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|  **TÜRKİYE ATLETİZM FEDERASYONU 2020 YARIŞMA SEZONU KADINLAR TOHM KATILIM BARAJ DERECELERİ** |
| **BRANŞLAR** | **14 YAŞ - 2006** | **15 YAŞ - 2005** | **16 YAŞ - 2004** | **17 YAŞ- 2003** | **18 YAŞ - 2002** | **19 YAŞ - 2001** | **20 YAŞ - 2000** |
| **60M SALON** | **8.05** | **8.00** | **7.95** | **7.90** | **7.85** | **7.80** | **7.75** |
| **100M**  | **12.90** | **12.80** | **12.70** | **12.60** | **12.35** | **12.25** | **12.15** |
| **200M SALON** | **26.30** | **26.10** | **25.90** | **25.70** | **25.20** | **25.00** | **24.80** |
| **200M**  | **26.10** | **25.90** | **25.70** | **25.50** | **25.00** | **24.80** | **24.60** |
| **400M SALON** | **60.20** | **59.70** | **59.20** | **58.70** | **57.70** | **57.30** | **56.80** |
| **400M**  | **59.70** | **59.20** | **58.70** | **58.20** | **57.20** | **56.80** | **56.30** |
| **100M ENGEL** | **-** | **14.65 (76.2)** | **14.55 (76.2)** | **14.45 (76.2)** | **14.40 (84.0)** | **14.30 (84.0)** | **14.20 (84.0)** |
| **400M ENGEL** | **-** | **64.60 (76.2)** | **64.10 (76.2)** | **63.60 (76.2)** | **62.60 (76.2)** | **62.10 (76.2)** | **61.60 (76.2)** |
| **800M SALON** | **2.20.00** | **2.18.50** | **2.17.00** | **2.15.50** | **2.14.00** | **2.13.00** | **2.12.00** |
| **800M**  | **2.19.00** | **2.17.50** | **2.16.00** | **2.14.50** | **2.13.00** | **2.12.00** | **2.11.00** |
| **1500M SALON** | **4.51.00** | **4.49.50** | **4.47.00** | **4.45.50** | **4.42.30** | **4.39.00** | **4.37.00** |
| **1500M**  | **4.49.00** | **4.47.50** | **4.45.00** | **4.43.50** | **4.40.30** | **4.37.00** | **4.35.00** |
| **3000M SALON** | **-** | **-** | **10.05.50** | **10.01.50** | **9.55.50**  | **9.51.50** | **9.47.50**  |
| **3000M**  | **-** | **-** | **10.02.50** | **9.58.50** | **9.52.50** | **9.48.50** | **9.44.50** |
| **5000M** | **-** | **-** | **-** | **17.14.50** | **17.06.50** | **16.58.50** | **16.50.50** |
| **10.000M** | **-** | **-** | **-** | **-** | **-** | **37.03.00** | **36.48.00** |
| **2000M ENGEL** | **-** | **-** | **7.17.30** | **7.15.30** | **7.13.30** | **7.11.30** | **-** |
| **3000M ENGEL** | **-** | **-** | **-** | **10.49.00** | **10.46.00** | **10.42.00** | **10.39.00** |
| **YÜKSEK** | **1.60** | **1.64** | **1.66** | **1.68** | **1.72** | **1.74** | **1.76** |
| **SIRIK** | **3.00** | **3.10** | **3.20** | **3.30** | **3.50** | **3.60** | **3.70** |
| **UZUN**  | **5.15** | **5.25** | **5.35** | **5.50** | **5.60** | **5.70** | **5.80** |
| **ÜÇ ADIM** | **11.00** | **11.30** | **11.60** | **11.90** | **12.20** | **12.40** | **12.60** |
| **GÜLLE**  | **12.50 (3kg)** | **13.00 (3kg)** | **13.50 (3kg)** | **14.00 (3kg)** | **13.50 (4kg)** | **14.00 (4kg)** | **14.50 (4kg)** |
| **DİSK**  | **39.00 (750gr)** | **41.00 (750gr)** | **39.00 (1kg)** | **41.00 (1kg)** | **43.00 (1kg)** | **45.00 (1kg)** | **47.00 (1kg)** |
| **CİRİT**  | **43.00 (400gr)** | **44.50 (400gr)** | **43.50 (500gr)** | **45.00 (500gr)** | **45.00(600gr)** | **47.00 (600gr)** | **49.00 (600gr)** |
| **ÇEKİÇ**  | **48.00 (3kg)** | **49.50 (3kg)** | **52.00 (3kg)** | **54.50 (3kg)** | **52.00 (4kg)** | **54.00 (4kg)** | **56.00 (4kg)** |
| **HEPTATLON** | **-** | **-** | **3900 puan** | **4100 puan** | **4300 puan** | **4500 puan** | **4700 puan** |
| **PENTATLON** | **-** | **-** | **2900 puan** | **3050 puan** | **3200 puan** | **3350 puan** | **3500 puan** |
| **3 km Yürüyüş** | **15.05.50** | **14.55.50** | **14.45.50** | **14.35.50** | **-** | **-** | **-** |
| **5 km Yürüyüş** | **-** | **-** | **26.30.00** | **26.00.00** | **25.20.00** | **24.50.00** | **-** |
| **10km Yürüyüş** |  | **-** | **-** | **52.00.00** | **50.30.00** | **51.00.00** | **50.30.00** |
| **20km Yürüyüş** |  |  |  |  |  |  | **1.46.30** |