**TÜRKİYE ATLETİZM FEDERASYONU BAŞKANLIĞI 2018 EYLÜL TOHM BARAJ DERECELERİ**

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| **TOHM KADINLAR KATILIM BARAJ DERECELERİ** |
| **D. T** | **Yaş** | **100m**  | **200m**  | **400m**  | **800m**  | **1500m**  | **3000m**  | **5000m**  | **10.000m** | **100mEg** | **400mEgn** | **2000mEg** | **3000mEng** |
| **1998** | **20 Yaş** | **12.30** | **25.45** | **56.30** | **2.10.10** | **4.33.50** | **9.38.50** | **16.42.50** | **35.40.50** | **14.30** | **60.60** |  | **10.40.50** |
| **1999** | **19 Yaş** | **12.40** | **25.60** | **56.80** | **2.12.10** | **4.35.50** | **9.42.50** | **16.46.50** | **36.40.50** | **14.35** | **61.70** |  | **10.42.50** |
| **2000** | **18 Yaş** | **12.50** | **25.70** | **57.00** | **2.14.30** | **4.38.50** | **9.46.50** | **16.52.50** | **37.40.50** | **14.40** | **62.10** | **7.16.10** | **10.44.50** |
| **2001** | **17 Yaş** | **12.60** | **25.85** | **57.60** | **2.16.10** | **4.42.50** | **9.52.50** | **17.03.50** | **-** | **14.45** | **62.70** | **7.21.10** | **10.47.50** |
| **2002** | **16 Yaş** | **12.65** | **26.00** | **58.30** | **2.18.10** | **4.44.50** | **9.54.50** | **-** | **-** | **14.55** | **63.20** | **7.22.50** | **-** |
| **2003** | **15 Yaş** | **12.75** | **26.10** | **59.35** | **2.20.50** | **4.47.50** | **9.58.50** | **--** | **---** | **14.65** | **--** | **7.23.50** | **--** |
| **2004** | **14 Yaş** | **12.85** | **26.20** | **60.10** | **2.21.50** | **4.52.50** | **---** | **--** | **---** | **--** | **--** |  | **--** |

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| **TOHM KADINLAR KATILIM BARAJ DERECELERİ** |
| **D. T** | **Yaş** | **Yürüyüş** | **Çoklu Branşlar** | **UZUN** | **Üç Adım** | **Yüksek** | **SIRIK** | **GÜLLE** | **DİSK** | **CİRİT** | **ÇEKİÇ** |
| **1998** | **20 Yaş** | **10 km: 47.20.00** | **HEPTATLON= 4750 Puan** | **6.00** | **12.50** | **1.80** | **3.80** | **14.50 (4 kg)** | **45.50 (1kg)** | **48.00 (600gr)** | **55.00 (4kg)** |
| **1999** | **19 Yaş** | **10km: 48.00.00****5 km: 24.30.00** | **HEPTATLON= 4500 Puan** | **5.85** | **12.30** | **1.78** | **3.70** | **14.00 (4kg)** | **44.00 (1kg)** | **46.50 (600gr)** | **52.50 (4kg)** |
| **2000** | **18 Yaş** | **10 km: 48.30.00****5 km: 25.10.00** | **HEPTATLON= 4350 Puan** | **5.70** | **12.00** | **1.74** | **3.60** | **13.50 (4kg)** | **42.50 (1kg)** | **44.50 (600gr)** | **51.00 (4kg)** |
| **2001** | **17 Yaş** | **5 km: 25.20.00** | **HEPTATLON= 3850 Puan** | **5.55** | **11.70** | **1.70** | **3.40** | **14.50 (3kg)****12.50 (4kg)** | **39.50 (1kg)** | **44.00 (500gr)****42.50 (600gr)** | **51.50 (3kg)****49.50 (4kg)** |
| **2002** | **16 Yaş** | **5 km: 25.35.00** | **HEPTATLON= 3500 Puan** | **5.40** | **11.50** | **1.66** | **3.30** | **13.50 (3kg)** | **38.50 (1kg)** | **42.50 (500gr)** | **50.00 (3kg)** |
| **2003** | **15 Yaş** | **3 km: 15.20.00** | **PENTATLON= 2500 Puan** | **5.25** | **11.30** | **1.63** | **3.20** | **13.00 (3kg)** | **39.50 (750gr)** | **42.50 (400gr)** | **48.50 (3kg)** |
| **2004** | **14 Yaş** | **3 km: 15.30.00** | **PENTATLON= 2300 Puan** | **5.10** | **11.00** | **1.60** | **--** | **12.00 (3kg)** | **38.00 (750gr)** | **41.00 (400gr)** | **46.50(3kg)** |

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| **TOHM ERKEKLER KATILIM BARAJ DERECELERİ** |
| **D. T** | **Yaş** | **100m** | **200m** | **400m** | **800m** | **1500m** | **3000m** | **5000m** | **10.000m** | **110Eg** | **400Eg** | **2000Eg** | **3000 Eng** |
| **1998** | **20 Yaş** | **10.70** | **22.00** | **48.70** | **1.52.10** | **3.52.50** | **8.32.50** | **14.25.50** | **30.40.50** | **14.25** | **53.50** |  | **9.13.50** |
| **1999** | **19 Yaş** | **10.85** | **22.20** | **49.00** | **1.54.50** | **3.54.50** | **8.36.50** | **14.35.50** | **31.40.50** | **14.30** | **54.50** |  | **9.17.50** |
| **2000** | **18 Yaş** | **10.90** | **22.40** | **49.50** | **1.56.10** | **3.56.50** | **8.40.50** | **14.45.50** | **32.40.50** | **14.35** | **55.60** | **6.08.10** | **9.20.50** |
| **2001** | **17 Yaş** | **11.00** | **22.50** | **50.00** | **1.58.10** | **4.01.50** | **8.45.50** | **14.55.50** | -- | **14.45** | **56.20** | **6.11.50** |  |
| **2002** | **16 Yaş** | **11.10** | **22.70** | **50.50** | **1.59.70** | **4.03.50** | **8.46.50** | **---** | -- | **14.50** | **56.60** | **6.13.50** |  |
| **2003** | **15 Yaş** | **11.35** | **23.10** | **51.50** | **2.01.80** | **4.04.50** | **8.52.50** | **---** | -- | **14.65** | **--** | **6.15.50** |  |
| **2004** | **14 Yaş** | **11.50** | **23.30** | **52.50** | **2.03.50** | **4.06.50** | **--** | **---** | -- | **--** | **--** | **6.17.50** |  |

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| **D. T** | **Yaş** | **Yürüyüş** | **Çoklu Branşlar** | **UZUN** | **Üç Adım** | **Yüksek** | **SIRIK** | **GÜLLE** | **DİSK** | **CİRİT** | **ÇEKİÇ** |
| **1998** | **20 Yaş** | **10 km: 43.50.00** | **Dekatlon = 6000 Puan** | **7.30** | **15.20** | **2.10** | **5.00** | **16.00 (7.260)** | **51. 00 (2kg)** | **66.50 (800gr)** | **61.50 (7.260)** |
| **1999** | **19 Yaş** | **10 km: 44.30.00****5 km: 21.50.00** | **Dekatlon = 5700 Puan** | **7.10** | **14.50** | **2.05** | **4.70** | **17.00 (6kg)** | **52.00 (1.750)** | **65.00 (800gr)** | **62.00 (6kg)** |
| **2000** | **18 Yaş** | **10 km: 45.00.00****5 km: 22.20.00** | **Dekatlon = 5400 Puan** | **6.90** | **14.20** | **2.00** | **4.50** | **16.00 (6kg)****17.00 (5kg)** | **50.00 (1.750)** | **64.00 (800gr)** | **60.00 (6kg)** |
| **2001** | **17 Yaş** | **10 km: 46.50.00****5 km: 22.50.00** | **Dekatlon = 5100 Puan** | **6.70** | **13.70** | **1.95** | **4.40** | **15.00 (6kg)****16.00 (5kg)** | **50.00 (1.500)****52.00 (1kg)** | **60.00 (800)****61.00 (700)** | **58.00 (6kg)****60.00 (5kg)** |
| **2002** | **16 Yaş** | **10 km: 47.20.00****5 km: 23.20.00** | **Dekatlon = 4800 Puan** | **6.50** | **13.50** | **1.90** | **4.20** | **15.00 (5kg)** | **49.00 (1.500)****51.00 (1 kg)** | **60.00 (700gr)** | **57.50(5kg)****56.00 (6kg)** |
| **2003** | **15 Yaş** | **3 km: 14.00.00** | **Pentatlon = 3200 Puan** | **6.25** | **13.30** | **1.85** | **4.00** | **15.00 (4kg)** | **49.50(1kg)** | **57.00 (600gr)** | **57.50 (4kg)** |
| **2004** | **14 Yaş** | **3 km: 14.15.00** | **Pentatlon = 2500 Puan** | **6.00** | **13.00** | **1.80** | **--** | **14.00 (4kg)** | **48.00 (1kg)** | **55.00 (600gr)** | **56.00 (4kg)** |