

Grade 11 Athletics Chart - Girls

	x1	x1		x1		x1 (or endurance swim)		
%	100m* (sec)	Long Jump * (m)	High Jump * (m)	Shotput* (m)	"Schleuder- ball" (m)	800m (min:sec)	3000m* (min:sec)	%
100	13.8	4.40	1.38	8.75	28	02:53	16:00	100
95	14.1	4.30	1.36	8.50	27	03:01	16:30	95
90	14.4	4.20	1.34	8.25	26	03:09	17:00	90
85	14.7	4.10	1.32	8.00	25	03:17	17:30	85
80	15	4.00	1.30	7.75	24	03:25	18:00	80
77.5	15.3	3.90	1.28	7.50	23	03:33	18:30	77.5
75	15.6	3.80	1.25	7.25	22	03:41	19:00	75
72.5	15.9	3.70	1.24	7.00	21	03:49	19:30	72.5
70	16.3	3.60	1.22	6.75	20	03:57	20:00	70
67.5	16.5	3.50	1.20	6.50	19	04:05	20:30	67.5
65	16.8	3.40	1.18	6.25	18	04:13	21:00	65
62.5	17.1	3.30	1.15	6.00	17	04:21	21:30	62.5
60	17.4	3.20	1.14	5.75	16	04:29	22:00	60
58	17.6	3.10	1.12	5.50	15	04:37	22:30	58
56	18	3.00	1.10	5.25	14	04:45	23:00	56
54	18.3	2.90	1.08	5.00	13	04:50	23:30	54
52	18.6	2.80	1.05	4.75	12	05:01	24:00	52
50	18.9	2.70	1.04	4.50	11	05:09	24:30	50
48	19.2	2.60	1.02	4.25	10	05:17	25:00	48
46	19.5	2.50	1.00	4.00	9.5	05:25	25:30	46
44	19.8	2.40	0.98	3.75	9	05:33	26:00	44
42	20.1	2.30	0.96	3.50	8.5	05:41	26:30	42
40	20.4	2.20	0.94	3.25	8	05:49	27:00	40
35	21.4	1.95	0.84	3.00	7	06:09	28:00	35
30	22.4	1.70	0.74	2.75	6	06:29	29:00	30
25	23.4	1.45	0.64	2.50	5	06:49	30:00	25
20	24.4	1.20	0.54	2.25	4	07:09	31:00	20
15	25.4	0.95	0.44	2.00	3	07:29	32:00	15
10	26.4	0.70	0.34	1.75	2	07:49	33:00	10
5	27.4	0.45	0.24	1.50	1	08:09	34:00	5

*can be used for Sportabzeichen (age 16-17)

Gold

Silver

Bronze