

POIDS-4kg	100 m	1000 m	NOTE
11m	13''00	3'30''	20
10.66m	13''20	3'37''	19
10.33m	13''40	3'45''	18
10m	13''60	3'52''	17
9.66m	13''80	4'00''	16
9.33m	14''00	4'07''	15
9m	14''20	4'15''	14
8.50m	14''40	4'22''	13
8m	14''60	4'30''	12 (moyenne)
7.50m	14''80	4'37''	11
7m	15''00	4'45''	10
6.50m	15''20	4'52''	9
6m	15''40	5'00''	8
5.50m	15''60	5'07''	7
5m	15''80	5'15''	6
4.50m	16''00	5'22''	5
4m	16''20	5'30''	4
3.50m	16''40	5'37''	3
3m	16''60	5'45''	2
2.50m	16''80	5'52''	1
2m	17''00	6'00''	0