

## Normes Élite Hommes 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	10.56	10.54	10.53	10.53	10.49	10.48	10.48	10.48	10.48	10.48	10.48	10.48
200m	21.44	21.42	21.40	21.39	21.36	21.33	21.33	21.30	21.26	21.26	21.26	21.26
400m	47.62	47.59	47.54	47.53	47.50	47.39	47.39	47.31	47.31	47.31	47.28	47.28
110m haies	14.39	14.36	14.35	14.35	14.34	14.31	14.28	14.26	14.24	14.24	14.24	14.24
400m haies	52.66	52.51	52.38	52.27	52.17	52.15	52.06	51.96	51.96	51.96	51.96	51.91
3000m steeple	8:51.95	8:50.06	8:48.41	8:47.70	8:47.70	8:47.70	8:47.47	8:47.47	8:47.47	8:47.23	8:47.23	8:47.23
800m	1:50.86	1:50.43	1:50.22	1:50.08	1:50.05	1:50.01	1:49.94	1:49.94	1:49.94	1:49.94	1:49.94	1:49.94
1500m	3:47.70	3:46.84	3:46.07	3:45.83	3:45.76	3:45.76	3:45.60	3:45.60	3:45.60	3:45.53	3:45.53	3:45.53
3000m	8:11.47	8:08.66	8:07.09	8:06.22	8:05.53	8:05.19	8:05.01	8:05.01	8:04.84	8:04.84	8:04.84	8:04.84
5000m	14:08.17	14:01.52	13:59.42	13:57.33	13:54.94	13:54.05	13:54.05	13:53.75	13:53.46	13:53.46	13:53.46	13:53.46
10000m	29:59.28	29:49.43	29:40.34	29:36.17	29:30.62	29:30.62	29:30.62	29:28.55	29:28.55	29:28.55	29:28.55	29:27.86
½ Marathon	1h05:37	1h05:14	1h04:55	1h04:42	1h04:30	1h04:27	1h04:24	1h04:18	1h04:14	1h04:11	1h04:05	1h04:00
Marathon	2h20:57	2h20:03	2h19:20	2h18:45	2h18:22	2h18:07	2h17:51	2h17:28	2h17:17	2h17:02	2h16:31	2h16:12
10000m marche	44:27.05	44:17.92	43:35.65	43:14.74	43:07.31	42:58.42	42:45.13	42:30.43	42:23.11	42:21.65	42:21.65	42:14.35
20km marche	1h32:01	1h31:43	1h30:17	1h29:34	1h29:19	1h29:01	1h28:34	1h28:04	1h27:49	1h27:46	1h27:46	1h27:31
35km marche	2h53:14	2h52:34	2h49:32	2h48:02	2h47:30	2h46:52	2h45:55	2h44:52	2h44:20	2h44:14	2h44:14	2h43:42
Hauteur	2.06m	2.07m	2.08m	2.09m	2.09m	2.10m	2.10m	2.10m	2.11m	2.11m	2.11m	2.11m
Perche	4.96m	4.98m	5.03m	5.06m	5.06m	5.06m	5.10m	5.10m	5.14m	5.14m	5.14m	5.14m
Longueur	7.32m	7.35m	7.37m	7.40m	7.41m	7.41m	7.41m	7.42m	7.42m	7.42m	7.42m	7.42m
Triple saut	15.02m	15.12m	15.20m	15.23m	15.27m	15.30m	15.35m	15.35m	15.36m	15.36m	15.36m	15.37m
Poids	16.56m	16.77m	17.08m	17.31m	17.65m	17.82m	18.02m	18.10m	18.15m	18.15m	18.15m	18.15m
Disque	52.71m	52.82m	53.20m	53.64m	54.18m	54.40m	54.78m	55.22m	55.65m	55.65m	55.76m	55.87m
Marteau	60.81m	62.11m	63.21m	64.18m	64.70m	65.28m	65.48m	65.48m	65.48m	65.74m	65.93m	65.93m
Javelot	67.14m	68.55m	69.18m	69.68m	69.68m	70.24m	70.45m	70.80m	71.16m	71.37m	71.44m	71.51m
Décathlon	6811	6903	6949	6962	6988	6988	7027	7034	7040	7047	7060	7060

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

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