

Grilles de Performances LANA 2022/2023

Femmes et Hommes

Grille PERFORMANCES LANA 2022/2023 FEMMES

| Epreuves | MIN 2 | CA 1 | CA 2 | JU 1 | JU2 | ESPOIR |
|--------------------|--------|--------|--------|--------|--------|--------|
| 80m / 100m | 1024 | 1235 | 1225 | 1220 | 1210 | 1200 |
| 120m / 200m | 1510 | 2540 | 2515 | 2505 | 2480 | 2460 |
| 400m | | 5890 | 5840 | 5800 | 5720 | 5610 |
| 1000m / 800m | 30500 | 21750 | 21650 | 21600 | 21450 | 21200 |
| 1500m | | 44900 | 44500 | 44500 | 43900 | 43600 |
| 2000m/3000m/5000m | 70000 | 104500 | 103800 | 103300 | 102500 | 182000 |
| Steeple | | 74500 | 73500 | 73500 | 73000 | 113000 |
| 80mh / 100mh | 1210 | 1450 | 1435 | 1460 | 1440 | 1410 |
| 200mh / 400m h | 3065 | 6555 | 6475 | 6475 | 6375 | 6250 |
| Hauteur | 160 | 164 | 166 | 166 | 168 | 170 |
| Perche | 305 | 325 | 335 | 340 | 350 | 360 |
| Longueur | 540 | 560 | 570 | 570 | 575 | 580 |
| Triple | 1130 | 1150 | 1170 | 1170 | 1180 | 1200 |
| Poids | 1160 | 1260 | 1300 | 1125 | 1160 | 1260 |
| Disque | 3300 | 3400 | 3600 | 3600 | 3750 | 4000 |
| Marteau | 4150 | 4700 | 4900 | 4400 | 4600 | 4800 |
| Javelot | 3400 | 3700 | 3900 | 3700 | 3850 | 4100 |
| Ep. Comb. | 4000 | 4350 | 4500 | 4300 | 4400 | 4700 |
| Marche (3000/5000) | 172000 | 280000 | 273000 | 585000 | 585000 | 20500 |



Grilles PERFORMANCES LANA 2022/2023 HOMMES

| Epreuves | MIN 2 | CA 1 | CA 2 | JU 1 | JU2 | ESPOIR |
|---------------------------|--------|--------|--------|--------|--------|--------|
| 80m / 100m | 930 | 1110 | 1100 | 1090 | 1080 | 1070 |
| 120m / 200m | 1350 | 2250 | 2230 | 2210 | 2190 | 2160 |
| 400m | | 5050 | 5005 | 4930 | 4900 | 4835 |
| 1000m / 800m | 24100 | 15650 | 15550 | 15350 | 15250 | 15100 |
| 1500m | | 40400 | 40000 | 35700 | 35500 | 35000 |
| 2000m/3000m/5000m | 60000 | 90000 | 85500 | 153000 | 152000 | 144500 |
| Steeple | | 62200 | 61700 | 94300 | 93600 | 91700 |
| 100 / 110mh | 1380 | 1455 | 1440 | 1455 | 1440 | 1450 |
| 200mh / 400m h | 2765 | 5655 | 5585 | 5530 | 5470 | 5380 |
| Hauteur | 182 | 193 | 195 | 197 | 200 | 204 |
| Perche | 380 | 430 | 440 | 445 | 470 | 490 |
| Longueur | 635 | 675 | 685 | 695 | 705 | 720 |
| Triple | 1300 | 1380 | 1410 | 1430 | 1460 | 1480 |
| Poids | 1400 | 1440 | 1490 | 1400 | 1460 | 1395 |
| Disque | 4100 | 4350 | 4550 | 4250 | 4400 | 4400 |
| Marteau | 4600 | 5100 | 5400 | 5000 | 5300 | 4800 |
| Javelot | 4800 | 5100 | 5300 | 5250 | 5450 | 5600 |
| Ep. Comb. | 4300 | 5930 | 6000 | 6250 | 6280 | 6600 |
| Marche (3000/5000) | 162000 | 255000 | 260000 | 520000 | 520000 | 15000 |

