

| Note | 80 m | | | | 100 m |
|------|-------|-------|-------|-------|----------|
| | 1. KI | 2. KI | 3. KI | 4. KI | 5./6. KI |
| 6 | 12.2 | 12.0 | 11.8 | 11.6 | 14.5 |
| 5.9 | | | | | |
| 5.8 | 12.3 | 12.1 | 11.9 | 11.7 | 14.6 |
| 5.7 | | | | | |
| 5.6 | 12.4 | 12.2 | 12.0 | 11.8 | 14.7 |
| 5.5 | | | | | |
| 5.4 | 12.5 | 12.3 | 12.1 | 11.9 | 14.8 |
| 5.3 | | | | | |
| 5.2 | 12.6 | 12.4 | 12.2 | 12.0 | 14.9 |
| 5.1 | | | | | |
| 5 | 12.7 | 12.5 | 12.3 | 12.1 | 15.0 |
| 4.9 | | | | | |
| 4.8 | 12.9 | 12.7 | 12.5 | 12.3 | 15.2 |
| 4.7 | | | | | |
| 4.6 | 13.1 | 12.9 | 12.7 | 12.5 | 15.4 |
| 4.5 | | | | | |
| 4.4 | 13.3 | 13.1 | 12.9 | 12.7 | 15.6 |
| 4.3 | | | | | |
| 4.2 | 13.5 | 13.3 | 13.1 | 12.9 | 15.8 |
| 4.1 | | | | | |
| 4 | 13.7 | 13.5 | 13.3 | 13.1 | 16.0 |
| 3.9 | | | | | |
| 3.8 | 14.0 | 13.8 | 13.6 | 13.4 | 16.3 |
| 3.7 | | | | | |
| 3.6 | 14.3 | 14.1 | 13.9 | 13.7 | 16.6 |
| 3.5 | | | | | |
| 3.4 | 14.6 | 14.4 | 14.2 | 14.0 | 16.9 |
| 3.3 | | | | | |
| 3.2 | 14.9 | 14.7 | 14.5 | 14.3 | 17.2 |
| 3.1 | | | | | |
| 3 | 15.2 | 15.0 | 14.8 | 14.6 | 17.5 |
| 2.9 | | | | | |
| 2.8 | 15.5 | 15.3 | 15.1 | 14.9 | 17.8 |
| 2.7 | | | | | |
| 2.6 | 15.8 | 15.6 | 15.4 | 15.2 | 18.1 |
| 2.5 | | | | | |
| 2.4 | 16.1 | 15.9 | 15.7 | 15.5 | 18.4 |
| 2.3 | | | | | |
| 2.2 | 16.4 | 16.2 | 16.0 | 15.8 | 18.7 |
| 2.1 | | | | | |
| 2 | 16.7 | 16.5 | 16.3 | 16.1 | 19.0 |

| Note | 12 Min.-Lauf | | | |
|------|--------------|-------|-------|-------------|
| | 1. KI | 2. KI | 3. KI | 4./5./6. KI |
| 6 | 2350 | 2400 | 2450 | 2510 |
| 5.9 | 2330 | 2380 | 2420 | 2480 |
| 5.8 | 2300 | 2350 | 2390 | 2450 |
| 5.7 | 2280 | 2320 | 2360 | 2420 |
| 5.6 | 2250 | 2290 | 2330 | 2390 |
| 5.5 | 2220 | 2260 | 2300 | 2360 |
| 5.4 | 2190 | 2230 | 2270 | 2330 |
| 5.3 | 2170 | 2200 | 2240 | 2300 |
| 5.2 | 2140 | 2170 | 2210 | 2270 |
| 5.1 | 2110 | 2140 | 2180 | 2240 |
| 5 | 2080 | 2120 | 2150 | 2210 |
| 4.9 | 2060 | 2100 | 2130 | 2190 |
| 4.8 | 2030 | 2080 | 2110 | 2170 |
| 4.7 | 2010 | 2050 | 2090 | 2150 |
| 4.6 | 1990 | 2030 | 2070 | 2130 |
| 4.5 | 1970 | 2010 | 2040 | 2100 |
| 4.4 | 1950 | 1980 | 2020 | 2080 |
| 4.3 | 1930 | 1960 | 2000 | 2060 |
| 4.2 | 1900 | 1940 | 1980 | 2040 |
| 4.1 | 1880 | 1910 | 1960 | 2020 |
| 4 | 1860 | 1890 | 1930 | 1990 |
| 3.9 | 1850 | 1880 | 1910 | 1970 |
| 3.8 | 1830 | 1860 | 1890 | 1950 |
| 3.7 | 1810 | 1840 | 1870 | 1930 |
| 3.6 | 1790 | 1820 | 1850 | 1910 |
| 3.5 | 1770 | 1800 | 1830 | 1890 |
| 3.4 | 1750 | 1780 | 1810 | 1870 |
| 3.3 | 1740 | 1760 | 1790 | 1850 |
| 3.2 | 1720 | 1740 | 1770 | 1830 |
| 3.1 | 1710 | 1720 | 1750 | 1810 |
| 3 | 1690 | 1710 | 1730 | 1790 |
| 2.9 | 1680 | 1700 | 1710 | 1770 |
| 2.8 | 1660 | 1680 | 1700 | 1760 |
| 2.7 | 1650 | 1670 | 1690 | 1750 |
| 2.6 | 1630 | 1650 | 1680 | 1740 |
| 2.5 | 1620 | 1640 | 1670 | 1730 |
| 2.4 | 1600 | 1620 | 1650 | 1710 |
| 2.3 | 1590 | 1610 | 1640 | 1700 |
| 2.2 | 1570 | 1590 | 1630 | 1690 |
| 2.1 | 1560 | 1580 | 1620 | 1680 |
| 2 | 1540 | 1560 | 1600 | 1660 |

| Note | 3000m | | | |
|------|-------|-------|-------|-------------|
| | 1. KI | 2. KI | 3. KI | 4./5./6. KI |
| 6 | 15.20 | 15.00 | 14.40 | 14.20 |
| 5.9 | 15.32 | 15.12 | 14.52 | 14.32 |
| 5.8 | 15.44 | 15.24 | 15.04 | 14.44 |
| 5.7 | 15.56 | 15.36 | 15.16 | 14.56 |
| 5.6 | 16.08 | 15.48 | 15.28 | 15.08 |
| 5.5 | 16.20 | 16.00 | 15.40 | 15.20 |
| 5.4 | 16.32 | 16.12 | 15.52 | 15.32 |
| 5.3 | 16.44 | 16.24 | 16.04 | 15.44 |
| 5.2 | 16.56 | 16.36 | 16.16 | 15.56 |
| 5.1 | 17.08 | 16.48 | 16.28 | 16.08 |
| 5 | 17.20 | 17.00 | 16.40 | 16.20 |
| 4.9 | 17.32 | 17.12 | 16.52 | 16.32 |
| 4.8 | 17.44 | 17.24 | 17.04 | 16.44 |
| 4.7 | 17.56 | 17.36 | 17.16 | 16.56 |
| 4.6 | 18.08 | 17.48 | 17.28 | 17.08 |
| 4.5 | 18.20 | 18.00 | 17.40 | 17.20 |
| 4.4 | 18.32 | 18.12 | 17.52 | 17.32 |
| 4.3 | 18.44 | 18.24 | 18.04 | 17.44 |
| 4.2 | 18.56 | 18.36 | 18.16 | 17.56 |
| 4.1 | 19.08 | 18.48 | 18.28 | 18.08 |
| 4 | 19.20 | 19.00 | 18.40 | 18.20 |
| 3.9 | 19.32 | 19.12 | 18.52 | 18.32 |
| 3.8 | 19.44 | 19.24 | 19.04 | 18.44 |
| 3.7 | 19.56 | 19.36 | 19.16 | 18.56 |
| 3.6 | 20.08 | 19.48 | 19.28 | 19.08 |
| 3.5 | 20.20 | 20.00 | 19.40 | 19.20 |
| 3.4 | 20.32 | 20.12 | 19.52 | 19.32 |
| 3.3 | 20.44 | 20.24 | 20.04 | 19.44 |
| 3.2 | 20.56 | 20.36 | 20.16 | 19.56 |
| 3.1 | 21.08 | 20.48 | 20.28 | 20.08 |
| 3 | 21.20 | 21.00 | 20.40 | 20.20 |
| 2.9 | 21.32 | 21.12 | 20.52 | 20.32 |
| 2.8 | 21.44 | 21.24 | 21.04 | 20.44 |
| 2.7 | 21.56 | 21.36 | 21.16 | 20.56 |
| 2.6 | 22.08 | 21.48 | 21.28 | 21.08 |
| 2.5 | 22.20 | 22.00 | 21.40 | 21.20 |
| 2.4 | 22.32 | 22.12 | 21.52 | 21.32 |
| 2.3 | 22.44 | 22.24 | 22.04 | 21.44 |
| 2.2 | 22.56 | 22.36 | 22.16 | 21.56 |
| 2.1 | 23.08 | 22.48 | 22.28 | 22.08 |
| 2 | 23.20 | 23.00 | 22.40 | 22.20 |

| Note | 60m Hürden * | |
|------|--------------|----------|
| | 4. KI | 5./6. KI |
| 6 | 11.5 | 11.0 |
| 5.9 | 11.6 | 11.1 |
| 5.8 | 11.7 | 11.2 |
| 5.7 | 11.8 | 11.3 |
| 5.6 | 11.9 | 11.4 |
| 5.5 | 12.0 | 11.5 |
| 5.4 | 12.1 | 11.6 |
| 5.3 | 12.2 | 11.7 |
| 5.2 | 12.3 | 11.8 |
| 5.1 | 12.4 | 11.9 |
| 5 | 12.5 | 12.0 |
| 4.9 | 12.6 | 12.1 |
| 4.8 | 12.7 | 12.2 |
| 4.7 | 12.8 | 12.3 |
| 4.6 | 12.9 | 12.4 |
| 4.5 | 13.0 | 12.5 |
| 4.4 | 13.1 | 12.6 |
| 4.3 | 13.2 | 12.7 |
| 4.2 | 13.3 | 12.8 |
| 4.1 | 13.4 | 12.9 |
| 4 | 13.5 | 13.0 |
| 3.9 | 13.6 | 13.1 |
| 3.8 | 13.7 | 13.2 |
| 3.7 | 13.8 | 13.3 |
| 3.6 | 13.9 | 13.4 |
| 3.5 | 14.0 | 13.5 |
| 3.4 | 14.1 | 13.6 |
| 3.3 | 14.2 | 13.7 |
| 3.2 | 14.3 | 13.8 |
| 3.1 | 14.4 | 13.9 |
| 3 | 14.5 | 14.0 |
| 2.9 | 14.6 | 14.1 |
| 2.8 | 14.7 | 14.2 |
| 2.7 | 14.8 | 14.3 |
| 2.6 | 14.9 | 14.4 |
| 2.5 | 15.0 | 14.5 |
| 2.4 | 15.1 | 14.6 |
| 2.3 | 15.2 | 14.7 |
| 2.2 | 15.3 | 14.8 |
| 2.1 | 15.4 | 14.9 |
| 2 | 15.5 | 15.0 |