



ВОЕННОМОРСКИ СИЛИ

КОМАНДВАНЕ НА ВОЕННОМОРСКИТЕ СИЛИ

Варна 9000, ул. "Преслав" 16, тел: 552-622, 552-635, факс: 603-259

НОРМАТИВИ ЗА ФИЗИЧЕСКА ГОДНОСТ

УПРАЖНЕНИЕ № 2 – БЯГАНЕ „СОВАЛКА” 10 x 10 м.

| Време/сек. | Възrastова група | | | | | | | | | | | | | | | |
|------------|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|---|-----|---|------|---|
| | I | | II | | III | | IV | | V | | VI | | VII | | VIII | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| 24.00 | 100 | | | | | | | | | | | | | | | |
| 24.10 | 99 | | | | | | | | | | | | | | | |
| 24.20 | 98 | | | | | | | | | | | | | | | |
| 24.30 | 97 | | | | | | | | | | | | | | | |
| 24.40 | 96 | | | | | | | | | | | | | | | |
| 24.50 | 95 | | 100 | | | | | | | | | | | | | |
| 24.60 | 94 | | 99 | | | | | | | | | | | | | |
| 24.70 | 93 | | 98 | | | | | | | | | | | | | |
| 24.80 | 92 | 100 | 97 | | | | | | | | | | | | | |
| 24.90 | 91 | 99 | 96 | | | | | | | | | | | | | |
| 25.00 | 90 | 98 | 95 | 100 | 100 | | | | | | | | | | | |
| 25.10 | 89 | 97 | 94 | 99 | 99 | | | | | | | | | | | |
| 25.20 | 88 | 96 | 93 | 98 | 98 | | | | | | | | | | | |
| 25.30 | 87 | 95 | 92 | 97 | 97 | | | | | | | | | | | |
| 25.40 | 86 | 94 | 91 | 96 | 96 | | | | | | | | | | | |
| 25.50 | 85 | 93 | 90 | 95 | 95 | 100 | 100 | | | | | | | | | |
| 25.60 | 84 | 92 | 89 | 94 | 94 | 99 | 99 | | | | | | | | | |
| 25.70 | 83 | 91 | 88 | 93 | 93 | 98 | 98 | | | | | | | | | |
| 25.80 | 82 | 90 | 87 | 92 | 92 | 97 | 97 | | | | | | | | | |
| 25.90 | 81 | 89 | 86 | 91 | 91 | 96 | 96 | | | | | | | | | |
| 26.00 | 80 | 88 | 85 | 90 | 90 | 95 | 95 | 100 | 100 | | | | | | | |
| 26.10 | 79 | 87 | 84 | 89 | 89 | 94 | 94 | 99 | 99 | | | | | | | |
| 26.20 | 78 | 86 | 83 | 88 | 88 | 93 | 93 | 98 | 98 | | | | | | | |
| 26.30 | 77 | 85 | 82 | 87 | 87 | 92 | 92 | 97 | 97 | | | | | | | |
| 26.40 | 76 | 84 | 81 | 86 | 86 | 91 | 91 | 96 | 96 | | | | | | | |
| 26.50 | 75 | 83 | 80 | 85 | 85 | 90 | 90 | 95 | 95 | 100 | | | | | | |
| 26.60 | 74 | 82 | 79 | 84 | 84 | 89 | 89 | 94 | 94 | 99 | | | | | | |
| 26.70 | 73 | 81 | 78 | 83 | 83 | 88 | 88 | 93 | 93 | 98 | | | | | | |
| 26.80 | 72 | 80 | 77 | 82 | 82 | 87 | 87 | 92 | 92 | 97 | | | | | | |
| 26.90 | 71 | 79 | 76 | 81 | 81 | 86 | 86 | 91 | 91 | 96 | | | | | | |
| 27.00 | 70 | 78 | 75 | 80 | 80 | 85 | 85 | 90 | 90 | 95 | | | | | | |
| 27.10 | 69 | 77 | 74 | 79 | 79 | 84 | 84 | 89 | 89 | 94 | | | | | | |
| 27.20 | 68 | 76 | 73 | 78 | 78 | 83 | 83 | 88 | 88 | 93 | | | | | | |
| 27.30 | 67 | 75 | 72 | 77 | 77 | 82 | 82 | 87 | 87 | 92 | | | | | | |
| 27.40 | 66 | 74 | 71 | 76 | 76 | 81 | 81 | 86 | 86 | 91 | | | | | | |
| 27.50 | 65 | 73 | 70 | 75 | 75 | 80 | 80 | 85 | 85 | 90 | | | | | | |
| 27.60 | 64 | 72 | 69 | 74 | 74 | 79 | 79 | 84 | 84 | 89 | | | | | | |
| 27.70 | 63 | 71 | 68 | 73 | 73 | 78 | 78 | 83 | 83 | 88 | | | | | | |
| 27.80 | 62 | 70 | 67 | 72 | 72 | 77 | 77 | 82 | 82 | 87 | | | | | | |
| 27.90 | 61 | 69 | 66 | 71 | 71 | 76 | 76 | 81 | 81 | 86 | | | | | | |
| 28.00 | 60 | 68 | 65 | 70 | 70 | 75 | 75 | 80 | 80 | 85 | 100 | | | | | |
| 28.10 | 59 | 67 | 64 | 69 | 69 | 74 | 74 | 79 | 79 | 84 | 99 | | | | | |
| 28.20 | 58 | 66 | 63 | 68 | 68 | 73 | 73 | 78 | 78 | 83 | 98 | | | | | |
| 28.30 | 57 | 65 | 62 | 67 | 67 | 72 | 72 | 77 | 77 | 82 | 97 | | | | | |
| 28.40 | 56 | 64 | 61 | 66 | 66 | 71 | 71 | 76 | 76 | 81 | 96 | | | | | |
| 28.50 | 55 | 63 | 60 | 65 | 65 | 70 | 70 | 75 | 75 | 80 | 95 | | | | | |
| 28.60 | 54 | 62 | 59 | 64 | 64 | 69 | 69 | 74 | 74 | 79 | 94 | | | | | |
| 28.70 | 53 | 61 | 58 | 63 | 63 | 68 | 68 | 73 | 73 | 78 | 93 | | | | | |

| Време/сек. | Възrastова група | | | | | | | | | | | | | | | |
|------------|------------------|----|----|----|-----|----|----|----|----|----|----|-----|-----|-----|------|-----|
| | I | | II | | III | | IV | | V | | VI | | VII | | VIII | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| 28.80 | 52 | 60 | 57 | 62 | 62 | 67 | 67 | 72 | 72 | 77 | 92 | | | | | |
| 28.90 | 51 | 59 | 56 | 61 | 61 | 66 | 66 | 71 | 71 | 76 | 91 | | | | | |
| 29.00 | 50 | 58 | 55 | 60 | 60 | 65 | 65 | 70 | 70 | 75 | 90 | 100 | 100 | | | |
| 29.10 | 49 | 57 | 54 | 59 | 59 | 64 | 64 | 69 | 69 | 74 | 89 | 99 | 99 | | | |
| 29.20 | 48 | 56 | 53 | 58 | 58 | 63 | 63 | 68 | 68 | 73 | 88 | 98 | 98 | | | |
| 29.30 | 47 | 55 | 52 | 57 | 57 | 62 | 62 | 67 | 67 | 72 | 87 | 97 | 97 | | | |
| 29.40 | 46 | 54 | 51 | 56 | 56 | 61 | 61 | 66 | 66 | 71 | 86 | 96 | 96 | | | |
| 29.50 | 45 | 53 | 50 | 55 | 55 | 60 | 60 | 65 | 65 | 70 | 85 | 95 | 95 | | | |
| 29.60 | 44 | 52 | 49 | 54 | 54 | 59 | 59 | 64 | 64 | 69 | 84 | 94 | 94 | | | |
| 29.70 | 43 | 51 | 48 | 53 | 53 | 58 | 58 | 63 | 63 | 68 | 83 | 93 | 93 | | | |
| 29.80 | 42 | 50 | 47 | 52 | 52 | 57 | 57 | 62 | 62 | 67 | 82 | 92 | 92 | | | |
| 29.90 | 41 | 49 | 46 | 51 | 51 | 56 | 56 | 61 | 61 | 66 | 81 | 91 | 91 | | | |
| 30.00 | 40 | 48 | 45 | 50 | 50 | 55 | 55 | 60 | 60 | 65 | 80 | 90 | 90 | 100 | 100 | |
| 30.10 | 39 | 47 | 44 | 49 | 49 | 54 | 54 | 59 | 59 | 64 | 79 | 89 | 89 | 99 | 99 | |
| 30.20 | 38 | 46 | 43 | 48 | 48 | 53 | 53 | 58 | 58 | 63 | 78 | 88 | 88 | 98 | 98 | |
| 30.30 | 37 | 45 | 42 | 47 | 47 | 52 | 52 | 57 | 57 | 62 | 77 | 87 | 87 | 97 | 97 | |
| 30.40 | 36 | 44 | 41 | 46 | 46 | 51 | 51 | 56 | 56 | 61 | 76 | 86 | 86 | 96 | 96 | |
| 30.50 | 35 | 43 | 40 | 45 | 45 | 50 | 50 | 55 | 55 | 60 | 75 | 85 | 85 | 95 | 95 | |
| 30.60 | 34 | 42 | 39 | 44 | 44 | 49 | 49 | 54 | 54 | 59 | 74 | 84 | 84 | 94 | 94 | |
| 30.70 | 33 | 41 | 38 | 43 | 43 | 48 | 48 | 53 | 53 | 58 | 73 | 83 | 83 | 93 | 93 | |
| 30.80 | 32 | 40 | 37 | 42 | 42 | 47 | 47 | 52 | 52 | 57 | 72 | 82 | 82 | 92 | 92 | |
| 30.90 | 31 | 39 | 36 | 41 | 41 | 46 | 46 | 51 | 51 | 56 | 71 | 81 | 81 | 91 | 91 | |
| 31.00 | 30 | 38 | 35 | 40 | 40 | 45 | 45 | 50 | 50 | 55 | 70 | 80 | 80 | 90 | 90 | 100 |
| 31.10 | 29 | 37 | 34 | 39 | 39 | 44 | 44 | 49 | 49 | 54 | 69 | 79 | 79 | 89 | 89 | 99 |
| 31.20 | 28 | 36 | 33 | 38 | 38 | 43 | 43 | 48 | 48 | 53 | 68 | 78 | 78 | 88 | 88 | 98 |
| 31.30 | 27 | 35 | 32 | 37 | 37 | 42 | 42 | 47 | 47 | 52 | 67 | 77 | 77 | 87 | 87 | 97 |
| 31.40 | 26 | 34 | 31 | 36 | 36 | 41 | 41 | 46 | 46 | 51 | 66 | 76 | 76 | 86 | 86 | 96 |
| 31.50 | 25 | 33 | 30 | 35 | 35 | 40 | 40 | 45 | 45 | 50 | 65 | 75 | 75 | 85 | 85 | 95 |
| 31.60 | 24 | 32 | 29 | 34 | 34 | 39 | 39 | 44 | 44 | 49 | 64 | 74 | 74 | 84 | 84 | 94 |
| 31.70 | 23 | 31 | 28 | 33 | 33 | 38 | 38 | 43 | 43 | 48 | 63 | 73 | 73 | 83 | 83 | 93 |
| 31.80 | 22 | 30 | 27 | 32 | 32 | 37 | 37 | 42 | 42 | 47 | 62 | 72 | 72 | 82 | 82 | 92 |
| 31.90 | 21 | 29 | 26 | 31 | 31 | 36 | 36 | 41 | 41 | 46 | 61 | 71 | 71 | 81 | 81 | 91 |
| 32.00 | 20 | 28 | 25 | 30 | 30 | 35 | 35 | 40 | 40 | 45 | 60 | 70 | 70 | 80 | 80 | 90 |
| 32.10 | 19 | 27 | 24 | 29 | 29 | 34 | 34 | 39 | 39 | 44 | 59 | 69 | 69 | 79 | 79 | 89 |
| 32.20 | 18 | 26 | 23 | 28 | 28 | 33 | 33 | 38 | 38 | 43 | 58 | 68 | 68 | 78 | 78 | 88 |
| 32.30 | 17 | 25 | 22 | 27 | 27 | 32 | 32 | 37 | 37 | 42 | 57 | 67 | 67 | 77 | 77 | 87 |
| 32.40 | 16 | 24 | 21 | 26 | 26 | 31 | 31 | 36 | 36 | 41 | 56 | 66 | 66 | 76 | 76 | 86 |
| 32.50 | 15 | 23 | 20 | 25 | 25 | 30 | 30 | 35 | 35 | 40 | 55 | 65 | 65 | 75 | 75 | 85 |
| 32.60 | 14 | 22 | 19 | 24 | 24 | 29 | 29 | 34 | 34 | 39 | 54 | 64 | 64 | 74 | 74 | 84 |
| 32.70 | 13 | 21 | 18 | 23 | 23 | 28 | 28 | 33 | 33 | 38 | 53 | 63 | 63 | 73 | 73 | 83 |
| 32.80 | 12 | 20 | 17 | 22 | 22 | 27 | 27 | 32 | 32 | 37 | 52 | 62 | 62 | 72 | 72 | 82 |
| 32.90 | 11 | 19 | 16 | 21 | 21 | 26 | 26 | 31 | 31 | 36 | 51 | 61 | 61 | 71 | 71 | 81 |
| 33.00 | 10 | 18 | 15 | 20 | 20 | 25 | 25 | 30 | 30 | 35 | 50 | 60 | 60 | 70 | 70 | 80 |
| 33.10 | 9 | 17 | 14 | 19 | 19 | 24 | 24 | 29 | 29 | 34 | 49 | 59 | 59 | 69 | 69 | 79 |
| 33.20 | 8 | 16 | 13 | 18 | 18 | 23 | 23 | 28 | 28 | 33 | 48 | 58 | 58 | 68 | 68 | 78 |
| 33.30 | 7 | 15 | 12 | 17 | 17 | 22 | 22 | 27 | 27 | 32 | 47 | 57 | 57 | 67 | 67 | 77 |
| 33.40 | 6 | 14 | 11 | 16 | 16 | 21 | 21 | 26 | 26 | 31 | 46 | 56 | 56 | 66 | 66 | 76 |
| 33.50 | 5 | 13 | 10 | 15 | 15 | 20 | 20 | 25 | 25 | 30 | 45 | 55 | 55 | 65 | 65 | 75 |
| 33.60 | 4 | 12 | 9 | 14 | 14 | 19 | 19 | 24 | 24 | 29 | 44 | 54 | 54 | 64 | 64 | 74 |
| 33.70 | 3 | 11 | 8 | 13 | 13 | 18 | 18 | 23 | 23 | 28 | 43 | 53 | 53 | 63 | 63 | 73 |
| 33.80 | 2 | 10 | 7 | 12 | 12 | 17 | 17 | 22 | 22 | 27 | 42 | 52 | 52 | 62 | 62 | 72 |
| 33.90 | 1 | 9 | 6 | 11 | 11 | 16 | 16 | 21 | 21 | 26 | 41 | 51 | 51 | 61 | 61 | 71 |
| 34.00 | | 8 | 5 | 10 | 10 | 15 | 15 | 20 | 20 | 25 | 40 | 50 | 50 | 60 | 60 | 70 |
| 34.10 | | 7 | 4 | 9 | 9 | 14 | 14 | 19 | 19 | 24 | 39 | 49 | 49 | 59 | 59 | 69 |
| 34.20 | | 6 | 3 | 8 | 8 | 13 | 13 | 18 | 18 | 23 | 38 | 48 | 48 | 58 | 58 | 68 |
| 34.30 | | 5 | 2 | 7 | 7 | 12 | 12 | 17 | 17 | 22 | 37 | 47 | 47 | 57 | 57 | 67 |
| 34.40 | | 4 | 1 | 6 | 6 | 11 | 11 | 16 | 16 | 21 | 36 | 46 | 46 | 56 | 56 | 66 |
| 34.50 | | 3 | | 5 | 5 | 10 | 10 | 15 | 15 | 20 | 35 | 45 | 45 | 55 | 55 | 65 |
| 34.60 | | 2 | | 4 | 4 | 9 | 9 | 14 | 14 | 19 | 34 | 44 | 44 | 54 | 54 | 64 |
| 34.70 | | 1 | | 3 | 3 | 8 | 8 | 13 | 13 | 18 | 33 | 43 | 43 | 53 | 53 | 63 |
| 34.80 | | | | 2 | 2 | 7 | 7 | 12 | 12 | 17 | 32 | 42 | 42 | 52 | 52 | 62 |
| 34.90 | | | | 1 | 1 | 6 | 6 | 11 | 11 | 16 | 31 | 41 | 41 | 51 | 51 | 61 |
| 35.00 | | | | | | 5 | 5 | 10 | 10 | 15 | 30 | 40 | 40 | 50 | 50 | 60 |

| Време/сек. | Възрастова група | | | | | | | | | | | | | | | |
|------------|------------------|---|----|---|-----|---|----|---|---|----|----|----|-----|----|------|----|
| | I | | II | | III | | IV | | V | | VI | | VII | | VIII | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| 35.10 | | | | | | 4 | 4 | 9 | 9 | 14 | 29 | 39 | 39 | 49 | 49 | 59 |
| 35.20 | | | | | | 3 | 3 | 8 | 8 | 13 | 28 | 38 | 38 | 48 | 48 | 58 |
| 35.30 | | | | | | 2 | 2 | 7 | 7 | 12 | 27 | 37 | 37 | 47 | 47 | 57 |
| 35.40 | | | | | | 1 | 1 | 6 | 6 | 11 | 26 | 36 | 36 | 46 | 46 | 56 |
| 35.50 | | | | | | | | 5 | 5 | 10 | 25 | 35 | 35 | 45 | 45 | 55 |
| 35.60 | | | | | | | | 4 | 4 | 9 | 24 | 34 | 34 | 44 | 44 | 54 |
| 35.70 | | | | | | | | 3 | 3 | 8 | 23 | 33 | 33 | 43 | 43 | 53 |
| 35.80 | | | | | | | | 2 | 2 | 7 | 22 | 32 | 32 | 42 | 42 | 52 |
| 35.90 | | | | | | | | 1 | 1 | 6 | 21 | 31 | 31 | 41 | 41 | 51 |
| 36.00 | | | | | | | | | | 5 | 20 | 30 | 30 | 40 | 40 | 50 |
| 36.10 | | | | | | | | | | 4 | 19 | 29 | 29 | 39 | 39 | 49 |
| 36.20 | | | | | | | | | | 3 | 18 | 28 | 28 | 38 | 38 | 48 |
| 36.30 | | | | | | | | | | 2 | 17 | 27 | 27 | 37 | 37 | 47 |
| 36.40 | | | | | | | | | | 1 | 16 | 26 | 26 | 36 | 36 | 46 |
| 36.50 | | | | | | | | | | | 15 | 25 | 25 | 35 | 35 | 45 |
| 36.60 | | | | | | | | | | | 14 | 24 | 24 | 34 | 34 | 44 |
| 36.70 | | | | | | | | | | | 13 | 23 | 23 | 33 | 33 | 43 |
| 36.80 | | | | | | | | | | | 12 | 22 | 22 | 32 | 32 | 42 |
| 36.90 | | | | | | | | | | | 11 | 21 | 21 | 31 | 31 | 41 |
| 37.00 | | | | | | | | | | | 10 | 20 | 20 | 30 | 30 | 40 |
| 37.10 | | | | | | | | | | | 9 | 19 | 19 | 29 | 29 | 39 |
| 37.20 | | | | | | | | | | | 8 | 18 | 18 | 28 | 28 | 38 |
| 37.30 | | | | | | | | | | | 7 | 17 | 17 | 27 | 27 | 37 |
| 37.40 | | | | | | | | | | | 8 | 16 | 16 | 26 | 26 | 36 |
| 37.50 | | | | | | | | | | | 7 | 15 | 15 | 25 | 25 | 35 |
| 37.60 | | | | | | | | | | | 6 | 14 | 14 | 24 | 24 | 34 |
| 37.70 | | | | | | | | | | | 5 | 13 | 13 | 23 | 23 | 33 |
| 37.80 | | | | | | | | | | | 4 | 12 | 12 | 22 | 22 | 32 |
| 37.90 | | | | | | | | | | | 3 | 11 | 11 | 21 | 21 | 31 |
| 38.00 | | | | | | | | | | | 2 | 10 | 10 | 20 | 20 | 30 |

УПРАЖНЕНИЕ № 11 – ИЗПЪЛНЕНИЕ НА КОРЕМНИ ПРЕСИ ЗА 90 СЕКУНДИ

| Брой пъти | Възрастова група | | | | | | | | | | | | | | | |
|-----------|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|
| | I | | II | | III | | IV | | V | | VI | | VII | | VIII | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| 81 | 100 | | | | | | | | | | | | | | | |
| 80 | 98 | | 100 | | | | | | | | | | | | | |
| 79 | 96 | | 98 | | | | | | | | | | | | | |
| 78 | 94 | 100 | 96 | | | | | | | | | | | | | |
| 77 | 92 | 98 | 94 | | | | | | | | | | | | | |
| 76 | 90 | 96 | 92 | 100 | | | | | | | | | | | | |
| 75 | 88 | 94 | 90 | 98 | | | | | | | | | | | | |
| 74 | 86 | 92 | 88 | 96 | 100 | | | | | | | | | | | |
| 73 | 84 | 90 | 86 | 94 | 98 | | | | | | | | | | | |
| 72 | 82 | 88 | 85 | 92 | 96 | | 100 | | | | | | | | | |
| 71 | 80 | 86 | 84 | 90 | 94 | | 98 | | | | | | | | | |
| 70 | 78 | 84 | 83 | 88 | 92 | | 96 | | | | | | | | | |
| 69 | 77 | 82 | 82 | 86 | 90 | 100 | 94 | | | | | | | | | |
| 68 | 76 | 80 | 81 | 84 | 88 | 98 | 92 | | | | | | | | | |
| 67 | 75 | 78 | 80 | 82 | 86 | 96 | 90 | | 100 | | | | | | | |
| 66 | 74 | 76 | 79 | 81 | 84 | 94 | 89 | 100 | 98 | | | | | | | |
| 65 | 73 | 75 | 78 | 80 | 83 | 92 | 88 | 98 | 96 | | | | | | | |
| 64 | 72 | 74 | 77 | 79 | 82 | 90 | 87 | 96 | 94 | | | | | | | |
| 63 | 71 | 73 | 76 | 78 | 81 | 88 | 86 | 94 | 92 | | | | | | | |
| 62 | 70 | 72 | 75 | 77 | 80 | 86 | 85 | 92 | 90 | | 100 | | | | | |
| 61 | 69 | 71 | 74 | 76 | 79 | 84 | 84 | 90 | 88 | | 99 | | | | | |
| 60 | 68 | 70 | 73 | 75 | 78 | 82 | 83 | 88 | 87 | 100 | 98 | | | | | |
| 59 | 67 | 69 | 72 | 74 | 77 | 80 | 82 | 86 | 86 | 98 | 97 | | | | | |
| 58 | 66 | 68 | 71 | 73 | 76 | 78 | 81 | 84 | 85 | 96 | 96 | | | | | |
| 57 | 65 | 67 | 70 | 72 | 75 | 77 | 80 | 82 | 84 | 94 | 95 | | 100 | | | |
| 56 | 64 | 66 | 69 | 71 | 74 | 76 | 79 | 81 | 83 | 92 | 94 | | 99 | | | |
| 55 | 63 | 65 | 68 | 70 | 73 | 75 | 78 | 80 | 82 | 90 | 92 | | 98 | | | |
| 54 | 62 | 64 | 67 | 69 | 72 | 74 | 76 | 79 | 81 | 88 | 90 | | 97 | | 100 | |
| 53 | 61 | 63 | 66 | 68 | 71 | 73 | 75 | 78 | 80 | 86 | 88 | | 96 | | 99 | |
| 52 | 60 | 62 | 65 | 67 | 70 | 72 | 74 | 77 | 79 | 84 | 87 | 100 | 94 | | 98 | |
| 51 | 59 | 61 | 64 | 66 | 69 | 71 | 73 | 76 | 78 | 82 | 86 | 98 | 92 | | 97 | |
| 50 | 58 | 60 | 63 | 65 | 68 | 70 | 72 | 75 | 77 | 80 | 85 | 96 | 90 | 100 | 96 | |
| 49 | 57 | 59 | 62 | 64 | 67 | 69 | 71 | 74 | 76 | 79 | 84 | 94 | 88 | 99 | 95 | |
| 48 | 56 | 58 | 61 | 63 | 66 | 68 | 70 | 73 | 75 | 78 | 83 | 92 | 86 | 98 | 94 | |
| 47 | 55 | 57 | 60 | 62 | 65 | 67 | 69 | 72 | 74 | 77 | 82 | 90 | 84 | 97 | 93 | |
| 46 | 54 | 56 | 59 | 61 | 64 | 66 | 68 | 71 | 73 | 76 | 80 | 88 | 82 | 96 | 92 | |
| 45 | 53 | 55 | 58 | 60 | 63 | 65 | 67 | 70 | 72 | 75 | 78 | 86 | 80 | 95 | 91 | 100 |
| 44 | 52 | 54 | 57 | 59 | 62 | 64 | 66 | 69 | 71 | 74 | 76 | 84 | 78 | 94 | 90 | 99 |
| 43 | 51 | 53 | 56 | 58 | 61 | 63 | 65 | 68 | 70 | 73 | 74 | 82 | 76 | 93 | 88 | 98 |
| 42 | 50 | 52 | 55 | 57 | 60 | 62 | 64 | 67 | 69 | 72 | 73 | 80 | 75 | 92 | 86 | 97 |
| 41 | 49 | 51 | 54 | 56 | 59 | 61 | 63 | 66 | 68 | 71 | 72 | 78 | 74 | 91 | 84 | 96 |
| 40 | 48 | 50 | 53 | 55 | 58 | 60 | 62 | 65 | 67 | 70 | 71 | 76 | 73 | 90 | 82 | 94 |
| 39 | 47 | 49 | 52 | 54 | 57 | 59 | 61 | 64 | 66 | 69 | 70 | 74 | 72 | 88 | 80 | 92 |
| 38 | 46 | 48 | 51 | 53 | 56 | 58 | 60 | 63 | 65 | 68 | 69 | 72 | 71 | 86 | 78 | 90 |
| 37 | 45 | 47 | 50 | 52 | 55 | 57 | 59 | 62 | 64 | 67 | 68 | 70 | 70 | 84 | 76 | 88 |
| 36 | 44 | 46 | 49 | 51 | 54 | 56 | 58 | 61 | 63 | 66 | 67 | 69 | 69 | 82 | 74 | 86 |
| 35 | 43 | 45 | 48 | 50 | 53 | 55 | 57 | 60 | 62 | 65 | 66 | 68 | 68 | 80 | 72 | 84 |
| 34 | 42 | 44 | 47 | 49 | 52 | 54 | 56 | 59 | 61 | 64 | 65 | 67 | 67 | 78 | 70 | 82 |
| 33 | 41 | 43 | 46 | 48 | 51 | 53 | 55 | 58 | 60 | 63 | 64 | 66 | 66 | 76 | 68 | 80 |
| 32 | 40 | 42 | 45 | 47 | 50 | 52 | 54 | 57 | 59 | 62 | 63 | 65 | 65 | 74 | 66 | 78 |
| 31 | 39 | 41 | 44 | 46 | 49 | 51 | 53 | 56 | 58 | 61 | 62 | 64 | 64 | 72 | 65 | 76 |
| 30 | 38 | 40 | 43 | 45 | 48 | 50 | 52 | 55 | 57 | 60 | 61 | 63 | 63 | 70 | 64 | 74 |
| 29 | 37 | 39 | 42 | 44 | 47 | 49 | 51 | 54 | 56 | 59 | 60 | 62 | 62 | 68 | 63 | 72 |
| 28 | 36 | 38 | 41 | 43 | 46 | 48 | 50 | 53 | 55 | 58 | 58 | 61 | 61 | 64 | 62 | 70 |
| 27 | 35 | 37 | 40 | 42 | 45 | 47 | 48 | 52 | 54 | 57 | 56 | 60 | 60 | 62 | 61 | 68 |
| 26 | 34 | 36 | 39 | 41 | 44 | 46 | 46 | 51 | 52 | 56 | 54 | 58 | 58 | 60 | 60 | 66 |
| 25 | 33 | 35 | 38 | 40 | 43 | 45 | 45 | 50 | 50 | 55 | 52 | 56 | 56 | 58 | 58 | 64 |
| 24 | 32 | 34 | 37 | 39 | 42 | 44 | 44 | 48 | 48 | 54 | 50 | 54 | 54 | 56 | 56 | 62 |
| 23 | 31 | 33 | 36 | 38 | 41 | 43 | 43 | 46 | 46 | 53 | 48 | 52 | 52 | 55 | 54 | 61 |

| Брой пъти | Възрастова група | | | | | | | | | | | | | | | |
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| | I | | II | | III | | IV | | V | | VI | | VII | | VIII | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| 22 | 30 | 32 | 35 | 37 | 40 | 42 | 42 | 44 | 44 | 52 | 46 | 50 | 50 | 54 | 52 | 60 |
| 21 | 29 | 31 | 34 | 36 | 39 | 41 | 41 | 42 | 42 | 51 | 44 | 48 | 48 | 53 | 50 | 58 |
| 20 | 28 | 30 | 33 | 35 | 38 | 40 | 40 | 40 | 40 | 50 | 42 | 46 | 46 | 52 | 48 | 56 |
| 19 | 27 | 29 | 32 | 34 | 37 | 38 | 38 | 38 | 38 | 45 | 40 | 44 | 44 | 50 | 46 | 54 |
| 18 | 26 | 28 | 31 | 33 | 36 | 36 | 36 | 36 | 36 | 40 | 38 | 42 | 42 | 48 | 44 | 52 |
| 17 | 25 | 27 | 30 | 32 | 34 | 34 | 34 | 34 | 34 | 35 | 36 | 40 | 40 | 46 | 42 | 50 |
| 16 | 24 | 26 | 29 | 30 | 32 | 32 | 32 | 32 | 32 | 34 | 38 | 38 | 44 | 40 | 48 | |
| 15 | 23 | 25 | 28 | 29 | 30 | 30 | 30 | 30 | 30 | 32 | 36 | 36 | 42 | 38 | 45 | |
| 14 | 22 | 24 | 27 | 28 | 28 | 28 | 28 | 28 | 28 | 30 | 34 | 34 | 40 | 35 | 42 | |
| 13 | 21 | 23 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 28 | 32 | 32 | 38 | 34 | 39 | |
| 12 | 20 | 22 | 24 | 24 | 24 | 24 | 24 | 24 | 24 | 24 | 26 | 30 | 30 | 36 | 32 | 36 |
| 11 | 19 | 21 | 22 | 22 | 22 | 22 | 22 | 22 | 22 | 22 | 24 | 28 | 28 | 33 | 30 | 33 |
| 10 | 18 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 22 | 26 | 26 | 30 | 28 | 30 |
| 9 | 17 | 18 | 18 | 18 | 18 | 18 | 18 | 18 | 18 | 18 | 20 | 24 | 24 | 27 | 26 | 27 |
| 8 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 18 | 22 | 22 | 24 | 24 | 24 |
| 7 | 14 | 14 | 14 | 14 | 14 | 14 | 14 | 14 | 14 | 14 | 16 | 20 | 20 | 21 | 21 | 21 |
| 6 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 14 | 18 | 18 | 18 | 18 | 18 |
| 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 12 | 15 | 15 | 15 | 15 | 15 |
| 4 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 10 | 12 | 12 | 12 | 12 | 12 |
| 3 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 8 | 9 | 9 | 9 | 9 | 9 |
| 2 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 6 | 6 | 6 | 6 | 6 | 6 |
| 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 |

УПРАЖНЕНИЕ № 12 – ИЗПЪЛНЕНИЕ НА ЛИЦЕВИ ОПОРИ ЗА 90 СЕКУНДИ

| Брой пъти | Възрастова група | | | | | | | | | | | | | | | |
|-----------|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|
| | I | | II | | III | | IV | | V | | VI | | VII | | VIII | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| 75 | 100 | | | | | | | | | | | | | | | |
| 74 | 98 | | | | | | | | | | | | | | | |
| 73 | 96 | | 100 | | | | | | | | | | | | | |
| 72 | 94 | | 98 | | | | | | | | | | | | | |
| 71 | 92 | | 96 | | 100 | | | | | | | | | | | |
| 70 | 90 | | 94 | | 98 | | | | | | | | | | | |
| 69 | 88 | | 92 | | 96 | | | | | | | | | | | |
| 68 | 86 | | 90 | | 94 | | | | | | | | | | | |
| 67 | 85 | | 88 | | 92 | | | | | | | | | | | |
| 66 | 84 | | 86 | | 90 | | | | | | | | | | | |
| 65 | 83 | | 85 | | 88 | | 100 | | | | | | | | | |
| 64 | 82 | | 84 | | 86 | | 98 | | | | | | | | | |
| 63 | 81 | | 83 | | 85 | | 96 | | 100 | | | | | | | |
| 62 | 80 | | 82 | | 84 | | 94 | | 98 | | | | | | | |
| 61 | 79 | | 81 | | 83 | | 92 | | 96 | | | | | | | |
| 60 | 78 | | 80 | | 82 | | 90 | | 94 | | 100 | | | | | |
| 59 | 77 | | 79 | | 81 | | 88 | | 92 | | 98 | | | | | |
| 58 | 76 | 100 | 78 | | 80 | | 86 | | 90 | | 96 | | | | | |
| 57 | 75 | 98 | 77 | | 79 | | 84 | | 88 | | 94 | | | | | |
| 56 | 74 | 96 | 76 | 100 | 78 | | 83 | | 86 | | 92 | | | | | |
| 55 | 73 | 95 | 75 | 98 | 77 | | 82 | | 84 | | 90 | | 100 | | | |
| 54 | 72 | 94 | 74 | 96 | 76 | | 81 | | 83 | | 89 | | 98 | | | |
| 53 | 71 | 93 | 73 | 95 | 75 | | 80 | | 82 | | 88 | | 96 | | | |
| 52 | 70 | 92 | 72 | 94 | 74 | 100 | 79 | | 81 | | 87 | | 94 | | | |
| 51 | 69 | 91 | 71 | 93 | 73 | 98 | 78 | | 80 | | 86 | | 92 | | | |
| 50 | 68 | 90 | 70 | 92 | 72 | 96 | 77 | 100 | 79 | | 84 | | 90 | | | |
| 49 | 67 | 89 | 69 | 91 | 71 | 95 | 76 | 98 | 78 | | 83 | | 88 | | | |
| 48 | 66 | 88 | 68 | 90 | 70 | 94 | 75 | 96 | 77 | 100 | 82 | | 86 | | 100 | |
| 47 | 65 | 87 | 67 | 89 | 69 | 93 | 74 | 95 | 76 | 99 | 81 | | 85 | | 98 | |
| 46 | 64 | 86 | 66 | 88 | 68 | 92 | 73 | 94 | 75 | 98 | 80 | | 84 | | 96 | |
| 45 | 63 | 85 | 65 | 87 | 67 | 91 | 72 | 93 | 74 | 97 | 79 | 100 | 83 | | 94 | |
| 44 | 62 | 84 | 64 | 86 | 66 | 90 | 71 | 92 | 73 | 96 | 78 | 99 | 82 | | 92 | |
| 43 | 61 | 83 | 63 | 85 | 65 | 89 | 70 | 91 | 72 | 95 | 77 | 98 | 81 | | 90 | |
| 42 | 60 | 82 | 62 | 84 | 64 | 88 | 69 | 90 | 71 | 94 | 76 | 97 | 80 | | 88 | |
| 41 | 59 | 81 | 61 | 83 | 63 | 87 | 68 | 89 | 70 | 93 | 75 | 96 | 79 | 100 | 86 | |
| 40 | 58 | 80 | 60 | 82 | 62 | 86 | 67 | 88 | 69 | 92 | 74 | 95 | 78 | 99 | 84 | 100 |
| 39 | 57 | 79 | 59 | 81 | 61 | 85 | 66 | 87 | 68 | 91 | 73 | 94 | 77 | 98 | 83 | 99 |
| 38 | 56 | 78 | 58 | 80 | 60 | 84 | 65 | 86 | 67 | 90 | 72 | 93 | 76 | 97 | 82 | 98 |
| 37 | 55 | 77 | 57 | 79 | 59 | 83 | 64 | 85 | 66 | 89 | 71 | 92 | 75 | 96 | 81 | 97 |
| 36 | 54 | 76 | 56 | 78 | 58 | 82 | 63 | 84 | 65 | 88 | 70 | 91 | 74 | 95 | 80 | 96 |
| 35 | 53 | 75 | 55 | 77 | 57 | 81 | 62 | 83 | 64 | 87 | 69 | 90 | 73 | 94 | 79 | 95 |
| 34 | 52 | 74 | 54 | 76 | 56 | 80 | 61 | 82 | 63 | 86 | 68 | 89 | 72 | 93 | 78 | 94 |
| 33 | 51 | 73 | 53 | 75 | 55 | 79 | 60 | 81 | 62 | 85 | 67 | 88 | 71 | 92 | 77 | 93 |
| 32 | 50 | 72 | 52 | 74 | 54 | 78 | 59 | 80 | 61 | 84 | 66 | 87 | 70 | 91 | 76 | 92 |
| 31 | 49 | 71 | 51 | 73 | 53 | 77 | 58 | 79 | 60 | 83 | 65 | 86 | 69 | 90 | 75 | 91 |
| 30 | 48 | 70 | 50 | 72 | 52 | 76 | 57 | 78 | 59 | 82 | 64 | 85 | 68 | 89 | 74 | 90 |
| 29 | 47 | 69 | 49 | 71 | 51 | 75 | 56 | 77 | 58 | 81 | 63 | 84 | 67 | 88 | 73 | 89 |
| 28 | 46 | 68 | 48 | 70 | 50 | 74 | 55 | 76 | 57 | 80 | 62 | 83 | 66 | 87 | 72 | 88 |
| 27 | 45 | 67 | 47 | 69 | 49 | 73 | 54 | 75 | 56 | 79 | 61 | 82 | 65 | 86 | 71 | 87 |
| 26 | 44 | 66 | 46 | 68 | 48 | 72 | 53 | 74 | 55 | 78 | 60 | 81 | 64 | 85 | 70 | 86 |
| 25 | 43 | 65 | 45 | 67 | 47 | 71 | 52 | 73 | 54 | 77 | 59 | 80 | 63 | 84 | 69 | 85 |
| 24 | 42 | 64 | 44 | 66 | 46 | 70 | 51 | 72 | 53 | 76 | 58 | 79 | 62 | 83 | 68 | 84 |
| 23 | 41 | 63 | 43 | 65 | 45 | 69 | 50 | 71 | 52 | 75 | 57 | 78 | 61 | 82 | 67 | 83 |
| 22 | 40 | 62 | 42 | 64 | 44 | 68 | 48 | 70 | 51 | 74 | 56 | 77 | 60 | 81 | 66 | 82 |
| 21 | 39 | 61 | 41 | 63 | 42 | 67 | 46 | 69 | 50 | 73 | 55 | 76 | 58 | 80 | 65 | 81 |
| 20 | 38 | 60 | 40 | 62 | 41 | 66 | 44 | 68 | 48 | 72 | 54 | 75 | 56 | 79 | 64 | 80 |
| 19 | 37 | 58 | 38 | 61 | 40 | 65 | 42 | 67 | 46 | 71 | 52 | 74 | 54 | 78 | 63 | 79 |
| 18 | 36 | 56 | 36 | 60 | 38 | 64 | 40 | 66 | 44 | 70 | 50 | 72 | 52 | 77 | 62 | 78 |
| 17 | 34 | 54 | 34 | 58 | 36 | 63 | 38 | 65 | 42 | 68 | 48 | 70 | 50 | 76 | 61 | 77 |
| 16 | 32 | 52 | 32 | 56 | 34 | 62 | 36 | 64 | 40 | 66 | 46 | 68 | 48 | 75 | 60 | 76 |
| 15 | 30 | 50 | 31 | 54 | 32 | 60 | 34 | 62 | 38 | 64 | 44 | 66 | 46 | 74 | 57 | 75 |
| 14 | 28 | 48 | 30 | 52 | 31 | 58 | 32 | 60 | 36 | 62 | 42 | 64 | 44 | 72 | 54 | 74 |

| Брой пъти | Възрастова група | | | | | | | | | | | | | | | |
|-----------|------------------|----|----|----|-----|----|----|----|----|----|----|----|-----|----|------|----|
| | I | | II | | III | | IV | | V | | VI | | VII | | VIII | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| 13 | 26 | 44 | 24 | 50 | 30 | 56 | 31 | 58 | 34 | 60 | 39 | 62 | 43 | 70 | 51 | 72 |
| 12 | 24 | 40 | 26 | 48 | 27 | 54 | 30 | 56 | 32 | 58 | 36 | 60 | 42 | 68 | 48 | 70 |
| 11 | 22 | 36 | 24 | 47 | 26 | 52 | 26 | 54 | 30 | 56 | 33 | 58 | 38 | 64 | 44 | 68 |
| 10 | 20 | 30 | 22 | 46 | 24 | 50 | 24 | 52 | 28 | 54 | 30 | 56 | 36 | 60 | 40 | 64 |
| 9 | 18 | 28 | 20 | 45 | 22 | 45 | 22 | 50 | 26 | 52 | 27 | 54 | 34 | 57 | 36 | 60 |
| 8 | 16 | 24 | 18 | 40 | 20 | 40 | 20 | 45 | 24 | 50 | 24 | 52 | 32 | 54 | 32 | 56 |
| 7 | 14 | 20 | 16 | 35 | 17 | 35 | 18 | 40 | 22 | 44 | 21 | 50 | 30 | 51 | 31 | 52 |
| 6 | 12 | 16 | 14 | 30 | 12 | 33 | 16 | 35 | 19 | 38 | 18 | 43 | 24 | 48 | 30 | 48 |
| 5 | 10 | 12 | 12 | 25 | 10 | 30 | 14 | 33 | 17 | 32 | 15 | 36 | 20 | 40 | 20 | 40 |
| 4 | 8 | 8 | 10 | 20 | 8 | 0 | 12 | 30 | 14 | 26 | 12 | 29 | 16 | 32 | 16 | 32 |
| 3 | 6 | 6 | 9 | 15 | 6 | 15 | 9 | 18 | 9 | 20 | 9 | 22 | 12 | 24 | 12 | 24 |
| 2 | 4 | 4 | 6 | 10 | 4 | 10 | 6 | 12 | 6 | 14 | 6 | 15 | 8 | 16 | 8 | 16 |
| 1 | 2 | 2 | 3 | 5 | 2 | 5 | 3 | 6 | 3 | 7 | 3 | 8 | 4 | 8 | 4 | 8 |

УПРАЖНЕНИЕ № 3 – КРОС 1000 МЕТРА

| Време/мин. | Възрастова група | | | | | | | | | | | | | | | | |
|------------|------------------|-----|-----|-----|-----|---|-----|---|-----|---|-----|---|-----|---|------|---|--|
| | I | | II | | III | | IV | | V | | VI | | VII | | VIII | | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | |
| 3.10 | 100 | | | | | | | | | | | | | | | | |
| 3.11 | 99 | | | | | | | | | | | | | | | | |
| 3.12 | 98 | | | | | | | | | | | | | | | | |
| 3.13 | 97 | | | | | | | | | | | | | | | | |
| 3.14 | 96 | | | | | | | | | | | | | | | | |
| 3.15 | 95 | | | | | | | | | | | | | | | | |
| 3.16 | 94 | | | | | | | | | | | | | | | | |
| 3.17 | 93 | | | | | | | | | | | | | | | | |
| 3.18 | 92 | | | | | | | | | | | | | | | | |
| 3.19 | 91 | | | | | | | | | | | | | | | | |
| 3.20 | 90 | | 100 | | | | | | | | | | | | | | |
| 3.21 | 89 | | 99 | | | | | | | | | | | | | | |
| 3.22 | 88 | | 98 | | | | | | | | | | | | | | |
| 3.23 | 87 | | 97 | | | | | | | | | | | | | | |
| 3.24 | 86 | | 96 | | | | | | | | | | | | | | |
| 3.25 | 85 | | 95 | | | | | | | | | | | | | | |
| 3.26 | 84 | | 94 | | | | | | | | | | | | | | |
| 3.27 | 83 | | 93 | | | | | | | | | | | | | | |
| 3.28 | 82 | | 92 | | | | | | | | | | | | | | |
| 3.29 | 81 | | 91 | | | | | | | | | | | | | | |
| 3.30 | 80 | | 90 | | 100 | | | | | | | | | | | | |
| 3.31 | 79 | | 89 | | 99 | | | | | | | | | | | | |
| 3.32 | 78 | | 88 | | 98 | | | | | | | | | | | | |
| 3.33 | 77 | | 87 | | 97 | | | | | | | | | | | | |
| 3.34 | 76 | | 86 | | 96 | | | | | | | | | | | | |
| 3.35 | 75 | | 85 | | 95 | | | | | | | | | | | | |
| 3.36 | 74 | | 84 | | 94 | | | | | | | | | | | | |
| 3.37 | 73 | | 83 | | 93 | | | | | | | | | | | | |
| 3.38 | 72 | | 82 | | 92 | | | | | | | | | | | | |
| 3.39 | 71 | | 81 | | 91 | | | | | | | | | | | | |
| 3.40 | 70 | | 80 | | 90 | | 100 | | | | | | | | | | |
| 3.41 | 69 | | 79 | | 89 | | 99 | | | | | | | | | | |
| 3.42 | 68 | | 78 | | 88 | | 98 | | | | | | | | | | |
| 3.43 | 67 | | 77 | | 87 | | 97 | | | | | | | | | | |
| 3.44 | 66 | | 76 | | 86 | | 96 | | | | | | | | | | |
| 3.45 | 65 | | 75 | | 85 | | 95 | | | | | | | | | | |
| 3.46 | 64 | | 74 | | 84 | | 94 | | | | | | | | | | |
| 3.47 | 63 | | 73 | | 83 | | 93 | | | | | | | | | | |
| 3.48 | 62 | | 72 | | 82 | | 92 | | | | | | | | | | |
| 3.49 | 61 | | 71 | | 81 | | 91 | | | | | | | | | | |
| 3.50 | 60 | | 70 | | 80 | | 90 | | 100 | | | | | | | | |
| 3.51 | 59 | | 69 | | 79 | | 89 | | 99 | | | | | | | | |
| 3.52 | 58 | | 68 | | 78 | | 88 | | 98 | | | | | | | | |
| 3.53 | 57 | | 67 | | 77 | | 87 | | 97 | | | | | | | | |
| 3.54 | 56 | | 66 | | 76 | | 86 | | 96 | | | | | | | | |
| 3.55 | 55 | 100 | 65 | | 75 | | 85 | | 95 | | | | | | | | |
| 3.56 | 54 | 99 | 64 | | 74 | | 84 | | 94 | | | | | | | | |
| 3.57 | 53 | 98 | 63 | | 73 | | 83 | | 93 | | | | | | | | |
| 3.58 | 52 | 97 | 62 | | 72 | | 82 | | 92 | | | | | | | | |
| 3.59 | 51 | 96 | 61 | | 71 | | 81 | | 91 | | | | | | | | |
| 4.00 | 50 | 95 | 60 | | 70 | | 80 | | 90 | | | | | | | | |
| 4.01 | 49 | 94 | 59 | | 69 | | 79 | | 89 | | | | | | | | |
| 4.02 | 48 | 93 | 58 | | 68 | | 78 | | 88 | | | | | | | | |
| 4.03 | 47 | 92 | 57 | | 67 | | 77 | | 87 | | | | | | | | |
| 4.04 | 46 | 91 | 56 | | 66 | | 76 | | 86 | | | | | | | | |
| 4.05 | 45 | 90 | 55 | | 65 | | 75 | | 85 | | 100 | | | | | | |
| 4.06 | 44 | 89 | 54 | | 64 | | 74 | | 84 | | 99 | | | | | | |
| 4.07 | 43 | 88 | 53 | | 63 | | 73 | | 83 | | 98 | | | | | | |
| 4.08 | 42 | 87 | 52 | | 62 | | 72 | | 82 | | 97 | | | | | | |
| 4.09 | 41 | 86 | 51 | | 61 | | 71 | | 81 | | 96 | | | | | | |
| 4.10 | 40 | 85 | 50 | 100 | 60 | | 70 | | 80 | | 95 | | | | | | |

| Время/мин. | Възростова група | | | | | | | | | | | | | | | |
|------------|------------------|----|----|----|-----|-----|----|-----|----|-----|----|-----|-----|-----|------|---|
| | I | | II | | III | | IV | | V | | VI | | VII | | VIII | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| 4.11 | 39 | 84 | 49 | 99 | 59 | | 69 | | 79 | | 94 | | | | | |
| 4.12 | 38 | 83 | 48 | 98 | 58 | | 68 | | 78 | | 93 | | | | | |
| 4.13 | 37 | 82 | 47 | 97 | 57 | | 67 | | 77 | | 92 | | | | | |
| 4.14 | 36 | 81 | 46 | 96 | 56 | | 66 | | 76 | | 91 | | | | | |
| 4.15 | 35 | 80 | 45 | 95 | 55 | | 65 | | 75 | | 90 | | | | | |
| 4.16 | 34 | 79 | 44 | 94 | 54 | | 64 | | 74 | | 89 | | | | | |
| 4.17 | 33 | 78 | 43 | 93 | 53 | | 63 | | 73 | | 88 | | | | | |
| 4.18 | 32 | 77 | 42 | 92 | 52 | | 62 | | 72 | | 87 | | | | | |
| 4.19 | 31 | 76 | 41 | 91 | 51 | | 61 | | 71 | | 86 | | | | | |
| 4.20 | 30 | 75 | 40 | 90 | 50 | 100 | 60 | | 70 | | 85 | | | | | |
| 4.21 | 29 | 74 | 39 | 89 | 49 | 99 | 59 | | 69 | | 84 | | | | | |
| 4.22 | 28 | 73 | 38 | 88 | 48 | 98 | 58 | | 68 | | 83 | | | | | |
| 4.23 | 27 | 72 | 37 | 87 | 47 | 97 | 57 | | 67 | | 82 | | | | | |
| 4.24 | 26 | 71 | 36 | 86 | 46 | 96 | 56 | | 66 | | 81 | | | | | |
| 4.25 | 25 | 70 | 35 | 85 | 45 | 95 | 55 | | 65 | | 80 | | 100 | | | |
| 4.26 | 24 | 69 | 34 | 84 | 44 | 94 | 54 | | 64 | | 79 | | 99 | | | |
| 4.27 | 23 | 68 | 33 | 83 | 43 | 93 | 53 | | 63 | | 78 | | 98 | | | |
| 4.28 | 22 | 67 | 32 | 82 | 42 | 92 | 52 | | 62 | | 77 | | 97 | | | |
| 4.29 | 21 | 66 | 31 | 81 | 41 | 91 | 51 | | 61 | | 76 | | 96 | | | |
| 4.30 | 20 | 65 | 30 | 80 | 40 | 90 | 50 | 100 | 60 | | 75 | | 95 | | | |
| 4.31 | 19 | 64 | 29 | 79 | 39 | 89 | 49 | 99 | 59 | | 74 | | 94 | | | |
| 4.32 | 18 | 63 | 28 | 78 | 38 | 88 | 48 | 98 | 58 | | 73 | | 93 | | | |
| 4.33 | 17 | 62 | 27 | 77 | 37 | 87 | 47 | 97 | 57 | | 72 | | 92 | | | |
| 4.34 | 16 | 61 | 26 | 76 | 36 | 86 | 46 | 96 | 56 | | 71 | | 91 | | | |
| 4.35 | 15 | 60 | 25 | 75 | 35 | 85 | 45 | 95 | 55 | | 70 | | 90 | | | |
| 4.36 | 14 | 59 | 24 | 74 | 34 | 84 | 44 | 94 | 54 | | 69 | | 89 | | | |
| 4.37 | 13 | 58 | 23 | 73 | 33 | 83 | 43 | 93 | 53 | | 68 | | 88 | | | |
| 4.38 | 12 | 57 | 22 | 72 | 32 | 82 | 42 | 92 | 52 | | 67 | | 87 | | | |
| 4.39 | 11 | 56 | 21 | 71 | 31 | 81 | 41 | 91 | 51 | | 66 | | 86 | | | |
| 4.40 | 10 | 55 | 20 | 70 | 30 | 80 | 40 | 90 | 50 | 100 | 65 | | 85 | | | |
| 4.41 | 9 | 54 | 19 | 69 | 29 | 79 | 39 | 89 | 49 | 99 | 64 | | 84 | | | |
| 4.42 | 8 | 53 | 18 | 68 | 28 | 78 | 38 | 88 | 48 | 98 | 63 | | 83 | | | |
| 4.43 | 7 | 52 | 17 | 67 | 27 | 77 | 37 | 87 | 47 | 97 | 62 | | 82 | | | |
| 4.44 | 6 | 51 | 16 | 66 | 26 | 76 | 36 | 86 | 46 | 96 | 61 | | 81 | | | |
| 4.45 | 5 | 50 | 15 | 65 | 25 | 75 | 35 | 85 | 45 | 95 | 60 | | 80 | | 100 | |
| 4.46 | 4 | 49 | 14 | 64 | 24 | 74 | 34 | 84 | 44 | 94 | 59 | | 79 | | 99 | |
| 4.47 | 3 | 48 | 13 | 63 | 23 | 73 | 33 | 83 | 43 | 93 | 58 | | 78 | | 98 | |
| 4.48 | 2 | 47 | 12 | 62 | 22 | 72 | 32 | 82 | 42 | 92 | 57 | | 77 | | 97 | |
| 4.49 | 1 | 46 | 11 | 61 | 21 | 71 | 31 | 81 | 41 | 91 | 56 | | 76 | | 96 | |
| 4.50 | | 45 | 10 | 60 | 20 | 70 | 30 | 80 | 40 | 90 | 55 | | 75 | | 95 | |
| 4.51 | | 44 | 9 | 59 | 19 | 69 | 29 | 79 | 39 | 89 | 54 | | 74 | | 94 | |
| 4.52 | | 43 | 8 | 58 | 18 | 68 | 28 | 78 | 38 | 88 | 53 | | 73 | | 93 | |
| 4.53 | | 42 | 7 | 57 | 17 | 67 | 27 | 77 | 37 | 87 | 52 | | 72 | | 92 | |
| 4.54 | | 41 | 6 | 56 | 16 | 66 | 26 | 76 | 36 | 86 | 51 | | 71 | | 91 | |
| 4.55 | | 40 | 5 | 55 | 15 | 65 | 25 | 75 | 35 | 85 | 50 | | 70 | | 90 | |
| 4.56 | | 39 | 4 | 54 | 14 | 64 | 24 | 74 | 34 | 84 | 49 | | 69 | | 89 | |
| 4.57 | | 38 | 3 | 53 | 13 | 63 | 23 | 73 | 33 | 83 | 48 | | 68 | | 88 | |
| 4.58 | | 37 | 2 | 52 | 12 | 62 | 22 | 72 | 32 | 82 | 47 | | 67 | | 87 | |
| 4.59 | | 36 | 1 | 51 | 11 | 61 | 21 | 71 | 31 | 81 | 46 | | 66 | | 86 | |
| 5.00 | | 35 | | 50 | 10 | 60 | 20 | 70 | 30 | 80 | 45 | 100 | 65 | | 85 | |
| 5.01 | | 34 | | 49 | 9 | 59 | 19 | 69 | 29 | 79 | 44 | 99 | 64 | | 84 | |
| 5.02 | | 33 | | 48 | 8 | 58 | 18 | 68 | 28 | 78 | 43 | 98 | 63 | | 83 | |
| 5.03 | | 32 | | 47 | 7 | 57 | 17 | 67 | 27 | 77 | 42 | 97 | 62 | | 82 | |
| 5.04 | | 31 | | 46 | 6 | 56 | 16 | 66 | 26 | 76 | 41 | 96 | 61 | | 81 | |
| 5.05 | | 30 | | 45 | 5 | 55 | 15 | 65 | 25 | 75 | 40 | 95 | 60 | | 80 | |
| 5.06 | | 29 | | 44 | 4 | 54 | 14 | 64 | 24 | 74 | 39 | 94 | 59 | | 79 | |
| 5.07 | | 28 | | 43 | 3 | 53 | 13 | 63 | 23 | 73 | 38 | 93 | 58 | | 78 | |
| 5.08 | | 27 | | 42 | 2 | 52 | 12 | 62 | 22 | 72 | 37 | 92 | 57 | | 77 | |
| 5.09 | | 26 | | 41 | 1 | 51 | 11 | 61 | 21 | 71 | 36 | 91 | 56 | | 76 | |
| 5.10 | | 25 | | 40 | | 50 | 10 | 60 | 20 | 70 | 35 | 90 | 55 | 100 | 75 | |
| 5.11 | | 24 | | 39 | | 49 | 9 | 59 | 19 | 69 | 34 | 89 | 54 | 99 | 74 | |
| 5.12 | | 23 | | 38 | | 48 | 8 | 58 | 18 | 68 | 33 | 88 | 53 | 98 | 73 | |
| 5.13 | | 22 | | 37 | | 47 | 7 | 57 | 17 | 67 | 32 | 87 | 52 | 97 | 72 | |

| Време/мин. | Възрастова група | | | | | | | | | | | | | | | |
|------------|------------------|----|----|----|-----|----|----|----|----|----|----|----|-----|----|------|-----|
| | I | | II | | III | | IV | | V | | VI | | VII | | VIII | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| 5.14 | | 21 | | 36 | | 46 | 6 | 56 | 16 | 66 | 31 | 86 | 51 | 96 | 71 | |
| 5.15 | | 20 | | 35 | | 45 | 5 | 55 | 15 | 65 | 30 | 85 | 50 | 95 | 70 | |
| 5.16 | | 19 | | 34 | | 44 | 4 | 54 | 14 | 64 | 29 | 84 | 49 | 94 | 69 | 100 |
| 5.17 | | 18 | | 33 | | 43 | 3 | 53 | 13 | 63 | 28 | 83 | 48 | 93 | 68 | 99 |
| 5.18 | | 17 | | 32 | | 42 | 2 | 52 | 12 | 62 | 27 | 82 | 47 | 92 | 67 | 98 |
| 5.19 | | 16 | | 31 | | 41 | 1 | 51 | 11 | 61 | 26 | 81 | 46 | 91 | 66 | 97 |
| 5.20 | | 15 | | 30 | | 40 | | 50 | 10 | 60 | 25 | 80 | 45 | 90 | 65 | 96 |
| 5.21 | | 14 | | 29 | | 39 | | 49 | 9 | 59 | 24 | 79 | 44 | 89 | 64 | 95 |
| 5.22 | | 13 | | 28 | | 38 | | 48 | 8 | 58 | 23 | 78 | 43 | 88 | 63 | 94 |
| 5.23 | | 12 | | 27 | | 37 | | 47 | 7 | 57 | 22 | 77 | 42 | 87 | 62 | 93 |
| 5.24 | | 11 | | 26 | | 36 | | 46 | 6 | 56 | 21 | 76 | 41 | 86 | 61 | 92 |
| 5.25 | | 10 | | 25 | | 35 | | 45 | 5 | 55 | 20 | 75 | 40 | 85 | 60 | 91 |
| 5.26 | | 9 | | 24 | | 34 | | 44 | 4 | 54 | 19 | 74 | 39 | 84 | 59 | 90 |
| 5.27 | | 8 | | 23 | | 33 | | 43 | 3 | 53 | 18 | 73 | 38 | 83 | 58 | 89 |
| 5.28 | | 7 | | 22 | | 32 | | 42 | 2 | 52 | 17 | 72 | 37 | 82 | 57 | 88 |
| 5.29 | | 6 | | 21 | | 31 | | 41 | 1 | 51 | 16 | 71 | 36 | 81 | 56 | 87 |
| 5.30 | | 5 | | 20 | | 30 | | 40 | | 50 | 15 | 70 | 35 | 80 | 55 | 86 |
| 5.31 | | 4 | | 19 | | 29 | | 39 | | 49 | 14 | 69 | 34 | 79 | 54 | 85 |
| 5.32 | | 3 | | 18 | | 28 | | 38 | | 48 | 13 | 68 | 33 | 78 | 53 | 84 |
| 5.33 | | 2 | | 17 | | 27 | | 37 | | 47 | 12 | 67 | 32 | 77 | 52 | 83 |
| 5.34 | | 1 | | 16 | | 26 | | 36 | | 46 | 11 | 66 | 31 | 76 | 51 | 82 |
| 5.35 | | | | 15 | | 25 | | 35 | | 45 | 10 | 65 | 30 | 75 | 50 | 81 |
| 5.36 | | | | 14 | | 24 | | 34 | | 44 | 9 | 64 | 29 | 74 | 49 | 80 |
| 5.37 | | | | 13 | | 23 | | 33 | | 43 | 8 | 63 | 28 | 73 | 48 | 79 |
| 5.38 | | | | 12 | | 22 | | 32 | | 42 | 7 | 62 | 27 | 72 | 47 | 78 |
| 5.39 | | | | 11 | | 21 | | 31 | | 41 | 6 | 61 | 26 | 71 | 46 | 77 |
| 5.40 | | | | 10 | | 20 | | 30 | | 40 | 5 | 60 | 25 | 70 | 45 | 76 |
| 5.41 | | | | 9 | | 19 | | 29 | | 39 | 4 | 59 | 24 | 69 | 44 | 75 |
| 5.42 | | | | 8 | | 18 | | 28 | | 38 | 3 | 58 | 23 | 68 | 43 | 74 |
| 5.43 | | | | 7 | | 17 | | 27 | | 37 | 2 | 57 | 22 | 67 | 42 | 73 |
| 5.44 | | | | 6 | | 16 | | 26 | | 36 | 1 | 56 | 21 | 66 | 41 | 72 |
| 5.45 | | | | 5 | | 15 | | 25 | | 35 | | 55 | 20 | 65 | 40 | 71 |
| 5.46 | | | | 4 | | 14 | | 24 | | 34 | | 54 | 19 | 64 | 39 | 70 |
| 5.47 | | | | | | 13 | | 23 | | 33 | | 53 | 18 | 63 | 38 | 69 |
| 5.48 | | | | | | 12 | | 22 | | 32 | | 52 | 17 | 62 | 37 | 68 |
| 5.49 | | | | | | 11 | | 21 | | 31 | | 51 | 16 | 61 | 36 | 67 |
| 5.50 | | | | | | 10 | | 20 | | 30 | | 50 | 15 | 60 | 35 | 66 |
| 5.51 | | | | | | 9 | | 19 | | 29 | | 49 | 14 | 59 | 34 | 65 |
| 5.52 | | | | | | 8 | | 18 | | 28 | | 48 | 13 | 58 | 33 | 64 |
| 5.53 | | | | | | 7 | | 17 | | 27 | | 47 | 12 | 57 | 32 | 63 |
| 5.54 | | | | | | 6 | | 16 | | 26 | | 46 | 11 | 56 | 31 | 62 |
| 5.55 | | | | | | 5 | | 15 | | 25 | | 45 | 10 | 55 | 30 | 61 |
| 5.56 | | | | | | 4 | | 14 | | 24 | | 44 | 9 | 54 | 29 | 60 |
| 5.57 | | | | | | 3 | | 13 | | 23 | | 43 | 8 | 53 | 28 | 59 |
| 5.58 | | | | | | 2 | | 12 | | 22 | | 42 | 7 | 52 | 27 | 58 |
| 5.59 | | | | | | 1 | | 11 | | 21 | | 41 | 6 | 51 | 26 | 57 |
| 6.00 | | | | | | | | 10 | | 20 | | 40 | 5 | 50 | 25 | 56 |
| 6.01 | | | | | | | | 9 | | 19 | | 39 | 4 | 49 | 24 | 55 |
| 6.02 | | | | | | | | 8 | | 18 | | 38 | 3 | 48 | 23 | 54 |
| 6.03 | | | | | | | | 7 | | 17 | | 37 | 2 | 47 | 22 | 53 |
| 6.04 | | | | | | | | 6 | | 16 | | 36 | 1 | 46 | 21 | 52 |
| 6.05 | | | | | | | | 5 | | 15 | | 35 | | 45 | 20 | 51 |
| 6.06 | | | | | | | | 4 | | 14 | | 34 | | 44 | 19 | 50 |
| 6.07 | | | | | | | | 3 | | 13 | | 33 | | 43 | 18 | 49 |
| 6.08 | | | | | | | | 2 | | 12 | | 32 | | 42 | 17 | 48 |
| 6.09 | | | | | | | | 1 | | 11 | | 31 | | 41 | 16 | 47 |
| 6.10 | | | | | | | | | | 10 | | 30 | | 40 | 15 | 46 |
| 6.11 | | | | | | | | | | 9 | | 29 | | 39 | 14 | 45 |
| 6.12 | | | | | | | | | | 8 | | 28 | | 38 | 13 | 44 |
| 6.13 | | | | | | | | | | 7 | | 27 | | 37 | 12 | 43 |
| 6.14 | | | | | | | | | | 6 | | 26 | | 36 | 11 | 42 |
| 6.15 | | | | | | | | | | 5 | | 25 | | 35 | 10 | 41 |
| 6.16 | | | | | | | | | | 4 | | 24 | | 34 | 9 | 40 |

| Време/мин. | Възрастова група | | | | | | | | | | | | | | | |
|------------|------------------|---|----|---|-----|---|----|---|---|---|----|----|-----|----|------|----|
| | I | | II | | III | | IV | | V | | VI | | VII | | VIII | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| 6.17 | | | | | | | | | | 3 | | 23 | | 33 | 8 | 39 |
| 6.18 | | | | | | | | | | 2 | | 22 | | 32 | 7 | 38 |
| 6.19 | | | | | | | | | | 1 | | 21 | | 31 | 6 | 37 |
| 6.20 | | | | | | | | | | | | 20 | | 30 | 5 | 36 |
| 6.21 | | | | | | | | | | | | 19 | | 29 | 4 | 35 |
| 6.22 | | | | | | | | | | | | 18 | | 28 | 3 | 34 |
| 6.23 | | | | | | | | | | | | 17 | | 27 | 2 | 33 |
| 6.24 | | | | | | | | | | | | 16 | | 26 | 1 | 32 |
| 6.25 | | | | | | | | | | | | 15 | | 25 | | 31 |
| 6.26 | | | | | | | | | | | | 14 | | 24 | | 30 |
| 6.27 | | | | | | | | | | | | 13 | | 23 | | 29 |
| 6.28 | | | | | | | | | | | | 12 | | 22 | | 28 |
| 6.29 | | | | | | | | | | | | 11 | | 21 | | 27 |

Възрастови групи:

I – до 21 години;

II – от 21 до 26 години;

III – от 26 до 31 години;

IV – от 31 до 36 години;

V – от 36 до 41 години;

VI – от 41 до 46 години;

VII – от 46 до 51 години;

VIII – над 51 години.