

TABLE 4e ET 5e ANNÉE FEMME

	50 m		100 m		600 m		1000 m		Longueur zone		Hauteur		Poids (2 kg)		Javelot (400 g)		
	Mini	Maxi	Mini	Maxi	Mini	Maxi	Mini	Maxi	Mini	Maxi	Mini	Maxi	Mini	Maxi	Mini	Maxi	
0	11.63	1000	22.63	1000	4:28.01	1000	6:28.01	1000	0	1.44	0	0.74	0	2.27	0	4.25	0
1	11.51	11.62	22.37	22.62	4:23.01	4:28.00	6:22.01	6:28.00	1.45	1.52	0.75	0.76	2.28	2.43	4.26	4.56	1
2	11.49	11.50	22.11	22.36	4:18.01	4:23.00	6:16.01	6:22.00	1.53	1.60	0.77	0.77	2.44	2.60	4.57	4.85	2
3	11.37	11.48	21.84	22.10	4:14.01	4:18.00	6:11.01	6:16.00	1.61	1.68	0.78	0.79	2.61	2.76	4.86	5.16	3
4	11.25	11.36	21.58	21.83	4:09.01	4:14.00	6:05.01	6:11.00	1.69	1.75	0.80	0.81	2.77	2.92	5.17	5.47	4
5	11.13	11.24	21.32	21.57	4:04.01	4:09.00	5:59.01	6:05.00	1.76	1.83	0.82	0.82	2.93	3.13	5.48	5.78	5
6	11.01	11.12	21.05	21.31	4:00.01	4:04.00	5:54.01	5:59.00	1.84	1.91	0.83	0.84	3.14	3.29	5.79	6.09	6
7	10.89	11.00	20.79	21.04	3:55.01	4:00.00	5:48.01	5:54.00	1.92	1.99	0.85	0.85	3.30	3.45	6.10	6.40	7
8	10.77	10.88	20.53	20.78	3:50.01	3:55.00	5:42.01	5:48.00	2.00	2.07	0.86	0.87	3.46	3.62	6.41	6.71	8
9	10.65	10.76	20.26	20.52	3:46.01	3:50.00	5:37.01	5:42.00	2.08	2.14	0.88	0.88	3.63	3.78	6.72	7.02	9
10	10.53	10.64	20.00	20.25	3:41.01	3:46.00	5:31.01	5:37.00	2.15	2.22	0.89	0.90	3.79	3.94	7.03	7.33	10
11	10.41	10.52	19.74	19.99	3:36.01	3:41.00	5:25.01	5:31.00	2.23	2.30	0.91	0.91	3.95	4.11	7.34	7.64	11
12	10.28	10.40	19.47	19.73	3:32.01	3:36.00	5:20.01	5:25.00	2.31	2.38	0.92	0.93	4.12	4.27	7.65	7.95	12
13	10.16	10.27	19.21	19.46	3:27.01	3:32.00	5:14.01	5:20.00	2.39	2.46	0.94	0.94	4.28	4.43	7.96	8.26	13
14	10.04	10.15	18.95	19.20	3:22.01	3:27.00	5:08.01	5:14.00	2.47	2.53	0.95	0.96	4.44	4.60	8.27	8.57	14
15	9.92	10.03	18.68	18.94	3:18.01	3:22.00	5:03.01	5:08.00	2.54	2.61	0.97	0.97	4.61	4.76	8.58	8.88	15
16	9.80	9.91	18.42	18.67	3:13.01	3:18.00	4:57.01	5:03.00	2.62	2.69	0.98	0.99	4.77	4.92	8.89	9.20	16
17	9.68	9.79	18.16	18.41	3:08.01	3:13.00	4:51.01	4:57.00	2.70	2.77	1.00	1.00	4.93	5.08	9.21	9.51	17
18	9.56	9.67	17.90	18.15	3:03.01	3:08.00	4:45.01	4:51.00	2.78	2.84	1.01	1.02	5.09	5.25	9.52	9.82	18
19	9.44	9.55	17.63	17.89	2:59.01	3:03.00	4:40.01	4:45.00	2.85	2.92	1.03	1.03	5.26	5.41	9.83	10.13	19
20	9.32	9.43	17.37	17.62	2:53.01	2:59.00	4:34.01	4:40.00	2.93	3.00	1.04	1.05	5.42	5.57	10.14	10.44	20
21	9.20	9.31	17.11	17.36	2:48.01	2:53.00	4:28.01	4:34.00	3.01	3.08	1.06	1.06	5.58	5.74	10.45	10.75	21
22	9.07	9.19	16.84	17.10	2:43.01	2:48.00	4:23.01	4:28.00	3.09	3.16	1.07	1.08	5.75	5.90	10.76	11.06	22
23	8.95	9.06	15.58	16.83	2:38.01	2:43.00	4:17.01	4:23.00	3.17	3.23	1.09	1.09	5.91	6.06	11.07	11.37	23
24	8.83	8.94	16.32	16.57	2:33.01	2:38.00	4:11.01	4:17.00	3.24	3.31	1.10	1.11	6.07	6.23	11.38	11.68	24
25	8.71	8.82	16.05	16.31	2:19.01	2:33.00	4:06.01	4:11.00	3.32	3.39	1.12	1.12	6.24	6.39	11.69	11.99	25
26	8.59	8.70	15.79	16.04	2:24.01	2:29.00	4:00.01	4:06.00	3.40	3.46	1.13	1.14	6.40	6.65	12.00	12.86	26
27	8.53	8.58	15.68	15.78	2:20.01	2:24.00	3:58.01	4:00.00	3.47	3.53	1.15	1.15	6.66	6.92	12.87	13.73	27
28	8.48	8.52	15.57	15.67	2:19.01	2:20.00	3:56.01	3:58.00	3.54	3.60	1.16	1.17	6.93	7.18	13.74	14.61	28
29	8.42	8.47	15.46	15.56	2:18.01	2:19.00	3:54.01	3:56.00	3.61	3.67	1.18	1.19	7.19	7.45	14.62	15.48	29
30	8.36	8.41	15.35	15.45	2:17.01	2:18.00	3:52.01	3:54.00	3.68	3.74	1.20	1.20	7.46	7.71	15.49	16.35	30
31	8.31	8.35	15.25	15.34	2:16.01	2:17.00	3:50.01	3:52.00	3.75	3.81	1.21	1.22	7.72	7.97	16.36	17.22	31
32	8.25	8.30	15.14	15.24	2:15.01	2:16.00	3:48.01	3:50.00	3.82	3.88	1.23	1.24	7.98	8.24	17.23	18.09	32
33	8.20	8.24	15.03	15.13	2:14.01	2:15.00	3:46.01	3:48.00	3.89	3.95	1.25	1.25	8.25	8.50	18.10	18.97	33
34	8.14	8.19	14.92	15.02	2:13.01	2:14.00	3:44.01	3:46.00	3.96	4.02	1.26	1.27	8.51	8.77	18.98	19.84	34
35	8.08	8.13	14.81	14.91	2:12.01	2:13.00	3:42.01	3:44.00	4.03	4.09	1.28	1.29	8.78	9.03	19.85	20.71	35
36	8.03	8.07	14.70	14.80	2:11.01	2:12.00	3:40.01	3:42.00	4.10	4.16	1.30	1.30	9.04	9.29	20.72	21.58	36
37	7.97	8.02	14.59	14.69	2:10.01	2:11.00	3:38.01	3:40.00	4.17	4.23	1.31	1.32	9.30	9.56	21.59	22.45	37
38	7.91	7.96	14.48	14.58	2:09.01	2:10.00	3:36.01	3:38.00	4.24	4.29	1.33	1.34	9.57	9.82	22.46	23.33	38
39	7.86	7.90	14.38	14.47	2:07.01	2:09.00	3:33.01	3:36.00	4.30	4.36	1.35	1.36	9.83	10.09	23.34	24.20	39
40	7.80	7.85	14.27	14.37	2:06.01	2:07.00	3:31.01	3:33.00	4.37	4.43	1.37	1.37	10.10	10.35	24.21	25.07	40
41	7.74	7.79	14.16	14.26	2:05.01	2:06.00	3:29.01	3:31.00	4.44	4.50	1.38	1.39	10.36	10.61	25.08	25.94	41
42	7.69	7.73	14.05	14.15	2:04.01	2:05.00	3:27.01	3:29.00	4.51	4.57	1.40	1.41	10.62	10.88	25.95	26.81	42
43	7.63	7.68	13.94	14.04	2:03.01	2:04.00	3:25.01	3:27.00	4.58	4.64	1.42	1.42	10.89	11.14	26.82	27.69	43
44	7.57	7.62	13.83	13.93	2:02.01	2:03.00	3:23.01	3:25.00	4.65	4.71	1.43	1.44	11.15	11.41	27.70	28.56	44
45	0	7.56	0	13.82	0	2:02.00	0	3:23.00	4.72	1000	1.45	1000	11.42	1000	28.57	1000	45