|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **CHŁOPCY - Wyskok dosiężny z miejsca z odbicia obunóż (cm)** | | | | | | | | | | | | | | |
| **Pkt** | **20 pkt** | **25 pkt** | **30 pkt** | **35 pkt** | **40 pkt** | **45 pkt** | **50 pkt** | **55 pkt** | **60 pkt** | **65 pkt** | **70 pkt** | **75 pkt** | **80 pkt** | **100 pkt** |
| **Wiek** |
| **13 lat** | do 25 | 26 - 27 | 28 - 30 | 31 - 33 | 34 - 36 | 37 - 39 | 40 - 42 | 43 - 45 | 46 - 48 | 49 - 51 | 52 - 54 | 55 - 57 | 58 - 59 | od 60 |
| **14 lat** | do 28 | 29 - 30 | 31 - 33 | 34 - 36 | 37 - 39 | 40 - 42 | 43 - 45 | 46 - 48 | 49 - 51 | 52 - 54 | 55 - 57 | 58 - 59 | 60 - 61 | od 62 |
| **15 lat** | do 31 | 32 - 33 | 34 - 36 | 37 - 39 | 40 - 42 | 43 - 45 | 46 - 48 | 49 - 51 | 52 - 54 | 55 - 57 | 58 - 60 | 61 - 62 | 63 - 64 | od 65 |
| **16 lat** | do 34 | 35 - 36 | 37 - 39 | 40 - 42 | 43 - 45 | 46 - 48 | 49 - 51 | 52 - 54 | 55 - 57 | 58 - 60 | 61 - 63 | 64 - 65 | 66 - 67 | od 68 |
| **DZIEWCZYNY - Wyskok dosiężny z miejsca z odbicia obunóż (cm)** | | | | | | | | | | | | | | |
| **Pkt** | **20 pkt** | **25 pkt** | **30 pkt** | **35 pkt** | **40 pkt** | **45 pkt** | **50 pkt** | **55 pkt** | **60 pkt** | **65 pkt** | **70 pkt** | **75 pkt** | **80 pkt** | **100 pkt** |
| **Wiek** |
| **13 lat** | do 18 | 19 - 20 | 21 - 23 | 24 - 26 | 27 - 29 | 30 - 32 | 33 - 35 | 36 - 38 | 39 - 41 | 42 - 44 | 45 - 47 | 48 - 49 | 50 - 51 | od 52 |
| **14 lat** | do 20 | 21 - 22 | 23 - 25 | 26 - 28 | 29 - 31 | 32 - 34 | 35 - 37 | 38 - 40 | 41 - 43 | 44 - 46 | 47 - 49 | 50 - 51 | 52 - 53 | od 54 |
| **15 lat** | do 22 | 23 - 24 | 25 - 27 | 28 - 30 | 31 - 33 | 34 - 36 | 37 - 39 | 40 - 42 | 43 - 45 | 46 - 48 | 49 - 51 | 52 - 53 | 54 - 55 | od 56 |
| **16 lat** | do 24 | 25 - 26 | 27 - 29 | 30 - 32 | 33 - 35 | 36 - 38 | 39 - 41 | 42 - 44 | 45 - 47 | 48 - 50 | 51 - 53 | 54 - 55 | 56 - 57 | od 58 |

**Załącznik 1**

**Załącznik 1**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **CHŁOPCY - Ugięcia i wyprosty RR w podporze leżąc przodem (liczba)** | | | | | | | | | | | | | | |
| **Pkt** | **20 pkt** | **25 pkt** | **30 pkt** | **35 pkt** | **40 pkt** | **45 pkt** | **50 pkt** | **55 pkt** | **60 pkt** | **65 pkt** | **70 pkt** | **75 pkt** | **80 pkt** | **100 pkt** |
| **Wiek** |
| **13 lat** | 1 | 2-5 | 6-8 | 9-11 | 12-14 | 15-17 | 18-21 | 22-25 | 26-28 | 29-31 | 32-34 | 35-36 | 37-38 | od 39 |
| **14 lat** | 2-5 | 6-8 | 9-11 | 12-14 | 15-17 | 18-21 | 22-25 | 26-28 | 29-31 | 32-34 | 35-36 | 37-38 | 39-40 | od 41 |
| **15 lat** | 6-8 | 9-11 | 12-14 | 15-17 | 18-21 | 22-25 | 26-28 | 29-31 | 32-34 | 35-36 | 37-38 | 39-40 | 41-42 | od 43 |
| **16 lat** | 9-11 | 12-14 | 15-17 | 18-21 | 22-25 | 26-28 | 29-31 | 32-34 | 35-36 | 37-38 | 39-40 | 41-42 | 43-44 | od 45 |
| **DZIEWCZYNY - Ugięcia i wyprosty RR w podporze leżąc przodem (liczba)** | | | | | | | | | | | | | | |
| **Pkt** | **20 pkt** | **25 pkt** | **30 pkt** | **35 pkt** | **40 pkt** | **45 pkt** | **50 pkt** | **55 pkt** | **60 pkt** | **65 pkt** | **70 pkt** | **75 pkt** | **80 pkt** | **100 pkt** |
| **Wiek** |
| **13 lat** | 1 | 2-3 | 4-5 | 6-7 | 8-9 | 10-12 | 13-15 | 16-18 | 19-21 | 22-24 | 25-26 | 27-28 | 29-30 | od 31 |
| **14 lat** | 2-3 | 4-5 | 6-7 | 8-9 | 10-12 | 13-15 | 16-18 | 19-21 | 22-24 | 25-26 | 27-28 | 29-30 | 31-32 | od 33 |
| **15 lat** | 4-5 | 6-7 | 8-9 | 10-12 | 13-15 | 16-18 | 19-21 | 22-24 | 25-27 | 28-29 | 30-31 | 32-33 | 34-35 | od 36 |
| **16 lat** | 6-7 | 8-9 | 10-12 | 13-15 | 16-18 | 19-21 | 22-24 | 25-27 | 28-29 | 30-31 | 32-33 | 34-35 | 36-37 | od 38 |

**Załącznik 1**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **CHŁOPCY - Bieg po "kopercie-zygzakiem" (s)** | | | | | | | | | | | | | | |
| **Pkt** | **20 pkt** | **25 pkt** | **30 pkt** | **35 pkt** | **40 pkt** | **45 pkt** | **50 pkt** | **55 pkt** | **60 pkt** | **65 pkt** | **70 pkt** | **75 pkt** | **80 pkt** | **100 pkt** |
| **Wiek** |
| **13 lat** | 35,0-34,01 | 34,0-33,01 | 33,0-32,01 | 32,0-31,01 | 31,0-30,01 | 30,0-29,01 | 29,0-28,01 | 28,0-27,01 | 27,0-26,01 | 26,0-25,01 | 25,0-24,01 | 24,0-23,01 | 23,0-22,01 | od 22 |
| **14 lat** | 34,0-33,01 | 33,0-32,01 | 32,0-31,01 | 31,0-30,01 | 30,0-29,01 | 29,0-28,01 | 28,0-27,01 | 27,0-26,01 | 26,0-25,01 | 25,0-24,01 | 24,0-23,01 | 23,0-22,01 | 22,0-21,01 | od 21 |
| **15 lat** | 33,0-32,01 | 32,0-31,01 | 31,0-30,01 | 30,0-29,01 | 29,0-28,01 | 28,0-27,01 | 27,0-26,01 | 26,0-25,01 | 25,0-24,01 | 24,0-23,01 | 23,0-22,01 | 22,0-21,01 | 21,0-20,01 | od 20 |
| **16 lat** | 32,0-31,01 | 31,0-30,01 | 30,0-29,01 | 29,0-28,01 | 28,0-27,01 | 27,0-26,01 | 26,0-25,01 | 25,0-24,01 | 24,0-23,01 | 23,0-22,01 | 22,0-21,01 | 21,0-20,01 | 20,0-19,01 | od 19 |
| **DZIEWCZYNY - Bieg po "kopercie-zygzakiem" (s)** | | | | | | | | | | | | | |  |
| **Pkt** | **20 pkt** | **25 pkt** | **30 pkt** | **35 pkt** | **40 pkt** | **45 pkt** | **50 pkt** | **55 pkt** | **60 pkt** | **65 pkt** | **70 pkt** | **75 pkt** | **80 pkt** | **100 pkt** |
| **Wiek** |
| **13 lat** | 37,0-36,01 | 36,0-35,01 | 35,0-34,01 | 34,0-33,01 | 33,0-32,01 | 32,0-31,01 | 31,0-30,01 | 30,0-29,01 | 29,0-28,01 | 28,0-27,01 | 27,0-26,01 | 26,0-25,01 | 25,0-24,01 | od 24 |
| **14 lat** | 36,0-35,01 | 35,0-34,01 | 34,0-33,01 | 33,0-32,01 | 32,0-31,01 | 31,0-30,01 | 30,0-29,01 | 29,0-28,01 | 28,0-27,01 | 27,0-26,01 | 26,0-25,01 | 25,0-24,01 | 24,0-23,01 | od 23 |
| **15 lat** | 35,0-34,01 | 34,0-33,01 | 33,0-32,01 | 32,0-31,01 | 31,0-30,01 | 30,0-29,01 | 29,0-28,01 | 28,0-27,01 | 27,0-26,01 | 26,0-25,01 | 25,0-24,01 | 24,0-23,01 | 23,0-22,01 | od 22 |
| **16 lat** | 34,0-33,01 | 33,0-32,01 | 32,0-31,01 | 31,0-30,01 | 30,0-29,01 | 29,0-28,01 | 28,0-27,01 | 27,0-26,01 | 26,0-25,01 | 25,0-24,01 | 24,0-23,01 | 23,0-22,01 | 22,0-21,01 | od 21 |