

Krøv til upptøku í elitubólkin fyri ung Gentur

Grein/aldur	12 ár	13 ár	14 ár	15 ár	16 ár	17 ár
60 m						
80 m	12,10	11,80	11,50			
100 m	14,50	14,25	13,85	13,70	13,55	13,40
200 m	31,00	30,00	29,30	28,50	28,25	28,00
300 m	51,00	49,50	46,50	45,00	44,75	44,50
400 m			67,00	65,00	64,00	63,00
600 m	1:56,0	1:53,0	1:50,0	1:48,0	1:47,0	1:46,0
800 m	2:45,0	2:40,0	2:35,0	2:30,0	2:27,5	2:25,0
1.000 m	3:35,0	3:25,0	3:20,0	3:15,0	3:12,5	3:10,0
1.500 m	5:45,0	5:30,0	5:25,0	5:20,0	5:15,0	5:10,0
2.000 m			7:20,0	7:10,0	7:05,0	7:00,0
3.000 m			11:45,0	11:20,0	11:17,5	11:15,0
5.000 m						
60 m hekk	12,00	11,40				
80 m hekk			14,00	13,50		
100 m hekk			16,75		16,80	16,50
110 m hekk						
300 m hekk			53,00	51,00	50,00	49,00
400 m hekk						
1.500 m forðarenning			6:00,0	5:40,0	5:40,0	5:35,0
2.000 m forðarenning						
Hæddarlop	1,30	1,38	1,40	1,50	1,52	1,55
Stangarlop	2,00	2,25	2,50	2,70	2,85	3,00
Longdarlop	4,20	4,50	4,65	4,80	4,90	5,00
Trýstøkk	8,50	9,00	9,50	10,00	10,25	10,50
Kúlustoyt	8,00	9,00	9,00	9,75	9,50	10,00
Klingrukast	22,00	25,00	27,50	30,00	27,50	30,00
Hamarakast	22,00	25,00	27,50	30,00	27,50	30,00
Spjót kast	22,00	25,00	27,50	30,00	31,50	33,00
Bóltakast	35,00	40,00				

Gevið gætur:

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