 17,75 | 16,19 | 14,62 |       |       |       |
| K40   | 15,38 | 14,04 | 12,70 |       |       |       |
| M40   | 16,53 | 15,08 | 13,62 |       |       |       |
| K45   | 14,30 | 13,05 | 11,80 |       |       |       |
| M45   | 15,31 | 13,97 | 12,62 |       |       |       |
| K50   | 13,54 | 12,36 | 11,18 |       |       |       |
| M50   | 15,70 | 14,33 | 12,94 |       |       |       |
| K55   | 12,46 | 11,37 | 10,29 |       |       |       |
| M55   | 14,49 | 13,22 | 11,94 |       |       |       |
| K60   | 11,37 | 10,38 | 9,39  |       |       |       |
| M60   | 14,75 | 13,46 | 12,15 |       |       |       |
| K65   | 10,29 | 9,39  | 8,49  |       |       |       |
| M65   | 13,53 | 12,34 | 11,15 |       |       |       |
| K70   | 9,20  | 8,40  | 7,60  |       |       |       |
| M70   | 14,37 | 13,12 | 11,84 |       |       |       |
| K75   | 9,32  | 8,51  | 7,69  |       |       |       |
| M75   | 13,15 | 12,00 | 10,84 |       |       |       |
| K80   | 8,23  | 7,52  | 6,80  |       |       |       |
| M80   | 12,23 | 11,16 | 10,08 |       |       |       |

### Diskus

|       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|
| F15-K | 57,39 | 52,42 | 47,40 | 42,33 |       |       |
| F15   |       |       |       |       | 32,00 | 23,00 |
| F17   |       |       |       |       |       | 25,00 |
| P15-M | 56,17 | 51,40 | 46,59 | 41,72 |       |       |
| P15   |       |       |       |       | 39,50 | 30,00 |
| P17   |       |       |       |       |       | 33,00 |
| K35   | 55,36 | 50,56 | 45,72 |       |       |       |
| M35   | 55,38 | 50,68 | 45,94 |       |       |       |
| K40   | 51,48 | 47,02 | 42,52 |       |       |       |
| M40   | 51,00 | 46,67 | 42,31 |       |       |       |
| K45   | 47,60 | 43,48 | 39,31 |       |       |       |
| M45   | 46,65 | 42,67 | 38,68 |       |       |       |
| K50   | 43,72 | 39,93 | 36,11 |       |       |       |
| M50   | 54,98 | 50,31 | 45,60 |       |       |       |

Källor: **IAAF Scoring Tables for Combined Events 2001** **Ungdomsmärket i Friidrott 14-15/16-17år**  
 samt **Score Calc**

Ca: 1000 p 900 p 800 p 700 p Guld Silver  
 2000:- 1000:- 500:- 250:- 200:- 100:-

### Diskus

|     |       |       |       |
|-----|-------|-------|-------|
| K55 | 39,84 | 36,39 | 32,91 |
| M55 | 50,59 | 46,30 | 41,97 |
| K60 | 35,96 | 32,85 | 29,70 |
| M60 | 52,86 | 48,37 | 43,84 |
| K65 | 32,02 | 29,25 | 26,45 |
| M65 | 48,27 | 44,17 | 40,04 |
| K70 | 27,94 | 25,52 | 23,08 |
| M70 | 43,95 | 40,22 | 36,46 |
| K75 | 26,64 | 24,33 | 22,00 |
| M75 | 39,20 | 35,87 | 32,51 |
| K80 | 22,76 | 20,79 | 18,80 |
| M80 | 34,17 | 31,27 | 28,34 |

### Spjut

|       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|
| F15-K | 57,18 | 52,04 | 46,87 | 41,68 |       |       |
| F15   |       |       |       |       | 31,00 | 22,00 |
| F17   |       |       |       |       |       | 28,00 |
| P15-M | 77,19 | 70,67 | 64,09 | 57,45 |       |       |
| P15   |       |       |       |       | 44,00 | 33,00 |
| P17   |       |       |       |       |       | 41,00 |
| K35   | 53,84 | 49,00 | 44,13 |       |       |       |
| M35   | 76,23 | 69,80 | 63,30 |       |       |       |
| K40   | 49,84 | 45,36 | 40,85 |       |       |       |
| M40   | 71,07 | 65,07 | 59,01 |       |       |       |
| K45   | 45,83 | 41,71 | 37,56 |       |       |       |
| M45   | 65,89 | 60,37 | 54,71 |       |       |       |
| K50   | 43,50 | 39,60 | 35,66 |       |       |       |
| M50   | 62,87 | 57,56 | 52,20 |       |       |       |
| K55   | 39,49 | 35,94 | 32,37 |       |       |       |
| M55   | 57,10 | 52,82 | 47,90 |       |       |       |
| K60   | 35,48 | 32,29 | 29,08 |       |       |       |
| M60   | 54,59 | 49,98 | 45,33 |       |       |       |
| K65   | 31,47 | 28,64 | 25,80 |       |       |       |
| M65   | 49,42 | 45,25 | 41,04 |       |       |       |
| K70   | 27,24 | 24,80 | 22,33 |       |       |       |
| M70   | 45,95 | 42,07 | 38,15 |       |       |       |
| K75   | 25,09 | 22,84 | 20,57 |       |       |       |
| M75   | 40,78 | 37,33 | 33,86 |       |       |       |
| K80   | 21,08 | 19,19 | 17,28 |       |       |       |
| M80   | 36,85 | 33,73 | 30,59 |       |       |       |

Källor: **IAAF Scoring Tables for Combined Events 2001** **Ungdomsmärket i Friidrott 14-15/16-17år**  
 samt **Score Calc**

Ca: 1000 p 900 p 800 p 700 p Guld Silver  
 2000:- 1000:- 500:- 250:- 200:- 100:-

### Slägga

|       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|
| F15-K | 53,02 | 48,53 | 44,02 | 39,48 |       |       |
| F15   |       |       |       |       | 33,00 | 23,00 |
| F17   |       |       |       |       |       | 33,00 |
| P15-M | 69,35 | 63,40 | 57,42 | 51,40 |       |       |
| P15   |       |       |       |       | 32,00 | 25,00 |
| P17   |       |       |       |       |       | 34,00 |
| K35   | 48,46 | 44,36 | 40,24 |       |       |       |
| M35   | 67,34 | 61,56 | 55,75 |       |       |       |
| K40   | 45,08 | 41,26 | 37,43 |       |       |       |
| M40   | 61,64 | 56,35 | 51,04 |       |       |       |
| K45   | 41,70 | 38,17 | 34,62 |       |       |       |
| M45   | 55,95 | 51,15 | 46,32 |       |       |       |
| K50   | 41,30 | 37,81 | 34,29 |       |       |       |
| M50   | 58,46 | 53,44 | 48,40 |       |       |       |
| K55   | 37,92 | 34,71 | 31,48 |       |       |       |
| M55   | 52,76 | 48,24 | 43,69 |       |       |       |
| K60   | 34,54 | 31,61 | 28,68 |       |       |       |
| M60   | 53,02 | 48,47 | 43,90 |       |       |       |
| K65   | 31,12 | 28,49 | 25,84 |       |       |       |
| M65   | 47,32 | 43,26 | 39,18 |       |       |       |
| K70   | 27,68 | 25,33 | 22,98 |       |       |       |
| M70   | 47,79 | 43,66 | 39,54 |       |       |       |
| K75   | 28,03 | 25,66 | 23,27 |       |       |       |
| M75   | 42,06 | 38,45 | 34,83 |       |       |       |
| K80   | 24,52 | 22,44 | 20,36 |       |       |       |
| M80   | 37,18 | 33,99 | 30,79 |       |       |       |

### Längd

|       |      |      |      |      |      |      |
|-------|------|------|------|------|------|------|
| F15-K | 6,47 | 6,16 | 5,83 | 5,50 |      |      |
| F15   |      |      |      |      | 5,15 | 4,50 |
| F17   |      |      |      |      |      | 4,75 |
| P15-M | 7,76 | 7,36 | 6,94 | 6,51 |      |      |
| P15   |      |      |      |      | 5,80 | 5,00 |
| P17   |      |      |      |      |      | 5,60 |
| K35   | 6,18 | 5,88 | 5,57 |      |      |      |
| M35   | 7,53 | 7,14 | 6,74 |      |      |      |
| K40   | 5,84 | 5,56 | 5,27 |      |      |      |
| M40   | 7,12 | 6,76 | 6,38 |      |      |      |
| K45   | 5,51 | 5,24 | 4,96 |      |      |      |
| M45   | 6,72 | 6,38 | 6,02 |      |      |      |
| K50   | 5,17 | 4,93 | 4,66 |      |      |      |
| M50   | 6,32 | 6,00 | 5,66 |      |      |      |
| K55   | 4,84 | 4,61 | 4,36 |      |      |      |
| M55   | 5,92 | 5,61 | 5,30 |      |      |      |
| K60   | 4,50 | 4,29 | 4,06 |      |      |      |

Källor: **IAAF Scoring Tables for Combined Events 2001** **Ungdomsmärket i Friidrott 14-15/16-17år**  
 samt **Score Calc**

Ca: 1000 p 900 p 800 p 700 p Guld Silver  
 2000:- 1000:- 500:- 250:- 200:- 100:-

### Längd

|     |      |      |      |
|-----|------|------|------|
| M60 | 5,52 | 5,23 | 4,94 |
| K65 | 4,17 | 3,97 | 3,76 |
| M65 | 5,11 | 4,85 | 4,58 |
| K70 | 3,83 | 3,65 | 3,45 |
| M70 | 4,71 | 4,47 | 4,22 |
| K75 | 3,47 | 3,31 | 3,13 |
| M75 | 4,31 | 4,09 | 3,86 |
| K80 | 3,00 | 2,86 | 2,70 |
| M80 | 3,91 | 3,71 | 3,50 |

### Tresteg

|       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|
| F15-K | 13,68 | 13,12 | 12,55 | 11,96 |       |       |
| F15   |       |       |       |       | 10,70 | 9,40  |
| F17   |       |       |       |       |       | 10,00 |
| P15-M | 16,16 | 15,45 | 14,72 | 13,97 |       |       |
| P15   |       |       |       |       | 11,90 | 10,80 |
| P17   |       |       |       |       |       | 11,90 |
| K35   | 13,44 | 12,89 | 12,33 |       |       |       |
| M35   | 16,05 | 15,35 | 14,62 |       |       |       |
| K40   | 12,70 | 12,18 | 11,65 |       |       |       |
| M40   | 15,20 | 14,53 | 13,84 |       |       |       |
| K45   | 11,95 | 11,47 | 10,97 |       |       |       |
| M45   | 14,34 | 13,71 | 13,07 |       |       |       |
| K50   | 11,21 | 10,76 | 10,29 |       |       |       |
| M50   | 13,49 | 12,90 | 12,29 |       |       |       |
| K55   | 10,47 | 10,05 | 9,61  |       |       |       |
| M55   | 12,63 | 12,08 | 11,51 |       |       |       |
| K60   | 9,73  | 9,34  | 8,93  |       |       |       |
| M60   | 11,78 | 11,26 | 10,73 |       |       |       |
| K65   | 8,99  | 8,63  | 8,25  |       |       |       |
| M65   | 10,92 | 10,44 | 9,95  |       |       |       |
| K70   | 8,16  | 7,82  | 7,48  |       |       |       |
| M70   | 10,07 | 9,63  | 9,17  |       |       |       |
| K75   | 7,14  | 6,85  | 6,55  |       |       |       |
| M75   | 9,22  | 8,81  | 8,39  |       |       |       |
| K80   | 5,85  | 5,61  | 5,37  |       |       |       |
| M80   | 8,32  | 7,96  | 7,58  |       |       |       |

### Höjd

|       |      |      |      |      |      |      |
|-------|------|------|------|------|------|------|
| F15-K | 1,81 | 1,73 | 1,65 | 1,56 |      |      |
| P15-M | 2,20 | 2,10 | 1,99 | 1,88 |      |      |
| F15   |      |      |      |      | 1,60 | 1,43 |
| P15   |      |      |      |      | 1,74 | 1,55 |
| K35   | 1,74 | 1,66 | 1,58 |      |      |      |
| M35   | 2,16 | 2,06 | 1,95 |      |      |      |
| K40   | 1,65 | 1,58 | 1,51 |      |      |      |

Källor: **IAAF Scoring Tables for Combined Events 2001** **Ungdomsmärket i Friidrott 14-15/16-17år**  
 samt **Score Calc**

|     |                  |                 |                |                |               |                 |
|-----|------------------|-----------------|----------------|----------------|---------------|-----------------|
| Ca: | 1000 p<br>2000:- | 900 p<br>1000:- | 800 p<br>500:- | 700 p<br>250:- | Guld<br>200:- | Silver<br>100:- |
|-----|------------------|-----------------|----------------|----------------|---------------|-----------------|

### Höjd

|     |      |      |      |
|-----|------|------|------|
| M40 | 2,11 | 2,02 | 1,91 |
| K45 | 1,57 | 1,50 | 1,43 |
| M45 | 2,01 | 1,92 | 1,82 |
| K50 | 1,49 | 1,42 | 1,36 |
| M50 | 1,91 | 1,82 | 1,73 |
| K55 | 1,41 | 1,35 | 1,28 |
| M55 | 1,80 | 1,72 | 1,63 |
| K60 | 1,33 | 1,27 | 1,21 |
| M60 | 1,70 | 1,62 | 1,54 |
| K65 | 1,24 | 1,19 | 1,13 |
| M65 | 1,60 | 1,53 | 1,45 |
| K70 | 1,16 | 1,11 | 1,06 |
| M70 | 1,50 | 1,43 | 1,35 |
| K75 | 1,07 | 1,02 | 0,98 |
| M75 | 1,39 | 1,33 | 1,26 |
| K80 | 0,98 | 0,94 | 0,89 |
| M80 | 1,29 | 1,23 | 1,17 |

### Stav

|       |      |      |      |      |      |      |
|-------|------|------|------|------|------|------|
| F15-K | 4,06 | 3,83 | 3,60 | 3,35 |      |      |
| F15   |      |      |      |      | 2,65 | 2,25 |
| F17   |      |      |      |      |      | 2,55 |
| P15-M | 5,28 | 4,96 | 4,63 | 4,29 |      |      |
| P15   |      |      |      |      | 3,00 | 2,70 |
| P17   |      |      |      |      |      | 3,35 |
| K35   | 3,76 | 3,54 | 3,33 |      |      |      |
| M35   | 5,21 | 4,89 | 4,57 |      |      |      |
| K40   | 3,55 | 3,35 | 3,15 |      |      |      |
| M40   | 4,92 | 4,62 | 4,31 |      |      |      |
| K45   | 3,34 | 3,15 | 2,97 |      |      |      |
| M45   | 4,60 | 4,32 | 4,04 |      |      |      |
| K50   | 3,14 | 2,96 | 2,78 |      |      |      |
| M50   | 4,32 | 4,05 | 3,79 |      |      |      |
| K55   | 2,93 | 2,76 | 2,60 |      |      |      |
| M55   | 4,02 | 3,78 | 3,52 |      |      |      |
| K60   | 2,72 | 2,57 | 2,42 |      |      |      |
| M60   | 3,72 | 3,50 | 3,26 |      |      |      |
| K65   | 2,52 | 2,38 | 2,23 |      |      |      |
| M65   | 3,42 | 3,22 | 3,00 |      |      |      |
| K70   | 2,28 | 2,15 | 2,02 |      |      |      |
| M70   | 3,13 | 2,94 | 2,74 |      |      |      |
| K75   | 2,00 | 1,89 | 1,78 |      |      |      |
| M75   | 2,83 | 2,66 | 2,48 |      |      |      |
| K80   | 1,67 | 1,59 | 1,48 |      |      |      |
| M80   | 2,53 | 2,38 | 2,22 |      |      |      |