

APPENDIX J / ANNEXE J / ANHANG J

FEMALE DECATHLON-DECATLÓN-DÉCATHLON-ZEHNKAMPF

FEMALE-MUJERES-FEMMES-FRAUEN

2006 WMA Age Factors (DAY 1)

	100	Discus-Disco-		Pole Vault	Javelin-Javalina-			400	
	Meters Metres	Disque- Diskus	1.0 K .75 K	Garrocha Saut a la Perche Stabhochsprung	Javelot-Speer	600G 500G 400G	Meters Metres		
W35-39	1.0000	1.0288		1.0981	1.0000			.9580	W35-39
W40-44	.9545	1.1071		1.1866	1.0946			.9065	W40-44
W45-49	.9020	1.1983		1.2907	1.2435			.8602	W45-49
W50-54	.8551	1.3059		1.4148		1.3645		.8184	W50-54
W55-59	.8127	1.4348		1.5606		1.5450		.7805	W55-59
W60-64	.7744	1.5918		1.7458			1.7460	.7460	W60-64
W65-69	.7395	1.7874		1.9808			1.9559	.7143	W65-69
W70-74	.7076	2.0379		2.2889			2.2231	.6611	W70-74
W75-79	.6612	2.3700		2.7105			2.5749	.5877	W75-79
W80-84	.6244		2.4063	3.3226			3.0590	.5289	W80-84
W85-89	.5379		2.9886	4.2917			3.7672	.4621	W85-89
W90-94	.4561		3.9416	6.0588			4.9021	.3967	W90-94
W95-99	.3497		5.7868				7.0157	.3173	W95-99
W100+	.2417		10.8800				12.3333	.2417	W100+

FEMALE-MUJERES-FEMMES-FRAUEN

2006 WMA Age Factors (DAY 2)

(length) (space) (first) (height)	Hurdles-Vallas-Haies-Hurden				Long Jump	Shot Put-Bala-		High Jump	1500
	100 / 8.50m	80 / 8m	80 / 7m	80 / 7m	Longitud Longueur Weitsprung	Poids-Kugel	4K 3K	Altura Hauteur Hochsprung	Meters Metres
W35-39	.9791				1.0387	1.0560		1.0408	.9822
W40-44		1.0941			1.1023	1.1722		1.1008	.9459
W45-49		1.0383			1.1742	1.3173		1.1681	.8937
W50-54			1.0517		1.2561		1.3876	1.2442	.8403
W55-59			.9919		1.3502		1.5191	1.3310	.7869
W60-64				.9502	1.4596		1.6782	1.4307	.7335
W65-69				.8568	1.5883		1.8744	1.5466	.6801
W70-74				.7400	1.7420		2.1227	1.6829	.6267
W75-79				.6512	1.9285		2.4468	1.8456	.5733
W80-84				.5309	2.2118		2.8876	2.0431	.5199
W85-89				.4522	2.5931		3.5222	2.2879	.4515
W90-94				.3700	3.2696		4.5143	2.6795	.3531
W95-99				.2978	4.4235		6.2845	3.2656	.2247
W100+				.2417	7.5200		10.3385	4.1800	.0663