

FAIR DECATHLON MODEL

Approximate performances corresponding to equal FDM-40N point values

Points	100 m (s)	Long jump (m)	Shot put (m)	High jump (m)	400 m (s)	110 m hurdles (s)	Discus (m)	Pole vault (m)	Javelin (m)	1500 m
1200	9.73	8.74	20.41	2.41	43.37	12.49	65.28	6.38	93.06	3:28.96
1100	10.02	8.39	18.87	2.31	44.77	12.99	59.79	5.97	84.16	3:45.39
1000	10.32	8.04	17.31	2.21	46.24	13.53	54.34	5.56	75.47	4:02.26
900	10.64	7.67	15.76	2.11	47.79	14.10	48.93	5.15	67.00	4:19.60
800	10.99	7.28	14.20	2.00	49.45	14.71	43.57	4.73	58.76	4:37.50
700	11.36	6.87	12.64	1.89	51.24	15.37	38.27	4.31	50.78	4:56.04
600	11.76	6.45	11.08	1.78	53.18	16.10	33.02	3.88	43.09	5:15.34
500	12.20	5.99	9.51	1.65	55.31	16.91	27.84	3.44	35.71	5:35.57
400	12.71	5.50	7.93	1.52	57.71	17.82	22.74	3.00	28.70	5:56.98
300	13.29	4.96	6.35	1.38	60.49	18.90	17.74	2.54	22.13	6:19.97
200	14.00	4.34	4.76	1.23	63.87	20.23	12.87	2.07	16.10	6:45.27
100	14.98	3.59	3.15	1.05	68.47	22.09	8.20	1.57	10.82	7:14.60

Values are rounded to normal competition precision and are intended to illustrate the scale, not the exact one-point boundary.