

Barème Femmes										
	Cat.	IA 17 pts	IB 15 pts	N1 13 pts	N2 11 pts	N3 9 pts	R1 7 pts	R2 6 pts	R3 5 pts	D1 4 pts
*50m	CJESV	6"20	6"35	6"50	6"74	6"94	7"14	7"34	7"54	7"74
*60m	CJESV	7"15	7"30	7"45	7"72	8"04	8"34	8"64	8"94	9"24
100m	CJESV	11"10	11"35	11"60	12"02	12"54	13"04	13"54	14"04	14"54
200m	CJESV	22"45	23"12	23"73	24"68	25"94	27"24	28"54	29"84	31"14
300m	C			38"64	40"64	42"84	45"04	47"24	49"44	51"64
400m	JESV	50"49	52"08	53"55	56"56	59"74	62"94	66"14	69"34	72"54
800m	CJESV	1'58"32	2'01"12	2'06"08	2'11"19	2'20"00	2'28"00	2'36"00	2'44"00	2'52"00
1 000m	CJESV	2'31"70	2'35"60	2'41"80	2'48"70	2'58"00	3'08"00	3'18"00	3'28"00	3'38"00
1 500m	CJESV	4'02"19	4'09"52	4'18"68	4'31"00	4'47"00	5'03"00	5'19"00	5'35"00	5'51"00
3 000m	CJESV	8'41"53	8'54"76	9'17"57	9'50"00	10'26"00	11'02"00	11'38"00	12'14"00	12'50"00
5 000m	JESV	15'00"00	15'30"00	16'00"00	17'00"00	18'00"00	19'00"00	20'00"00	21'00"00	22'00"00
**10 000m – 10km	CJESV	31'30"00	32'20"00	34'05"00	36'15"00	38'36"00	40'57"00	43'18"00	45'39"00	48'00"00
15km	CJESV	49'05"	50'25"	52'40"	56'25"	1h00'00"	1h03'35"	1h07'10"	1h10'45"	1h14'20"
20 000m / 20km	JESV	1h06'40"	1h08'25"	1h11'15"	1h16'30"	1h21'20"	1h26'10"	1h31'00"	1h35'50"	1h40'40"
Semi-Marathon	JESV	1h10'00"	1h11'50"	1h14'45"	1h20'15"	1h25'20"	1h30'25"	1h35'30"	1h40'35"	1h45'40"
Marathon	ESV	2h27'00"	2h32'00"	2h41'00"	2h59'00"	3h13'00"	3h27'00"	3h41'00"	3h55'00"	4h09'00"
100km	ESV	7h45'00"	8h15'00"	8h45'00"	9h20'00"	9h55'00"	10h30'00"	11h05'00"	11h40'00"	12h15'00"
Heure	JESV	18100m	17600m	17000m	15900m	15000m	14275m	13550m	12825m	12100m
24 Heures route	ESV	220km	210km	205km	200km	190km	180km	170km	160km	150km
*50m Haies 0.76m	C			7"24	7"67	8"04	8"44	8"84	9"24	9"64
*50m Haies 0.84m	CJESV	6"88	7"11	7"41	7"84	8"24	8"64	9"04	9"44	9"84
*60m Haies 0.76m	C			8"31	8"76	9"24	9"74	10"24	10"74	11"24
*60m Haies 0.84m	CJESV	7"99	8"22	8"52	8"97	9"44	9"94	10"44	10"94	11"44
100m Haies 0.76m	C			13"38	14"12	15"04	15"94	16"84	17"74	18"64
100m Haies 0.84m	CJESV	12"78	13"16	13"73	14"47	15"34	16"24	17"14	18"04	18"94
320m Haies	C			43"94	47"84	51"04	54"24	57"44	60"64	63"84
400m Haies	JESV	54"80	56"63	59"42	63"31	67"44	71"54	75"64	79"74	83"84
1 500m Steeple	C			4'45"00	5'00"00	5'20"00	5'40"00	6'00"00	6'20"00	6'40"00
2 000m Steeple	J		6'15"00	6'30"00	6'50"00	7'15"00	7'40"00	8'05"00	8'30"00	8'55"00
3 000m Steeple	JESV	9'30"00	9'40"00	10'00"00	10'30"00	11'05"00	11'40"00	12'15"00	12'50"00	13'25"00
Hauteur	CJESV	1.96m	1.91m	1.84m	1.70m	1.63m	1.56m	1.49m	1.42m	1.35m
Perche	CJESV	4.40m	4.10m	3.90m	3.40m	3.15m	2.90m	2.65m	2.40m	2.15m
Longueur	CJESV	6.91m	6.60m	6.19m	5.76m	5.45m	5.15m	4.85m	4.55m	4.25m
Triple Saut	CJESV	14.14m	13.54m	12.74m	11.80m	11.20m	10.60m	10.00m	9.40m	8.80m

Poids 3kg	C			16.20m	14.10m	13.00m	11.90m	10.80m	9.70m	8.60m
Poids 4kg	CJESV	19.80m	17.65m	14.75m	12.60m	11.50m	10.40m	9.30m	8.20m	7.10m
Disque 800g	C			53.50m	46.80m	42.60m	38.40m	34.20m	30.00m	25.80m
Disque 1kg	CJESV	66.00m	60.00m	49.00m	42.00m	38.20m	34.40m	30.60m	26.80m	23.00m
Marteau 3kg	C			61.00m	53.00m	49.00m	45.00m	41.00m	37.00m	33.00m
Disque 1kg	CJESV	66.00m	60.00m	49.00m	42.00m	38.20m	34.40m	30.60m	26.80m	23.00m
Marteau 3kg	C			61.00m	53.00m	49.00m	45.00m	41.00m	37.00m	33.00m
Marteau 4kg	CJESV	65.00m	60.00m	55.00m	47.00m	43.00m	39.00m	35.00m	31.00m	27.00m
Javelot 600 g	CJESV	65.00m	60.00m	49.30m	42.00m	38.30m	34.60m	30.90m	27.20m	23.50m
*Pentathlon	CJESV	4570pts	4270pts	3810pts	3180pts	2860pts	2540pts	2220pts	1900pts	1580pts
Heptathlon	C			5490pts	4600pts	4150pts	3700pts	3250pts	2800pts	2350pts
Heptathlon	JESV	6400pts	5980pts	5340pts	4450pts	4000pts	3550pts	3100pts	2650pts	2200pts
Décathlon	C			7050pts	5900pts	5300pts	4700pts	4100pts	3500pts	2900pts
Décathlon	JESV	8220pts	7680pts	6850pts	5700pts	5100pts	4500pts	3900pts	3300pts	2700pts
2 000m marche	C			9'20"0	9'50"0	10'25"0	11'00"0	11'35"0	12'10"0	12'45"0
3 000m marche	CJESV	12'18"0	12'46"0	14'29"0	15'30"0	16'25"0	17'20"0	18'15"0	19'10"0	20'05"0
5 000m marche	CJESV	21'15"0	22'05"0	24'55"0	27'00"0	28'40"0	30'20"0	32'00"0	33'40"0	35'20"0
30mn Marche	C			6000 m	5450 m	5200 m	4950 m	4700 m	4500 m	4300 m
Marche	JESV	42'50"0	44'57"0	51'53"0	56'30"0	59'50"0	1h03'10"0	1h06'30"0	1h09'50"0	1h13'10"0
45mn Marche	J	10550 m	10100 m	8800 m	8200 m	7700 m	7300 m	6900 m	6500 m	6300 m
Heure Marche	JESV	13900 m	13300 m	11500 m	10600 m	10030 m	9580 m	9130 m	8680 m	8230 m
Marche	JESV	1h29'00"	1h35'00"	1h50'00"	2h00'00"	2h07'00"	2h14'00"	2h21'00"	2h28'00"	2h35'00"
Gd. fond Marche	ESV			170km	165km	160km	155km	150km	145km	140km

Barème Hommes

	Cat.	IA 17 pts	IB 15 pts	N1 13 pts	N2 11 pts	N3 9 pts	R1 7 pts	R2 6 pts	R3 5 pts	D1 4 pts
*50m	CJESV	5"66	5"76	5"86	6"04	6"24	6"44	6"64	6"84	7"04
*60m	CJESV	6"56	6"66	6"76	6"94	7"24	7"54	7"84	8"14	8"44
100m	CJESV	10"06	10"23	10"40	10"68	11"14	11"54	11"94	12"34	12"74
200m	CJESV	20"24	20"60	21"11	21"63	22"54	23"44	24"34	25"24	26"14
300m	C			33"90	34"94	36"74	38"54	40"34	42"14	43"94
400m	JESV	44"79	45"63	46"70	48"27	50"84	53"44	56"04	58"64	61"24
800m	CJESV	1'44"27	1'46"15	1'47"87	1'50"88	1'57"0	2'03"0	2'09"0	2'15"0	2'21"0
1 000m	CJESV	2'13"90	2'16"20	2'18"20	2'22"00	2'30"0	2'38"0	2'46"0	2'54"0	3'02"0
1 500m	CJESV	3'34"30	3'37"74	3'40"07	3'46"11	3'59"0	4'12"0	4'25"0	4'38"0	4'51"0
3 000m	CJESV	7'40"66	7'49"92	7'56"19	8'11"92	8'41"0	9'10"0	9'39"0	10'08"0	10'37"0

5 000m	JESV	13'10"86	13'26"31	13'34"54	14'10"88	15'01"0	15'52"0	16'43"0	17'34"0	18'25"0
**10 000m - 10km	CJESV	27'38"0	28'06"0	28'59"0	30'13"0	32'10"0	34'07"0	36'04"0	38'01"0	39'58"0
15km	CJESV	43'00"	43'35"	44'30"	46'15"	49'00"	51'45"	54'30"	57'15"	1h00'00"
20 000m - 20km	JESV	58'25"	59'05"	1h00'00"	1h02'20"	1h05'55"	1h09'35"	1h13'15"	1h16'55"	1h20'35"
Semi-Marathon	JESV	1h01'18"	1h02'00"	1h03'15"	1h05'25"	1h09'00"	1h13'00"	1h17'00"	1h21'00"	1h25'00"
Marathon	SEV	2h09'45"	2h11'45"	2h15'25"	2h22'50"	2h32'00"	2h41'00"	2h50'00"	2h59'00"	3h08'00"
100km	SEV	6h35'00"	6h53'00"	7h11'00"	7h30'00"	8h00'00"	8h25'00"	8h50'00"	9h15'00"	9h40'00"
Heure	JESV	20550m	20300m	20000m	19250m	18400m	17550m	16700m	15850m	15000m
24 Heures route	ESV	250km	240km	230km	220km	210km	200km	190km	180km	170km
*50m Haies 0.91m	C			6"51	6"87	7"24	7"64	8"04	8"44	8"84
*50m Haies 0.99m	J	6"29	6"49	6"69	6"99	7"39	7"79	8"19	8"59	
*60m Haies 0.91m	C			7"54	7"94	8"34	8"74	9"14	9"54	9"94
*60m Haies 0.99m	J	7"37	7"56	7"72	8"14	8"54	8"94	9"34	9"74	
*60m Haies 1.06m	CJESV	7"57	7"76	7"92	8"34	8"74	9"14	9"54	9"94	10"34
110m Haies 0.91m	C			13"18	13"92	14"84	15"74	16"64	17"54	18"44
110m Haies 0.99m	J	13"00	13"34	13"58	14"32	15"24	16"14	17"04	17"94	
110m Haies 1.06m	CJESV	13"30	13"64	13"93	14"67	15"54	16"44	17"34	18"24	19"14
320m Haies	C			37"64	40"14	42"94	45"74	48"54	51"34	54"14
400m Haies	JESV	48"78	49"86	51"05	53"50	56"94	60"34	63"74	67"14	70"54
1 500m Steeple	C			4'01"0	4'15"0	4'29"0	4'43"0	4'57"0	5'11"0	5'25"0
3 000m Steeple	JESV	8'14"42	8'29"36	8'41"51	9'03"88	9'41"0	10'18"0	10'55"0	11'32"0	12'09"0
Hauteur	CJESV	2.34m	2.27m	2.17m	2.07m	1.97m	1.87m	1.77m	1.67m	1.57m
Perche	CJESV	5.80m	5.60m	5.45m	4.95m	4.60m	4.20m	3.80m	3.40m	3.00m
Longueur	CJESV	8.27m	8.04m	7.76m	7.30m	6.90m	6.50m	6.10m	5.70m	5.30m
Triple	CJESV	17.35m	16.88m	16.14m	14.92m	14.10m	13.30m	12.50m	11.70m	10.90m
Poids 5kg	C			19.15m	17.65m	16.30m	14.95m	13.60m	12.25m	10.90m
Poids 6kg	CJ		20.60m	17.85m	16.35m	15.00m	13.65m	12.30m	10.95m	9.60m
Poids 7,260 kg	CJESV	20.70m	19.40m	16.65m	15.15m	13.80m	12.45m	11.10m	9.75m	8.40m
Disque 1,500 kg	C			59.60m	52.20m	47.70m	43.20m	38.70m	34.20m	29.70m
Disque 1,750kg	CJ		64.50m	57.90m	50.50m	46.00m	41.50m	37.00m	32.50m	28.00m
Disque 2kg	CJESV	66.00m	61.50m	54.90m	47.50m	43.30m	39.10m	34.90m	30.70m	26.50m
Marteau 5kg	C			81.70m	68.40m	62.00m	56.00m	50.00m	44.00m	38.00m
Marteau 6kg	CJ		79.60m	74.80m	61.50m	56.00m	50.50m	45.00m	39.50m	34.00m
Marteau 7,260kg	CJESV	80.50m	74.60m	69.80m	56.50m	51.50m	46.50m	41.50m	36.50m	31.50m
Javelot 700 g	C			76.50m	67.30m	61.60m	55.90m	50.20m	44.50m	38.80m
Javelot 800g	CJESV	85.60m	79.30m	72.20m	63.00m	57.50m	52.00m	46.50m	41.00m	35.50m
*Pentathlon	C			3850pts	3550pts	3300pts	3000pts	2700pts	2500pts	2200pts

*Pentathlon	CJESV	4260pts	4050pts	3780pts	3350pts	3090pts	2830pts	2570pts	2310pts	2050pts
*Heptathlon	CJESV	6080pts	5770pts	5390pts	4780pts	4410pts	4040pts	3670pts	3300pts	2930pts
Décathlon	CJESV	8270pts	7850pts	7330pts	6510pts	6000pts	5490pts	4980pts	4470pts	3960pts
3 000m Marche	C			12'00"0	13'30"0	14'20"0	15'10"0	16'00"0	16'50"0	17'40'0
5 000m Marche	CJESV	18'50"0	19'35"0	20'35"0	23'00"0	24'25"0	25'50"0	27'15"0	28'40"0	30'00'0
45mn Marche	C			10600m	9600m	8900m	8550m	8200m	7850m	7500m
Marche	JESV	39'00"0	40'00"0	43'00"0	47'00"0	50'00"0	53'00"0	56'00"0	59'00"0	62'00"0
Heure Marche	JESV	15300m	14900m	13800m	12600m	12000m	11400m	10800m	10200m	9600m
Marche	JESV	1h20'00"	1h22'00"	1h28'00"	1h36'00"	1h42'00"	1h48'00"	1h54'00"	2h00'00"	2h06'00"
Marche	ESV	3h48'	4h00'	4h12'	4h35'	4h52'	5h09'	5h26'	5h43'	6h00'
100km Marche	ESV	8h20'	9h00'	9h45'	10h10'	10h30'	10h50'	11h10'	11h30'	11h50'
Gd. Fond marche	ESV			200km	195km	190km	185km	180km	175km	170km