

Mannen masters limieten 2026. Op basis van age grading

Categorie	60m
M35	8,57
M40	8,76
M45	8,99
M50	9,22
M55	9,48
M60	9,76
M65	10,07
M70	10,41
M75	10,77
M80	11,18
M85	11,79
M90	12,78

Categorie	100m
M35	12,93
M40	13,38
M45	13,84
M50	14,32
M55	14,82
M60	15,35
M65	15,89
M70	16,46
M75	17,05
M80	17,67
M85	18,62
M90	20,22

Categorie	200m
M35	26,46
M40	27,32
M45	28,23
M50	29,16
M55	30,15
M60	31,17
M65	32,24
M70	33,37
M75	34,55
M80	36,14
M85	38,84
M90	43,19

Categorie	400m
M35	59,13
M40	1:01,06
M45	1:03,09
M50	1:05,21
M55	1:07,42
M60	1:09,74
M65	1:12,20
M70	1:14,76
M75	1:18,08
M80	1:23,35
M85	1:31,34
M90	1:43,57

Categorie	800m
M35	2:18,73
M40	2:24,32
M45	2:30,18
M50	2:36,36
M55	2:42,85
M60	2:49,70
M65	2:56,92
M70	3:04,57
M75	3:12,83
M80	3:25,20
M85	3:44,57
M90	4:14,82

Categorie	1500m
M35	4:46,55
M40	4:56,07
M45	5:06,55
M50	5:18,14
M55	5:30,98
M60	5:45,24
M65	6:01,17
M70	6:19,02
M75	6:39,16
M80	7:04,36
M85	7:44,47
M90	8:48,38

Categorie	3000m
M35	10:04,14
M40	10:26,52
M45	10:51,11
M50	11:18,22
M55	11:48,22
M60	12:21,57
M65	12:58,79
M70	13:40,56
M75	14:27,73
M80	15:21,37
M85	16:40,85
M90	18:54,24

Categorie	5000m
M35	17:14,84
M40	17:47,00
M45	18:32,81
M50	19:22,77
M55	20:17,15
M60	21:16,57
M65	22:21,74
M70	23:33,61
M75	24:53,23
M80	26:21,98
M85	28:35,14
M90	32:22,95

Categorie	10.000m
M35	36:14,63
M40	37:40,17
M45	39:10,99
M50	40:47,63
M55	42:30,68
M60	44:20,86
M65	46:18,95
M70	48:25,88
M75	50:42,73
M80	53:33,51
M85	58:28,09
M90	1:06:41,89

Categorie	60m horden
M35	10,21
M40	10,53
M45	10,89
M50	11,17
M55	11,62
M60	11,69
M65	12,22
M70	12,49
M75	13,15
M80	14,08
M85	15,55
M90	17,91

Categorie	Korte horden
M35	18,00
M40	18,65
M45	19,39
M50	18,55
M55	19,42
M60	18,94
M65	20,01
M70	16,62
M75	17,72
M80	19,08
M85	21,13
M90	24,35

Categorie	Lange horden
M35	1:05,87
M40	1:08,67
M45	1:11,72
M50	1:15,07
M55	1:18,74
M60	55,31
M65	58,31
M70	1:01,64
M75	1:05,38
M80	46,76
M85	51,94
M90	1:00,00

Categorie	Steeple
M35	11:05,29
M40	11:34,01
M45	12:05,30
M50	12:39,56
M55	13:17,20
M60	8:45,73
M65	9:14,65
M70	9:46,95
M75	10:23,24
M80	11:12,71
M85	12:27,85
M90	14:24,70

Categorie	3000m Snelwandelen
M35	15:33,57
M40	15:55,91
M45	16:32,28
M50	17:12,63
M55	17:57,57
M60	18:47,77
M65	19:44,13
M70	20:47,71
M75	21:59,89
M80	23:22,43
M85	24:57,55
M90	26:48,25

Categorie	5000m Snelwandelen
M35	26:13,96
M40	27:06,07
M45	28:05,41
M50	29:12,11
M55	30:27,26
M60	31:52,25
M65	33:28,71
M70	35:18,84
M75	37:25,35
M80	39:51,82
M85	42:42,95
M90	46:05,12

Categorie	Hoogspringen
M35	1,69
M40	1,61
M45	1,54
M50	1,46
M55	1,39
M60	1,32
M65	1,25
M70	1,19
M75	1,12
M80	1,06
M85	1,00
M90	0,92

Categorie	Polstok
M35	3,12
M40	2,95
M45	2,78
M50	2,62
M55	2,45
M60	2,29
M65	2,13
M70	1,97
M75	1,81
M80	1,65
M85	1,47
M90	1,25

Categorie	Verspringen
M35	5,17
M40	4,90
M45	4,63
M50	4,37
M55	4,12
M60	3,87
M65	3,63
M70	3,40
M75	3,17
M80	2,91
M85	2,60
M90	2,23

Categorie	Hinkstapsprong
M35	10,96
M40	10,40
M45	9,85
M50	9,29
M55	8,74
M60	8,18
M65	7,63
M70	7,07
M75	6,52
M80	5,96
M85	5,40
M90	4,84

Categorie	Kogelstoten
M35	11,17
M40	10,51
M45	9,85
M50	10,12
M55	9,41
M60	9,54
M65	8,78
M70	8,97
M75	8,13
M80	8,42
M85	7,46
M90	6,50

Categorie	Discuswerpen
M35	30,90
M40	30,33
M45	28,46
M50	30,66
M55	28,42
M60	32,01
M65	29,18
M70	26,31
M75	23,40
M80	20,46
M85	17,48
M90	14,48

Categorie	Kogelslingeren
M35	33,94
M40	32,34
M45	30,34
M50	31,11
M55	28,81
M60	28,99
M65	26,38
M70	26,55
M75	23,57
M80	23,74
M85	20,23
M90	16,70

Categorie	Speerwerpen
M35	40,57
M40	37,75
M45	34,97
M50	34,45
M55	31,54
M60	30,96
M65	27,89
M70	27,21
M75	23,88
M80	23,01
M85	19,34
M90	15,69

Categorie	5 kamp (pnt)
M35	2500
M40	2500
M45	2500
M50	2500
M55	2500
M60	2500
M65	2500
M70	2500
M75	2500
M80	2500
M85	2500
M90	2500

Categorie	Gewicht
M35	10,34
M40	9,70
M45	9,07
M50	10,37
M55	9,66
M60	10,27
M65	9,53
M70	10,08
M75	9,21
M80	9,81
M85	8,59
M90	7,27