

**VIEGLATLĒTIKAS KLASIFIKĀCIJA**  
**2021.- 2023. 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**  
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| <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    |             |              |               |

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|-----------------------|---------------------|-----------------|-------------------------|----------|-----------|------------|-------------|--------------|---------------|
| 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          |
| Trīssoļlēcšana        | 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            | 6700                    | 6200     | 5300      | 4300       |             |              |               |
| 10- cīņa jauniešiem   |                     |                 | 6500                    | 6000     | 5000      | 4000       | 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    |                     |                 | 4050                    | 3550     | 2950      | 2300       | 2000        | 1700         | 1300          |
| 7- cīņa junioriem     |                     |                 | 4200                    | 3700     | 3100      | 2450       | 2150        | 1850         | 1450          |
| 7- cīņa zēniem        |                     |                 |                         | 4300     | 3850      | 3350       | 2850        | 2400         | 1800          |
| 5- cīņa               |                     |                 | 3600                    | 3200     | 2700      | 2200       | 1950        | 1650         | 1250          |

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|-------------------------|---------------------|-----------------|-------------------------|----------|-----------|------------|-------------|--------------|---------------|
| <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   |             |              |               |

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| 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 |         |         |        |

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|--------------------------|--------------|----------|------------------|----------|----------|----------|----------|---------|---------|
| <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

2021.- 2023. 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   |
| Trīssolījēcšana              | 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 meiteņiem            |              |          |                  | 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 meiteņiem            |              |          |                  | 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**  
**2021.- 2023. GADAM**

| Sievietes     | Lielmeistars | Meistars | Meistarkandidāts | I        | II       | III      | I j.   | II j.  | III j. |
|---------------|--------------|----------|------------------|----------|----------|----------|--------|--------|--------|
| 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 |        |        |        |