

Kadernormen 2008 NRWTV

	50F	400/800F	100m	3000/5000m
AK 14 w	35,0 s	6:00 min	16,5 s	12:45 min
m	35,0 s	5:45 min	14,6 s	12:00 min
AK 15 w	34,0 s	5:35 min	16,0 s	12:25 min
m	33,0 s	5:20 min	14,0 s	11:30 min
AK 16 w	33,5 s	11:25 min	15,5 s	20:45 min
m	31,5 s	10:45 min	13,5 s	18:00 min
AK 17 w	33,0 s	11:10 min	15,0 s	20:15 min
m	30,0 s	10:30 min	13,2 s	17:30 min
AK 18 w	32,0 s	10:50 min	14,5 s	19:40 min
m	29,0 s	10:10 min	13,0 s	17:00 min
AK 19 w	31,5 s	10:40 min	14,2 s	19:00 min
m	28,2 s	9:55 min	12,8 s	16:30 min