



Barèmes et tables de cotation

Barème Femmes

	Cat.	IA 17 pts	IB 15 pts	N1 13 pts	N2 11 pts	N3 9 pts	R1 7 pts	R2 6 pts	R3 5 pts	D1 4 pts
*50m	CJESV	6"20	6"35	6"50	6"74	6"94	7"14	7"34	7"54	7"74
*60m	CJESV	7"15	7"30	7"45	7"72	8"04	8"34	8"64	8"94	9"24
100m	CJESV	11"10	11"35	11"60	12"02	12"54	13"04	13"54	14"04	14"54
200m	CJESV	22"45	23"12	23"73	24"68	25"94	27"24	28"54	29"84	31"14
300m	C			38"64	40"64	42"84	45"04	47"24	49"44	51"64
400m	JESV	50"49	52"08	53"55	56"56	59"74	62"94	66"14	69"34	72"54
800m	CJESV	1'58"32	2'01"12	2'06"08	2'11"19	2'20"0	2'28"0	2'36"0	2'44"0	2'52"0
1 000m	CJESV	2'31"70	2'35"60	2'41"80	2'48"70	2'58"0	3'08"0	3'18"0	3'28"0	3'38"0
1 500m	CJESV	4'02"19	4'09"52	4'18"68	4'31"00	4'47"0	5'03"0	5'19"0	5'35"0	5'51"0
3 000m	CJESV	8'41"53	8'54"76	9'17"57	9'50"00	10'26"0	11'02"0	11'38"0	12'14"0	12'50"0
5 000m	JESV	15'00"00	15'30"00	16'00"00	17'00"00	18'00"0	19'00"0	20'00"0	21'00"0	22'00"0
**10 000m - 10km	CJESV	31'30"0	32'20"0	34'05"0	36'15"0	38'36"0	40'57"0	43'18"0	45'39"0	48'00"0
15km	CJESV	49'05"	50'25"	52'40"	56'25"	1h00'00"	1h03'35"	1h07'10"	1h10'45"	1h14'20"
20 000m / 20km	JESV	1h06'40"	1h08'25"	1h11'15"	1h16'30"	1h21'20"	1h26'10"	1h31'00"	1h35'50"	1h40'40"
Semi-Marathon	JESV	1h10'00"	1h11'50"	1h14'45"	1h20'15"	1h25'20"	1h30'25"	1h35'30"	1h40'35"	1h45'40"
Marathon	ESV	2h27'00"	2h32'00"	2h41'00"	2h59'00"	3h13'00"	3h27'00"	3h41'00"	3h55'00"	4h09'00"
100km	ESV	7h45'00"	8h15'00"	8h45'00"	9h20'00"	9h55'00"	10h30'00"	11h05'00"	11h40'00"	12h15'00"
Heure	JESV	18100m	17600m	17000m	15900m	15000m	14275m	13550m	12825m	12100m
24 Heures route	ESV	220km	210km	205km	200km	190km	180km	170km	160km	150km
*50m Haies 0.76m	C			7"24	7"67	8"04	8"44	8"84	9"24	9"64
*50m Haies 0.84m	CJESV	6"88	7"11	7"41	7"84	8"24	8"64	9"04	9"44	9"84
*60m Haies 0.76m	C			8"31	8"76	9"24	9"74	10"24	10"74	11"24
*60m Haies 0.84m	CJESV	7"99	8"22	8"52	8"97	9"44	9"94	10"44	10"94	11"44
100m Haies 0.76m	C			13"38	14"12	15"04	15"94	16"84	17"74	18"64
100m Haies 0.84m	CJESV	12"78	13"16	13"73	14"47	15"34	16"24	17"14	18"04	18"94
320m Haies	C			43"94	47"84	51"04	54"24	57"44	60"64	63"84
400m Haies	JESV	54"80	56"63	59"42	63"31	67"44	71"54	75"64	79"74	83"84
1 500m Steeple	C			4'45"0	5'00"0	5'20"0	5'40"0	6'00"0	6'20"0	6'40"0
2 000m Steeple	J		6'15"0	6'30"00	6'50"00	7'15"00	7'40"00	8'05"00	8'30"00	8'55"00
3 000m Steeple	JESV	9'30"00	9'40"00	10'00"00	10'30"00	11'05"00	11'40"00	12'15"00	12'50"00	13'25"00
Hauteur	CJESV	1.96m	1.91m	1.84m	1.70m	1.63m	1.56m	1.49m	1.42m	1.35m
Perche	CJESV	4.40m	4.10m	3.90m	3.40m	3.15m	2.90m	2.65m	2.40m	2.15m
Longueur	CJESV	6.91m	6.60m	6.19m	5.76m	5.45m	5.15m	4.85m	4.55m	4.25m
Triple Saut	CJESV	14.14m	13.54m	12.74m	11.80m	11.20m	10.60m	10.00m	9.40m	8.80m
Poids 3kg	C			16.20m	14.10m	13.00m	11.90m	10.80m	9.70m	8.60m
Poids 4kg	CJESV	19.80m	17.65m	14.75m	12.60m	11.50m	10.40m	9.30m	8.20m	7.10m
Disque 800g	C			53.50m	46.80m	42.60m	38.40m	34.20m	30.00m	25.80m
Disque 1kg	CJESV	66.00m	60.00m	49.00m	42.00m	38.20m	34.40m	30.60m	26.80m	23.00m
Marteau 3kg	C			61.00m	53.00m	49.00m	45.00m	41.00m	37.00m	33.00m
Disque 1kg	CJESV	66.00m	60.00m	49.00m	42.00m	38.20m	34.40m	30.60m	26.80m	23.00m
Marteau 3kg	C			61.00m	53.00m	49.00m	45.00m	41.00m	37.00m	33.00m
Marteau 4kg	CJESV	65.00m	60.00m	55.00m	47.00m	43.00m	39.00m	35.00m	31.00m	27.00m
Javelot 600 g	CJESV	65.00m	60.00m	49.30m	42.00m	38.30m	34.60m	30.90m	27.20m	23.50m
*Pentathlon	CJESV	4570pts	4270pts	3810pts	3180pts	2860pts	2540pts	2220pts	1900pts	1580pts
Heptathlon	C			5490pts	4600pts	4150pts	3700pts	3250pts	2800pts	2350pts
Heptathlon	JESV	6400pts	5980pts	5340pts	4450pts	4000pts	3550pts	3100pts	2650pts	2200pts
Décathlon	C			7050pts	5900pts	5300pts	4700pts	4100pts	3500pts	2900pts
Décathlon	JESV	8220pts	7680pts	6850pts	5700pts	5100pts	4500pts	3900pts	3300pts	2700pts
2 000m marche	C			9'20"0	9'50"0	10'25"0	11'00"0	11'35"0	12'10"0	12'45"0
3 000m marche	CJESV	12'18"0	12'46"0	14'29"0	15'30"0	16'25"0	17'20"0	18'15"0	19'10"0	20'05"0
5 000m marche	CJESV	21'15"0	22'05"0	24'55"0	27'00"0	28'40"0	30'20"0	32'00"0	33'40"0	35'20"0
30mn Marche	C			6000 m	5450 m	5200 m	4950 m	4700 m	4500 m	4300 m
10 000m-10km Marche	JESV	42'50"0	44'57"0	51'53"0	56'30"0	59'50"0	1h03'10"0	1h06'30"0	1h09'50"0	1h13'10"0
45mn Marche	J	10550 m	10100 m	8800 m	8200 m	7700 m	7300 m	6900 m	6500 m	6300 m
Heure Marche	JESV	13900 m	13300 m	11500 m	10600 m	10030 m	9580 m	9130 m	8680 m	8230 m
20 000m-20km Marche	JESV	1h29'00"	1h35'00"	1h50'00"	2h00'00"	2h07'00"	2h14'00"	2h21'00"	2h28'00"	2h35'00"
Gd. fond Marche	ESV			170km	165km	160km	155km	150km	145km	140km