



Minima 2026

MIF	Epreuves	MIM
10"30	80m	9"40
15"30	120m	13"85
3'02"50	1000m	2'39"50
6'50"00	2000m	5'58"00
12'05	80mH/100mH	13"85
30"50	200m haies	27"20
160	Hauteur	1m80
2m95	Perche	3m75
5m35	Longueur	6m25
11m20	Triple-saut	12m65
11m00	Poids	12m90
32m50	Disque	38m50
42m00	Marteau	41m50
31m50	Javelot	44m50
3850	Hepta/Octa	3950pts
16'55"00	3000m Marche	16'00"00