

Barème femmes au 1er janvier 2010

Epreuves	Cat.	IA	IB	N1	N2	N3	N4	IR1	IR2	IR3	R1	R2	R3	R4	R5	R6	D1	D2	D3	D4	D5	D6	D7	
		40 pt	35 pt	30 pt	28 pt	26 pt	24 pt	21 pt	20 pt	19 pt	18 pt	15 pt	14 pt	13 pt	12 pt	11 pt	10 pt	8 pt	7 pt	6 pt	5 pt	4 pt	3 pt	2 pt
*50m	CJESV	6"24	6"34	6"54	6"64	6"74	6"84	6"94	7"02	7"08	7"14	7"24	7"34	7"44	7"54	7"64	7"74	7"84	7"94	8"04	8"14	8"24	8"34	8"44
*60m	CJESV	7"24	7"34	7"44	7"64	7"84	7"94	8"04	8"14	8"24	8"34	8"44	8"64	8"74	8"94	9"04	9"14	9"24	9"34	9"44	9"64	9"74	9"94	10"14
100m	CJESV	11"14	11"34	11"54	11"84	12"04	12"24	12"44	12"64	12"84	13"04	13"24	13"44	13"64	13"84	14"04	14"24	14"54	14"94	15"34	15"74	16"14	16"54	16"94
200m	CJESV	22"74	23"14	23"74	24"24	24"74	25"24	25"74	26"24	26"74	27"24	27"74	28"24	28"74	29"24	29"74	30"34	30"94	31"54	32"14	32"74	33"24	33"74	34"24
300m	C			38"64	39"64	40"64	41"64	42"64	43"64	44"24	45"04	45"64	46"64	47"64	48"64	49"64	50"64	51"64	52"64	53"64	54"64	55"64	56"64	58"64
400m	J	51"24	52"04	53"44	54"74	56"04	57"64	59"14	60"74	61"74	62"74	64"04	65"34	66"64	67"94	69"24	70"54	71"84	73"14	74"44	75"74	76"84	78"24	80"54
800m	CJESV	1"59"84	2"01"84	2"06"00	2"10"00	2"13"00	2"17"00	2"20"00	2"22"50	2"25"00	2"28"00	2"31"00	2"34"00	2"37"00	2"40"00	2"44"00	2"46"00	2"48"00	2"50"00	2"53"00	2"56"00	2"59"00	3"03"00	3"08"00
1 000m	CJESV	2"35"70	2"38"50	2"42"00	2"46"00	2"50"00	2"54"00	2"58"00	3"01"00	3"04"00	3"08"00	3"12"00	3"16"00	3"19"00	3"23"00	3"29"00	3"32"00	3"35"00	3"38"00	3"42"00	3"46"00	3"50"00	3"55"00	4"02"00
1 500m	CJESV	4"06"00	4"11"00	4"21"00	4"28"00	4"35"00	4"41"00	4"47"00	4"55"00	5"00"00	5"05"00	5"10"00	5"15"00	5"20"00	5"25"00	5"30"00	5"40"00	5"50"00	6"00"00	6"10"00	6"20"00	6"30"00	6"40"00	6"50"00
3 000m	CJESV	8"53"00	9"05"00	9"20"00	9"35"00	9"50"00	10"05"00	10"20"00	10"40"00	10"50"00	11"00"00	11"10"00	11"20"00	11"30"00	11"45"00	12"00"00	12"15"00	12"30"00	12"45"00	13"00"00	13"20"00	13"40"00	14"10"00	14"40"00
5 000m	JESV	15"10"00	15"30"00	16"30"00	17"00"00	17"20"00	17"40"00	18"00"00	18"20"00	18"40"00	19"00"00	19"20"00	19"40"00	20"00"00	20"20"00	20"40"00	21"00"00	21"30"00	22"00"00	22"45"00	23"30"00	24"00"00	25"00"00	26"00"00
10 000m - 10km	CJESV	3"14	32"40	34"00	35"00	36"00	37"00	38"00	39"00	40"00	41"00	42"00	43"00	44"00	45"00	46"00	47"00	48"00	49"00	50"00	52"00	54"00	56"00	1"00"00
15km	CJESV	5"00	50"45	52"30	54"00	55"30	57"00	58"30	1"00"00	1"01"30	1"03"00	1"04"30	1"06"00	1"07"30	1"09"00	1"10"30	1"12"00	1"14"00	1"15"30	1"17"00	1"18"30	1"20"00	1"23"00	1"26"00
20 000m - 20km	JESV	1"06"40	1"08"25	1"11"00	1"13"30	1"16"00	1"18"00	1"20"30	1"22"30	1"24"00	1"26"30	1"28"30	1"30"30	1"32"30	1"34"30	1"36"30	1"38"30	1"40"30	1"42"30	1"44"30	1"45"00	1"46"00	1"48"00	1"50"00
Semi-Marathon	JESV	1"10"00	1"12"00	1"14"30	1"17"00	1"19"30	1"22"00	1"24"30	1"26"30	1"28"30	1"30"30	1"32"30	1"34"30	1"36"30	1"38"30	1"40"30	1"42"30	1"44"30	1"47"30	1"50"00	1"55"00	2"00"00	2"05"00	2"10"00
Marathon	ESV	2"29"00	2"32"00	2"40"00	2"48"00	2"56"00	3"04"00	3"12"00	3"18"00	3"24"00	3"32"00	3"38"00	3"44"00	3"50"00	3"56"00	4"02"00	4"08"00	4"14"00	4"20"00	4"26"00	4"32"00	4"40"00	4"50"00	5"00"00
100km	JESV	8"05	8"25	8"45	9"00	9"15	9"30	9"45	10"00	10"15	10"30	10"45	1"10"00	1"11"15	1"13"00	1"14"45	1"20"00	1"21"15	1"24"00	1"30"00	1"31"15	1"34"00	1"40"00	1"50"00
Heure	ESV	18100m	17600m	17000m	16500m	16000m	15500	15000m	14600m	14300m	14000m	13700m	13400m	13100m	12800m	12500m	12200m	11900m	11600m	11300m	11000m	10700m	10400m	10000m
24 Heures route	ESV	220km	210km	205km	200km	195km	190km	185km	180km	175km	170km	165km	160km	155km	150km	145km	140km	135km	130km	125km	120km	110km	100km	90km
*50m Haies 0.76m	C		7"34	7"54	7"74	7"84	8"04	8"24	8"44	8"64	8"84	9"04	9"24	9"34	9"44	9"54	9"64	9"74	9"84	9"94	10"04	10"14	10"24	10"34
*50m Haies 0.84m	CJESV	6"88	7"11	7"44	7"64	7"84	8"04	8"24	8"44	8"64	8"84	9"04	9"24	9"44	9"54	9"64	9"74	9"84	9"94	10"04	10"14	10"24	10"34	10"44
*60m Haies 0.76m	C		8"44	8"64	8"84	9"04	9"24	9"44	9"64	9"84	10"14	10"34	10"54	10"64	10"74	10"94	11"14	11"24	11"34	11"44	11"54	11"64	11"74	11"84
*60m Haies 0.84m	CJESV	7"99	8"22	8"54	8"74	8"94	9"24	9"44	9"64	9"84	10"04	10"34	10"54	10"74	10"94	11"14	11"24	11"34	11"44	11"54	11"64	11"74	11"84	11"94
100m Haies 0.76m	C		13"34	13"74	14"14	14"54	14"94	15"34	15"74	16"14	16"54	16"94	17"34	17"74	18"04	18"34	18"64	18"94	19"24	19"54	19"84	20"14	20"44	20"84
100m Haies 0.84m	CJESV	12"84	13"24	13"64	14"04	14"44	14"84	15"24	15"64	16"04	16"44	16"84	17"24	17"66	18"04	18"34	18"64	18"94	19"24	19"54	19"84	20"14	20"44	20"84
320m Haies	C		43"84	45"24	47"24	49"24	50"24	51"24	52"24	53"24	54"24	55"24	56"24	57"24	58"24	59"24	60"24	61"24	62"24	63"24	64"24	65"24	66"24	68"24
400m Haies	JESV	55"84	56"84	59"04	61"44	63"44	65"44	67"04	68"74	70"24	71"24	72"24	73"24	74"24	75"24	76"24	77"24	78"24	79"24	81"24	83"24	85"24	87"24	89"24
1 500m Steeple	C		4"45"00	4"55"00	5"05"00	5"15"00	5"20"00	5"30"00	5"36"00	5"44"00	5"50"00	5"56"00	6"02"00	6"10"00	6"18"00	6"28"00	6"38"00	6"48"00	7"00"00	7"10"00	7"20"00	7"30"00	7"40"00	7"50"00
2 000m Steeple	J		6"15"00	6"30"00	6"45"00	6"55"00	7"05"00	7"15"00	7"25"00	7"35"00	7"45"00	7"55"00	8"05"00	8"15"00	8"25"00	8"35"00	8"45"00	8"55"00	9"05"00	9"15"00	9"25"00	9"35"00	9"45"00	9"55"00
3 000m Steeple	JESV	9"30"00	9"40"00	10"00"00	10"20"00	10"40"00	10"50"00	11"00"00	11"15"00	11"30"00	11"45"00	12"00"00	12"15"00	12"30"00	12"45"00	13"00"00	13"15"00	13"30"00	13"45"00	14"00"00	14"30"00	15"00"00	15"30"00	16"00"00
Hauteur	CJESV	1m92	1m86	1m80	1m76	1m72	1m68	1m63	1m60	1m57	1m54	1m50	1m47	1m45	1m42	1m40	1m38	1m35	1m32	1m28	1m24	1m20	1m15	1m10
Perche	CJESV	4m50	4m30	4m20	3m90	3m60	3m40	3m20	3m10	3m00	2m90	2m80	2m70	2m60	2m50	2m40	2m30	2m20	2m10	2m00	1m90	1m80	1m70	1m60
Longueur	CJESV	6m70	6m50	6m30	6m00	5m80	5m60	5m45	5m30	5m20	5m10	5m00	4m90	4m80	4m70	4m60	4m45	4m30	4m15	4m00	3m80	3m60	3m40	3m20
Triple Saut	CJESV	14m30	14m00	13m20	12m60	12m00	11m50	11m20	11m00	10m80	10m60	10m40	10m20	10m00	9m80	9m60	9m40	9m10	8m80	8m60	8m30	8m00	7m70	7m40
Poids 3kg	C		17m00	16m50	15m50	14m50	13m50	13m00	12m70	12m20	11m80	11m40	11m00	10m50	10m10	9m70	9m20	8m60	8m20	7m70	7m30	6m80	6m20	5m60
Poids 4kg	CJESV	18m00	17m00	15m00	14m00	13m00	12m00	11m50	11m20	10m80	10m40	10m00	9m60	9m20	8m80	8m40	8m00	7m60	7m20	6m80	6m40	6m00	5m60	5m20
Disque 0.8kg	C		56m00	54m00	51m00	48m00	45m00	42m00	40m00	39m00	38m00	36m00	34m50	33m00	31m50	30m00	29m00	27m00	26m00	25m00	24m00	22m00	20m00	17m00
Disque 1kg	CJESV	60m00	57m00	50m00	46m00	43m00	41m00	38m00	36m00	34m00	32m00	30m00	29m00	28m00	27m00	26m00	25m00	23m00	21m00	19m00	17m00	15m00	13m00	
Marteau 3kg	C		64m00	60m00	58m00	56m00	54m00	52m00	50m00	48m00	46m00	44m00	42m00	40m00	38m00	36m00	35m00	31m00	29m00	26m00	24m00	22m00	20m00	17m00
Marteau 4kg	CJESV	70m00	67m00	60m00	56m00	53m00	50m00	47m00	45m00	43m00	41m00	39m00	37m00	35m00	33m00	31m00	29m00	27m00	25m00	23m00	21m00	19m00	17m00	14m00
Javelot 600g	CJESV	59m00	56m00	50m00	46m00	43m00	40m00	38m00	36m00	35m00	34m00	32m00	30m00	29m00	28m00	27m00	26m00	25m00	23m00	21m00	19m00	17m00	15m00	12m00
*Tétrathlon	CJESV			3300 pt	3100 pt	2900 pt	2700 pt																	