

**Vieglatlētikas KLASIFIKĀCIJA**  
**2018.- 2020. gadam**

<b>Vīrieši</b>	<b>Lielmeistars</b>	<b>Meistars</b>	<b>Meistarkandidāts</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>I j.</b>	<b>II j.</b>	<b>III j.</b>
30m						4,54	4,5	4,7	5,0
60m	6,70	6,84	7,04	7,24	7,44	7,84	7,9	8,5	8,9
100m	10,34	10,64	10,94	11,34	11,94	12,64	13,0	13,6	14,2
200m	20,74	21,34	22,04	23,14	24,24	25,94	28,0	29,2	30,5
300m			34,04	35,54	37,54	40,24	43,4	46,2	49,0
400m	45,90	47,50	49,34	50,94	53,94	57,94	1:00,2	1:04,0	1:06,0
600m			1:19,00	1:22,50	1:28,00	1:36,00	1:42,0	1:50,0	1:58,0
800m	1:46,50	1:49,50	1:54,00	1:58,00	2:09,00	2:20,00	2:30,0	2:45,0	2:55,0
1000m	2:18,00	2:21,00	2:27,00	2:35,00	2:47,00	3:00,00	3:15,0	3:30,0	3:40,0
1500m	3:38,00	3:47,00	3:55,00	4:04,00	4:20,00	4:40,00	5:00,0	5:25,0	5:40,0
3000m	7:52,00	8:05,00	8:26,00	8:55,00	9:30,00	10:20,00	11:00,0	12:00,0	12:30,0
5000m	13:30,00	14:00,00	14:35,00	15:20,00	16:25,00	17:50,00	18:50,0	20:30,0	
10000m	28:20,00	29:30,00	31:00,00	32:30,00	34:30,00	37:30,00			
4x100m	39,10	41,24	42,74	44,24	46,24	49,24	50,9	53,2	56,0
4x400m	3:04,30	3:09,00	3:16,00	3:24,00	3:36,00	3:52,14	4:00,0	4:12,0	4:24,0
400m+300m+200m+100m				2:00,00	2:05,00	2:10,00	2:20,00	2:25,0	2:30,0
60mb	7,75	8,10	8,44	8,94	9,44	10,14			
60mb (1.00cm)			8,34	8,74	9,24	9,94			
60mb (91.4cm)			8,24	8,44	8,94	9,74	10,2	10,8	
60mb (84cm)				8,64	8,94	9,84	10,3	11,0	12,0
110mb	13,70	14,34	15,14	16,04	17,04	18,54			
110mb (1.00cm)			14,84	15,54	16,54	18,14			
110mb (91.4cm)			14,64	15,14	16,04	17,74	18,8	20,0	
110mb (84cm)				15,44	16,14	17,64	19,5	21,5	22,5
300mb			38,74	40,74	43,24	47,24	50,0	52,0	
400mb	49,50	52,64	55,14	58,64	1:02,64	1:08,14	1:11,0	1:16,0	
1500m kav.			4:12,00	4:36,00	4:54,00	5:20,00	5:36,0	5:57,0	6:23,0
2000m kav.		5:45,00	6:00,00	6:20,00	6:46,00	7:23,00	7:40,0	8:40,0	
3000m kav.	8:30,00	8:50,00	9:20,00	9:50,00	10:30,00	11:25,00			

**Vieglatlētikas KLASIFIKĀCIJA**  
**2018.- 2020. gadam**

<b>Vīrieši</b>	<b>Lielmeistars</b>	<b>Meistars</b>	<b>Meistarkandidāts</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>I j.</b>	<b>II j.</b>	<b>III j.</b>
<b>Šosejas skrējieni</b>									
5km			15:00	15:30	16:15	17:30	18:30	19:30	
10km	28:20,00	29:30,00	31:00	32:30	34:00	37:00			
15km			47:00	49:00	51:30	56:00			
Pusmaratons	1.02:30	1.05:30	1.08:00	1.12:00	1.16:00	1.23:00			
Maratons	2.14:00	2.22:00	2.28:00	2.37:00	3.00:00	3.40:00			
50km	3.05:00	3.15:00	3.30:00	3.50:00	4.10:00	4.30:00			
100km	7.00:00	7.30:00	8.00:00	9.00:00	10.00:00	12.00:00			
24h	250	240	220	200	180	160			
<b>Kross</b>									
0.8km							2:30	2:40	2:50
1km					2:45	3:00	3:05	3:10	3:20
1.5km					4:25	4:54	5:20	5:40	
2km					6:05	6:35	6:45	7:10	7:25
3km			8:28	8:50	9:30	10:10	10:40	11:20	11:40
5km			14:40	15:20	16:20	17:30	18:20	19:00	20:00
6km			17:50	18:45	20:00	22:00	25:00		
8km			24:20	25:20	27:00	29:00	30:00		
10km			30:45	32:15	34:30	38:00			
12km			37:40	39:15	42:20	46:30			
14km			44:20	46:30	50:00	55:00			
<b>Soļošana</b>									
1000m/ 1km				4:05	4:35	4:45	5:00	5:15	5:40
2000m/ 2km				8:30	9:20	10:00	10:50	11:50	12:30
3000m/ 3km	11:30,00	12:15,00	12:45,00	13:30,00	14:30,00	16:00,00	17:00,0	18:00,0	19:00,0
5000m/ 5km	20:00,00	21:00,00	22:00,00	23:00,00	25:00,00	27:30,00	30:00,00	31:30,0	33:00,0
10000m/ 10km	41:00,00	43:00,00	45:30,00	47:30,00	52:30,00	57:30,00	1.01:0	1.05:0	
20km	1.23:30	1.31:00	1.37:00	1.44:00	1.52:00	finišēt			
30km	2.07:00	2.20:00	2.30:00	2.45:00	3.00:00	finišēt	finišēt		
50km	4.00:00	4.20:00	4.45:00	5.15:00	finišēt	finišēt			

**Vieglatlētikas KLASIFIKĀCIJA**  
**2018.- 2020. gadam**

<b>Vīrieši</b>	<b>Lielmeistars</b>	<b>Meistars</b>	<b>Meistarkandidāts</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>I j.</b>	<b>II j.</b>	<b>III j.</b>
Augstlēcšana	2.25	2.15	2.02	1.90	1.75	1.65	1.55	1.45	1.30
Kārtslēcšana	5.50	5.00	4.50	4.10	3.50	3.00	2.60	2.00	1.80
Tāllēcšana	8.00	7.60	7.10	6.60	6.10	5.55	5.00	4.60	4.00
Trīsoļlēcšana	16.85	16.20	15.30	14.20	13.20	12.00	11.50	10.50	10.00
Diska mešana 2kg	61.00	54.50	49.00	44.00	37.00	30.00			
Diska mešana 1.75kg			53.00	45.50	37.50	32.00	28.00		
Diska mešana 1.5kg			58.00	52.00	43.00	37.00	30.00	25.00	
Diska mešana 1kg				58.00	50.00	43.00	35.00	32.00	28.00
Vesera mešana 7.257kg	74.00	67.00	60.00	54.00	47.00	38.00			
Vesera mešana 6kg		72.00	64.00	59.00	52.00	43.00	36.00	31.00	
Vesera mešana 5kg			68.00	64.00	57.00	47.00	38.00	32.00	28.00
Vesera mešana 4kg				68.00	60.00	53.00	43.00	37.00	30.00
Vesera mešana 3kg					65.00	60.00	50.00	40.00	32.00
Šķēpa mešana 800g	82.00	73.00	68.00	62.00	54.00	48.00			
Šķēpa mešana 700g			67.00	61.00	55.00	45.00	40.00	35.00	
Šķēpa mešana 600g				64.00	56.00	48.00	45.00	41.00	35.00
Šķēpa mešana 400g							47.00	40.00	30.00
Lodes grūšana 7.257kg	19.00	17.20	15.60	14.00	12.00	10.00			
Lodes grūšana 6kg			17.20	15.50	13.00	11.50	9.60	8.60	
Lodes grūšana 5kg			17.50	16.50	15.00	12.80	10.00	9.00	8.00
Lodes grūšana 4kg					14.50	13.00	11.00	10.00	9.00
Lodes grūšana 3kg						12.00	10.00	9.00	8.00
<b>Daudzcīņa</b>									
10- cīņa	7950	7300	6600	6000	5000	4100			
10- cīņa junioriem		7300	6500	6000	5000	4000			
10- cīņa jauniešiem			6700	6200	5300	4300	3300	2600	2400
9- cīņa zēniem			6000	5300	4700	3800	3000	2600	2200
8- cīņa zēniem			5200	4500	3900	3300	2800	2400	2200
7- cīņa	5800	5200	4750	4000	3400	2800	2400	2100	2000
7- cīņa jauniešiem, junioriem			4050	3550	2950	2300	2000	1700	1300
7- cīņa zēniem				4300	3850	3350	2850	2400	1800
5- cīņa			3600	3200	2700	2200	1950	1650	1250

**Vieglatlētikas KLASIFIKĀCIJA  
2018.- 2020. gadam**

<b>Vīrieši</b>	<b>Lielmeistars</b>	<b>Meistars</b>	<b>Meistarkandidāts</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>I j.</b>	<b>II j.</b>	<b>III j.</b>
<b>Skrējieni telpās</b>									
30m						4,54	4,5	4,7	5,0
60m	6,70	6,84	7,04	7,24	7,44	7,84	7,9	8,5	8,9
200m	21,10	21,84	22,74	23,64	24,84	26,54	27,3	28,6	30,0
300m			34,74	36,24	38,24	40,84	44,0	46,5	49,0
400m	46,80	47,94	49,94	52,64	55,14	58,94	1:01,0	1:04,0	1:07,0
600m			1:22,64	1:26,64	1:31,14	1:37,64	1:41,5	1:46,5	1:55,0
800m	1:48,50	1:51,14	1:56,64	2:02,14	2:11,14	2:22,14	2:30,0	2:50,0	3:10,0
1000m	2:20,00	2:24,0	2:30,00	2:37,00	2:49,00	3:02,00	3:12,0	3:27,0	3:44,0
1500m	3:40,00	3:48,00	3:57,00	4:10,00	4:27,00	4:52,00	5:07,0	5:40,0	5:57,0
3000m	7:55,00	8:08,00	8:29,00	8:58,00	9:33,00	10:23,00	10:53,0	11:33,0	
4x200m			1:29,00	1:32,00	1:38,00	1:45,50	1:48,0	1:53,0	2:00,0
4x400m	3:06,00	3:12,00	3:20,00	3:28,00	3:40,00	3:56,00	4:04,0	4:16,0	4:28,0
60mb	7,75	8,10	8,44	8,94	9,44	10,14			
60mb (1.00cm)			8,34	8,74	9,24	9,94			
60mb (91.4cm)			8,24	8,44	8,94	9,74	10,2	10,8	
60mb (84cm)				8,64	8,94	9,84	10,3	11,0	12,0
1500m kav.				4:30,00	4:48,00	5:14,00	5:30,0	5:50,0	6:25,0
2000m kav.		5:35,00	5:50,00	6:10,00	6:35,00	7:15,00	7:30,0		
3000m kav.		8:38,00	9:07,00	9:35,00	10:15,00	11:10,00			

**Vieglatlētikas KLASIFIKĀCIJA**  
**2018.- 2020. gadam**

Sievietes	Lielmeistars	Meistars	Meistarkandidāts	I	II	III	I j.	II j.	III j.
30m						5,14	5,0	5,2	5,5
60m	7,25	7,50	7,74	8,04	8,44	9,04	9,1	9,4	9,8
100m	11,34	11,84	12,34	12,84	13,64	14,84	15,2	16,0	17,0
200m	22,95	24,24	25,44	26,84	28,74	31,24	32,4	34,0	36,0
300m			39,24	41,24	44,24	48,24	50,0	53,0	56,0
400m	52,00	54,14	57,14	59,64	1:04,14	1:10,14	1:15,0	1:20,0	1:22,0
600m			1:32,00	1:37,00	1:44,50	1:55,00	2:10,0	2:20,0	2:25,0
800m	2:02,14	2:07,64	2:12,14	2:22,14	2:35,14	2:55,14	3:05,0	3:18,0	3:35,0
1000m	2:36,50	2:44,00	2:54,00	3:05,00	3:20,00	3:40,00	3:55,0	4:10,0	4:35,0
1500m	4:10,00	4:20,00	4:35,00	4:48,00	5:10,00	5:42,00	6:03,0	6:30,0	6:45,0
3000m	8:55,00	9:20,00	9:45,00	10:25,00	11:20,00	12:30,00	13:15,0	14:30,0	
5000m	15:30,00	16:10,00	17:10,00	18:15,00	19:35,00	21:30,00			
10000m	32:40,00	34:00,00	36:00,00	38:00,00	41:30,00	45:00,00			
4x100m	43,35	45,24	48,24	51,04	54,24	58,74	1:01,0	1:04,0	1:08,0
4x400m	3:26,14	3:38,14	3:47,14	4:00,14	4:16,14	4:40,14	4:52,0	5:05,0	5:20,0
400m+300m+200m+100m				2:15,00	2:22,00	2:30,00	2:40,0	2:50,0	3:10,0
60mb	8,10	8,54	8,94	9,54	10,34	11,34			
60mb (76.2cm)			9,04	9,34	9,74	10,64	11,2	12,5	13,0
100mb	13,20	14,00	15,04	16,14	17,64	19,54			
100mb (76.2cm)			14,64	15,24	16,24	18,24	20,0	22,0	23,5
300mb				46,64	50,14	55,14	59,0	1:05,0	
400mb	56,30	1:00,14	1:03,64	1:07,64	1:13,14	1:20,14	1:25,0	1:40,0	
1500m kav.			4:50,00	5:15,00	5:32,00	5:55,00	6:20,0	6:37,0	6:57,0
2000m kav.		6:40,00	7:00,00	7:15,00	7:36,00	8:00,00	8:30,0		
3000m kav.	10:00,00	10:30,00	11:00,00	11:30,00	12:10,00	13:20,00			

**Vieglatlētikas KLASIFIKĀCIJA  
2018.- 2020. gadam**

<b>Sievietes</b>	<b>Lielmeistars</b>	<b>Meistars</b>	<b>Meistarkandidāts</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>I j.</b>	<b>II j.</b>	<b>III j.</b>
<b>Šosejas skrējieni</b>									
5km			17:15	18:15	19:30	21:00	22:00	23:30	
10km	32:40,0	34:00,00	36:00	38:00	40:30	44:00			
15km			55:00	58:00	1.03:00	1.09:00			
Pusmaratons	1.13:30	1.17:00	1.21:00	1.26:00	1.32:00	1.40:00			
Maratons	2.35:00	2.48:00	3.00:00	3.12:00	3.30:00	4.00:00			
50km	3.45:00	4.00:00	4.15:00	4.30:00	4.45:00	5.00:00			
100km	8.30:00	9.00:00	10.00:00	11.00:00	12.00:00	14.00:00			
24h	220	200	180	160	140	120			
<b>Kross</b>									
0.5km			1:16	1:21	1:27	1:35	1:42	1:50	2:00
1km			2:53	3:03	3:15	3:33	3:40	4:15	4:30
1.5km			4:37	4:52	5:15	5:50	6:20	6:50	7:10
2km			6:20	6:45	7:15	7:50	8:12	8:40	
3km			9:50	10:30	11:20	12:30	12:45	13:30	
4km			13:30	14:25	15:30	16:50	17:20	18:20	
5km			17:00	18:10	19:30	21:50	23:30		
6km			21:00	22:20	24:00	27:00			
<b>Soļošana</b>									
1000m/ 1km				4:45	5:00	5:20	5:30	5:45	6:00
2000m/ 2km			9:20	9:55	10:30	11:30	13:00	13:35	13:50
3000m/ 3km	13:00,00	13:40,00	14:40,00	15:40,00	16:40,00	18:00,00	18:50,0	20:00,0	22:00,0
5000m/ 5km	22:00,00	23:30,00	25:00,00	26:30,00	28:30,00	31:00,00	33:00,00	34:50,0	36:40,0
10000m/ 10km	45:30,00	48:30,00	52:00,00	55:00,00	59:00	1.05:00	1.08:00	1.12:00	
20km	1.35:00	1.42:00	1.47:00	1.55:00	2.05:00	finišēt			

**Vieglatlētikas KLASIFIKĀCIJA**  
**2018.- 2020. gadam**

Sievietes	Lielmeistars	Meistars	Meistarkandidāts	I	II	III	I j.	II j.	III j.
Augstlēcšana	1.90	1.83	1.75	1.65	1.50	1.40	1.30	1.25	1.20
Kārtslēcšana	4.10	3.70	3.40	3.15	2.80	2.40	2.20	2.00	1.80
Tāllēcšana	6.60	6.25	5.80	5.50	5.20	4.70	4.20	3.90	3.60
Trīsoļlēcšana	14.00	13.40	12.80	11.80	11.20	10.40	10.00	9.20	8.50
Diska mešana 1kg	58.00	53.00	46.00	42.00	36.00	29.50	24.00	20.00	
Diska mešana 0.75kg			49.00	44.00	38.00	32.00	27.00	23.00	20.00
Vesera mešana 4kg	68.00	57.00	47.00	40.00	35.00	29.00	25.00	20.00	
Vesera mešana 3kg		62.00	53.00	47.00	39.00	34.00	29.00	25.00	20.00
Vesera mešana 2kg				52.00	44.00	39.00	34.00	29.00	25.00
Šķēpa mešana 600g	60.00	54.00	48.00	43.00	35.00	30.00	25.00	20.00	
Šķēpa mešana 500g		50.00	44.00	38.00	27.00	22.00	18.00		
Šķēpa mešana 400g				45.00	38.00	35.00	30.00	25.00	20.00
Lodes grūšana 4kg	17.50	15.00	14.00	12.50	10.50	8.50	7.20	6.50	
Lodes grūšana 3kg			15.20	14.00	12.00	9.70	8.00	7.00	6.00
Lodes grūšana 2kg					12.50	11.00	9.50	8.00	7.00
7- cīņa	5850	5250	4600	4000	3200	2400	2000	1600	
7- cīņa jauniešiem			4700	4250	3400	2700	2200	1800	1600
7- cīņa meitenēm				4000	3300	2600	2200	2000	1800
5- cīņa	4500	3850	3400	3000	2400	2000	1600	1300	1000
5- cīņa juniorēm, jauniešiem			3500	3200	2800	2600	2000	1800	1600
5- cīņa meitenēm				2900	2400	1900	1700	1400	1200
<b>Skrējieni telpās</b>									
30m						5,14	5,0	5,2	5,5
60m	7,25	7,50	7,74	8,04	8,44	9,04	9,1	9,4	9,8
200m	23,50	24,54	26,04	27,44	29,24	31,74	33,0	34,5	36,5
300m			39,74	42,24	45,24	49,24	52,0	54,0	57,0
400m	53,00	55,14	57,64	1:01,14	1:05,14	1:11,14	1:14,0	1:18,0	1:23,0
600m			1:35,64	1:40,64	1:48,14	1:57,14	2:03,0	2:09,0	2:18,0
800m	2:04,00	2:09,00	2:14,64	2:23,64	2:36,64	2:56,64	3:06,5	3:19,5	3:36,5
1000m	2:38,00	2:46,00	2:57,00	3:07,00	3:22,00	3:42,00	3:57,0	4:12,0	4:37,0
1500m	4:12,00	4:21,50	4:37,00	4:52,00	5:17,00	5:47,00	6:07,0	6:32,0	7:12,0
3000m	9:00,00	9:25,00	9:51,00	10:33,00	11:28,00	12:33,00	13:18,0	14:33,0	
4x200m		1:36,00	1:42,00	1:47,00	1:55,00	2:05,00	2:11,0	2:17,0	2:25,0
4x400m	3:20,00	3:40,00	3:50,00	4:04,00	4:20,00	4:44,00	4:56,0	5:12,0	

**Vieglatlētikas KLASIFIKĀCIJA**  
**2018.- 2020. gadam**

<b>Sievietes</b>	<b>Lielmeistars</b>	<b>Meistars</b>	<b>Meistarkandidāts</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>I j.</b>	<b>II j.</b>	<b>III j.</b>
60mb	8,10	8,54	8,94	9,54	10,34	11,34			
60mb (76.2cm)			9,04	9,34	9,74	10,64	11,2	12,5	13,0
1500m kav.				5:13,00	5:31,00	5:47,00	6:10,0	6:30,0	
2000m kav.		6:18,00	6:40,00	7:00,00	7:20,00	7:35,00	7:50,0	8:20,0	
3000m kav.		10:10,00	10:40,00	11:20,00	12:15,00	13:10,00			