

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 | JESV | 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*140 | 3*240 | 3*400 | 3*500 | 3*600 | 3*700 | 3*800 | 3*900 | 4*000 | 4*100 | 4*200 | 4*300 | 4*400 | 4*500 | 4*600 | 4*700 | 4*800 | 4*900 | 5*000 | 5*200 | 5*400 | 5*600 | 1*00*00 |
| 15km | CJESV | 5*000 | 5*045 | 5*230 | 5*400 | 5*530 | 5*700 | 5*830 | 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*46*00 | 1*48*00 | 1*50*00 | 2*00*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*46*00 | 1*48*00 | 1*50*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 | 1*15 | 1*30 | 1*45 | 1*20 | 1*25 | 1*40 | 1*45 | 1*30 | 1*35 | 1*42 | 1*50 |
| 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 | |
| 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 | |
| 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 | |
| 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 | 34m00 | 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 | 2500 pt | 2350 pt | 2200 pt | 2100 pt | 2000 pt | 1900 pt</ | | | | | | | | | | | |