

**Richtwerte für den 17. Ostseepokal am 25. Mai 2019**  
**(Guide values for the 17th Baltic Sea Cup on 25th of May 2019)**

<b>Männlich (Boys)</b>	<b>Weit (Long Jump)</b>	<b>Hoch (High Jump)</b>	<b>Ball (Ball)</b>
<b>M8</b>	2,40m		15,0m
<b>M9</b>	2,70m		17,5m
<b>M10</b>	3,10m		20,0m
<b>M11</b>	3,50m		25,0m
<b>M12</b>	3,90m	1,20m	30,0m
<b>M13</b>	4,20m	1,25m	35,0m

<b>Weiblich (Girls)</b>	<b>Weit (Long Jump)</b>	<b>Hoch (High Jump)</b>	<b>Ball (Ball)</b>
<b>W8</b>	2,55m		10,0m
<b>W9</b>	2,90m		12,5m
<b>W10</b>	3,25m		15,0m
<b>W11</b>	3,65m		20,0m
<b>W12</b>	4,00m	1,15m	25,0m
<b>W13</b>	4,10m	1,25m	25,0m

Stand: 30.11.2018 (Update: 11/30/2018)