

Klasifikācija 2009. - 2013. gadam

Vīrieši	LM	M	MK	I	II	III	I j.	II j.	III j.
30m						4,54	4,5	4,7	5,0
60m	6,70	6,84	7,04	7,24	7,44	7,84	7,9	8,5	8,9
100m	10,34	10,64	10,94	11,34	11,94	12,64	13,0	13,6	14,2
200m	20,74	21,34	22,04	23,14	24,24	25,94	28,0	29,2	30,5
300m			34,04	35,54	37,54	40,24	43,4	46,2	49,0
400m	45,90	47,50	49,34	50,94	53,94	57,94	1:00,2	1:04,0	1:06,0
600m			1:19,00	1:22,50	1:28,00	1:36,00	1:42,0	1:50,0	1:58,0
800m	1:46,50	1:49,50	1:54,00	1:58,00	2:09,00	2:20,00	2:30,0	2:45,0	2:55,0
1000m	2:18,00	2:21,00	2:27,00	2:35,00	2:47,00	3:00,00	3:15,0	3:30,0	3:40,0
1500m	3:38,00	3:47,00	3:55,00	4:04,00	4:20,00	4:40,00	5:00,0	5:25,0	5:40,0
2000m			5:15,00	5:30,00	5:50,00	6:00,00	6:30,0	7:40,0	8:00,0
3000m	7:52,00	8:05,00	8:26,00	8:55,00	9:30,00	10:20,00	11:00,0	12:00,0	12:30,0
5000m	13:30,00	14:00,00	14:35,00	15:20,00	16:25,00	17:50,00	18:50,0	20:30,0	
10000m	28:20,00	29:30,00	31:00,00	32:30,00	34:30,00	37:30,00			
4x100m		41,24	42,74	44,24	46,24	49,24	50,9	53,2	56,0
4x400m		3:09,00	3:16,00	3:24,00	3:36,00	3:52,14	4:00,0	4:12,0	4:24,0
400m+300m+200m+100m				2:00,00	2:05,00	2:10,00	2:20,00	2:25,0	2:30,0
60mb	7,75	8,10	8,44	8,94	9,44	10,14	10,3	10,8	11,5
60mb (1.00cm)									
60mb (91.4cm)			8,24	8,44	8,94	9,74	10,2	10,8	
60mb (84cm)				8,64	8,94	9,84	10,3	11,0	12,0
110mb	13,70	14,34	15,14	16,04	17,04	18,54	19,0	20,0	21,5
110mb (1.00cm)			14,84	15,54	16,54	18,14	18,9	20,0	
110mb (91.4cm)			14,64	15,14	16,04	17,74	18,8	20,0	
110mb (84cm)				15,44	16,14	17,64	19,5	21,5	22,5
300mb			38,74	40,74	43,24	47,24	50,0	52,0	
400mb	49,50	52,64	55,14	58,64	1:02,64	1:08,14	1:11,0	1:16,0	
1500m kav.			4:12,00	4:36,00	4:54,00	5:20,00	5:36,0	5:57,0	6:23,0
2000m kav.		5:45,00	6:00,00	6:20,00	6:46,00	7:23,00	7:40,0	8:40,0	
3000m kav.	8:30,00	8:50,00	9:20,00	9:50,00	10:30,00	11:25,00			
Šosejas skrējieni									
5km			15:00	15:30	16:15	17:30	18:30	19:30	
10km			31:00	32:30	34:00	37:00			
15km			47:00	49:00	51:30	56:00			
Pusmaratons	1.02:30	1.05:30	1.08:00	1.12:00	1.16:00	1.23:00			
30km			1.38:30	1.43:00	1.52:00	2.03:00			
Maratons	2.14:00	2.22:00	2.28:00	2.37:00	3.00:00	3.40:00			
100km	6.35:00	7.00:00	7.20:00	7.50:00	finišēt				
Kross									
0.8km							2:30	2:40	2:50
1km					2:45	3:00	3:05	3:10	3:20
1.5km					4:25	4:54	5:20	5:40	
2km					6:05	6:35	6:45	7:10	7:25
3km			8:28	8:50	9:30	10:10	10:40	11:20	11:40
5km			14:40	15:20	16:20	17:30	18:20	19:00	20:00

6km			17:50	18:45	20:00	22:00	25:00		
8km			24:20	25:20	27:00	29:00	30:00		
10km			30:45	32:15	34:30	38:00			
12km			37:40	39:15	42:20	46:30			
14km			44:20	46:30	50:00	55:00			
Skrējieni telpās									
200m	21,10	21,84	22,74	23,64	24,84	26,54	27,3	28,6	30,0
300m			34,74	36,24	38,24	40,84	42,1	44,0	46,6
400m	46,80	47,94	49,04	52,64	55,14	58,94	1:01,0	1:04,0	1:07,0
600m			1:22,64	1:26,64	1:31,14	1:37,64	1:41,5	1:46,5	1:55,0
800m	1:48,50	1:51,14	1:56,64	2:02,14	2:11,14	2:22,14	2:30,0	2:50,0	3:10,0
1000m	2:20,00	2:24,0	2:30,00	2:37,00	2:49,00	3:02,00	3:12,0	3:27,0	3:44,0
1500m	3:40,00	3:48,00	3:57,00	4:10,00	4:27,00	4:52,00	5:07,0	5:40,0	5:57,0
3000m	7:55,00	8:08,00	8:29,00	8:58,00	9:33,00	10:23,00	10:53,0	11:33,0	
4x200m			1:29,00	1:32,00	1:38,00	1:45,50	1:48,0	1:53,0	2:00,0
4x400m	3:06,00	3:12,00	3:20,00	3:28,00	3:40,00	3:56,00	4:04,0	4:16,0	4:28,0
1500m kav.				4:30,00	4:48,00	5:14,00	5:30,0	5:50,0	6:25,0
2000m kav.		5:35,00	5:50,00	6:10,00	6:35,00	7:15,00	7:30,0		
3000m kav.		8:38,00	9:07,00	9:35,00	10:15,00	11:10,00			
Soļošana									
1000m/ 1km				4:10	4:30	4:45	5:00	5:15	5:40
2000m/ 2km				8:30	9:20	10:00	10:50	11:50	12:30
3000m/ 3km		12:15,00	12:45,00	13:30,00	14:30,00	16:00,00	17:00,0	18:00,0	19:00,0
5000m/ 5km		20:50,00	21:40,00	23:00,00	25:00,00	27:30,00	30:00,00	31:30,0	33:00,0
10000m/ 10km	40:50,00	42:00,00	44:30,00	47:30,00	52:30,00	57:30,00	1.01:0	1.05:0	
20km	1.23:00	1.30:00	1.37:00	1.44:00	1.52:00	2.00:00			
30km	2.07:00	2.20:00	2.30:00	2.45:00	3.00:00	3.15:00	finišēt		
50km	4.00:00	4.20:00	4.45:00	5.15:00	5.40:00	finišēt			
Tehniskie veidi									
Augstlēcšana	2.25	2.15	2.02	1.90	1.75	1.60	1.55	1.45	1.30
Kārtslēcšana	5.50	5.00	4.50	4.10	3.50	3.00	2.60	2.00	1.80
Tāllēcšana	8.00	7.60	7.10	6.60	6.10	5.55	5.00	4.60	4.00
Trīssoļlēcšana	16.85	16.20	15.30	14.20	13.20	12.00	11.50	10.50	10.00
Diska mešana 2	61.00	54.50	49.00	44.00	37.00	30.00	25.00	20.00	
Diska mešana 1.75kg			53.00	45.50	37.50	32.00	28.00		
Diska mešana 1.5kg			58.00	52.00	43.00	37.00	30.00	25.00	20.00
Diska mešana 1kg				58.00	50.00	43.00	35.00	32.00	28.00
Vesera mešana	75.00	67.00	60.00	55.00	46.50	38.50			
Vesera mešana 6kg			64.00	59.00	51.50	43.00	36.00	31.00	
Vesera mešana 5kg			69.00	65.00	57.00	47.00	38.00	32.00	28.00
Vesera mešana 4kg				60.00	50.00	45.00	40.00	34.00	30.00
Vesera mešana 3kg						40.00	30.00	25.00	20.00
Šķēpa mešana 8	82.00	73.00	68.00	62.00	54.00	48.00			
Šķēpa mešana 700g			67.00	61.00	55.00	45.00	40.00	35.00	
Šķēpa mešana 600g				64.00	56.00	48.00	45.00	41.00	35.00
Šķēpa mešana 400g							47.00	40.00	30.00
Lodes grūšana 7	19.00	17.20	15.60	14.00	12.00	10.00			
Lodes grūšana 6kg			17.20	15.50	13.00	11.50	9.60	8.60	
Lodes grūšana 5kg			17.50	16.50	15.00	12.80	10.00	9.00	8.00
Lodes grūšana 4kg					14.50	13.00	11.00	10.00	9.00

Lodes grūšana 3kg						12.00	10.00	9.00	8.00
Daudzcīņa									
10- cīņa	7950	7300	6600	6000	5000	4100			
10- cīņa junioriem		7300	6500	6000	5000	4000			
10- cīņa jauniešiem			6700	6200	5300	4300	3300	2600	2400
9- cīņa zēniem			6000	5300	4700	3800	3000	2600	2200
8- cīņa zēniem			5200	4500	3900	3300	2800	2400	2200
7- cīņa	5800	5200	4750	4000	3400	2800	2400	2100	2000
7- cīņa jainiešiem, junioriem			4050	3550	2950	2300	2000	1700	1300
7- cīņa zēniem				4300	3850	3350	2850	2400	1800
5- cīņa			3600	3200	2700	2200	1950	1650	1250
Sievietes	LM	M	MK	I	II	III	I.j.	II.j.	III.j.
60m	7,25	7,50	7,74	8,04	8,44	9,04	9,1	9,4	9,8
100m	11,34	11,84	12,34	12,84	13,64	14,84	15,2	16,0	17,0
200m	22,95	24,24	25,44	26,84	28,74	31,24	32,4	34,0	36,0
300m			39,24	41,24	44,24	48,24	50,0	53,0	56,0
400m	52,00	54,14	57,14	59,64	1:04,14	1:10,14	1:15,0	1:20,0	1:22,0
600m			1:32,00	1:37,00	1:44,50	1:55,00	2:10,0	2:20,0	2:25,0
800m	2:02,14	2:07,64	2:12,14	2:22,14	2:35,14	2:55,14	3:05,0	3:18,0	3:35,0
1000m	2:36,50	2:44,00	2:54,00	3:05,00	3:20,00	3:40,00	3:55,0	4:10,0	4:35,0
1500m	4:10,00	4:20,00	4:35,00	4:48,00	5:10,00	5:42,00	6:03,0	6:30,0	6:45,0
2000m				7:32,00	7:40,00	7:52,00	8:15,0	9:00,0	
3000m	8:55,00	9:20,00	9:45,00	10:25,00	11:20,00	12:30,00	13:15,0	14:30,0	
5000m	15:30,00	16:10,00	17:10,00	18:15,00	19:35,00	21:30,00			
10000m	32:40,00	34:00,00	36:00,00	38:00,00	41:30,00	45:00,00			
4x100m	43,35	45,24	48,24	51,04	54,24	58,74	1:01,0	1:04,0	1:08,0
4x400m	3:26,14	3:38,14	3:47,14	4:00,14	4:16,14	4:40,14	4:52,0	5:05,0	5:20,0
400m+300m+200m+100m				2:15,00	2:22,00	2:30,00	2:40,0	2:50,0	3:10,0
60mb	8,10	8,54	8,94	9,54	10,34	11,34	11,7	12,4	13,4
60mb (76.2cm)			9,04	9,34	9,74	10,64	11,2	12,5	13,0
100mb	13,20	14,00	15,04	16,14	17,64	19,54	20,4	21,7	23,5
100mb (76.2cm)			14,64	15,24	16,24	18,24	20,0	22,0	23,5
300mb				46,64	50,14	55,14	59,0	1:05,0	
400mb	56,30	1:00,14	1:03,64	1:07,64	1:13,14	1:20,14	1:25,0	1:40,0	
1500m kav.			4:50,00	5:15,00	5:32,00	5:55,00	6:20,0	6:37,0	6:57,0
2000m kav.		6:40,00	7:00,00	7:15,00	7:36,00	8:00,00	8:30,0		
3000m kav.	10:00,00	10:30,00	11:00,00	11:30,00	12:10,00	13:20,00			
Šosejas skrējieni									
5km			17:15	18:15	19:30	21:00	22:00	23:30	
10km			36:00	38:00	40:30	44:00			
15km			55:00	58:00	1.03:00	1.09:00			
Pusmaratons	1.13:30	1.17:00	1.21:00	1.26:00	1.32:00	1.40:00			
Maratons	2.35:00	2.48:00	3.00:00	3.12:00	3.30:00	finišēt			
Kross									
0.5km			1:16	1:21	1:27	1:35	1:42	1:50	2:00
1km			2:53	3:03	3:15	3:33	3:40	4:15	4:30
1.5km			4:37	4:52	5:15	5:50	6:20	6:50	7:10
2km			6:20	6:45	7:15	7:50	8:12	8:40	

3km			9:50	10:30	11:20	12:30	12:45	13:30	
4km			13:30	14:25	15:30	16:50	17:20	18:20	
5km			17:00	18:10	19:30	21:50	23:30		
6km			21:00	22:20	24:00	27:00			
Skrējieni telpās									
200m	23,50	24,54	26,04	27,44	29,24	31,74	33,0	34,5	36,5
300m			39,74	42,24	45,24	49,24	52,0	54,0	57,0
400m	53,00	55,14	57,64	1:01,14	1:05,14	1:11,14	1:14,0	1:18,0	1:23,0
600m			1:35,64	1:40,64	1:48,14	1:57,14	2:03,0	2:09,0	2:18,0
800m	2:04,00	2:09,00	2:14,64	2:23,64	2:36,64	2:56,64	3:06,5	3:19,5	3:36,5
1000m	2:38,00	2:46,00	2:53,00	3:07,00	3:22,00	3:42,00	3:57,0	4:12,0	4:37,0
1500m	4:12,00	4:21,50	4:37,00	4:52,00	5:17,00	5:47,00	6:07,0	6:32,0	7:12,0
3000m	9:00,00	9:25,00	9:51,00	10:33,00	11:28,00	12:33,00	13:18,0	14:33,0	
4x200m		1:36,00	1:42,00	1:47,00	1:55,00	2:05,00	2:11,0	2:17,0	2:25,0
4x400m	3:20,00	3:40,00	3:50,00	4:04,00	4:20,00	4:44,00	4:56,0	5:12,0	
1500m kav.				5:13,00	5:31,00	5:47,00	6:10,0	6:30,0	
2000m kav.		6:18,00	6:40,00	7:00,00	7:20,00	7:20,00	7:50,0	8:20,0	
3000m kav.		10:10,00	10:40,00	11:20,00	12:15,00	13:10,00			
Soļošana									
1000m/ 1km				4:20	4:45	5:00	5:20	5:45	6:00
2000m/ 2km				10:10	11:00	12:00	13:00	13:35	13:50
3000m/ 3km	13:00,00	13:40,00	14:30,00	15:30,00	16:30,00	18:00,00	18:50,0	20:00,0	22:00,0
5000m/ 5km	22:00,00	23:30,00	25:00,00	26:30,00	28:30,00	31:00,00	33:00,00	34:50,0	36:40,0
10000m/ 10km	45:30,00	48:30,00	52:00,00	55:00,00	1.00:00	1.05:00	1.08:00	1.12:00	
20km	1.35:00	1.42:00	1.47:00	1.55:00	2.05:00	2.25:00			
Tehniskie veidi									
Augstlēcšana	1.90	1.83	1.75	1.65	1.50	1.40	1.30	1.25	1.20
Kārtslēcšana	4.10	3.70	3.40	3.15	2.80	2.40	2.20	2.00	1.80
Tāllēcšana	6.60	6.25	5.80	5.50	5.20	4.70	4.20	3.90	3.60
Trīssoļlēcšana	14.00	13.40	12.80	11.80	11.20	10.40	10.00	9.20	8.50
Diska mešana 1	58.00	53.00	46.00	42.00	36.00	29.50	24.00	20.00	
Diska mešana 0.75kg			49.00	44.00	38.00	32.00	27.00	23.00	20.00
Vesera mešana	65.00	57.00	50.00	40.00	36.00	29.00	25.00	20.00	
Vesera mešana 3kg				45.00	38.00	32.00	27.00	22.00	20.00
Vesera mešana 2kg						35.00	28.00	23.00	20.00
Šķēpa mešana 6	60.00	54.00	48.00	43.00	35.00	30.00	25.00	20.00	
Šķēpa mešana 400g				45.00	38.00	35.00	30.00	25.00	20.00
Lodes grūšana 4	17.50	15.00	14.00	12.50	10.50	8.50	7.20	6.50	
Lodes grūšana 3kg			15.20	14.00	12.00	9.70	8.00	7.00	6.00
Lodes grūšana 2kg						11.00	9.50	8.00	7.00
Daudzcīņa									
7- cīņa	5850	5250	4600	4000	3200	2400	2000	1600	
7- cīņa jaiņietēm			4700	4250	3400	2700	2200	1800	1600
7- cīņa meitenēm				4000	3300	2600	2200	2000	1800
5- cīņa	4500	3850	3400	3000	2400	2000	1600	1300	1000
5- cīņa juniorēm, jauniešiem			3500	3200	2800	2600	2000	1800	1600
5- cīņa meitenēm				2900	2400	1900	1700	1400	1200