

Оценка результатов в летнем пятиборье, летнем четырехборье, летнем троеборье, летнем двоеборье (мужчины, юниоры, юноши, мальчики)

Очки	Бег					Метание (м)		Стрельба из винтовки пневматической - упражнение III-ВП или Ша-ВП (очки)	Плавание вольным стилем		Подтягивание (количество раз)	
	60 м (с)	100 м (с)	1000 м (мин, с)	2000 м (мин, с)	3000 м (мин, с)	Гранаты (700 г или 500 г)	Мяча 150 г		50 м (мин, с)	100 м (мин, с)	За 3 мин	За 4 мин
100	6,9	10,9	2:30	5:35	8:40	70,0	100,0	94	0:26,0	0:55,0	45	60
99			2:31	5:36	8:42	69,5	99,0		0:26,2	0:55,5		58
98			2:32	5:37	8:44	69,0	98,0	93	0:26,4	0:56,0	44	56
97		11,0	2:33	5:38	8:46	68,5	97,0		0:26,6	0:56,5		54
96	7,0		2:34	5:39	8:48	68,0	96,0	92	0:26,8	0:57,0	43	52
95			2:35	5:40	8:50	67,5	95,0		0:27,0	0:57,5		50
94		11,1	2:36	5:41	8:52	67,0	94,0	91	0:27,2	0:58,0	42	49
93			2:37	5:42	8:54	66,5	93,0		0:27,4	0:58,5		48
92	7,1		2:38	5:43	8:56	66,0	92,0	90	0:27,6	0:59,0	41	47
91		11,2	2:39	5:44	8:58	65,5	91,0		0:27,8	0:59,5		46
90			2:40	5:45	9:00	65,0	90,0	89	0:28,0	1:00,0	40	45
89			2:41	5:46	9:02	64,5	89,0		0:28,2	1:00,5		44
88	7,2	11,3	2:42	5:47	9:04	64,0	88,0	88	0:28,4	1:01,0	39	43
87			2:43	5:48	9:06	63,5	87,0	87	0:28,6	1:01,5		42
86			2:44	5:49	9:08	63,0	86,0	86	0:28,8	1:02,0	38	41
85		11,4	2:45	5:50	9:10	62,5	85,0	85	0:29,0	1:02,5		40
84	7,3		2:46	5:52	9:12	62,0	84,0	84	0:29,2	1:03,0	37	39
83			2:47	5:54	9:14	61,5	83,0	83	0:29,4	1:03,5		38
82		11,5	2:48	5:56	9:16	61,0	82,0	82	0:29,6	1:04,0	36	37
81	7,4		2:49	5:58	9:18	60,5	81,0	81	0:29,8	1:04,5		36
80			2:50	6:00	9:20	60,0	80,0	80	0:30,0	1:05,0	35	35
79		11,6	2:51	6:02	9:23	59,5	79,0	79	0:30,2	1:05,5		
78	7,5		2:52	6:04	9:26	59,0	78,0	78	0:30,4	1:06,0	34	34
77			2:53	6:06	9:29	58,5	77,0	77	0:30,6	1:06,5		
76		11,7	2:54	6:08	9:32	58,0	76,0	76	0:30,8	1:07,0	33	33
75	7,6		2:55	6:10	9:35	57,5	75,0	75	0:31,0	1:07,5		
74		11,8	2:56	6:12	9:38	57,0	74,0	74	0:31,2	1:08,0	32	32
73			2:57	6:14	9:41	56,5	73,0	73	0:31,4	1:08,5		
72	7,7	11,9	2:58	6:16	9:44	56,0	72,0	72	0:31,6	1:09,0	31	31
71			2:59	6:18	9:47	55,5	71,0	71	0:31,8	1:09,5		
70		12,0	3:00	6:20	9:50	55,0	70,0	70	0:32,0	1:10,0	31	30
69	7,8		3:01	6:22	9:53	54,5	69,0	69	0:32,2	1:10,6		
68		12,1	3:02	6:24	9:56	54,0	68,0	68	0:32,4	1:11,2	29	29

67			3:03	6:26	9:59	53,5	67,0	67	0:32,6	1:11,8		
66	7,9	12,2	3:04	6:28	10:02	53,0	66,0	66	0:32,8	1:12,4	28	28
65			3:05	6:30	10:05	52,5	65,0	65	0:33,0	1:13,0		
64		12,3	3:06	6:32	10:08	52,0	64,0	64	0:33,2	1:13,6	27	27
63	8,0		3:07	6:34	10:11	51,5	63,0	63	0:33,4	1:14,2		
62		12,4	3:08	6:36	10:14	51,0	62,0	62	0:33,6	1:14,8	26	26
61			3:09	6:38	10:17	50,5	61,0	61	0:33,8	1:15,4		
60	8,1	12,5	3:10	6:40	10:20	50,0	60,0	60	0:34,0	1:16,0	25	25
59			3:11	6:42	10:23	49,5	59,0	59	0:34,2	1:16,6		
58		12,6	3:12	6:44	10:26	49,0	58,0	58	0:34,4	1:17,2	24	24
57	8,2		3:13	6:46	10:29	48,5	57,0	57	0:34,6	1:17,8		23
56		12,7	3:14	6:48	10:32	48,0	56,0	56	0:34,8	1:18,4	23	
55			3:15	6:50	10:35	47,5	55,0	55	0:35,0	1:19,0		
54	8,3	12,8	3:16	6:52	10:38	47,0	54,0	54	0:35,2	1:19,6	22	22
53			3:17	6:54	10:41	46,5	53,0	53	0:35,4	1:20,2		
52	8,4	12,9	3:18	6:56	10:44	46,0	52,0	52	0:35,6	1:20,8	21	21
51			3:19	6:58	10:47	45,5	51,0	51	0:35,8	1:21,4		
50	8,5	13,0	3:20	7:00	10:50	45,0	50,0	50	0:36,0	1:22,0	20	20
49			3:21	7:02	10:53	44,5	49,5	49	0:36,4	1:23,0		
48	8,6	13,1	3:22	7:04	10:56	44,0	49,0	48	0:36,8	1:24,0	19	19
47			3:23	7:06	10:59	43,5	48,5	47	0:37,2	1:26,0		
46	8,7	13,2	3:24	7:08	11:02	43,0	48,0	46	0:37,6	1:28,0	18	18
45			3:25	7:10	11:05	42,5	47,5	45	0:38,0	1:30,0		
44	8,8	13,3	3:26	7:12	11:08	42,0	47,0	44	0:38,6	1:32,0	17	17
43			3:27	7:14	11:11	41,5	46,5	43	0:39,2	1:34,0		
42	8,9	13,4	3:28	7:16	11:14	41,0	46,0	42	0:39,8	1:36,0	16	16
41			3:29	7:18	11:17	40,5	45,5	41	0:40,4	1:38,0		
40	9,0	13,5	3:30	7:20	11:20	40,0	45,0	40	0:41,0	1:40,0	15	15
39			3:31	7:22	11:23	39,5	44,5	39	0:41,8	1:42,0		
38	9,1	13,6	3:32	7:24	11:26	39,0	44,0	38	0:42,6	1:44,0	14	14
37			3:33	7:27	11:29	38,5	43,5	37	0:43,4	1:46,0		
36	9,2	13,7	3:34	7:30	11:32	38,0	43,0	36	0:44,3	1:48,0	13	13
35			3:35	7:33	11:36	37,5	42,5	35	0:45,2	1:50,0		
34	9,3	13,8	3:36	7:36	11:40	37,0	42,0	34	0:46,1	1:52,0	12	12
33			3:37	7:39	11:45	36,5	41,5	33	0:47,0	1:54,0		
32	9,4	13,9	3:38	7:42	11:50	36,0	41,0	32	0:48,0	1:56,0		
31			3:39	7:46	11:55	35,5	40,5	31	0:49,0	1:58,0	11	11
30	9,5	14,0	3:40	7:50	12:00	35,0	40,0	30	0:50,0	2:00,0		
29	9,6		3:41	7:56	12:08	34,5	39,5	29	0:51,0	2:02,0		
28	9,7	14,1	3:42	8:02	12:16	34,0	39,0	28	0:52,0	2:04,0	10	10
27	9,8		3:43	8:08	12:24	33,5	38,5	27	0:53,0	2:06,0		
26	9,9	14,2	3:44	8:14	12:32	33,0	38,0	26	0:54,0	2:08,0		
25	10,0		3:45	8:20	12:40	32,5	37,5	25	0:55,0	2:10,0	9	9
24	10,2	14,3	3:46	8:26	12:50	32,0	37,0	24	0:56,0	2:12,0		
23	10,4		3:47	8:32	13:00	31,5	36,5	23	0:57,0	2:14,0		
22	10,6	14,4	3:48	8:38	13:10	31,0	36,0	22	0:58,0	2:16,0	8	8
21	10,8		3:49	8:44	13:20	30,5	35,5	21	0:59,0	2:18,0		
20	11,0	14,5	3:50	8:50	13:30	30,0	35,0	20	1:00,0	2:20,0		
19	11,2	14,6	3:52	8:56	13:40	29,5	34,5	19	1:02,0	2:22,0	7	7
18	11,4	14,7	3:56	9:04	13:52	29,0	34,0	18	1:04,0	2:24,0		
17	11,6	14,8	4:02	9:14	14:04	28,5	33,5	17	1:06,0	2:26,0		
16	11,8	14,9	4:08	9:26	14:16	28,0	33,0	16	1:08,0	2:28,0	6	6

15	12,0	15,0	4:16	9:40	14:28	27,5	32,5	15	1:10,0	2:30,0		
14	12,2	15,2	4:24	9:54	14:40	27,0	32,0	14	1:12,0	2:33,0		
13	12,4	15,4	4:32	10:10	14:52	26,5	31,5	13	1:14,0	2:36,0	5	5
12	12,6	15,6	4:40	10:26	15:04	26,0	31,0	12	1:16,0	2:39,0		
11	12,8	15,8	4:50	10:42	15:16	25,5	30,5	11	1:18,0	2:42,0		
10	13,0	16,0	5:00	11:00	15:30	25,0	30,0	10	1:20,0	2:45,0	4	4
9	13,2	16,3	5:10	11:20	15:46	24,5	29,5	9	1:22,0	2:48,0		
8	13,4	16,6	5:20	11:40	16:02	24,0	29,0	8	1:24,0	2:51,0		
7	13,7	16,9	5:30	12:00	16:20	23,5	28,5	7	1:26,0	2:55,0	3	3
6	14,0	17,3	5:40	12:20	16:38	23,0	28,0	6	1:29,0	3:00,0		
5	14,3	17,7	5:50	12:40	16:56	22,5	27,5	5	1:32,0	3:05,0		
4	14,6	18,1	6:00	13:00	17:16	22,0	27,0	4	1:35,0	3:10,0	2	2
3	15,0	18,6	6:15	13:30	17:36	21,5	26,5	3	1:38,0	3:16,0		
2	15,5	19,2	6:35	14:10	18:00	21,0	26,0	2	1:41,0	3:22,0		
1	16,0	20,0	7:00	15:00	18:30	20,0	25,0	1	1:45,0	3:30,0	1	1

Оценка результатов в летнем пятиборье, летнем четырехборье, летнем троеборье,
летнем двоеборье (женщины, юниорки, девушки, девочки)

Очки	Бег					Метание (м)		Стрельба из винтовок пневматической - упражнение III-ВП или Ша-ВП (очки)	Плавание вольным стилем		Сгибание и разгибание рук в упоре лежа (количество раз)	
	60 м (с)	100 м (с)	500 м (мин, с)	1000 м (мин, с)	2000 м (мин, с)	Мяча 150 г	Гранаты (500 г или 300 г)		50 м (мин, с)	100 м (мин, с)	За 4 мин	За 3 мин
100	7,8	12,5	1:15,0	2:50	6:20	80,0	55,0	94	0:29,0	1:03,0	130	100
99			1:15,5	2:51	6:22	79,0	54,5		0:29,2	1:03,6	127	98
98		12,6	1:16,0	2:52	6:24	78,0	54,0	93	0:29,4	1:04,2	124	96
97			1:16,5	2:53	6:26	77,0	53,5		0:29,6	1:04,8	121	94
96	7,9	12,7	1:17,0	2:54	6:28	76,0	53,0	92	0:29,8	1:05,4	118	92
95			1:17,5	2:55	6:30	75,0	52,5		0:30,0	1:06,0	115	90
94		12,8	1:18,0	2:56	6:32	74,0	52,0	91	0:30,2	1:06,6	112	88
93			1:18,5	2:57	6:34	73,0	51,5		0:30,4	1:07,2	109	86
92	8,0	12,9	1:19,0	2:58	6:36	72,0	51,0	90	0:30,6	1:07,8	106	84
91			1:19,5	2:59	6:38	71,0	50,5		0:30,8	1:08,4	103	82
90		13,0	1:20,0	3:00	6:40	70,0	50,0	89	0:31,0	1:09,0	100	80
89			1:20,5	3:01	6:42	69,0	49,5		0:31,2	1:09,6	98	78
88	8,1	13,1	1:21,0	3:02	6:44	68,0	49,0	88	0:31,4	1:10,2	96	76
87			1:21,5	3:03	6:46	67,0	48,5	87	0:31,6	1:10,8	94	74
86		13,2	1:22,0	3:04	6:48	66,0	48,0	86	0:31,8	1:11,4	92	72
85			1:22,5	3:05	6:50	65,0	47,5	85	0:32,0	1:12,0	90	70
84	8,2	13,3	1:23,0	3:06	6:52	64,0	47,0	84	0:32,2	1:12,6	88	69
83			1:23,5	3:07	6:54	63,0	46,5	83	0:32,4	1:13,2	86	68
82		13,4	1:24,0	3:08	6:56	62,0	46,0	82	0:32,6	1:13,8	84	67
81	8,3		1:24,5	3:09	6:58	61,0	45,5	81	0:32,8	1:14,4	82	66
80		13,5	1:25,0	3:10	7:00	60,0	45,0	80	0:33,0	1:15,0	80	65
79			1:25,5	3:12	7:03	59,5	44,5	79	0:33,2	1:15,6	78	64
78	8,4	13,6	1:26,0	3:14	7:06	59,0	44,0	78	0:33,4	1:16,2	76	63
77			1:26,5	3:16	7:09	58,5	43,5	77	0:33,6	1:16,8	74	62
76		13,7	1:27,0	3:18	7:12	58,0	43,0	76	0:33,8	1:17,4	72	61
75	8,5		1:27,5	3:20	7:15	57,5	42,5	75	0:34,0	1:18,0	70	60

74		13,8	1:28,0	3:22	7:18	57,0	42,0	74	0:34,2	1:18,6	68	59
73			1:28,5	3:24	7:21	56,5	41,5	73	0:34,4	1:19,2	66	58
72	8,6	13,9	1:29,0	3:26	7:24	56,0	41,0	72	0:34,6	1:19,8	64	57
71			1:29,5	3:28	7:27	55,5	40,5	71	0:34,8	1:20,4	62	56
70		14,0	1:30,0	3:30	7:30	55,0	40,0	70	0:35,0	1:21,0	60	55
69	8,7		1:30,5	3:32	7:34	54,5	39,5	69	0:35,2	1:21,6	58	54
68		14,1	1:31,0	3:34	7:38	54,0	39,0	68	0:35,4	1:22,2	56	53
67			1:31,5	3:36	7:42	53,5	38,5	67	0:35,6	1:22,8	54	52
66	8,8	14,2	1:32,0	3:38	7:46	53,0	38,0	66	0:35,8	1:23,4	52	51
65			1:32,5	3:40	7:50	52,5	37,5	65	0:36,0	1:24,0	50	50
64		14,3	1:33,0	3:42	7:54	52,0	37,0	64	0:36,2	1:24,7	49	49
63	8,9		1:33,5	3:44	7:58	51,5	36,5	63	0:36,4	1:25,4	48	48
62		14,4	1:34,0	3:46	8:02	51,0	36,0	62	0:36,6	1:26,2	47	47
61			1:34,5	3:48	8:06	50A	35,5	61	0:36,8	1:27,0	46	46
60	9,0	14,5	1:35,0	3:50	8:10	50,0	35,0	60	0:37,0	1:28,0	45	45
59			1:35,5	3:52	8:14	49,5	34,5	59	0:37,2	1:29,0	44	44
58		14,6	1:36,0	3:54	8:18	49,0	34,0	58	0:37,4	1:30,0	43	43
57			1:36,5	3:56	8:22	48,5	33,5	57	0:37,6	1:31,0	42	42
56	9,2	14,7	1:37,0	3:58	8:26	48,0	33,0	56	0:37,8	1:32,0	41	41
55			1:37,5	4:00	8:30	47,5	32,5	55	0:38,0	1:33,0	40	40
54	9,3	14,8	1:38,0	4:02	8:34	47,0	32,0	54	0:38,3	1:34,0	39	39
53			1:38,5	4:04	8:38	46,5	31,5	53	0:38,6	1:35,5	38	38
52	9,4	14,9	1:39,0	4:06	8:42	46,0	31,0	52	0:39,0	1:37,0	37	37
51			1:39,5	4:08	8:46	45,5	30,5	51	0:39,5	1:38,5	36	36
50	9,5	15,0	1:40,0	4:10	8:50	45,0	30,0	50	0:40,0	1:40,0	35	35
49	9,6		1:41,0	4:12	8:54	44,5	29,5	49	0:41,0	1:42,0	34	34
48	9,7	15,1	1:42,0	4:14	8:58	44,0	29,0	48	0:42,0	1:44,0	33	33
47	9,8		1:43,0	4:16	9:02	43,5	28,5	47	0:43,0	1:46,0	32	32
46	9,9	15,2	1:44,0	4:18	9:06	43,0	28,0	46	0:44,0	1:48,0	31	31
45	10,0		1:45,0	4:20	9:10	42,5	27,5	45	0:45,0	1:50,0	30	30
44	10,1	15,3	1:46,0	4:22	9:14	42,0	27,0	44	0:46,0	1:52,0	29	29
43	10,2		1:47,0	4:24	9:18	41,5	26,5	43	0:47,0	1:54,0	28	28
42	10,3	15,4	1:48,0	4:26	9:22	41,0	26,0	42	0:48,0	1:56,0	27	27
41	10,4		1:49,0	4:28	9:26	40,5	25,5	41	0:49,0	1:58,0	26	26
40	10,5	15,5	1:50,0	4:30	9:30	40,0	25,0	40	0:50,0	2:00,0	25	25
39	10,6		1:51,0	4:32	9:34	39,5	24,5	39	0:51,0	2:02,0	24	24
38	10,7	15,6	1:52,0	4:34	9:38	39,0	24,0	38	0:52,0	2:04,0	23	23
37	10,8		1:53,0	4:36	9:42	38,5	23,5	37	0:53,0	2:06,0	22	22
36	10,9	15,7	1:54,0	4:38	9:46	38,0	23,0	36	0:54,0	2:08,0	21	21
35	11,0		1:55,0	4:40	9:50	37,5	22,5	35	0:55,0	2:10,0	20	20
34	11,1	15,8	1:56,0	4:42	9:54	37,0	22,0	34	0:56,0	2:12,0	19	19
33	11,2		1:57,0	4:44	9:58	36,5	21,5	33	0:57,0	2:14,0	18	18
32	11,3	15,9	1:58,0	4:46	10:02	36,0	21,0	32	0:58,0	2:16,0	17	17

31	11,4		1:59,0	4:48	10:06	35,5	20,5	31	0:59,0	2:18,0	16	16
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27	11,8	16,3	2:03,0	4:56	10:28	33,5	18,5	27	1:06,0	2:32,0		
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25	12,0	16,5	2:05,0	5:00	10:40	32,5	17,5	25	1:10,0	2:40,0		
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23	12,4	16,7	2:07,0	5:04	10:54	31,5	16,5	23	1:14,0	2:48,0		
22	12,6	16,8	2:08,0	5:06	11:02	31,0	16,0	22	1:16,0	2:52,0	11	11
21	12,8	16,9	2:09,0	5:08	11:10	30,5	15,5	21	1:18,0	2:56,0		
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19	13,2	17,2	2:12,0	5:14	11:32	29,5	14,5	19	1:22,0	3:04,0		
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17	13,6	17,6	2:17,0	5:24	12:00	28,5	13,5	17	1:26,0	3:12,0		
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13	14,4	18,7	2:33,0	5:56	13:25	26,5	11,5	13	1:34,0	3:28,0		
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1	18,0	24,0	4:00,0	9:00	20:00	20,0	5,0	1	2:20,0	4:40,0		