

Grade 11 Athletics Chart - Boys

	x1	x1		x1		x1 (or endurance swim)		
%	100m* (sec)	Long Jump * (m)	High Jump * (m)	Shotput* (m)	"Schleuderball" (m)	800m* (17yrs)	3000m* (18yrs)	%
100	12.2	5.60	1.66	10.00	36.5	02:25	12:40	100
95	12.4	5.50	1.64	9.75	35	02:30	13:00	95
90	12.6	5.40	1.62	9.50	34	02:35	13:20	90
85	12.8	5.30	1.60	9.25	33	02:40	13:40	85
80	13	5.20	1.58	9.00	32	02:45	14:00	80
77.5	13.2	5.10	1.56	8.75	31	02:50	14:20	77.5
75	13.5	5.00	1.54	8.50	30	02:55	14:40	75
72.5	13.6	4.90	1.52	8.25	29	03:00	15:00	72.5
70	13.8	4.80	1.50	8.00	27.5	03:05	15:20	70
67.5	14	4.70	1.48	7.75	27	03:10	15:40	67.5
65	14.2	4.60	1.46	7.50	26	03:15	16:00	65
62.5	14.4	4.50	1.44	7.25	25	03:20	16:20	62.5
60	14.6	4.40	1.42	7.00	24	03:25	16:40	60
58	14.8	4.30	1.40	6.75	23	03:30	17:00	58
56	15	4.20	1.38	6.50	22	03:35	17:20	56
54	15.2	4.10	1.36	6.25	21	03:40	17:40	54
52	15.4	4.00	1.34	6.00	20	03:45	18:00	52
50	15.6	3.90	1.32	5.75	19	03:50	18:20	50
48	15.8	3.80	1.30	5.50	18	03:55	18:40	48
46	16	3.70	1.28	5.25	17	04:00	19:00	46
44	16.3	3.60	1.26	5.00	16	04:05	19:20	44
42	16.4	3.50	1.24	4.75	15	04:10	19:40	42
40	16.6	3.40	1.20	4.50	14	04:15	20:00	40
35	17.1	3.05	1.12	4.00	12	04:40	20:50	35
30	17.6	2.80	1.02	3.50	10	05:05	21:40	30
25	18.1	2.55	0.92	3.00	8	05:30	22:30	25
20	18.6	2.30	0.82	2.50	6	05:55	23:20	20
15	19.1	2.05	0.72	2.00	4	06:20	24:10	15
10	19.6	1.80	0.62	1.50	2	06:45	25:00	10
5	20.1	1.55	0.52	1.00	1	07:10	25:50	5

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

Gold

Silver

Bronze