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|  **10 OCAK 2022 TÜRKİYE ATLETİZM FEDERASYONU KADINLAR 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**  | **12.80** | **12.70** | **12.40** | **12.30** | **12.15** | **12.05** | **11.95** | **11.90** | **11.85** |
| **200M**  | **26.00** | **25.80** | **25.30** | **25.10** | **24.80** | **24.70** | **24.50** | **24.40** | **24.30** |
| **300M** | **42.40** | **42.00** | **X** | **X** | **X** | **X** | **X** | **X** | **X** |
| **400M**  | **X** | **59.00** | **57.90** | **57.30** | **56.20** | **55.80** | **55.50** | **55.30** | **55.00** |
| **100M ENGEL** | **14.75 (76.2)** | **14.65 (76.2)** | **14.40 (76.2)** | **14.30 (76.2)** | **14.30 (84.0)** | **14.20 (84.0)** | **14.10 (84.0)** | **14.00 (84.0)** | **13.90 (84.0)** |
| **300M ENGEL** | **48.00 (76.2)** | **47.20 (76.2)** | **X** | **X** | **X** | **X** | **X** | **X** | **X** |
| **400M ENGEL** | **X** | **64.40 (76.2)** | **63.70 (76.2)** | **63.20 (76.2)** | **62.20 (76.2)** | **61.40 (76.2)** | **61.00 (76.2)** | **60.60 (76.2)** | **60.30 (76.2)** |
| **600M** | **1.40.00** | **1.38.00** | **X** | **X** | **X** | **X** | **X** | **X** | **X** |
| **800M**  | **2.19.00** | **2.17.00** | **2.15.50** | **2.13.50** | **2.12.00** | **2.10.00** | **2.09.50** | **2.09.00** | **2.08.00** |
| **1500M**  | **4.47.50** | **4.45.50** | **4.42.50** | **4.38.50** | **4.33.00** | **4.30.00** | **4.28.50** | **4.26.50** | **4.25.00** |
| **3000M**  | **X** | **X** | **10.04.30** | **9.58.30** | **9.51.50** | **9.47.50** | **X** | **X** | **X** |
| **5000M** | **X** | **X** | **X** | **X** | **17.15.00** | **17.10.00** | **16.50.00** | **16.45.00** | **16.40.00** |
| **2000M ENGEL** | **X** | **X** | **7.17.20** | **7.12.20** | **7.05.20** | **X** | **X** | **X** | **X** |
| **3000M ENGEL** | **X** | **X** | **X** | **X** | **10.48.00** | **10.46.00** | **10.39.00** | **10.36.00** | **10.33.00** |
| **YÜKSEK** | **1.60** | **1.64** | **1.68** | **1.70** | **1.74** | **1.75** | **1.77** | **1.78** | **1.80** |
| **SIRIK** | **3.10** | **3.20** | **3.40** | **3.50** | **3.70** | **3.80** | **3.90** | **4.00** | **4.10** |
| **UZUN**  | **5.25** | **5.35** | **5.50** | **5.60** | **5.75** | **5.85** | **6.00** | **6.05** | **6.10** |
| **ÜÇ ADIM** | **11.10** | **11.35** | **11.70** | **12.00** | **12.20** | **12.40** | **12.60** | **12.70** | **12.80** |
| **GÜLLE**  | **12.60 (3kg)** | **13.20 (3kg)** | **14.00 (3kg)** | **14.30 (3kg)** | **13.70 (4kg)** | **14.10 (4kg)** | **14.40 (4kg)** | **14.60 (4kg)** | **14.80 (4kg)** |
| **DİSK**  | **38.00 (750gr)** | **39.00 (750gr)** | **40.50 (1kg)** | **42.00 (1kg)** | **44.00 (1kg)** | **46.00(1kg)** | **47.50 (1kg)** | **48.50(1kg)**  | **49.50(1kg)**  |
| **CİRİT**  | **42.00 (400gr)** | **43.00 (400gr)** | **45.00 (500gr)** | **47.00 (500gr)** | **46.00 (600gr)** | **48.00 (600gr)** | **49.50 (600gr)** | **50.50 (600gr)** | **51.50 (600gr)** |
| **ÇEKİÇ**  | **48.00 (3kg)** | **50.00(3kg)** | **54.00 (3kg)** | **56.00 (3kg)** | **54.50 (4kg)** | **56.00 (4kg)** | **58.00 (4kg)** | **59.00 (4kg)** | **60.00 (4kg)** |
| **HEPTATLON** | **X** | **X** | **4100 puan** | **4300 puan** | **4500 puan** | **4600 puan** | **4800 puan** | **4900 puan** | **5000 puan** |
| **3 km Yürüyüş** | **15.20.00** | **15.10.00** | **X** | **X** | **X** | **X** | **X** | **X** | **X** |
| **5 km Yürüyüş** | **X** | **X** | **26.20.30** | **25.50.30** | **X** | **X** | **X** | **X** | **X** |
| **10km Yürüyüş** | **X** | **X** | **X** | **X** | **52.20.20** | **52.00.20** | **X** | **X** | **X** |
| **20km Yürüyüş** | **X** | **X** | **X** | **X** | **X** | **X** | **1.47.00** | **1.46.30** | **1.46.00** |