

Krøv til upptøku í talent- og elitubólkin 2014-2015										
Menn / Dreingir										
Grein/aldur	12 ár	13 ár	14 ár	15 ár	16 ár	17 ár	18 ár	19 ár	Elita	OyL
60 m	9,00	8,70	8,30	7,80	7,70	7,50	7,40	7,35	7,25	
80 m	11,50	11,25	10,50							
100 m	14,00	13,75	13,00	12,50	12,30	12,00	11,85	11,70	11,60	11,40
200 m	29,00	28,00	26,50	25,35	24,90	24,50	24,25	24,00	23,70	23,30
300 m	48,00	46,00	43,00	41,00	40,00	39,00	38,50	38,00		
400 m			60,00	57,00	55,75	54,50	54,15	53,75	53,20	52,00
600 m	1.49,0	1.45,0	1.40,0	1.36,0	1.33,0	1.30,0	1.29,0	1.28,0		
800 m	2.30,0	2.25,0	2.18,0	2.12,0	2.08,0	2.06,0	2.04,0	2.03,0	2.02,0	2.00,0
1.000 m	3.18,0	3.10,0	3.00,0	2.55,0	2.51,0	2.46,0	2.44,0	2.42,0		
1.500 m	5.12,0	5.00,0	4.50,0	4.35,0	4.28,0	4.22,0	4.18,0	4.15,0	4.13,0	4.08,0
2.000 m			6.50,0	6.20,0	6.10,0	6.05,0	6.00,0	5.55,0		
3.000 m			10.30,0	10.00,0	9.40,0	9.25,0	9.15,0	9.10,0	9.05	
5.000 m					17.00,0	16.40,0	16.25,0	16.15,0	16.00,0	16.00,0
10.000m							34.00,0	33.30,0	33.20,0	33.20,0
½-marathon									1.15.00	1.15.00
80 m hekk	12(76,2)	12,00(76,2)								
100 m hekk			16,75(84)	16,00(84)						
110 m hekk					17,50(91,4)	17,00(91,4)	17,25(99,1)	17,00(99,1)	17,00	16,50
300 m hekk			47,50(76,2)	45,50(76,2)	43,50(84)	42,00(84)	42,00(91,4)	41,50(91,4)		
400 m hekk					62,00(84)	61,00(84)	62,00(91,4)	61,00(91,4)	60,00	60,00
1.500 m forðaren.			5.15,0	5.00,0						
2.000 m forðaren.					7.00,0	6.55,0	6.50,0	6.45,0		
3.000 m forðaren.							10.40,0	10.30,0	10.17,0	10.10,0
Hæddarlop	1,45	1,50	1,58	1,62	1,66	1,70	1,73	1,76	1,80	1,85
Stangarlop	2,00	2,25	2,75	3,00	3,20	3,40	3,60	3,80	4,00	4,00
Longdarlop	4,50	4,80	5,20	5,50	5,60	5,70	5,80	5,90	6,00	6,30
Trýstøkk	9,00	9,50	10,50	11,00	11,75	12,00	12,40	12,60	12,80	13,30
Kúlustoyt	9,00(3)	10,00(3)	10,50(4)	11,50(4)	11,50(5)	12,00(5)	12,00(6)	12,50(6)	12,90	13,00
Klingrukast	27,50(0,75)	30,00(0,75)	32,50(1)	34,50(1)	32,50(1,5)	34,00(1,5)	34,00(1,75)	36,00(1,75)	40,00	42,00
Hamarakast	27,50(3)	30,00(3)	32,50(4)	34,50(4)	35,00(5)	42,00(5)	42,50(6)	44,00(6)	45,00	45,00
Spjót kast	30,00(400)	32,00(400)	35,00(600)	40,00(600)	40,50(700)	42,00(700)	43,00(800)	46,00(800)	52,50	55,00
	12	13	14	15	16	17	18	19	Elita	OyL

Gevið gætur: Úrslit í renning til og við 200m, longdarlopi og trýstøkk skulu vera við góðkendum vindi (tvs. maks +2,0 m/s viðvindur). - Renníúrlit til og við 400m skulu vera el-tíðir. Úttøkuleiðararnir tilskila sær rætt til at endurmeta hesi krøv leypandi.