

Women's Winning Times & Last-Place Times (Sindelfingen)
1st World Masters Athletics Indoor Championships
Sindelfingen, Germany , March 10-14, 2004

Las marcas mejores y peores de las mujeres (Sindelfingen)
1^{er} Campeonato Atletismo Mundial Bajo Techo
Sindelfingen, Alemania el 10 al 14 del marzo del 2004

SINDELFINGEN RESULTS/RESULTADOS DE SINDELFINGEN			
Age Group Edad	FINALS		HEATS/PRUEBAS
	1 st Place 1 ^{er} Lugar	Last Place Último Lugar	Last Mark Heats/Flights Última marca pruebas
<u>60 m Hurdles (60 m vallas)</u>			
W35-39	8,75	10,02	10,86
W40-44	8,90	9,64	12,50
W45-49	8,79	10,32	11,45
W50-54	10,09	11,64	N/A
W55-59	10,62	12,99	N/A
W60-64	10,43	12,43	14,24
W65-69	---	---	---
W70-74	23,59	---	---
W75-79	15,57	---	---
W80-84	---	---	---
W85-89	---	---	---
<u>60 meters (60 metros)</u>			
W35-39	7,96	8,33	8,79
W40-44	7,94	8,33	9,96
W45-49	8,08	8,82	10,15
W50-54	8,30	9,51	10,92
W55-59	8,53	9,95	10,36
W60-64	9,02	9,73	11,15
W65-69	9,29	10,92	N/A
W70-74	10,28	12,50	---
W75-79	11,16	21,98	N/A
W80-84	13,56	16,12	N/A
W85-89	13,98	---	---
<u>200 meters (200 metros)</u>			
W35-39	25,05	27,37	31,09
W40-44	26,02	28,15	31,78
W45-49	26,07	29,81	37,55
W50-54	28,25	31,64	39,10
W55-59	28,16	30,85	36,99
W60-64	30,48	32,64	N/A
W65-69	31,46	33,81	38,95
W70-74	35,47	42,69	N/A
W75-79	41,25	41,28	---
W80-84	---	---	---
W85-89	52,68	---	---

SINDELFINGEN RESULTS/RESULTADOS DE SINDELFINGEN

Age Group Edad	FINALS		HEATS/PRUEBAS
	1 st Place 1 ^{er} Lugar	Last Place Último Lugar	Last Mark Heats/Flights Última marca pruebas
<u>400 meters (400 metros)</u>			
W35-39	57,78	1:00,82	1:06,23
W40-44	1:00,27	1:02,78	1:17,47
W45-49	1:02,64	1:06,15	1:13,45
W50-54	1:08,74	1:12,31	1:15,60
W55-59	1:08,93	1:22,78	N/A
W60-64	1:13,40	1:18,65	1:31,18
W65-69	1:13,97	1:21,60	1:20,41
W70-74	1:23,25	2:00,40	---
W75-79	---	---	---
W80-84	---	---	---
W85-89	---	---	---
<u>800 meters (800 metros)</u>			
W35-39	2:17,49	2:25,14	2:26,22
W40-44	2:14,09	2:25,42	2:52,48
W45-49	2:21,28	2:52,84	3:08,55
W50-54	2:37,52	3:08,28	
W55-59	2:41,39	2:53,74	3:52,22
W60-64	2:52,38	3:07,27	N/A
W65-69	2:55,15	3:03,43	N/A
W70-74	3:27,04	---	---
W75-79	---	---	---
W80-84	---	---	---
W85-89	---	---	---
<u>1500 m run (1.500 metros)</u>			
W35-39	4:49,32	5:00,79	
W40-44	4:39,99	5:31,10	
W45-49	4:50,23	6:12,91	N/A
W50-54	5:06,46	6:05,29	N/A
W55-59	5:24,17	5:36,22	N/A
W60-64	5:49,23	7:10,08	N/A
W65-69	6:26,57	6:59,98	N/A
W70-74	7:54,13	11:52,21	---
W75-79	11:34,12	---	---
W80-84	---	---	---
W85-89	---	---	---
<u>3000 m run (3.000 metros)</u>			
W35-39	10:05,35	11:40,00	N/A
W40-44	10:08,97	13:48,22	N/A
W45-49	10:39,17	13:05,26	N/A
W50-54	10:56,99	14:25,95	N/A
W55-59	11:45,08	13:40,88	N/A
W60-64	12:04,20	19:12,94	N/A
W65-69	13:13,89	14:57,10	
W70-74	14:31,26	17:06,76	N/A
W75-79	23:34,56	---	---
W80-84	---	---	---
W85-89	---	---	---

SINDELFINGEN RESULTS/RESULTADOS DE SINDELFINGEN

Age Group Edad	FINALS		HEATS/PRUEBAS
	1 st Place 1 ^{er} Lugar	Last Place Último Lugar	Last Mark Heats/Flights Última marca pruebas
<u>4 x 200 m relay (4 x 200 m relevos)</u>			
W35-39	1:44,23	2:02,63	N/A
W40-44	1:44,34	2:05,43	N/A
W45-49	1:51,30	2:06,04	N/A
W50-54	2:01,82	---	---
W55-59	1:57,30	2:19,00	N/A
W60-64	2:25,29	---	---
W65-69	2:13,38	---	---
W70-74	2:51,15	---	---
W75-79	---	---	---
W80-84	---	---	---
W85-89	---	---	---
<u>3000 m walk (3.000 m marcha)</u>			
W35-39	13:34,11	18:27,91	N/A
W40-44	15:46,04	21:44,41	
W45-49	15:17,91	19:46,96	N/A
W50-54	15:26,94	22:08,85	N/A
W55-59	16:36,19	22:34,70	N/A
W60-64	17:19,60	22:39,52	N/A
W65-69	18:56,04	24:03,41	N/A
W70-74	---	---	---
W75-79	---	---	---
W80-84	---	---	---
W85-89	---	---	---
<u>Long Jump (salto de longitud)</u>			
W35-39	6,13	4,74	4,15
W40-44	5,35	5,07	4,03
W45-49	5,01	4,29	3,41
W50-54	4,84	3,78	N/A
W55-59	4,57	3,16	N/A
W60-64	4,35	3,10	N/A
W65-69	4,06	3,12	N/A
W70-74	3,25	2,16	N/A
W75-79	2,85	2,52	N/A
W80-84	2,11	1,66	N/A
W85-89	1,91	---	---
<u>Triple Jump (triple salto)</u>			
W35-39	11,59	10,21	8,32
W40-44	11,25	9,77	9,19
W45-49	10,28	8,48	N/A
W50-54	9,25	7,01	N/A
W55-59	9,40	7,27	N/A
W60-64	9,25	6,44	N/A
W65-69	7,97	6,83	---
W70-74	7,09	---	---
W75-79	6,51	---	---
W80-84	4,19	3,89	---
W85-89			

SINDELFINGEN RESULTS/RESULTADOS DE SINDELFINGEN

Age Group Edad	FINALS		HEATS/PRUEBAS
	1 st Place 1 ^{er} Lugar	Last Place Último Lugar	Last Mark Heats/Flights Última marca pruebas
<u>High Jump (salto de altura)</u>			
W35-39	1,66	1,48	N/A
W40-44	1,63	1,45	1,27
W45-49	1,51	1,30	N/A
W50-54	1,51	1,15	N/A
W55-59	1,30	1,00	N/A
W60-64	1,37	1,27	N/A
W65-69	1,09	1,03	N/A
W70-74	1,10	0,91	---
W75-79	1,00 ¹	0,97	---
W80-84	0,86	---	---
W85-89	0,89	---	---
<u>Pole Vault (salto con pértiga)</u>			
W35-39	3,80	2,20	N/A
W40-44	3,60	2,00	N/A
W45-49	10,28	8,48	N/A
W50-54	2,90	2,20	N/A
W55-59	2,70	1,90	N/A
W60-64	2,20	---	---
W65-69	1,80	1,40	---
W70-74	---	---	---
W75-79	---	---	---
W80-84	---	---	---
W85-89	---	---	---
<u>Discus (disco)</u>			
W35-39	40,39	24,35	N/A
W40-44	41,89	26,18	15,65
W45-49	33,87	22,71	N/A
W50-54	31,25	20,74	N/A
W55-59	33,19	18,05	N/A
W60-64	30,89	16,70	N/A
W65-69	21,52	19,16	N/A
W70-74	25,35	11,98	N/A
W75-79	19,00	15,83	N/A
W80-84	16,34	13,29	N/A
W85-89	13,91	---	---
<u>Shot Put (peso)</u>			
W35-39	1,66	1,48	N/A
W40-44	13,12	10,42	6,71
W45-49	12,64	10,20	7,50
W50-54	13,21	8,78	6,65
W55-59	12,37	7,88	7,16
W60-64	11,77	9,04	5,80
W65-69	10,69	6,93	5,89
W70-74	9,31	6,00	N/A
W75-79	7,55	6,82	---
W80-84	6,60	4,34	N/A
W85-89	5,81	---	---

¹ tie, determined by jump-off

SINDELFINGEN RESULTS/RESULTADOS DE SINDELFINGEN

Age Group Edad	FINALS		HEATS/PRUEBAS
	1 st Place 1 ^{er} Lugar	Last Place Último Lugar	Last Mark Heats/Flights Última marca pruebas
<u>Weight Throw (pеса)</u>			
W35-39	11,81	9,53	N/A
W40-44	15,23	10,85	N/A
W45-49	14,37	8,83	N/A
W50-54	12,18	9,22	N/A
W55-59	13,88	7,20	N/A
W60-64	14,61	9,04	8,93
W65-69	14,25	7,31	N/A
W70-74	15,00	5,19	N/A
W75-79	9,69	7,53	N/A
W80-84	7,85	---	---
W85-89	7,56	---	---
<u>Javelin (jabalina)</u>			
W35-39	31,19	28,12	N/A
W40-44	43,21	21,73	N/A
W45-49	33,03	24,16	N/A
W50-54	31,32	24,10	N/A
W55-59	28,78	16,00	N/A
W60-64	36,79	17,94	N/A
W65-69	25,31	---	---
W70-74	23,92	15,91	N/A
W75-79	18,00	---	---
W80-84	---	---	---
W85-89	---	---	---
<u>Hammer (martillo)</u>			
W35-39	47,94	28,83	23,31
W40-44	48,25	23,53	N/A
W45-49	48,23	23,30	N/A
W50-54	---	---	---
W55-59	42,13	18,11	N/A
W60-64	38,28	22,16	N/A
W65-69	40,27	20,46	N/A
W70-74	35,41	15,98	N/A
W75-79	25,25	16,91	N/A
W80-84	19,47	---	---
W85-89	14,86	---	---
<u>10 k race walk</u>			
W35-39	53:07	1:05:23	N/A
W40-44	57:32	1:18:38	N/A
W45-49	55:52	1:07:25	N/A
W50-54	55:21	1:17:57	N/A
W55-59	57:02	1:09:31	N/A
W60-64	1:00:42	1:18:12	N/A
W65-69	1:03:40	1:27:05	N/A
W70-74	---	---	---
W75-79	---	---	---
W80-84	---	---	---
W85-89	---	---	---

SINDEFINGEN RESULTS/RESULTADOS DE SINDEFINGEN

Age Group Edad	FINALS		HEATS/PRUEBAS
	1st Place 1^{er} Lugar	Last Place Último Lugar	Last Mark Heats/Flights Última marca pruebas
<u>Cross Country Race</u>			
W35-39	28:29	40:11	N/A
W40-44	26:35	35:04	N/A
W45-49	27:09	37:30	N/A
W50-54	29:04	34:35	N/A
W55-59	35:16	38:16	N/A
W60-64	33:22	38:43	N/A
W65-69	32:23	---	---
W70-74	38:06	---	---
W75-79	---	---	---
W80-84	---	---	---
W85-89	---	---	---