



21. Ostseepokal der U10 - U14 Rostock, 13. Mai 2023

Richtwerte

Männlich	Weit	Hoch	Ball
M8	2,40 m		15,0 m
M9	2,70 m		17,5 m
M10	3,10 m		20,0 m
M11	3,50 m		25,0 m
M12	3,90 m	1,20 m	30,0 m
M13	4,20 m	1,25 m	35,0 m

Weiblich	Weit	Hoch	Ball
W8	2,55 m		10,0 m
W9	2,90 m		12,5 m
W10	3,25 m		15,0 m
W11	3,65 m		20,0 m
W12	4,00 m	1,15 m	25,0 m
W13	4,10 m	1,25 m	25,0 m



21th Baltic Sea Cup Rostock 13th of May 2023

Values for the orientation

Boys	Long Jump	High Jump	Ball
M8	2,40 m		15,0 m
M9	2,70 m		17,5 m
M10	3,10 m		20,0 m
M11	3,50 m		25,0 m
M12	3,90 m	1,20 m	30,0 m
M13	4,20 m	1,25 m	35,0 m

Girls	Long Jump	High Jump	Ball
W8	2,55 m		10,0 m
W9	2,90 m		12,5 m
W10	3,25 m		15,0 m
W11	3,65 m		20,0 m
W12	4,00 m	1,15 m	25,0 m
W13	4,10 m	1,25 m	25,0 m