

Women Throws

	GOLD	SILVER	BRONZE
Shot Put 4.0kg			
W35	13.99	12.73	10.88
W40	11.79	10.48	9.17
W45	10.75	9.55	8.36
Shot Put 3.0			
W50	10.21	9.00	7.87
W55	9.51	8.46	7.40
W60	9.55	8.49	7.43
W65	9.38	8.34	7.29
W70	8.24	7.33	6.41
Shot Put 2K			
W75	9.35	8.31	8.27
W80	8.23	7.32	6.40
W85	6.05	5.38	4.70
W90	4.89	4.34	3.80
W95	4.42	3.93	3.44
Discus 1.0kg			
W35	43.56	38.72	33.88
W40	34.33	30.52	26.70
W45	32.16	28.58	25.01
W50	28.87	25.66	22.46
W55	25.06	22.27	19.48
W60	26.35	23.42	20.50
W65	24.99	22.22	19.44
W70	22.91	20.37	17.82
Discus .750g			
W75	21.81	19.38	16.96
W80	19.23	17.10	14.96
W85	15.51	13.78	12.06
W90	13.32	11.84	10.36
W95	10.84	9.63	8.43
Javelin 600g			
W35	48.17	42.82	37.46
W40	42.71	37.97	33.22
W45	30.86	27.43	24.00
Javelin 500g			
W50	33.29	29.59	25.89

W55	32.94	29.28	25.62
W60	31.19	27.73	24.26
W65	23.98	21.32	18.65
W70	21.13	18.78	16.44
Javelin 400g			
W75	22.31	19.83	17.35
W80	20.22	17.89	15.73
W85	16.70	14.85	12.99
W90	12.19	10.83	9.48
W95	10.12	8.99	7.87
Hammer 4kg			
W35	45.67	40.59	35.52
W40	45.34	40.30	35.27
W45	34.37	30.55	26.73
Hammer 3kg			
W50	37.17	33.04	28.91
W55	37.66	33.48	29.29
W60	29.86	26.54	23.23
W65	29.50	26.44	22.95
W70	27.31	24.28	21.24
Hammer 2kg			
W75	32.44	28.83	25.23
W80	27.63	24.56	21.49
W85	18.94	16.83	14.73
W90	15.04	13.37	11.70
W95	13.43	11.94	10.44
Weight Throw 9.08k			
W35	15.09	13.42	11.74
W40	10.47	9.03	8.14
W45	10.13	9.00	7.88
Weight Throw 7.26			
W50	12.15	10.80	9.45
W55	11.43	10.16	8.89
Weight Throw 5.45			
W60	11.41	10.41	8.88
W65	10.99	9.77	8.55
W70	11.21	9.97	8.72
Weight Throw 4K			
W75	12.48	11.10	9.71
W80	10.48	9.31	8.15
W85	8.02	7.13	6.24
W90	7.11	6.32	5.53
W95	6.05	5.38	4.7

Indoor Shot Put 4.0kg

W35	11.61	10.32	9.03
W40	12.91	11.48	10.45
W45	9.56	8.50	7.43

Indoor Shot Put 3

W50	10.75	9.55	8.36
W55	9.84	8.74	7.65
W60	9.18	8.16	7.14
W65	9.03	8.02	7.02
W70	8.26	7.34	6.43

Indoor Shot Put 2K

W75	9.25	8.20	7.17
W80	8.55	7.60	6.65
W85	5.53	4.91	4.30
W90	5.17	4.59	4.02
W95	4.26	3.78	3.31

Indoor Weight Throw 9.08k

W35	15.88	14.11	12.35
W40	10.03	8.92	7.80
W45	9.10	8.09	7.08

Indoor Weight Throw 7.26

W50	11.79	10.48	9.17
W55	10.73	9.54	8.34

Indoor Weight Throw 5.45

W60	10.83	9.62	8.42
W65	10.31	9.17	8.02
W70	11.18	9.94	8.70

Indoor Weight Throw 4K

W75	12.82	11.39	9.97
W80	10.15	9.02	7.40
W85	6.27	5.58	4.88
W90	6.76	6.01	5.26
W95	6.27	5.58	4.88

Throws Pentathlon

W 35	3703	3291	2880
W 40	2578	2291	2005
W 45	2863	2545	2227
W 50	3180	2826	2466
W 55	3171	2818	2465
W 60	3089	2746	2402
W 65	3652	3246	2841
W 70	4094	3639	3184
W 75	4781	4250	3718
W 80	4747	4220	3692
W 85	3851	3423	2995
W 90	3681	3272	2863
W 95	4514	4013	3511

