

## Normes Élite Femmes 2023

	24 ans et -	25 ans	26 ans	27 ans	28 ans	29 ans	30 ans	31 ans	32 ans	33 ans	34 ans	35 ans et +
100m	11.83	11.80	11.77	11.75	11.74	11.72	11.70	11.70	11.70	11.69	11.69	11.68
200m	24.25	24.15	24.11	24.07	24.04	24.01	23.98	23.97	23.96	23.96	23.94	23.93
400m	54.84	54.63	54.57	54.46	54.36	54.33	54.33	54.30	54.28	54.28	54.25	54.25
100m haies	13.99	13.95	13.88	13.80	13.79	13.79	13.78	13.77	13.76	13.76	13.76	13.76
400m haies	1:00.68	1:00.34	1:00.17	1:00.06	59.82	59.72	59.72	59.65	59.58	59.52	59.48	59.48
3000m steeple	10:22.95	10:21.25	10:19.12	10:15.74	10:13.63	10:11.52	10:10.26	10:09.42	10:09.42	10:09.42	10:09.42	10:09.42
800m	2:08.77	2:08.35	2:08.00	2:07.82	2:07.40	2:07.34	2:06.75	2:06.69	2:06.63	2:06.63	2:06.63	2:06.52
1500m	4:26.27	4:25.05	4:23.96	4:23.29	4:22.75	4:21.54	4:20.87	4:19.94	4:19.94	4:19.94	4:19.94	4:19.94
3000m	9:31.47	9:28.97	9:27.73	9:26.48	9:24.93	9:22.45	9:21.22	9:19.37	9:19.37	9:19.37	9:19.37	9:19.37
5000m	16:26.95	16:23.07	16:22.51	16:21.41	16:17.54	16:13.69	16:12.59	16:09.30	16:09.30	16:09.30	16:09.30	16:09.30
10000m	34:46.78	34:38.32	34:32.30	34:27.50	34:16.71	34:05.98	34:00.04	34:00.04	33:58.85	33:51.74	33:51.74	33:51.74
½ Marathon	1h16:43	1h16:25	1h16:12	1h15:54	1h15:20	1h14:49	1h14:31	1h14:25	1h14:16	1h14:07	1h14:04	1h13:58
Marathon	2h44:34	2h44:02	2h43:42	2h42:44	2h41:27	2h40:11	2h39:32	2h39:01	2h38:29	2h38:29	2h38:23	2h37:57
10000m marche	49:54.72	49:21.41	48:50.25	48:32.04	48:21.16	48:12.13	48:01.31	47:52.32	47:50.53	47:48.73	47:48.73	47:32.63
20km marche	1h43:02	1h41:53	1h40:49	1h40:12	1h39:50	1h39:31	1h39:09	1h38:51	1h38:47	1h38:43	1h38:43	1h38:10
35km marche	3h16:11	3h13:59	3h11:54	3h10:42	3h09:58	3h09:22	3h08:39	3h08:03	3h07:56	3h07:49	3h07:49	3h06:44
Hauteur	1.79m	1.79m	1.79m	1.80m	1.80m	1.81m	1.81m	1.81m	1.81m	1.81m	1.81m	1.81m
Perche	3.91m	3.97m	3.97m	4.00m	4.04m	4.09m	4.09m	4.12m	4.12m	4.12m	4.12m	4.13m
Longueur	6.01m	6.04m	6.07m	6.09m	6.12m	6.12m	6.14m	6.16m	6.16m	6.16m	6.16m	6.17m
Triple saut	12.47m	12.54m	12.64m	12.70m	12.79m	12.85m	12.86m	12.87m	12.92m	12.94m	12.98m	12.98m
Poids	14.50m	14.81m	15.12m	15.36m	15.49m	15.57m	15.71m	15.81m	15.87m	15.87m	15.87m	15.90m
Disque	50.11m	50.55m	50.82m	51.26m	51.91m	51.96m	52.07m	52.62m	52.78m	53.11m	53.16m	53.92m
Marteau	58.56m	59.92m	60.42m	60.73m	61.47m	61.91m	62.59m	62.59m	62.72m	63.03m	63.21m	63.34m
Javelot	49.97m	50.73m	51.38m	51.98m	52.36m	52.74m	53.06m	53.33m	53.39m	53.66m	53.77m	54.25m
Heptathlon	5156	5197	5285	5316	5337	5373	5388	5399	5399	5399	5399	5409

**Note :** L'atteinte des normes de performance ci-haut ne garantit pas automatiquement l'identification au niveau Élite Femmes.  
Veuillez vous référer aux Règles d'identification pour connaître les critères applicables ainsi que le processus de sélection.