

Normes Élite Femmes 2025

Épreuves	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	11.84	11.82	11.77	11.74	11.74	11.73	11.72	11.72	11.72	11.70	11.70	11.69
200m	24.29	24.21	24.09	24.04	24.01	24.00	23.96	23.96	23.96	23.96	23.95	23.95
400m	55.01	54.73	54.60	54.41	54.30	54.30	54.25	54.25	54.25	54.25	54.25	54.25
100m haies	13.99	13.93	13.88	13.85	13.80	13.77	13.76	13.76	13.76	13.76	13.76	13.76
400m haies	1:00.48	1:00.30	1:00.17	1:00.10	59.93	59.65	59.62	59.58	59.58	59.55	59.52	59.52
3000m steeple	10:23.38	10:19.55	10:18.70	10:16.58	10:15.74	10:13.63	10:11.52	10:10.68	10:10.26	10:10.26	10:10.26	10:10.26
800m	2:08.65	2:08.23	2:07.88	2:07.58	2:07.28	2:06.99	2:06.75	2:06.75	2:06.69	2:06.69	2:06.69	2:06.63
1500m	4:25.18	4:23.56	4:23.15	4:22.34	4:21.94	4:21.00	4:20.07	4:19.67	4:19.54	4:19.54	4:19.54	4:19.54
3000m	9:31.79	9:28.97	9:27.41	9:25.86	9:24.00	9:22.45	9:20.60	9:19.99	9:19.68	9:19.37	9:19.37	9:19.37
5000m	16:31.97	16:29.18	16:25.29	16:23.07	16:17.54	16:15.89	16:13.14	16:12.59	16:12.04	16:11.49	16:11.49	16:11.49
10000m	35:11.11	34:58.91	34:49.20	34:28.70	34:25.09	34:21.50	34:16.71	34:02.41	33:57.66	33:54.11	33:51.74	33:50.56
½ Marathon	1h17:02	1h16:31	1h16:06	1h15:29	1h15:14	1h14:59	1h14:40	1h14:16	1h14:04	1h13:58	1h13:52	1h13:40
Marathon	2h43:36	2h42:38	2h41:46	2h40:55	2h40:11	2h39:26	2h38:42	2h38:10	2h37:51	2h37:38	2h37:26	2h36:42
10000m marche	49:52.86	49:19.57	48:57.55	48:35.68	48:19.36	48:08.52	47:52.32	47:48.73	47:45.15	47:45.15	47:43.36	47:32.63
20km marche	1h42:58	1h41:50	1h41:04	1h40:20	1h39:46	1h39:24	1h38:51	1h38:43	1h38:36	1h38:36	1h38:32	1h38:10
35km marche	3h16:04	3h13:51	3h12:23	3h10:56	3h09:51	3h09:08	3h08:03	3h07:49	3h07:34	3h07:34	3h07:27	3h06:44
Hauteur	1.77m	1.78m	1.79m	1.80m	1.80m	1.80m	1.81m	1.81m	1.81m	1.81m	1.81m	1.81m
Perche	3.92m	3.97m	4.02m	4.04m	4.05m	4.08m	4.11m	4.12m	4.12m	4.12m	4.14m	4.15m
Longueur	6.03m	6.07m	6.08m	6.12m	6.14m	6.17m	6.17m	6.18m	6.18m	6.18m	6.18m	6.18m
Triple saut	12.47m	12.55m	12.62m	12.71m	12.79m	12.81m	12.86m	12.88m	12.88m	12.88m	12.90m	12.92m
Poids	14.79m	14.84m	15.08m	15.33m	15.55m	15.60m	15.71m	15.82m	15.87m	15.94m	15.97m	15.97m
Disque	50.00m	50.33m	50.60m	51.26m	51.69m	52.07m	52.45m	52.51m	53.05m	53.11m	53.27m	53.60m
Marteau	58.62m	59.61m	60.85m	61.54m	61.91m	62.34m	62.65m	62.72m	62.78m	62.78m	62.84m	63.09m
Javelot	50.52m	50.90m	51.22m	51.65m	51.92m	52.47m	53.01m	53.28m	53.93m	54.09m	54.14m	54.31m
Heptathlon	5275	5316	5347	5373	5378	5399	5430	5450	5450	5450	5450	5450

Note : L'atteinte des normes de performance ci-haut ne garantit pas automatiquement l'identification au niveau Élite Femmes.

Veillez vous référer aux Règles d'identification pour connaître les critères applicables ainsi que le processus de sélection.