

Vrouwen masters limieten 2026. Op basis van age grading.

Categorie	60m
M35	9,38
M40	9,40
M45	9,76
M50	10,14
M55	10,52
M60	10,91
M65	11,30
M70	11,70
M75	12,12
M80	12,64
M85	13,45
M90	14,67

Categorie	100m
M35	14,23
M40	14,50
M45	15,07
M50	15,67
M55	16,31
M60	16,98
M65	17,70
M70	18,47
M75	19,29
M80	20,21
M85	21,59
M90	23,68

Categorie	200m
M35	29,07
M40	29,70
M45	30,89
M50	32,16
M55	33,51
M60	34,98
M65	36,56
M70	38,27
M75	40,14
M80	42,28
M85	45,60
M90	50,79

Categorie	400m
M35	1:06,43
M40	1:08,84
M45	1:11,55
M50	1:14,60
M55	1:18,07
M60	1:22,01
M65	1:26,53
M70	1:31,73
M75	1:37,77
M80	1:45,70
M85	1:56,98
M90	2:13,46

Categorie	800m
M35	2:37,30
M40	2:43,32
M45	2:49,94
M50	2:57,20
M55	3:05,24
M60	3:14,17
M65	3:24,14
M70	3:35,32
M75	3:48,09
M80	4:05,82
M85	4:31,84
M90	5:10,91

Categorie	1500m
M35	5:21,24
M40	5:33,86
M45	5:47,54
M50	6:02,42
M55	6:18,65
M60	6:36,45
M65	6:56,03
M70	7:17,67
M75	7:42,72
M80	8:19,08
M85	9:13,12
M90	10:35,42

Categorie	3000m
M35	11:22,93
M40	11:39,21
M45	12:10,05
M50	12:44,34
M55	13:22,64
M60	14:05,65
M65	14:54,23
M70	15:49,48
M75	16:52,83
M80	18:06,10
M85	19:45,17
M90	22:27,70

Categorie	5000m
M35	19:22,90
M40	20:06,27
M45	20:55,37
M50	21:51,09
M55	22:54,53
M60	24:07,09
M65	25:30,56
M70	27:07,27
M75	29:00,28
M80	31:13,75
M85	34:07,30
M90	38:51,52

Categorie	10.000m
M35	40:16,79
M40	41:45,68
M45	43:26,08
M50	45:19,75
M55	47:28,83
M60	49:56,03
M65	52:44,80
M70	55:59,60
M75	59:46,28
M80	1:04:12,65
M85	1:10:00,09
M90	1:19:40,44

Categorie	60m horden
M35	10,75
M40	11,58
M45	11,97
M50	12,14
M55	12,60
M60	13,13
M65	13,71
M70	14,46
M75	15,53
M80	17,04
M85	19,22
M90	22,51

Categorie	Korte horden
M35	17,19
M40	15,02
M45	15,57
M50	16,11
M55	16,76
M60	17,47
M65	18,26
M70	19,28
M75	20,71
M80	22,72
M85	25,65
M90	30,03

Categorie	Lange horden
M35	1:13,81
M40	1:16,52
M45	1:19,45
M50	1:01,92
M55	1:04,47
M60	1:07,26
M65	1:10,28
M70	47,46
M75	50,50
M80	54,95
M85	1:01,53
M90	1:11,60

Categorie	Steeple
M35	8:36,99
M40	9:02,36
M45	9:29,53
M50	9:58,75
M55	10:30,25
M60	11:04,31
M65	11:43,00
M70	12:33,28
M75	13:39,84
M80	15:09,82
M85	17:15,72
M90	20:21,23

Categorie	3000m snelwandelen
M35	16:51,74
M40	17:36,91
M45	18:26,09
M50	19:19,83
M55	20:18,84
M60	21:23,92
M65	22:36,10
M70	23:56,59
M75	25:26,95
M80	27:09,13
M85	29:05,64
M90	31:19,72

Categorie	5000m snelwandelen
M35	29:03,91
M40	30:07,90
M45	31:19,49
M50	32:39,79
M55	34:10,16
M60	35:52,29
M65	37:48,34
M70	40:00,97
M75	42:33,70
M80	45:31,09
M85	48:59,25
M90	53:06,54

Categorie	Hoogspringen
M35	1,44
M40	1,37
M45	1,30
M50	1,24
M55	1,18
M60	1,12
M65	1,06
M70	1,01
M75	0,96
M80	0,91
M85	0,86
M90	0,79

Categorie	Polstok
M35	2,58
M40	2,43
M45	2,28
M50	2,14
M55	2,01
M60	1,88
M65	1,75
M70	1,63
M75	1,50
M80	1,36
M85	1,20
M90	1,01

Categorie	Verspringen
M35	4,31
M40	4,08
M45	3,86
M50	3,64
M55	3,43
M60	3,22
M65	3,02
M70	2,83
M75	2,63
M80	2,41
M85	2,14
M90	1,84

Categorie	Hinkstapsprong
M35	9,37
M40	8,79
M45	8,24
M50	7,72
M55	7,23
M60	6,77
M65	6,32
M70	5,90
M75	5,50
M80	5,05
M85	4,52
M90	3,89

Categorie	Kogelstoten
M35	10,25
M40	9,51
M45	8,81
M50	9,38
M55	8,60
M60	7,85
M65	7,11
M70	6,39
M75	6,95
M80	6,09
M85	5,25
M90	4,41

Categorie	Discuswerpen
M35	30,73
M40	28,63
M45	26,10
M50	23,73
M55	21,49
M60	19,36
M65	17,32
M70	15,38
M75	15,58
M80	13,48
M85	11,45
M90	9,46

Categorie	Kogelslingeren
M35	31,39
M40	28,58
M45	25,96
M50	27,15
M55	24,50
M60	21,98
M65	19,59
M70	17,31
M75	19,84
M80	17,06
M85	14,36
M90	11,74

Categorie	Speerwerpen
M35	29,66
M40	26,87
M45	24,30
M50	24,00
M55	21,57
M60	19,29
M65	17,17
M70	15,17
M75	14,86
M80	12,87
M85	10,96
M90	9,09

Categorie	5 kamp (pnt)
M35	2300
M40	2300
M45	2300
M50	2300
M55	2300
M60	2300
M65	2300
M70	2300
M75	2300
M80	2300
M85	2300
M90	2300

Categorie	Gewicht
M35	9,89
M40	9,16
M45	8,44
M50	8,87
M55	8,10
M60	8,74
M65	7,88
M70	7,02
M75	7,45
M80	6,46
M85	5,48
M90	4,52