

Barèmes et tables de cotation

Barème Hommes										
	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	5"66	5"76	5"86	6"04	6"24	6"44	6"64	6"84	7"04
*60m	CJESV	6"56	6"66	6"76	6"94	7"14	7"34	7"54	7"74	7"94
100m	CJESV	10"06	10"23	10"40	10"68	11"14	11"54	11"94	12"34	12"74
200m	CJESV	20"24	20"60	21"11	21"63	22"54	23"44	24"34	25"24	26"14
300m	C			33"90	34"94	36"74	38"54	40"34	42"14	43"94
400m	JESV	44"79	45"63	46"70	48"27	50"84	53"44	56"04	58"64	61"24
800m	CJESV	1'44"27	1'46"15	1'47"87	1'50"88	1'57"0	2'03"0	2'09"0	2'15"0	2'21"0
1 000m	CJESV	2'13"90	2'16"20	2'18"20	2'22"00	2'30"0	2'38"0	2'46"0	2'54"0	3'02"0
1 500m	CJESV	3'34"30	3'37"74	3'40"07	3'46"11	3'59"0	4'12"0	4'25"0	4'38"0	4'51"0
3 000m	CJESV	7'40"66	7'49"92	7'56"19	8'11"92	8'41"0	9'10"0	9'39"0	10'08"0	10'37"0
5 000m	JESV	13'10"86	13'26"31	13'34"54	14'10"88	15'01"0	15'52"0	16'43"0	17'34"0	18'25"0
**10 000m - 10km	CJESV	27'38"0	28'06"0	28'59"0	30'13"0	32'10"0	34'07"0	36'04"0	38'01"0	39'58"0
15km	CJESV	43"00"	43"35"	44"30"	46"15"	49"00"	51"45"	54"30"	57"15"	1'00"00"
20 000m - 20km	JESV	58"25"	59"05"	1'00"00"	1'02"20"	1'05"55"	1'09"35"	1'13"15"	1'16"55"	1'20"35"
Semi-Marathon	JESV	1h01'18"	1h02'00"	1h03'15"	1h05'25"	1h09'00"	1h13'00"	1h17'00"	1h21'00"	1h25'00"
Marathon	SEV	2h09'45"	2h11'45"	2h15'25"	2h22'50"	2h32'00"	2h41'00"	2h50'00"	2h59'00"	3h08'00"
100km	SEV	6h35'00"	6h53'00"	7h11'00"	7h30'00"	8h00'00"	8h25'00"	8h50'00"	9h15'00"	9h40'00"
Heure	JESV	20550m	20300m	20000m	19250m	18400m	17550m	16700m	15850m	15000m
24 Heures route	ESV	250km	240km	230km	220km	210km	200km	190km	180km	170km
*50m Haies 0.91m	C			6"51	6"87	7"24	7"64	8"04	8"44	8"84
*50m Haies 0.99m	J	6"29	6"49	6"69	6"99	7"39	7"79	8"19	8"59	9"04
*60m Haies 0.91m	C			7"54	7"94	8"34	8"74	9"14	9"54	9"94
*60m Haies 0.99m	J	7"37	7"56	7"72	8"14	8"54	8"94	9"34	9"74	10"14
*60m Haies 1.06m	CJESV	7"57	7"76	7"92	8"34	8"74	9"14	9"54	9"94	10"34
110m Haies 0.91m	C			13"18	13"92	14"84	15"74	16"64	17"54	18"44
110m Haies 0.99m	J	13"00	13"34	13"58	14"32	15"24	16"14	17"04	17"94	18"84
110m Haies 1.06m	CJESV	13"30	13"64	13"93	14"67	15"54	16"44	17"34	18"24	19"14
320m Haies	C			37"64	40"14	42"94	45"74	48"54	51"34	54"14
400m Haies	JESV	48"78	49"86	51"05	53"50	56"94	60"34	63"74	67"14	70"54
1 500m Steeple	C			4'01"0	4'15"0	4'29"0	4'43"0	4'57"0	5'11"0	5'25"0
3 000m Steeple	JESV	8'14"42	8'29"36	8'41"51	9'03"88	9'41"0	10'18"0	10'55"0	11'32"0	12'09"0
Hauteur	CJESV	2.34m	2.27m	2.17m	2.07m	1.97m	1.87m	1.77m	1.67m	1.57m
Perche	CJESV	5.80m	5.60m	5.45m	4.95m	4.60m	4.20m	3.80m	3.40m	3.00m
Longueur	CJESV	8.27m	8.04m	7.76m	7.30m	6.90m	6.50m	6.10m	5.70m	5.30m
Triple	CJESV	17.35m	16.88m	16.14m	14.92m	14.10m	13.30m	12.50m	11.70m	10.90m
Poids 5kg	C			19.15m	17.65m	16.30m	14.95m	13.60m	12.25m	10.90m
Poids 6kg	CJ		20.60m	17.85m	16.35m	15.00m	13.65m	12.30m	10.95m	9.60m
Poids 7,260 kg	CJESV	20.70m	19.40m	16.65m	15.15m	13.80m	12.45m	11.10m	9.75m	8.40m
Disque 1,500 kg	C			59.60m	52.20m	47.70m	43.20m	38.70m	34.20m	29.70m
Disque 1,750kg	CJ		64.50m	57.90m	50.50m	46.00m	41.50m	37.00m	32.50m	28.00m
Disque 2kg	CJESV	66.00m	61.50m	54.90m	47.50m	43.30m	39.10m	34.90m	30.70m	26.50m
Marteau 5kg	C			81.70m	68.40m	62.00m	56.00m	50.00m	44.00m	38.00m
Marteau 6kg	CJ		79.60m	74.80m	61.50m	56.00m	50.50m	45.00m	39.50m	34.00m
Marteau 7,260kg	CJESV	80.50m	74.60m	69.80m	56.50m	51.50m	46.50m	41.50m	36.50m	31.50m
Javelot 700 g	C			76.50m	67.30m	61.60m	55.90m	50.20m	44.50m	38.80m
Javelot 800g	CJESV	85.60m	79.30m	72.20m	63.00m	57.50m	52.00m	46.50m	41.00m	35.50m
*Pentathlon	C			3850pts	3550pts	3300pts	3000pts	2700pts	2500pts	2200pts
*Pentathlon	CJESV	4260pts	4050pts	3780pts	3350pts	3090pts	2830pts	2570pts	2310pts	2050pts
*Heptathlon	CJESV	6080pts	5770pts	5390pts	4780pts	4410pts	4040pts	3670pts	3300pts	2930pts
Décathlon	CJESV	8270pts	7850pts	7330pts	6510pts	6000pts	5490pts	4980pts	4470pts	3960pts
3 000m Marche	C			12'00"0	13'30"0	14'20"0	15'10"0	16'00"0	16'50"0	17'40"0
5 000m Marche	CJESV	18'50"0	19'35"0	20'35"0	23'00"0	24'25"0	25'50"0	27'15"0	28'40"0	30'00"0
45mn Marche	C			10600m	9600m	8900m	8550m	8200m	7850m	7500m
10 000m-10km Marche	JESV	39'00"0	40'00"0	43'00"0	47'00"0	50'00"0	53'00"0	56'00"0	59'00"0	62'00"0
Heure Marche	JESV	15300m	14900m	13800m	12600m	12000m	11400m	10800m	10200m	9600m
20 000m-20km Marche	JESV	1h20'00"	1h22'00"	1h28'00"	1h36'00"	1h42'00"	1h48'00"	1h54'00"	2h00'00"	2h06'00"
50 000m-50km Marche	ESV	3h48'	4h00'	4h12'	4h35'	4h52'	5h09'	5h26'	5h43'	6h00'
100km Marche	ESV	8h20'	9h00'	9h45'	10h10'	10h30'	10h50'	11h10'	11h30'	11h50'
Gd. Fond marche	ESV			200km	195km	190km	185km	180km	175km	170km