

Die Hürdenstrecken 2026 - IWR Regel 168: Nationale Bestimmung DLV

Strecke	Altersklasse	Zahl	Höhe	Anlauf	Abstand	Auslauf
400m	Männer, M30 – 45, MJU20	10	0,914m	45,00m	35,00m	40,00m
400m	M50/55, MJU18	10	0,838m	45,00m	35,00m	40,00m
400m	Frauen, W30 – 45, WJU20/18	10	0,762m	45,00m	35,00m	40,00m
300m	M15	7	0,838m	50,00m	35,00m	40,00m
300m	W15, M60/65, W50/55	7	0,762m	50,00m	35,00m	40,00m
300m	M70 u. ä., W60 u. ä.	7	0,686m	50,00m	35,00m	40,00m
110m	Männer, M30	10	1,067m	13,72m	9,14m	14,02m
110m	M35 – 45, MJU20	10	0,991m	13,72m	9,14m	14,02m
110m	MJU18	10	0,914m	13,72m	8,90m	16,18m
100m	M50/55	10	0,914m	13,00m	8,50m	10,50m
100m	M60/65	10	0,838m	12,00m	8,00m	16,00m
100m	Frauen, W30/35, WJU20	10	0,838m	13,00m	8,50m	10,50m
100m	WJU18	10	0,762m	13,00m	8,50m	10,50m
80m	M70/75	8	0,762m	12,00m	7,00m	19,00m
80m	M80 u. ä.	8	0,686m	12,00m	7,00m	19,00m
80m	MJU16	7	0,838m	13,50m	8,60m	14,90m
80m	W40/45, WJU16	8	0,762m	12,00m	8,00m	12,00m
80m	W50/55	8	0,762m	12,00m	7,00m	19,00m
80m	W60 u. ä.	8	0,686m	12,00m	7,00m	19,00m
60m	MJU14, WJU14	6	0,762m	11,50m	7,50m	11,00m