



# TABLAS DE PUNTUACION IAAF EN EXCEL

**MEN****WOMEN**

	A	B	C	D	E	F	G	H	I	J	K
1											
2	<b>Points</b>	<b>100m</b>	<b>110m H</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>400m H</b>	<b>4x100m</b>	<b>4x200m</b>	<b>4x400m</b>	<b>Points</b>
3	<b>1,400</b>	<b>9.46</b>	-	-	<b>29.47</b>	<b>41.75</b>	<b>44.57</b>	<b>35.87</b>	<b>1:15.42</b>	<b>2:47.04</b>	<b>1,400</b>
4	<b>1,399</b>	-	<b>12.26</b>	<b>18.90</b>	<b>29.48</b>	<b>41.76</b>	<b>44.58</b>	<b>35.88</b>	<b>1:15.44</b>	<b>2:47.10</b>	<b>1,399</b>
5	<b>1,398</b>	-	-	<b>18.91</b>	<b>29.49</b>	<b>41.78</b>	<b>44.60</b>	<b>35.89</b>	<b>1:15.46</b>	<b>2:47.15</b>	<b>1,398</b>
6	<b>1,397</b>	-	<b>12.27</b>	-	<b>29.50</b>	<b>41.79</b>	<b>44.62</b>	<b>35.90</b>	<b>1:15.49</b>	<b>2:47.21</b>	<b>1,397</b>
7	<b>1,396</b>	<b>9.47</b>	-	<b>18.92</b>	<b>29.51</b>	<b>41.81</b>	<b>44.64</b>	<b>35.91</b>	<b>1:15.51</b>	<b>2:47.27</b>	<b>1,396</b>
8	<b>1,395</b>	-	<b>12.28</b>	-	<b>29.52</b>	<b>41.82</b>	<b>44.66</b>	<b>35.93</b>	<b>1:15.54</b>	<b>2:47.33</b>	<b>1,395</b>
9	<b>1,394</b>	-	-	<b>18.93</b>	<b>29.53</b>	<b>41.83</b>	<b>44.68</b>	<b>35.94</b>	<b>1:15.56</b>	<b>2:47.38</b>	<b>1,394</b>
10	<b>1,393</b>	-	<b>12.29</b>	<b>18.94</b>	<b>29.54</b>	<b>41.85</b>	<b>44.70</b>	<b>35.95</b>	<b>1:15.59</b>	<b>2:47.44</b>	<b>1,393</b>
11	<b>1,392</b>	<b>9.48</b>	-	-	<b>29.56</b>	<b>41.86</b>	<b>44.72</b>	<b>35.96</b>	<b>1:15.61</b>	<b>2:47.50</b>	<b>1,392</b>
12	<b>1,391</b>	-	<b>12.30</b>	<b>18.95</b>	<b>29.57</b>	<b>41.88</b>	<b>44.73</b>	<b>35.98</b>	<b>1:15.64</b>	<b>2:47.56</b>	<b>1,391</b>
13	<b>1,390</b>	-	-	-	<b>29.58</b>	<b>41.89</b>	<b>44.75</b>	<b>35.99</b>	<b>1:15.66</b>	<b>2:47.62</b>	<b>1,390</b>
14	<b>1,389</b>	<b>9.49</b>	<b>12.31</b>	<b>18.96</b>	<b>29.59</b>	<b>41.90</b>	<b>44.77</b>	<b>36.00</b>	<b>1:15.69</b>	<b>2:47.67</b>	<b>1,389</b>
15	<b>1,388</b>	-	-	<b>18.97</b>	<b>29.60</b>	<b>41.92</b>	<b>44.79</b>	<b>36.01</b>	<b>1:15.71</b>	<b>2:47.73</b>	<b>1,388</b>
16	<b>1,387</b>	-	<b>12.32</b>	-	<b>29.61</b>	<b>41.93</b>	<b>44.81</b>	<b>36.02</b>	<b>1:15.73</b>	<b>2:47.79</b>	<b>1,387</b>
17	<b>1,386</b>	-	-	<b>18.98</b>	<b>29.62</b>	<b>41.95</b>	<b>44.83</b>	<b>36.04</b>	<b>1:15.76</b>	<b>2:47.85</b>	<b>1,386</b>
18	<b>1,385</b>	<b>9.50</b>	<b>12.33</b>	-	<b>29.63</b>	<b>41.96</b>	<b>44.85</b>	<b>36.05</b>	<b>1:15.78</b>	<b>2:47.90</b>	<b>1,385</b>
19	<b>1,384</b>	-	-	<b>18.99</b>	<b>29.64</b>	<b>41.98</b>	<b>44.87</b>	<b>36.06</b>	<b>1:15.81</b>	<b>2:47.96</b>	<b>1,384</b>
20	<b>1,383</b>	-	<b>12.34</b>	<b>19.00</b>	<b>29.65</b>	<b>41.99</b>	<b>44.88</b>	<b>36.07</b>	<b>1:15.83</b>	<b>2:48.02</b>	<b>1,383</b>
21	<b>1,382</b>	-	-	-	<b>29.66</b>	<b>42.00</b>	<b>44.90</b>	<b>36.09</b>	<b>1:15.86</b>	<b>2:48.08</b>	<b>1,382</b>
22	<b>1,381</b>	<b>9.51</b>	<b>12.35</b>	<b>19.01</b>	<b>29.67</b>	<b>42.02</b>	<b>44.92</b>	<b>36.10</b>	<b>1:15.88</b>	<b>2:48.14</b>	<b>1,381</b>
23	<b>1,380</b>	-	-	-	<b>29.68</b>	<b>42.03</b>	<b>44.94</b>	<b>36.11</b>	<b>1:15.91</b>	<b>2:48.19</b>	<b>1,380</b>
24	<b>1,379</b>	-	<b>12.36</b>	<b>19.02</b>	<b>29.69</b>	<b>42.05</b>	<b>44.96</b>	<b>36.12</b>	<b>1:15.93</b>	<b>2:48.25</b>	<b>1,379</b>
25	<b>1,378</b>	<b>9.52</b>	-	<b>19.03</b>	<b>29.70</b>	<b>42.06</b>	<b>44.98</b>	<b>36.13</b>	<b>1:15.96</b>	<b>2:48.31</b>	<b>1,378</b>
26	<b>1,377</b>	-	<b>12.37</b>	-	<b>29.71</b>	<b>42.07</b>	<b>45.00</b>	<b>36.15</b>	<b>1:15.98</b>	<b>2:48.37</b>	<b>1,377</b>
27	<b>1,376</b>	-	-	<b>19.04</b>	<b>29.72</b>	<b>42.09</b>	<b>45.02</b>	<b>36.16</b>	<b>1:16.01</b>	<b>2:48.42</b>	<b>1,376</b>
28	<b>Points</b>	<b>100m</b>	<b>110m H</b>	<b>200m</b>	<b>300m</b>	<b>400m</b>	<b>400m H</b>	<b>4x100m</b>	<b>4x200m</b>	<b>4x400m</b>	<b>Points</b>
29	<b>1,375</b>	-	<b>12.38</b>	-	<b>29.73</b>	<b>42.10</b>	<b>45.04</b>	<b>36.17</b>	<b>1:16.03</b>	<b>2:48.48</b>	<b>1,375</b>
30	<b>1,374</b>	<b>9.53</b>	-	<b>19.05</b>	<b>29.74</b>	<b>42.12</b>	<b>45.05</b>	<b>36.18</b>	<b>1:16.05</b>	<b>2:48.54</b>	<b>1,374</b>
31	<b>1,373</b>	-	<b>12.39</b>	-	<b>29.75</b>	<b>42.13</b>	<b>45.07</b>	<b>36.20</b>	<b>1:16.08</b>	<b>2:48.60</b>	<b>1,373</b>
32	<b>1,372</b>	-	-	<b>19.06</b>	<b>29.76</b>	<b>42.14</b>	<b>45.09</b>	<b>36.21</b>	<b>1:16.10</b>	<b>2:48.66</b>	<b>1,372</b>
33	<b>1,371</b>	-	<b>12.40</b>	<b>19.07</b>	<b>29.77</b>	<b>42.16</b>	<b>45.11</b>	<b>36.22</b>	<b>1:16.13</b>	<b>2:48.72</b>	<b>1,371</b>
34	<b>1,370</b>	<b>9.54</b>	-	-	<b>29.78</b>	<b>42.17</b>	<b>45.13</b>	<b>36.23</b>	<b>1:16.15</b>	<b>2:48.77</b>	<b>1,370</b>
35	<b>1,369</b>	-	<b>12.41</b>	<b>19.08</b>	<b>29.79</b>	<b>42.19</b>	<b>45.15</b>	<b>36.25</b>	<b>1:16.18</b>	<b>2:48.83</b>	<b>1,369</b>
36	<b>1,368</b>	-	-	-	<b>29.80</b>	<b>42.20</b>	<b>45.17</b>	<b>36.26</b>	<b>1:16.20</b>	<b>2:48.89</b>	<b>1,368</b>