

## Altersklassen - Hürdenabmessungen

<i>Streckenlänge</i>	<i>Altersklasse</i>	<i>Anzahl der Hürden</i>	<i>Hürdenhöhe</i>	<i>Anlauf</i>	<i>Hürdenabstand</i>	<i>Auslauf</i>
400m	M30-M45					
	Männer / MJ U20	10	0,914m	45,00m	35,00m	40,00m
300 m	M50/55 / MJ U18	10	0,84m	45,00m	35,00m	40,00m
	W30-W45 / Frauen					
	WJ U20 / WJ U18	10	0,762m	45,00m	35,00m	40,00m
	MJ U16	7	0,84m	50,00m	35,00m	40,00m
110m	M60/65 / W50/55					
	WJ U16	7	0,762m	50,00m	35,00m	40,00m
	M70 u.ä. / W60 u.ä.	7	0,686m	50,00m	35,00m	40,00m
100m	M30 / Männer	10	1,067m	13,72m	9,14m	14,02m
	M35/40/45 / MJ U20	10	0,991m	13,72m	9,14m	14,02m
	MJ U18	10	0,914m	13,72m	8,90m	16,18m
80m	M50/55	10	0,914m	13,00m	8,50m	10,50m
	M60/65	10	0,84m	12,00m	8,00m	16,00m
	W30/35					
	Frauen / W UJ20	10	0,84m	13,00m	8,50m	10,50m
60m	WJ U18	10	0,762m	13,00m	8,50m	10,50m
	MJ U16	7	0,84m	13,50m	8,60m	14,90m
	W40/45 WJ U16	8	0,762m	12,00m	8,00m	12,00m
	M70/75 / W50/55	8	0,762m	12,00m	7,00m	19,00m
	M80 u.ä. / W60 u.ä.	8	0,686m	12,00m	7,00m	19,00m
60m	MJ/WJ U14 M/W13	6	0,762m	11,50m	7,50m	11,00m
	MJ/WJ U14 M/W12	6	0,60m	11,50m	7,50m	11,00m
	MK/WK U12	6	0,60m	11,50m	7,00m	13,50m
	MK/WK U10	6	0,60m	11,50m	6,50m	16,00m

### *Hallenbedingungen*

<i>Streckenlänge</i>	<i>Altersklasse</i>	<i>Anzahl der Hürden</i>	<i>Hürdenhöhe</i>	<i>Anlauf</i>	<i>Hürdenabstand</i>	<i>Auslauf</i>
60m	M30 / Männer	5	1,067m	13,72m	9,14m	9,72m
	M35/40/45 / MJ U20	5	0,991m	13,72m	9,14m	9,72m
	MJ U18	5	0,914m	13,72m	8,90m	10,68m
	M50/55	5	0,914m	13,00m	8,50m	13,00m
	M60/65	5	0,84m	12,00m	8,00m	16,00m
	M70/75	5	0,762m	12,00m	7,00m	20,00m
	MJ U16	5	0,84m	13,50m	8,60m	12,10m
	MJ U14 M13	6	0,762m	11,50m	7,50m	11,00m
	MJ U14 M12	6	0,60m	11,50m	7,00m	13,50m
	MK U12	6	0,60m	11,50m	7,00m	13,50m
	W30/35					
	Frauen / WJ U20	5	0,84m	13,00m	8,50m	13,00m
	WJ U18	5	0,762m	13,00m	8,50m	13,00m
	W40/45 WJ U16	5	0,762m	12,00m	8,00m	16,00m
	W50/55	5	0,762m	12,00m	7,00m	20,00m
	W60 u.ä.	5	0,686m	12,00m	7,00m	20,00m
	WJ U14 W13	6	0,762m	11,50m	7,50m	11,00m
	WJ U14 W12	6	0,60m	11,50m	7,00m	13,50m
	WK U12	6	0,60m	11,50m	7,00m	13,50m