**2016 (YENİ) TÜRKİYE ATLETİZM FEDERASYONU TOHM KATILIM BARAJ DERECELERİ**

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| **TOHM KADINLAR KATILIM BARAJ DERECELERİ** |
| **D. TARİHİ** | **100m**  | **200m**  | **400m**  | **800m**  | **1500m**  | **3000m**  | **5000m**  | **10.000m** | **100mEg** | **400mEgn** | **2000mEg** |
| **1995-1996** | **12.18**  | **25.00** | **56.40** | **2.10.20** | **4.26.00** | **9.37.00** | **16.40.00** | **36.50.00** | **14.40** | **1.00.85** | **-** |
| **1997-1998** | **12.30** | **25.20** | **57.20** | **2.12.20** | **4.31.00** | **9.42.40** | **16.55.30** | **37.40.00** | **14.60** | **1.01.60** | **-** |
| **1999-2000** | **12.50** | **25.60** | **58.40** | **2.15.50** | **4.37.00** | **9.58.50** | **-** | **-** | **14.75** | **1.02.90** | **7.15.10** |
| **2001-2002** | **12.80** | **26.10** | **1.00.00** | **2.17.50** | **4.41.00** | **10.05.50** | **-** | **-** | **15.10** | **-** | **7.17.10** |

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| **TOHM KADINLAR KATILIM BARAJ DERECELERİ** |
| **D. TARİHİ** | **3000mEng** | **UZUN** | **Üç Adım** | **Yürüyüş** | **Yüksek** | **SIRIK** | **GÜLLE** | **DİSK** | **CİRİT** | **ÇEKİÇ** |
| **1995-1996** | **10.35.50** | **6.00** | **12.65** | **10km:48.00** | **1.75** | **4.00** | **13.90 ( 4kg)** | **47.40 (1kg)** | **49.50 (600gr)** | **57.00 ( 4kg )** |
| **1997-1998** | **10.38.50** | **5.80** | **12.40** | **10km:50.00** | **1.72** | **3.80** | **13.40 (4kg)** | **44.80 (1kg)** | **48.00 (600gr)** | **54.60 ( 4kg )** |
| **1999-2000** | **-** | **5.70** | **12.15** | **5 km :24.30** | **1.70** | **3.70** | **14.50 (3kg)** | **41.00 (1kg)** | **45.70 (500gr)** | **53.70 ( 3kg )** |
| **2001-2002** | **-** | **5.40** | **11.70** | **3 km: 15.30** | **1.65** | **3.30** | **13.60 (3kg)** | **39.00 (750gr)** | **43.00 (400gr)** | **49.60 ( 3kg )** |

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| **TOHM ERKEKLER KATILIM BARAJ DERECELER** |
| **D. TARİHİ** | **100m** | **200m** | **400m** | **800m** | **1500m** | **3000m** | **5000m** | **10.000m** | **110Eg** | **400Eg** | **2000Eg** |
| **1995-1996** | **10.68** | **21.60** | **48.20** | **1.50.30** | **3.50.30** | **8.24.10** | **14.33.00** | **30.34.30** | **14.35** | **53.00** | **-** |
| **1997-1998** | **10.84** | **21.90** | **48.70** | **1.53.30** | **3.55.10** | **8.32.10** | **14.43.10** | **31.42.10** | **14.50** | **54.60** | **-** |
| **1999-2000** | **11.10** | **22.50** | **49.80** | **1.55.50** | **3.57.50** | **8.44.10** | **14.53.10** | **-** | **14.60** | **55.50** | **6.10.00** |
| **2001-2002** | **11.26** | **23.00** | **51.30** | **2.00.00** | **4.01.50** | **8.55.50** | **-** | **-** | **-** | **-** | **6.12.00** |

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| **TOHM ERKEKLER KATILIM BARAJ DERECELER** |
| **D. TARİHİ** | **3000 Eng** | **YÜRÜYÜŞ** | **UZUN** | **Üç Adım** | **YÜKSEK** | **SIRIK** | **GÜLLE** | **DİSK** | **CİRİT** | **ÇEKİÇ** |
| **1995-1996** | **9.08.20** | **10 km: 43.30** | **7.30** | **15.50** | **2.10** | **5.10** | **17.50 (6 kg )** | **52.50 ( 2 kg )** | **66.50 ( 800 gr )** | **60.50 (7.260 gr)** |
| **1997-1998** | **9.18.20** | **10.km: 44.30** | **7.10** | **15.00** | **2.06** | **4.90** | **17.50 ( 6 kg )** | **52.50 (1.750 gr)** | **64.70 ( 800 gr )** | **62.50 ( 6 kg )** |
| **1999-2000** |  | **10 km: 46.30** | **6.90** | **14.50** | **1.95** | **4.60** | **17.00 (5 kg )** | **52.50 (1.500 gr)** | **63.50 ( 700 gr )** | **62.80 ( 5 kg )** |
| **2001-2002** | **-** | **3 km: 14.30** | **6.45** | **14.15** | **1.80** | **4.20** | **16.50 ( 4 kg )** | **52.50 (1kg)** | **60.50 ( 600 gr )** | **62.40 ( 4 kg )** |