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|  **10 OCAK 2022 TÜRKİYE ATLETİZM FEDERASYONU ERKEKLER TOHM BARAJ DERECELERİ** |
| **BRANŞLAR** | **14 YAŞ - 2008** | **15 YAŞ - 2007** | **16 YAŞ - 2006** | **17 YAŞ- 2005** | **18 YAŞ - 2004** | **19 YAŞ - 2003** | **20 YAŞ - 2002** | **21 YAŞ - 2001** | **22 YAŞ - 2000** |
| **100M** | **11.40** | **11.30** | **11.15** | **11.05** | **10.90** | **10.80** | **10.70** | **10.65** | **10.60** |
| **200M**  | **23.00** | **22.80** | **22.50** | **22.35** | **21.85** | **21.75** | **21.60** | **21.50** | **21.40** |
| **300M** | **36.90** | **36.50** | **X** | **X** | **X** | **X** | **X** | **X** | **X** |
| **400M**  | **X** | **51.40** | **50.50** | **50.00** | **49.10** | **48.80** | **48.40** | **48.20** | **47.90** |
| **100M ENGEL** | **14.35 (0,838)** | **14.25 (0,838)** | **X** | **X** | **X** | **X** | **X** | **X** | **X** |
| **110M ENGEL** | **X** | **X** | **14.50 (91,4)** | **14.40 (91,4)** | **14.35 (99,1)** | **14.25 (99,1)** | **14.35 (1,067)** | **14.30 (1,067)** | **14.25 (1,067)** |
| **300M ENGEL** | **42.60(76)** | **41.80(76)** | **X** | **X** | **X** | **X** | **X** | **X** | **X** |
| **400M ENGEL** | **X** | **57.50(0,838)** | **56.70(0,838)** | **55.70 (0,838)** | **54.80 (91.4)** | **54.00 (91.4)** | **53.60 (91.4)** | **53.20 (91.4)** | **52.70 (91.4)** |
| **600M** | **1.29.00** | **1.27.00** | **X** | **X** | **X** | **X** | **X** | **X** | **X** |
| **800M**  | **2.02.00** | **2.00.50** | **1.57.50** | **1.56.50** | **1.53.50** | **1.52.50** | **1.51.50** | **1.50.50** | **1.49.50** |
| **1500M**  | **4.10.20** | **4.07.30** | **4.03.00** | **4.00.50** | **3.56.00** | **3.53.50** | **3.51.50** | **3.49.50** | **3.48.00** |
| **3000M**  | **X** | **X** | **8.45.00** | **8.42.00** | **8.30.00** | **8.26.00** | **X** | **X** | **X** |
| **5000M** | **X** | **X** | **X** | **X** | **14.45.00** | **14.40.00** | **14.30.00** | **14.25.00** | **14.15.00** |
| **2000M ENGEL** | **X** | **X** | **6.14.50** | **6.10.30** | **6.05.30** | **X** | **X** | **X** | **X** |
| **3000M ENGEL** | **X** | **X** | **X** | **X** | **9.23.00** | **9.20.00** | **9.15.50** | **9.10.50** | **9.06.50** |
| **YÜKSEK** | **1.84** | **1.88** | **1.96** | **1.98** | **2.04** | **2.06** | **2.08** | **2.10** | **2.12** |
| **SIRIK** | **4.00** | **4.10** | **4.30** | **4.40** | **4.70** | **4.80** | **5.00** | **5.05** | **5.10** |
| **UZUN**  | **6.20** | **6.40** | **6.70** | **6.80** | **7.05** | **7.15** | **7.30** | **7.40** | **7.50** |
| **ÜÇ ADIM** | **13.10** | **13.40** | **13.80** | **14.00** | **14.50** | **14.70** | **15.00** | **15.20** | **15.40** |
| **GÜLLE**  | **15.20 (4kg)** | **15.60 (4kg)** | **16.40 (5kg)** | **17.00 (5kg)** | **17.00 (6kg)** | **17.40 (6kg)** | **16.40 (7.260gr)** | **16.70 (7.260gr)** | **17.00 (7.260gr)** |
| **DİSK**  | **48.00 (1000gr)** | **50.00 (1000gr)** | **50.50 (1500gr)** | **52.50 (1500gr)** | **52.00 (1750gr)** | **53.50 (1750gr)** | **52.00 (2kg)** | **53.00 (2kg)** | **54.00(2kg)** |
| **CİRİT**  | **56.00 (600gr)** | **58.00 (600gr)** | **60.50 (700gr)** | **62.50 (700gr)** | **64.00 (800gr)** | **66.00 (800gr)** | **68.00 (800gr)** | **69.00 (800gr)** | **70.00 (800gr)** |
| **ÇEKİÇ**  | **58.0 (4kg)** | **60.00(4kg)** | **61.50 (5kg)** | **63.00 (5kg)** | **64.00(6kg)** | **65.50 (6kg)** | **62.00 (7.260gr)** | **63.50(7.260gr)** | **65.00 (7.260gr)** |
| **DEKATLON** | **X** | **X** | **5300 PUAN** | **5500 PUAN** | **5800 PUAN** | **6000 PUAN** | **6300 PUAN** | **6600 PUAN** | **6800 PUAN** |
| **3 km Yürüyüş** | **14.05.00** | **13.55.00** | **X** | **X** | **X** | **X** | **X** | **X** | **X** |
| **5 km Yürüyüş** | **X** | **X** | **23.50.00** | **23.20.00** | **X** | **X** | **X** | **X** | **X** |
| **10km Yürüyüş** | **X** | **X** | **49.50.00** | **48.50.00** | **47.50.00** | **46.50.00** | **X** | **X** | **X** |
| **20km Yürüyüş** | **X** | **X** | **X** | **X** | **X** | **X** | **1.33.50** | **1.31.50** | **1.29.50** |