

## Krøv til upptøku í elitubólkin fyri ung Dreingir

Grein/aldur	12 ár	13 ár	14 ár	15 ár	16 ár	17 ár
60 m						
80 m	11,50	11,25	10,50			
100 m	14,00	13,75	13,00	12,50	12,30	12,00
200 m	29,00	28,00	26,50	25,35	24,90	24,50
300 m	48,00	46,00	43,00	41,00	40,00	39,00
400 m			60,00	57,00	55,75	54,50
600 m	1:49,0	1:45,0	1:40,0	1:36,0	1:33,0	1:30,0
800 m	2:30,0	2:25,0	2:18,0	2:12,0	2:08,0	2:06,0
1.000 m	3:18,0	3:10,0	3:00,0	2:55,0	2:51,0	2:46,0
1.500 m	5:12,0	5:00,0	4:50,0	4:35,0	4:28,0	4:22,0
2.000 m			6:50,0	6:20,0	6:10,0	6:00,0
3.000 m			10:30,0	10:00,0	9:40,0	9:25,0
5.000 m					17:00,0	16:40,0
60 m hekk	11,50	11,00				
80 m hekk						
100 m hekk			16,75	16,00		
110 m hekk					16,50	16,00
300 m hekk			47,50	45,50	43,50	42,00
400 m hekk						
1.500 m forðarenning			5:15,0	5:00,0		
2.000 m forðarenning					6:55,0	6:40,0
Hæddarlop	1,45	1,50	1,58	1,62	1,66	1,70
Stangarlop	2,00	2,25	2,75	3,00	3,20	3,40
Longdarlop	4,50	4,80	5,20	5,50	5,70	6,00
Trýstøkk	9,00	9,50	10,50	11,00	11,90	12,50
Kúlustoyt	9,00	10,00	10,50	11,50	11,50	12,00
Klingrukast	27,50	30,00	32,50	34,50	32,50	34,00
Hamarakast	27,50	30,00	32,50	34,50	35,00	42,00
Spjót kast	30,00	32,00	35,00	40,00	40,50	42,00
Bóltakast	40,00	45,00				

### **Gevið gætur:**

- Úrslit í renning til og við 200m, longdarlopi og trístøkk skulu vera við góðkendum vindi (tvs. maks +2,0 m/s viðvindur)
- Renniuúrslit til og við 400m skulu vera el-tíðir