

Krøv til upptøku í elitubólkin 2014										
Kvinnur / Gentur										
Grein/aldur	12 ár	13 ár	14 ár	15 ár	16 ár	17 ár	18 ár	19 ár	Elita	OyL
60 m	9,10	8,80	8,50	8,45	8,40	8,35	8,30	8,30	8,25	
80 m	12,10	11,80	11,50							
100 m	14,50	14,25	14,20	14,10	14,00	14,00	14,00	14,00	13,90	13,50
200 m	31,00	30,00	29,50	29,00	28,50	28,25	28,00	28,00	28,00	27,30
300 m	51,00	49,50	47,00	45,00	44,75	44,50	44,25	44,25		
400 m			67,00	66,00	65,00	64,50	64,00	64,00	63,50	61,00
600 m	1.56,0	1.53,0	1.50,0	1.48,0	1.47,0	1.46,00	1.45,00	1.44,00		
800 m	2.45,0	2.40,0	2.35,0	2.30,0	2.28,00	2.27,00	2.26,00	2.25,00	2.25,00	2.20,00
1.000 m	3.35,0	3.25,0	3.20,0	3.15,0	3.14,00	3.12,00	3.10,00	3.08,00		
1.500 m	5.45,0	5.30,0	5.25,0	5.20,0	5.15,0	5.10,00	5.08,00	5.06,00	5.05,00	4.55,00
2.000 m			7.20,00	7.10,00	7.05,00	7.00,00	7.00,00	7.00,00		
3.000 m			11.45,0	11.30	11.25	11.20	11.15	11.10	11.00	
5.000 m					19.45	19.40	19.30	19.25	19.15	18.45
10.000 m							40.45	40.30	40.00	39.00
½-marathon									1.30.00	1.27.00
60 m hekk	12,00(76,2)	11,40(76,2)								
80 m hekk			14,00(76,2)	13,50(76,2)						
100 m hekk					16,80(76,2)	16,50(76,2)	17,25(84)	17,50(84)	17,50	17,50
300 m hekk			53,00(76,2)	51,00(76,2)						
400 m hekk					74,00(76,2)	73,50(76,2)	73,00(76,2)	72,50(76,2)	72,00	70,00
1.500 m forðaren.			6.00,0	5.50,0	5.40,0	5.35,0				
3.000 m forðaren.									13.00	12.30
Hæddarlop	1,30	1,36	1,40	1,44	1,46	1,48	1,50	1,50	1,50	1,55
Stangarlop	2,00	2,25	2,50	2,70	2,85	3,00	3,00	3,00	3,00	3,00
Longdarlop	4,00	4,20	4,40	4,50	4,55	4,55	4,60	4,60	4,65	4,80
Trístøkk	8,50	9,00	9,25	9,50	9,75	9,75	10,00	10,00	10,00	10,50
Kúlustoyt	8,00(2)	9,00(2)	9,00(3)	9,75(3)	9,50(4)	10,00(4)	10,25(4)	10,25(4)	10,50	10,50
Klingrukast	22,00(0,75)	25,00(0,75)	27,50(0,75)	30,00(0,75)	27,50(1)	30,00(1)	32,00(1)	34,00(1)	36,00	39,00
Hamarkast	22,00(3)	25,00(3)	27,50(3)	30,00(3)	27,50(4)	30,00(4)	32,00(4)	34,00(4)	35,00	35,00
Spjót kast	22,00(400)	25,00(400)	28,00(500)	30,00(500)	31,50(500)	33,00(600)	34,00(600)	34,50(600)	35,00	35,00
	12	13	14	15	16	17	18	19	Elita	OyL

Gevið gætur: Úrslit í renning til og við 200m, longdarlopi og trístøkk skulu vera við góðkendum vindi (tvs. maks +2,0 m/s viðvindur).