Приложение № 1

к Положению о физкультурном мероприятии   
«Зимний Фестиваль Всероссийского   
физкультурно-спортивного комплекса   
«Готов к труду и обороне» (ГТО)   
среди всех государственных и муниципальных   
служащих, а также сотрудников государственных   
и муниципальных учреждений и предприятий  
Красносельского района   
Санкт-Петербурга

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **VI возрастная ступень (18-24 года)** | | | | | | | | | | | | |
|  | **Мужчины** | | | | | | | **Женщины** | | | | | |
| Очки | **Подтягивание из виса на высокой перекладине (количество раз)** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 5000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 3000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** |
| **100** | **52** | **145** | **30** | **90** | **10:45.00** | **00:23.00** | 50 | **110** | **35** | **85** | **08:25.00** | **00:26.00** | 50 |
| 99 |  | 144 |  |  | 10:55.00 | 00:23.10 |  | 109 |  |  | 08:35.00 | 00:26.10 |  |
| 98 |  | 143 |  |  | 11:05.00 | 00:23.20 |  | 108 |  |  | 08:45.00 | 00:26.20 |  |
| 97 | 51 | 142 |  | 89 | 11:16.00 | 00:23.40 |  | 107 |  | 84 | 08:55.00 | 00:26.40 |  |
| 96 |  | 141 |  |  | 11:27.00 | 00:23.60 | 49 | 106 |  |  | 09:06.00 | 00:26.70 | 49 |
| 95 |  | 140 | 29 | 88 | 11:39.00 | 00:23.80 |  | 105 | 34 | 83 | 09:17.00 | 00:27.00 |  |
| 94 | 50 | 139 |  |  | 11:51.00 | 00:24.00 |  | 104 |  |  | 09:28.00 | 00:27.40 |  |
| 93 |  | 138 |  | 87 | 12:04.00 | 00:24.30 | 48 | 103 |  | 82 | 09:39.00 | 00:27.80 | 48 |
| 92 |  | 137 |  |  | 12:18.00 | 00:24.60 |  | 102 |  |  | 09:50.00 | 00:28.20 |  |
| 91 | 49 | 136 |  | 86 | 12:32.00 | 00:25.00 |  | 101 |  | 81 | 10:02.00 | 00:28.60 |  |
| 90 |  | 135 | 28 | 85 | 12:46.00 | 00:25.40 | 47 | 100 | 33 | 80 | 10:14.00 | 00:29.00 | 47 |
| 89 | 48 | 134 |  | 84 | 13:00.00 | 00:25.80 |  | 98 |  | 79 | 10:26.00 | 00:29.50 |  |
| 88 |  | 133 |  | 83 | 13:15.00 | 00:26.20 |  | 96 |  | 78 | 10:38.00 | 00:30.00 |  |
| 87 | 47 | 132 |  | 82 | 13:30.00 | 00:26.60 | 46 | 94 |  | 77 | 10:50.00 | 00:30.50 | 46 |
| 86 | 46 | 131 | 27 | 81 | 13:45.00 | 00:27.00 |  | 92 | 32 | 76 | 11:02.00 | 00:31.00 |  |
| 85 | 45 | 129 |  | 80 | 14:00.00 | 00:27.50 | 45 | 90 |  | 75 | 11:15.00 | 00:31.50 | 45 |
| 84 | 44 | 127 |  | 79 | 14:15.00 | 00:28.00 |  | 88 |  | 74 | 11:28.00 | 00:32.00 |  |
| 83 | 43 | 125 |  | 78 | 14:30.00 | 00:28.50 | 44 | 86 |  | 73 | 11:41.00 | 00:32.50 | 44 |
| 82 | 42 | 123 | 26 | 77 | 14:46.00 | 00:29.00 |  | 84 | 31 | 72 | 11:54.00 | 00:33.00 |  |
| 81 | 41 | 121 |  | 76 | 15:02.00 | 00:29.50 | 43 | 82 |  | 71 | 12:08.00 | 00:34.00 | 43 |
| 80 | 40 | 118 |  | 75 | 15:19.00 | 00:30.00 |  | 80 |  | 70 | 12:22.00 | 00:35.00 |  |
| 79 | 39 | 115 | 25 | 74 | 15:36.00 | 00:30.50 | 42 | 78 | 30 | 69 | 12:37.00 | 00:36.00 | 42 |
| 78 | 38 | 112 |  | 73 | 15:54.00 | 00:31.00 |  | 75 |  | 68 | 12:52.00 | 00:37.00 |  |
| 77 | 37 | 109 |  | 72 | 16:12.00 | 00:31.50 | 41 | 72 |  | 67 | 13:07.00 | 00:38.00 | 41 |
| 76 | 36 | 106 | 24 | 71 | 16:31.00 | 00:32.00 |  | 69 | 29 | 66 | 13:22.00 | 00:39.00 |  |
| 75 | 35 | 103 |  | 70 | 16:50.00 | 00:33.00 | 40 | 66 |  | 65 | 13:38.00 | 00:40.00 | 40 |
| 74 | 34 | 100 |  | 69 | 17:10.00 | 00:34.00 |  | 63 |  | 64 | 13:54.00 | 00:41.00 |  |
| 73 | 33 | 97 | 23 | 68 | 17:30.00 | 00:35.00 | 39 | 60 | 28 | 63 | 14:10.00 | 00:42.00 | 39 |
| 72 | 32 | 94 |  | 67 | 17:50.00 | 00:36.00 |  | 57 |  | 62 | 14:26.00 | 00:43.00 |  |
| 71 | 31 | 91 |  | 66 | 18:10.00 | 00:37.00 | 38 | 54 |  | 61 | 14:43.00 | 00:44.00 | 38 |
| 70 | 30 | 88 | 22 | 65 | 18:30.00 | 00:38.00 |  | 51 | 27 | 60 | 15:00.00 | 00:45.00 |  |
| 69 | 29 | 84 |  | 64 | 18:50.00 | 00:39.00 | 37 | 48 |  | 59 | 15:17.00 | 00:46.00 | 37 |
| 68 | 28 | 80 | 21 | 63 | 19:10.00 | 00:40.00 |  | 45 | 26 | 58 | 15:35.00 | 00:47.00 |  |
| 67 | 27 | 76 |  | 62 | 19:31.00 | 00:41.00 | 36 | 42 |  | 57 | 15:53.00 | 00:48.00 | 36 |
| 66 | 26 | 72 | 20 | 60 | 19:52.00 | 00:42.00 |  | 39 | 25 | 55 | 16:12.00 | 00:49.00 |  |
| 65 | 25 | 68 | 19 | 58 | 20:13.00 | 00:43.00 | 35 | 36 | 24 | 53 | 16:31.00 | 00:50.00 | 35 |
| 64 | 23 | 64 | 18 | 56 | 20:34.00 | 00:44.00 | 35 | 33 | 23 | 51 | 16:50.00 | 00:52.00 | 35 |
| 63 | 21 | 59 | 17 | 54 | 20:55.00 | 00:45.00 | 33 | 29 | 22 | 49 | 17:10.00 | 00:54.00 | 33 |
| 62 | 19 | 54 | 16 | 52 | 21:16.00 | 00:46.00 | 32 | 25 | 20 | 47 | 17:30.00 | 00:56.00 | 32 |
| 61 | 17 | 49 | 15 | 50 | 21:38.00 | 00:48.00 | 31 | 21 | 18 | 45 | 17:50.00 | 00:58.00 | 31 |
| **60** | **15** | **44** | **13** | **48** | **22:00.00** | **00:50.00** | **30** | **17** | **16** | **43** | **18:10.00** | **01:00.00** | **30** |
| 59 |  |  |  |  | 22:08.00 | 00:50.20 |  |  |  |  | 18:13.00 | 01:00.50 |  |
| 58 |  | 43 |  | 47 | 22:16.00 | 00:50.40 |  |  |  |  | 18:16.00 | 01:01.00 |  |
| 57 |  |  |  |  | 22:25.00 | 00:50.70 |  |  |  | 42 | 18:19.00 | 01:01.50 |  |
| 56 |  | 42 |  | 46 | 22:34.00 | 00:51.00 |  |  |  |  | 18:22.00 | 01:02.00 |  |
| 55 |  |  | 12 |  | 22:43.00 | 00:51.50 | 29 | 16 | 15 |  | 18:25.00 | 01:02.50 | 29 |
| 54 |  | 41 |  | 45 | 22:53.00 | 00:52.00 |  |  |  | 41 | 18:29.00 | 01:03.00 |  |
| 53 | 14 |  |  |  | 23:03.00 | 00:52.50 |  |  |  |  | 18:33.00 | 01:03.50 |  |
| 52 |  | 40 |  | 44 | 23:13.00 | 00:53.00 |  |  |  |  | 18:37.00 | 01:04.00 |  |
| 51 |  |  |  |  | 23:23.00 | 00:53.50 |  |  |  | 40 | 18:41.00 | 01:04.50 |  |
| 50 |  | 39 | 11 | 43 | 23:33.00 | 00:54.00 | 28 | 15 | 14 |  | 18:45.00 | 01:05.00 | 28 |
| 49 |  |  |  |  | 23:44.00 | 00:54.50 |  |  |  |  | 18:50.00 | 01:05.50 |  |
| 48 |  | 38 |  | 42 | 23:55.00 | 00:55.00 |  |  |  | 39 | 18:55.00 | 01:06.00 |  |
| 47 |  |  |  |  | 24:06.00 | 00:55.50 |  |  |  |  | 19:00.00 | 01:06.50 |  |
| 46 | 13 | 37 | 10 | 41 | 24:18.00 | 00:56.00 | 27 | 14 | 13 | 38 | 19:05.00 | 01:07.00 | 27 |
| 45 |  |  |  |  | 24:30.00 | 00:56.50 |  |  |  |  | 19:10.00 | 01:08.00 |  |
| 44 |  | 36 |  | 40 | 24:42.00 | 00:57.00 |  |  |  | 37 | 19:16.00 | 01:09.00 |  |
| 43 |  | 35 | 9 |  | 24:54.00 | 00:57.50 | 26 | 13 | 12 |  | 19:22.00 | 01:10.00 | 26 |
| 42 |  | 34 |  | 39 | 25:06.00 | 00:58.00 |  |  |  | 36 | 19:28.00 | 01:11.00 |  |
| 41 |  | 33 |  | 38 | 25:18.00 | 00:59.00 |  |  |  |  | 19:34.00 | 01:13.00 |  |
| **40** | **12** | **32** | **8** | **37** | **25:30.00** | **01:00.00** | **25** | **12** | **11** | **35** | **19:40.00** | **01:15.00** | **25** |
| 39 |  |  |  |  | 25:34.00 | 01:00.50 |  |  |  |  | 19:43.00 | 01:15.50 |  |
| 38 |  |  |  |  | 25:38.00 | 01:01.00 |  |  |  |  | 19:46.00 | 01:16.00 |  |
| 37 |  |  |  |  | 25:42.00 | 01:01.50 | 24 |  |  |  | 19:50.00 | 01:16.50 | 24 |
| 36 |  | 31 |  | 36 | 25:46.00 | 01:02.00 |  |  |  |  | 19:54.00 | 01:17.00 |  |
| 35 |  |  |  |  | 25:50.00 | 01:02.50 | 23 |  |  |  | 19:58.00 | 01:17.50 | 23 |
| 34 |  |  |  |  | 25:55.00 | 01:03.00 |  |  | 10 | 34 | 20:02.00 | 01:18.00 |  |
| 33 |  |  |  |  | 26:00.00 | 01:03.50 | 22 |  |  |  | 20:06.00 | 01:18.50 | 22 |
| 32 | 11 | 30 | 7 | 35 | 26:05.00 | 01:04.00 |  | 11 |  |  | 20:10.00 | 01:19.00 |  |
| 31 |  |  |  |  | 26:10.00 | 01:04.50 | 21 |  |  |  | 20:15.00 | 01:19.50 | 21 |
| 30 |  |  |  |  | 26:16.00 | 01:05.00 |  |  |  |  | 20:21.00 | 01:20.00 |  |
| 29 |  |  |  |  | 26:24.00 | 01:06.00 | 20 |  | 9 | 33 | 20:28.00 | 01:21.00 | 20 |
| 28 |  | 29 |  | 34 | 26:32.00 | 01:07.00 |  |  |  |  | 20:36.00 | 01:22.00 |  |
| 27 |  |  |  |  | 26:40.00 | 01:08.00 | 19 |  |  |  | 20:44.00 | 01:23.00 | 19 |
| 26 |  |  |  |  | 26:50.00 | 01:09.00 |  |  |  |  | 20:52.00 | 01:24.00 |  |
| **25** | 10 | 28 | 6 | **33** | **27:00.00** | **01:10.00** | 18 | 10 | 8 | **32** | **21:00.00** | **01:25.00** | **18** |
| 24 |  |  |  |  | 27:02.00 | 01:11.00 |  |  |  |  | 21:02.00 | 01:26.00 |  |
| 23 |  |  |  | 32 | 27:04.00 | 01:12.00 |  |  |  | 31 | 21:04.00 | 01:27.00 |  |
| 22 |  |  |  |  | 27:06.00 | 01:13.00 |  |  |  |  | 21:06.00 | 01:28.00 |  |
| 21 | 9 |  |  | 31 | 27:08.00 | 01:14.00 |  |  | 7 | 30 | 21:08.00 | 01:29.00 |  |
| 20 |  | 27 |  |  | 27:10.00 | 01:15.00 | 17 | 9 |  |  | 21:10.00 | 01:30.00 | 17 |
| 19 |  |  | 4 | 30 | 27:13.00 | 01:16.00 |  |  |  | 29 | 21:13.00 | 01:31.00 |  |
| 18 |  |  |  |  | 27:16.00 | 01:17.00 |  |  |  |  | 21:16.00 | 01:32.00 |  |
| 17 | 8 |  |  | 29 | 27:19.00 | 01:18.00 |  |  | 6 | 28 | 21:19.00 | 01:33.00 |  |
| 16 |  | 26 |  |  | 27:22.00 | 01:19.00 | 16 | 8 |  |  | 21:22.00 | 01:34.00 | 16 |
| 15 |  |  | 3 | 28 | 27:25.00 | 01:20.00 |  |  |  | 27 | 21:25.00 | 01:35.00 |  |
| 14 |  |  |  |  | 27:28.00 | 01:21.00 |  |  |  |  | 21:28.00 | 01:36.00 |  |
| 13 | 7 |  |  | 27 | 27:31.00 | 01:22.00 |  |  | 5 | 26 | 21:31.00 | 01:37.00 |  |
| 12 |  | 25 |  |  | 27:34.00 | 01:23.00 | 15 | 7 |  |  | 21:34.00 | 01:38.00 | 15 |
| 11 |  |  | 2 | 26 | 27:37.00 | 01:24.00 |  |  |  | 25 | 21:37.00 | 01:39.00 |  |
| 10 | 6 |  |  | 25 | 27:40.00 | 01:25.00 |  |  |  | 24 | 21:40.00 | 01:40.00 |  |
| 9 |  |  |  | 24 | 27:44.00 | 01:26.00 |  |  | 4 | 23 | 21:44.00 | 01:42.00 |  |
| 8 |  | 24 |  | 23 | 27:48.00 | 01:27.00 | 14 | 6 |  | 22 | 21:48.00 | 01:44.00 | 14 |
| 7 | 5 |  | 1 | 22 | 27:52.00 | 01:28.00 |  |  |  | 21 | 21:52.00 | 01:46.00 |  |
| 6 |  |  |  | 21 | 27:56.00 | 01:29.00 |  |  | 3 | 20 | 21:56.00 | 01:48.00 |  |
| 5 |  |  |  | 20 | 28:00.00 | 01:30.00 |  |  |  | 19 | 22:00.00 | 01:50.00 |  |
| 4 | 4 | 23 |  | 19 | 28:04.00 | 01:32.00 | 13 | 5 |  | 18 | 22:04.00 | 01:52.00 | 13 |
| 3 |  |  | 0 | 18 | 28:08.00 | 01:34.00 |  |  | 2 | 17 | 22:08.00 | 01:54.00 |  |
| 2 |  |  |  | 17 | 28:12.00 | 01:36.00 |  |  |  | 16 | 22:12.00 | 01:56.00 |  |
| 1 | 3 | 22 | -1 | 16 | 28:16.00 | 01:38.00 | 12 | 4 | 1 | 15 | 22:16.00 | 01:58.00 | 12 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **VI возрастная ступень (25-29 лет)** | | | | | | | | | | | | |
|  | **Мужчины** | | | | | | | **Женщины** | | | | | |
| Очки | **Подтягивание из виса на высокой перекладине (количество раз)** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 5000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 3000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** |
| **100** | **46** | **130** | **28** | **85** | **11:00.00** | **00:26.00** | 50 | **100** | **33** | **78** | **08:40.00** | **00:26.00** | 50 |
| 99 |  | 129 |  |  | 11:10.00 | 00:26.10 |  | 99 |  |  | 08:50.00 | 00:26.10 |  |
| 98 |  | 128 |  |  | 11:20.00 | 00:26.20 |  | 98 |  |  | 09:00.00 | 00:26.20 |  |
| 97 |  | 127 |  | 84 | 11:31.00 | 00:26.40 |  | 97 |  | 77 | 09:10.00 | 00:26.40 |  |
| 96 | 45 | 126 |  |  | 11:42.00 | 00:26.60 | 49 | 96 |  |  | 09:21.00 | 00:26.70 | 49 |
| 95 |  | 125 | 27 |  | 11:54.00 | 00:26.80 |  | 95 | 32 | 76 | 09:32.00 | 00:27.00 |  |
| 94 |  | 124 |  | 83 | 12:06.00 | 00:27.00 |  | 94 |  |  | 09:43.00 | 00:27.40 |  |
| 93 |  | 123 |  |  | 12:19.00 | 00:27.30 | 48 | 93 |  | 75 | 09:54.00 | 00:27.80 | 48 |
| 92 | 44 | 122 |  | 82 | 12:33.00 | 00:27.60 |  | 92 |  |  | 10:05.00 | 00:28.20 |  |
| 91 |  | 121 |  |  | 12:47.00 | 00:28.00 |  | 91 |  | 74 | 10:17.00 | 00:28.60 |  |
| 90 |  | 120 | 26 | 81 | 13:01.00 | 00:28.40 | 47 | 90 | 31 | 73 | 10:29.00 | 00:29.00 | 47 |
| 89 | 43 | 119 |  | 80 | 13:15.00 | 00:28.80 |  | 89 |  | 72 | 10:41.00 | 00:29.50 |  |
| 88 |  | 118 |  | 79 | 13:30.00 | 00:29.20 |  | 88 |  | 71 | 10:53.00 | 00:30.00 |  |
| 87 |  | 117 |  | 78 | 13:45.00 | 00:29.60 | 46 | 87 |  | 70 | 11:05.00 | 00:30.50 | 46 |
| 86 | 42 | 115 | 25 | 77 | 14:00.00 | 00:30.00 |  | 86 | 30 | 69 | 11:17.00 | 00:31.00 |  |
| 85 |  | 113 |  | 76 | 14:15.00 | 00:31.00 | 45 | 84 |  | 68 | 11:30.00 | 00:31.50 | 45 |
| 84 | 41 | 111 |  | 75 | 14:30.00 | 00:31.50 |  | 82 |  | 67 | 11:43.00 | 00:32.00 |  |
| 83 |  | 109 |  | 74 | 14:46.00 | 00:32.00 | 44 | 80 |  | 66 | 11:56.00 | 00:32.50 | 44 |
| 82 | 40 | 107 | 24 | 73 | 15:02.00 | 00:32.50 |  | 78 | 29 | 65 | 12:09.00 | 00:33.00 |  |
| 81 |  | 105 |  | 72 | 15:19.00 | 00:33.00 | 43 | 76 |  | 64 | 12:23.00 | 00:34.00 | 43 |
| 80 | 39 | 102 |  | 71 | 15:36.00 | 00:33.50 |  | 74 |  | 63 | 12:37.00 | 00:35.00 |  |
| 79 |  | 99 | 23 | 70 | 15:54.00 | 00:34.00 | 42 | 72 | 28 | 62 | 12:52.00 | 00:36.00 | 42 |
| 78 | 38 | 96 |  | 69 | 16:12.00 | 00:34.50 |  | 70 |  | 61 | 13:07.00 | 00:37.00 |  |
| 77 |  | 93 |  | 68 | 16:31.00 | 00:35.00 | 41 | 68 |  | 60 | 13:22.00 | 00:38.00 | 41 |
| 76 | 37 | 90 | 22 | 67 | 16:50.00 | 00:35.50 |  | 66 | 27 | 59 | 13:37.00 | 00:39.00 |  |
| 75 | 36 | 87 |  | 66 | 17:10.00 | 00:36.00 | 40 | 64 |  | 58 | 13:53.00 | 00:40.00 | 40 |
| 74 | 35 | 84 |  | 65 | 17:30.00 | 00:37.00 |  | 62 |  | 57 | 14:09.00 | 00:41.00 |  |
| 73 | 34 | 81 | 21 | 64 | 17:50.00 | 00:38.00 | 39 | 60 | 26 | 56 | 14:25.00 | 00:42.00 | 39 |
| 72 | 33 | 78 |  | 63 | 18:10.00 | 00:39.00 |  | 57 |  | 55 | 14:41.00 | 00:43.00 |  |
| 71 | 32 | 75 |  | 62 | 18:30.00 | 00:40.00 | 38 | 54 |  | 54 | 14:58.00 | 00:44.00 | 38 |
| 70 | 31 | 72 | 20 | 61 | 18:50.00 | 00:41.00 |  | 51 | 25 | 53 | 15:15.00 | 00:45.00 |  |
| 69 | 30 | 69 |  | 60 | 19:10.00 | 00:42.00 | 37 | 48 |  | 52 | 15:32.00 | 00:46.00 | 37 |
| 68 | 29 | 66 | 19 | 59 | 19:31.00 | 00:43.00 |  | 45 | 24 | 51 | 15:50.00 | 00:47.00 |  |
| 67 | 27 | 63 |  | 58 | 19:52.00 | 00:44.00 | 36 | 42 |  | 50 | 16:08.00 | 00:48.00 | 36 |
| 66 | 25 | 60 | 18 | 57 | 20:13.00 | 00:45.00 |  | 39 | 23 | 49 | 16:27.00 | 00:49.00 |  |
| 65 | 23 | 57 | 17 | 55 | 20:34.00 | 00:46.00 | 35 | 36 | 22 | 47 | 16:47.00 | 00:50.00 | 35 |
| 64 | 21 | 54 | 16 | 53 | 20:55.00 | 00:47.00 | 35 | 32 | 21 | 45 | 17:07.00 | 00:52.00 | 35 |
| 63 | 19 | 51 | 15 | 51 | 21:16.00 | 00:49.00 | 33 | 28 | 20 | 43 | 17:27.00 | 00:54.00 | 33 |
| 62 | 17 | 47 | 14 | 49 | 21:40.00 | 00:51.00 | 32 | 24 | 18 | 41 | 17:48.00 | 00:56.00 | 32 |
| 61 | 15 | 43 | 13 | 47 | 22:05.00 | 00:53.00 | 31 | 20 | 16 | 39 | 18:09.00 | 00:58.00 | 31 |
| **60** | **13** | **39** | **12** | **45** | **22:30.00** | **00:55.00** | **30** | **16** | **14** | **37** | **18:30.00** | **01:00.00** | 30 |
| 59 |  |  |  |  | 22:40.00 | 00:55.20 |  |  |  |  | 18:35.00 | 01:00.50 |  |
| 58 |  | 38 |  |  | 22:50.00 | 00:55.40 |  |  |  |  | 18:40.00 | 01:01.00 |  |
| 57 |  |  |  | 44 | 23:00.00 | 00:55.70 |  |  |  | 36 | 18:45.00 | 01:01.50 |  |
| 56 |  | 37 |  |  | 23:10.00 | 00:56.00 |  |  |  |  | 18:51.00 | 01:02.00 |  |
| 55 |  |  | 11 | 43 | 23:20.00 | 00:56.50 | 29 | 15 | 13 |  | 18:57.00 | 01:02.50 | 29 |
| 54 | 12 | 36 |  |  | 23:31.00 | 00:57.00 |  |  |  | 35 | 19:03.00 | 01:03.00 |  |
| 53 |  |  |  | 42 | 23:42.00 | 00:57.50 |  |  |  |  | 19:09.00 | 01:03.50 |  |
| 52 |  | 35 |  |  | 23:53.00 | 00:58.00 |  |  |  |  | 19:15.00 | 01:04.00 |  |
| 51 |  |  |  | 41 | 24:04.00 | 00:58.50 |  |  |  | 34 | 19:22.00 | 01:04.50 |  |
| 50 |  | 34 | 10 |  | 24:16.00 | 00:59.00 | 28 | 14 | 12 |  | 19:29.00 | 01:05.00 | 28 |
| 49 | 11 |  |  | 40 | 24:28.00 | 00:59.50 |  |  |  |  | 19:36.00 | 01:05.50 |  |
| 48 |  | 33 |  |  | 24:40.00 | 01:00.00 |  |  |  | 33 | 19:43.00 | 01:06.00 |  |
| 47 |  | 32 |  | 39 | 24:53.00 | 01:00.50 |  |  |  |  | 19:50.00 | 01:06.50 |  |
| 46 |  | 31 | 9 |  | 25:06.00 | 01:01.00 | 27 | 13 | 11 | 32 | 19:57.00 | 01:07.00 | 27 |
| 45 |  | 30 |  | 38 | 25:19.00 | 01:01.50 |  |  |  |  | 20:05.00 | 01:08.00 |  |
| 44 | 10 | 29 |  |  | 25:32.00 | 01:02.00 |  |  |  | 31 | 20:13.00 | 01:09.00 |  |
| 43 |  | 28 | 8 | 37 | 25:46.00 | 01:02.50 | 26 | 12 | 10 |  | 20:21.00 | 01:10.00 | 26 |
| 42 |  | 27 |  |  | 26:00.00 | 01:03.00 |  |  |  | 30 | 20:29.00 | 01:11.00 |  |
| 41 |  | 26 |  | 36 | 26:15.00 | 01:04.00 |  |  |  |  | 20:37.00 | 01:13.00 |  |
| **40** | **9** | **25** | **7** | **35** | **26:30.00** | **01:05.00** | **25** | **11** | **9** | **29** | **20:45.00** | **01:15.00** | 25 |
| 39 |  |  |  |  | 26:33.00 | 01:05.50 |  |  |  |  | 20:50.00 | 01:15.50 |  |
| 38 |  |  |  |  | 26:36.00 | 01:06.00 |  |  |  |  | 20:55.00 | 01:16.00 |  |
| 37 |  |  |  |  | 26:39.00 | 01:06.50 | 24 |  |  |  | 21:00.00 | 01:16.50 | 24 |
| 36 |  |  |  | 34 | 26:42.00 | 01:07.00 |  |  |  | 28 | 21:06.00 | 01:17.00 |  |
| 35 |  |  |  |  | 26:45.00 | 01:07.50 | 23 |  |  |  | 21:12.00 | 01:17.50 | 23 |
| 34 |  | 24 |  |  | 26:48.00 | 01:08.00 |  |  |  |  | 21:18.00 | 01:18.00 |  |
| 33 |  |  |  | 33 | 26:52.00 | 01:08.50 | 22 |  |  | 27 | 21:24.00 | 01:18.50 | 22 |
| 32 | 8 |  | 6 |  | 26:56.00 | 01:09.00 |  | 10 | 8 |  | 21:30.00 | 01:19.00 |  |
| 31 |  |  |  |  | 27:00.00 | 01:09.50 | 21 |  |  |  | 21:37.00 | 01:19.50 | 21 |
| 30 |  |  |  | 32 | 27:05.00 | 01:10.00 |  |  |  | 26 | 21:44.00 | 01:20.00 |  |
| 29 |  | 23 |  |  | 27:10.00 | 01:11.00 | 20 |  |  |  | 21:52.00 | 01:21.00 | 20 |
| 28 |  |  |  |  | 27:15.00 | 01:12.00 |  |  |  |  | 22:00.00 | 01:22.00 |  |
| 27 |  |  |  | 31 | 27:20.00 | 01:13.00 | 19 |  |  | 25 | 22:10.00 | 01:23.00 | 19 |
| 26 |  |  |  |  | 27:25.00 | 01:14.00 |  |  |  |  | 22:20.00 | 01:24.00 |  |
| **25** | 7 | 22 | 5 | 30 | **27:30.00** | **01:15.00** | **18** | 9 | 7 | 24 | **22:30.00** | **01:25.00** | 18 |
| 24 |  |  |  |  | 27:32.00 | 01:16.00 |  |  |  |  | 22:32.00 | 01:26.00 |  |
| 23 |  |  |  | 29 | 27:34.00 | 01:17.00 |  |  |  | 23 | 22:34.00 | 01:27.00 |  |
| 22 |  |  |  |  | 27:36.00 | 01:18.00 |  |  |  |  | 22:36.00 | 01:28.00 |  |
| 21 |  |  |  | 28 | 27:38.00 | 01:19.00 |  |  | 6 | 22 | 22:38.00 | 01:29.00 |  |
| 20 | 6 | 21 |  |  | 27:40.00 | 01:20.00 | 17 | 8 |  |  | 22:40.00 | 01:30.00 | 17 |
| 19 |  |  | 4 | 29 | 27:43.00 | 01:21.00 |  |  |  | 21 | 22:43.00 | 01:31.00 |  |
| 18 |  |  |  |  | 27:46.00 | 01:22.00 |  |  |  |  | 22:46.00 | 01:32.00 |  |
| 17 |  |  |  | 28 | 27:49.00 | 01:23.00 |  |  | 5 | 20 | 22:49.00 | 01:33.00 |  |
| 16 | 5 | 20 |  |  | 27:52.00 | 01:24.00 | 16 | 7 |  |  | 22:52.00 | 01:34.00 | 16 |
| 15 |  |  | 3 | 27 | 27:56.00 | 01:25.00 |  |  |  | 19 | 22:56.00 | 01:35.00 |  |
| 14 |  |  |  |  | 28:00.00 | 01:26.00 |  |  |  |  | 23:00.00 | 01:36.00 |  |
| 13 |  |  |  | 26 | 28:04.00 | 01:27.00 |  |  | 4 | 18 | 23:04.00 | 01:37.00 |  |
| 12 | 4 | 19 |  |  | 28:08.00 | 01:28.00 | 15 | 6 |  |  | 23:08.00 | 01:38.00 | 15 |
| 11 |  |  | 2 | 25 | 28:12.00 | 01:29.00 |  |  |  | 17 | 23:12.00 | 01:39.00 |  |
| 10 |  |  |  | 24 | 28:16.00 | 01:30.00 |  |  |  | 16 | 23:16.00 | 01:40.00 |  |
| 9 | 3 |  |  | 23 | 28:20.00 | 01:32.00 |  |  | 3 | 15 | 23:20.00 | 01:42.00 |  |
| 8 |  | 18 |  | 22 | 28:24.00 | 01:34.00 | 14 | 5 |  | 14 | 23:24.00 | 01:44.00 | 14 |
| 7 |  |  | 1 | 21 | 28:28.00 | 01:36.00 |  |  |  | 13 | 23:28.00 | 01:46.00 |  |
| 6 | 2 |  |  | 20 | 28:32.00 | 01:38.00 |  |  | 2 | 12 | 23:32.00 | 01:48.00 |  |
| 5 |  |  |  | 19 | 28:36.00 | 01:40.00 |  |  |  | 11 | 23:36.00 | 01:50.00 |  |
| 4 |  | 17 |  | 18 | 28:40.00 | 01:42.00 | 13 | 4 |  | 10 | 23:40.00 | 01:52.00 | 13 |
| 3 | 1 |  | 0 | 17 | 28:44.00 | 01:44.00 |  |  | 1 | 9 | 23:44.00 | 01:54.00 |  |
| 2 |  |  |  | 16 | 28:48.00 | 01:46.00 |  |  |  | 8 | 23:48.00 | 01:56.00 |  |
| 1 |  | 16 | -1 | 15 | 28:52.00 | 01:48.00 | 12 | 3 | 0 | 7 | 23:52.00 | 01:58.00 | 12 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **VII возрастная ступень (30-34 года)** | | | | | | | | | | | | |
|  | **Мужчины** | | | | | | | **Женщины** | | | | | |
| Очки | **Подтягивание из виса на высокой перекладине (количество раз)** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 5000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 3000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** |
| **100** | **42** | **95** | **25** | **78** | **11:25.00** | **00:28.00** | **50** | **80** | **31** | **72** | **09:40.00** | **00:30.00** | **50** |
| 99 |  |  |  |  | 11:35.00 | 00:28.10 |  | 79 |  |  | 09:48.00 | 00:30.10 |  |
| 98 |  | 94 |  |  | 11:45.00 | 00:28.20 |  | 78 |  |  | 09:56.00 | 00:30.20 |  |
| 97 |  |  |  | 77 | 11:56.00 | 00:28.40 |  | 77 |  | 71 | 10:04.00 | 00:30.40 |  |
| 96 | 41 | 93 |  |  | 12:07.00 | 00:28.60 | 49 | 76 |  |  | 10:12.00 | 00:30.70 | 49 |
| 95 |  | 92 | 24 |  | 12:19.00 | 00:28.80 |  | 75 | 30 |  | 10:21.00 | 00:31.00 |  |
| 94 |  | 91 |  | 76 | 12:31.00 | 00:29.00 |  | 74 |  | 70 | 10:30.00 | 00:31.40 |  |
| 93 |  | 90 |  |  | 12:44.00 | 00:29.30 | 48 | 73 |  |  | 10:40.00 | 00:31.80 | 48 |
| 92 | 40 | 89 |  |  | 12:58.00 | 00:29.60 |  | 72 |  | 69 | 10:50.00 | 00:32.20 |  |
| 91 |  | 88 |  | 75 | 13:12.00 | 00:30.00 |  | 71 |  |  | 11:01.00 | 00:32.60 |  |
| 90 |  | 87 | 23 |  | 13:26.00 | 00:30.40 | 47 | 70 | 29 | 68 | 11:12.00 | 00:33.00 | 47 |
| 89 | 39 | 86 |  | 74 | 13:40.00 | 00:30.80 |  | 69 |  | 67 | 11:23.00 | 00:33.50 |  |
| 88 |  | 85 |  |  | 13:55.00 | 00:31.20 |  | 68 |  | 66 | 11:34.00 | 00:34.00 |  |
| 87 |  | 84 |  | 73 | 14:10.00 | 00:31.60 | 46 | 67 |  | 65 | 11:45.00 | 00:34.50 | 46 |
| 86 | 38 | 83 | 22 | 72 | 14:25.00 | 00:32.00 |  | 66 | 28 | 64 | 11:57.00 | 00:35.00 |  |
| 85 |  | 82 |  | 71 | 14:41.00 | 00:33.00 | 45 | 65 |  | 63 | 12:09.00 | 00:35.50 | 45 |
| 84 | 37 | 81 |  | 70 | 14:57.00 | 00:33.50 |  | 64 |  | 62 | 12:21.00 | 00:36.00 |  |
| 83 |  | 80 |  | 69 | 15:14.00 | 00:34.00 | 44 | 63 |  | 61 | 12:33.00 | 00:36.50 | 44 |
| 82 | 36 | 79 | 21 | 68 | 15:31.00 | 00:34.50 |  | 62 | 27 | 60 | 12:46.00 | 00:37.00 |  |
| 81 |  | 78 |  | 67 | 15:49.00 | 00:35.00 | 43 | 61 |  | 59 | 13:00.00 | 00:38.00 | 43 |
| 80 | 35 | 77 |  | 66 | 16:07.00 | 00:35.50 |  | 59 |  | 58 | 13:15.00 | 00:39.00 |  |
| 79 |  | 75 | 20 | 65 | 16:35.00 | 00:36.00 | 42 | 57 | 26 | 57 | 13:30.00 | 00:40.00 | 42 |
| 78 | 34 | 73 |  | 64 | 16:54.00 | 00:36.50 |  | 55 |  | 56 | 13:45.00 | 00:41.00 |  |
| 77 |  | 71 |  | 63 | 17:13.00 | 00:37.00 | 41 | 53 |  | 55 | 14:00.00 | 00:42.00 | 41 |
| 76 | 33 | 69 | 19 | 62 | 17:32.00 | 00:37.50 |  | 51 | 25 | 54 | 14:16.00 | 00:43.00 |  |
| 75 |  | 67 |  | 61 | 17:51.00 | 00:38.00 | 40 | 49 |  | 53 | 14:32.00 | 00:44.00 | 40 |
| 74 | 32 | 65 | 18 | 60 | 18:10.00 | 00:39.00 |  | 47 |  | 52 | 14:48.00 | 00:45.00 |  |
| 73 | 31 | 63 |  | 59 | 18:30.00 | 00:40.00 | 39 | 45 | 24 | 51 | 15:05.00 | 00:46.00 | 39 |
| 72 | 30 | 61 | 17 | 58 | 18:50.00 | 00:41.00 |  | 43 |  | 50 | 15:22.00 | 00:47.00 |  |
| 71 | 29 | 59 |  | 57 | 19:11.00 | 00:42.00 | 38 | 41 |  | 49 | 15:39.00 | 00:48.00 | 38 |
| 70 | 28 | 57 | 16 | 56 | 19:32.00 | 00:43.00 |  | 39 | 23 | 48 | 15:56.00 | 00:49.00 |  |
| 69 | 27 | 55 |  | 55 | 19:54.00 | 00:44.00 | 37 | 37 |  | 47 | 16:13.00 | 00:50.00 | 37 |
| 68 | 26 | 53 | 15 | 54 | 20:16.00 | 00:45.00 |  | 35 | 22 | 46 | 16:31.00 | 00:51.00 |  |
| 67 | 25 | 51 |  | 53 | 20:39.00 | 00:46.00 | 36 | 33 |  | 45 | 16:49.00 | 00:52.00 | 36 |
| 66 | 24 | 49 | 14 | 52 | 21:02.00 | 00:47.00 |  | 31 | 21 | 44 | 17:07.00 | 00:53.00 |  |
| 65 | 22 | 47 |  | 51 | 21:26.00 | 00:48.00 | 35 | 28 | 20 | 43 | 17:25.00 | 00:55.00 | 35 |
| 64 | 20 | 44 | 13 | 49 | 21:50.00 | 00:49.00 | 35 | 25 | 19 | 41 | 17:44.00 | 00:57.00 | 35 |
| 63 | 18 | 41 |  | 47 | 22:15.00 | 00:50.00 | 33 | 22 | 18 | 39 | 18:03.00 | 00:59.00 | 33 |
| 62 | 16 | 38 | 12 | 45 | 22:40.00 | 00:51.00 | 32 | 19 | 17 | 37 | 18:22.00 | 01:01.00 | 32 |
| 61 | 14 | 35 |  | 43 | 23:05.00 | 00:53.00 | 31 | 16 | 15 | 35 | 18:41.00 | 01:03.00 | 31 |
| **60** | **12** | **32** | **11** | **41** | **23:30.00** | **00:55.00** | **30** | **13** | **13** | **33** | **19:00.00** | **01:05.00** | **30** |
| 59 |  |  |  |  | 23:38.00 | 00:55.20 |  |  |  |  | 19:06.00 | 01:05.50 |  |
| 58 |  | 31 |  |  | 23:46.00 | 00:55.40 |  |  |  | 32 | 19:12.00 | 01:06.00 |  |
| 57 |  |  |  | 40 | 23:54.00 | 00:55.70 |  |  |  |  | 19:18.00 | 01:06.50 |  |
| 56 |  | 30 | 10 |  | 24:04.00 | 00:56.00 |  | 12 | 12 | 31 | 19:24.00 | 01:07.00 |  |
| 55 | 11 |  |  | 39 | 24:13.00 | 00:56.50 | 29 |  |  |  | 19:30.00 | 01:07.50 | 29 |
| 54 |  | 29 |  |  | 24:23.00 | 00:57.00 |  |  |  | 30 | 19:37.00 | 01:08.00 |  |
| 53 |  |  |  | 38 | 24:33.00 | 00:57.50 |  |  |  |  | 19:44.00 | 01:08.50 |  |
| 52 |  | 28 | 9 |  | 24:43.00 | 00:58.00 |  | 11 | 11 | 29 | 19:51.00 | 01:09.00 |  |
| 51 |  |  |  | 37 | 24:53.00 | 00:58.50 |  |  |  |  | 19:58.00 | 01:09.50 |  |
| 50 | 10 | 27 |  |  | 25:03.00 | 00:59.00 | 28 |  |  | 28 | 20:06.00 | 01:10.00 | 28 |
| 49 |  |  |  | 36 | 25:14.00 | 00:59.50 |  |  |  |  | 20:14.00 | 01:10.50 |  |
| 48 |  | 26 | 8 |  | 25:25.00 | 01:00.00 |  | 10 | 10 | 27 | 20:22.00 | 01:11.00 |  |
| 47 |  |  |  | 35 | 25:36.00 | 01:00.50 |  |  |  |  | 20:30.00 | 01:11.50 |  |
| 46 | 9 | 25 |  |  | 25:48.00 | 01:01.00 | 27 |  |  | 26 | 20:38.00 | 01:12.00 | 27 |
| 45 |  | 24 | 7 | 34 | 26:00.00 | 01:01.50 |  | 9 | 9 |  | 20:46.00 | 01:13.00 |  |
| 44 |  | 23 |  |  | 26:12.00 | 01:02.00 |  |  |  | 25 | 20:54.00 | 01:14.00 |  |
| 43 | 8 | 22 |  | 33 | 26:24.00 | 01:02.50 | 26 |  |  |  | 21:02.00 | 01:15.00 | 26 |
| 42 |  | 21 | 6 |  | 26:36.00 | 01:03.00 |  | 8 | 8 | 24 | 21:11.00 | 01:16.00 |  |
| 41 |  | 20 |  | 32 | 26:48.00 | 01:04.00 |  |  |  | 23 | 21:20.00 | 01:18.00 |  |
| **40** | **7** | **19** | **5** | **31** | **27:00.00** | **01:05.00** | **25** | **7** | **7** | **22** | **21:30.00** | **01:20.00** | **25** |
| 39 |  |  |  |  | 27:06.00 | 01:05.50 |  |  |  |  | 21:36.00 | 01:20.50 |  |
| 38 |  |  |  |  | 27:12.00 | 01:06.00 |  |  |  |  | 21:42.00 | 01:21.00 |  |
| 37 |  |  |  |  | 27:18.00 | 01:06.50 | 24 |  |  |  | 21:48.00 | 01:21.50 | 24 |
| 36 |  |  |  | 30 | 27:25.00 | 01:07.00 |  |  |  |  | 21:55.00 | 01:22.00 |  |
| 35 |  |  |  |  | 27:32.00 | 01:07.50 | 23 |  |  |  | 22:02.00 | 01:22.50 | 23 |
| 34 |  | 18 |  |  | 27:39.00 | 01:08.00 |  |  |  | 21 | 22:09.00 | 01:23.00 |  |
| 33 |  |  |  | 29 | 27:47.00 | 01:08.50 | 22 |  |  |  | 22:17.00 | 01:23.50 | 22 |
| 32 | 6 |  | 4 |  | 27:55.00 | 01:09.00 |  | 6 | 6 |  | 22:25.00 | 01:24.00 |  |
| 31 |  |  |  |  | 28:03.00 | 01:09.50 | 21 |  |  |  | 22:33.00 | 01:24.50 | 21 |
| 30 |  |  |  | 28 | 28:12.00 | 01:10.00 |  |  |  |  | 22:42.00 | 01:25.00 |  |
| 29 |  | 17 |  |  | 28:21.00 | 01:11.00 | 20 |  |  | 20 | 22:51.00 | 01:26.00 | 20 |
| 28 |  |  |  |  | 28:30.00 | 01:12.00 |  |  |  |  | 23:00.00 | 01:27.00 |  |
| 27 |  |  |  | 27 | 28:40.00 | 01:13.00 | 19 |  |  |  | 23:10.00 | 01:28.00 | 19 |
| 26 |  |  |  |  | 28:50.00 | 01:14.00 |  |  |  |  | 23:20.00 | 01:29.00 |  |
| **25** | 5 | 16 | 3 | **26** | **29:00.00** | **01:15.00** | 18 | **5** | **5** | **19** | **23:30.00** | **01:30.00** | **18** |
| 24 |  |  |  |  | 29:02.00 | 01:16.00 |  |  |  |  | 23:32.00 | 01:31.00 |  |
| 23 |  |  |  | 25 | 29:04.00 | 01:17.00 |  |  |  | 18 | 23:34.00 | 01:32.00 |  |
| 22 |  |  |  |  | 29:06.00 | 01:18.00 |  |  |  |  | 23:36.00 | 01:33.00 |  |
| 21 |  |  |  | 24 | 29:08.00 | 01:19.00 |  |  |  | 17 | 23:38.00 | 01:34.00 |  |
| 20 |  | 15 |  |  | 29:10.00 | 01:20.00 | 17 |  |  |  | 23:40.00 | 01:35.00 | 17 |
| 19 | 4 |  | 2 | 23 | 29:13.00 | 01:21.00 |  |  | 4 | 16 | 23:42.00 | 01:36.00 |  |
| 18 |  |  |  |  | 29:16.00 | 01:22.00 |  | 4 |  |  | 23:44.00 | 01:37.00 |  |
| 17 |  |  |  | 22 | 29:19.00 | 01:23.00 |  |  |  | 15 | 23:46.00 | 01:38.00 |  |
| 16 |  | 14 |  |  | 29:22.00 | 01:24.00 | 16 |  |  |  | 23:48.00 | 01:39.00 | 16 |
| 15 |  |  | 1 | 21 | 29:25.00 | 01:25.00 |  |  | 3 | 14 | 23:50.00 | 01:40.00 |  |
| 14 | 3 |  |  |  | 29:28.00 | 01:26.00 |  |  |  |  | 23:53.00 | 01:41.00 |  |
| 13 |  |  |  | 20 | 29:31.00 | 01:27.00 |  |  |  | 13 | 23:56.00 | 01:42.00 |  |
| 12 |  | 13 |  |  | 29:34.00 | 01:28.00 | 15 |  |  |  | 23:59.00 | 01:43.00 | 15 |
| 11 |  |  | 0 | 19 | 29:37.00 | 01:29.00 |  | 3 | 2 | 12 | 24:02.00 | 01:44.00 |  |
| 10 |  |  |  | 18 | 29:40.00 | 01:30.00 |  |  |  | 11 | 24:05.00 | 01:45.00 |  |
| 9 | 2 |  |  | 17 | 29:44.00 | 01:32.00 |  |  |  | 10 | 24:08.00 | 01:46.00 |  |
| 8 |  | 12 |  | 16 | 29:48.00 | 01:34.00 | 14 |  |  | 9 | 24:11.00 | 01:47.00 | 14 |
| 7 |  |  | -1 | 15 | 29:52.00 | 01:36.00 |  |  | 1 | 8 | 24:14.00 | 01:48.00 |  |
| 6 |  |  |  | 14 | 29:56.00 | 01:38.00 |  |  |  | 7 | 24:17.00 | 01:49.00 |  |
| 5 |  |  |  | 13 | 30:00.00 | 01:40.00 |  | 2 |  | 6 | 24:20.00 | 01:50.00 |  |
| 4 | 1 | 11 |  | 12 | 30:04.00 | 01:42.00 | 13 |  |  | 5 | 24:24.00 | 01:52.00 | 13 |
| 3 |  |  | -2 | 11 | 30:08.00 | 01:44.00 |  |  | 0 | 4 | 24:28.00 | 01:54.00 |  |
| 2 |  |  |  | 10 | 30:12.00 | 01:46.00 |  |  |  | 3 | 24:32.00 | 01:56.00 |  |
| 1 |  | 10 | -3 | 9 | 30:16.00 | 01:48.00 | 12 | 1 | -1 | 2 | 24:36.00 | 01:58.00 | 12 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **VII возрастная ступень (35-39 лет)** | | | | | | | | | | | | |
|  | **Мужчины** | | | | | | | **Женщины** | | | | | |
| Очки | **Подтягивание из виса на высокой перекладине (количество раз)** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 5000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 3000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** |
| **100** | **36** | **85** | **24** | **75** | **11:45.00** | **00:31.00** | **50** | **60** | **29** | **68** | **10:20.00** | **00:33.00** | **50** |
| 99 |  |  |  |  | 11:55.00 | 00:31.10 |  |  |  |  | 10:30.00 | 00:33.10 |  |
| 98 |  |  |  |  | 12:05.00 | 00:31.20 |  |  |  |  | 10:40.00 | 00:33.20 |  |
| 97 |  | 84 |  | 74 | 12:16.00 | 00:31.40 |  | 59 |  | 67 | 10:50.00 | 00:33.40 |  |
| 96 | 35 |  |  |  | 12:27.00 | 00:31.60 | 49 |  |  |  | 11:01.00 | 00:33.70 | 49 |
| 95 |  | 83 | 23 |  | 12:39.00 | 00:31.80 |  | 58 | 28 |  | 11:12.00 | 00:34.00 |  |
| 94 |  | 82 |  | 73 | 12:51.00 | 00:32.00 |  |  |  | 66 | 11:23.00 | 00:34.40 |  |
| 93 |  | 81 |  |  | 13:04.00 | 00:32.30 | 48 | 57 |  |  | 11:34.00 | 00:34.80 | 48 |
| 92 | 34 | 80 |  |  | 13:27.00 | 00:32.60 |  | 56 |  | 65 | 11:45.00 | 00:35.20 |  |
| 91 |  | 79 |  | 72 | 13:50.00 | 00:33.00 |  | 55 |  |  | 11:57.00 | 00:35.60 |  |
| 90 |  | 78 | 22 |  | 14:14.00 | 00:33.40 | 47 | 54 | 27 | 64 | 12:09.00 | 00:36.00 | 47 |
| 89 | 33 | 77 |  | 71 | 14:28.00 | 00:33.80 |  | 53 |  | 63 | 12:21.00 | 00:36.50 |  |
| 88 |  | 76 |  |  | 14:43.00 | 00:34.20 |  | 52 |  | 62 | 12:33.00 | 00:37.00 |  |
| 87 |  | 75 |  | 70 | 14:58.00 | 00:34.60 | 46 | 51 |  | 61 | 12:45.00 | 00:37.50 | 46 |
| 86 | 32 | 74 | 21 |  | 15:14.00 | 00:35.00 |  | 50 | 26 | 60 | 12:57.00 | 00:38.00 |  |
| 85 |  | 73 |  | 69 | 15:30.00 | 00:35.50 | 45 | 49 |  | 59 | 13:10.00 | 00:38.50 | 45 |
| 84 |  | 72 |  | 68 | 15:47.00 | 00:36.00 |  | 48 |  | 58 | 13:23.00 | 00:39.00 |  |
| 83 | 31 | 71 |  | 67 | 16:04.00 | 00:36.50 | 44 | 47 |  | 57 | 13:36.00 | 00:39.50 | 44 |
| 82 |  | 70 | 20 | 66 | 16:22.00 | 00:37.00 |  | 46 | 25 | 56 | 13:49.00 | 00:40.00 |  |
| 81 |  | 69 |  | 65 | 16:40.00 | 00:37.50 | 43 | 45 |  | 55 | 14:03.00 | 00:41.00 | 43 |
| 80 | 30 | 68 |  | 64 | 16:59.00 | 00:38.00 |  | 44 |  | 54 | 14:17.00 | 00:42.00 |  |
| 79 |  | 67 | 19 | 63 | 17:18.00 | 00:38.50 | 42 | 43 | 24 | 53 | 14:32.00 | 00:43.00 | 42 |
| 78 | 29 | 66 |  | 62 | 17:38.00 | 00:39.00 |  | 42 |  | 52 | 14:47.00 | 00:44.00 |  |
| 77 |  | 65 |  | 61 | 17:58.00 | 00:39.50 | 41 | 41 |  | 51 | 15:03.00 | 00:45.00 | 41 |
| 76 | 28 | 64 | 18 | 60 | 18:20.00 | 00:40.00 |  | 40 | 23 | 50 | 15:20.00 | 00:46.00 |  |
| 75 |  | 63 |  | 59 | 18:44.00 | 00:41.00 | 40 | 39 |  | 49 | 15:37.00 | 00:47.00 | 40 |
| 74 | 27 | 62 | 17 | 58 | 19:10.00 | 00:42.00 |  | 38 |  | 48 | 15:55.00 | 00:48.00 |  |
| 73 | 26 | 61 |  | 57 | 19:36.00 | 00:43.00 | 39 | 37 | 22 | 47 | 16:13.00 | 00:49.00 | 39 |
| 72 | 25 | 60 | 16 | 56 | 20:03.00 | 00:44.00 |  | 35 |  | 46 | 16:32.00 | 00:50.00 |  |
| 71 | 24 | 59 |  | 55 | 20:30.00 | 00:45.00 | 38 | 33 |  | 45 | 16:51.00 | 00:51.00 | 38 |
| 70 | 23 | 57 | 15 | 54 | 20:58.00 | 00:46.00 |  | 31 | 21 | 44 | 17:10.00 | 00:52.00 |  |
| 69 | 22 | 55 |  | 53 | 21:26.00 | 00:47.00 | 37 | 29 |  | 43 | 17:30.00 | 00:53.00 | 37 |
| 68 | 21 | 53 | 14 | 52 | 21:54.00 | 00:48.00 |  | 27 | 20 | 42 | 17:50.00 | 00:54.00 |  |
| 67 | 20 | 51 |  | 51 | 22:22.00 | 00:49.00 | 36 | 25 |  | 41 | 18:10.00 | 00:56.00 | 36 |
| 66 | 19 | 49 | 13 | 50 | 22:50.00 | 00:50.00 |  | 23 | 19 | 40 | 18:30.00 | 00:58.00 |  |
| 65 | 18 | 46 |  | 49 | 23:20.00 | 00:51.00 | 35 | 21 | 18 | 39 | 18:50.00 | 01:00.00 | 35 |
| 64 | 17 | 43 | 12 | 47 | 23:50.00 | 00:52.00 | 35 | 19 | 17 | 37 | 19:10.00 | 01:02.00 | 35 |
| 63 | 16 | 40 |  | 45 | 24:20.00 | 00:54.00 | 33 | 17 | 16 | 35 | 19:30.00 | 01:04.00 | 33 |
| 62 | 14 | 37 | 11 | 43 | 24:50.00 | 00:56.00 | 32 | 15 | 15 | 33 | 19:50.00 | 01:06.00 | 32 |
| 61 | 12 | 33 |  | 41 | 25:20.00 | 00:58.00 | 31 | 13 | 14 | 31 | 20:10.00 | 01:08.00 | 31 |
| **60** | **10** | **29** | **10** | **39** | **25:50.00** | **01:00.00** | **30** | **11** | **12** | **29** | **20:30.00** | **01:10.00** | **30** |
| 59 |  |  |  |  | 26:00.00 | 01:00.50 |  |  |  |  | 20:34.00 | 01:10.50 |  |
| 58 |  | 28 |  |  | 26:10.00 | 01:01.00 |  |  |  |  | 20:38.00 | 01:11.00 |  |
| 57 |  |  |  | 38 | 26:20.00 | 01:01.50 |  |  |  | 28 | 20:42.00 | 01:11.50 |  |
| 56 |  | 27 | 9 |  | 26:30.00 | 01:02.00 |  |  | 11 |  | 20:46.00 | 01:12.00 |  |
| 55 |  |  |  | 37 | 26:40.00 | 01:02.50 | 29 | 10 |  |  | 20:50.00 | 01:12.50 | 29 |
| 54 | 9 | 26 |  |  | 26:51.00 | 01:03.00 |  |  |  | 27 | 20:55.00 | 01:13.00 |  |
| 53 |  |  |  | 36 | 27:02.00 | 01:03.50 |  |  |  |  | 21:00.00 | 01:13.50 |  |
| 52 |  | 25 | 8 |  | 27:13.00 | 01:04.00 |  |  | 10 | 26 | 21:05.00 | 01:14.00 |  |
| 51 |  |  |  | 35 | 27:24.00 | 01:04.50 |  |  |  |  | 21:10.00 | 01:14.50 |  |
| 50 |  | 24 |  |  | 27:36.00 | 01:05.00 | 28 | 9 |  | 25 | 21:15.00 | 01:15.00 | 28 |
| 49 | 8 |  |  | 34 | 27:48.00 | 01:05.50 |  |  |  |  | 21:20.00 | 01:15.50 |  |
| 48 |  | 23 | 7 |  | 28:00.00 | 01:06.00 |  |  | 9 | 24 | 21:25.00 | 01:16.00 |  |
| 47 |  |  |  | 33 | 28:13.00 | 01:06.50 |  |  |  |  | 21:30.00 | 01:16.50 |  |
| 46 |  | 22 |  |  | 28:26.00 | 01:07.00 | 27 | 8 |  | 23 | 21:35.00 | 01:17.00 | 27 |
| 45 |  |  | 6 | 32 | 28:39.00 | 01:08.00 |  |  | 8 |  | 21:40.00 | 01:18.00 |  |
| 44 | 7 | 21 |  |  | 28:52.00 | 01:09.00 |  |  |  | 22 | 21:46.00 | 01:19.00 |  |
| 43 |  | 20 |  | 31 | 29:06.00 | 01:10.00 | 26 | 7 |  |  | 21:52.00 | 01:20.00 | 26 |
| 42 |  | 19 | 5 |  | 29:20.00 | 01:11.00 |  |  | 7 | 21 | 21:58.00 | 01:21.00 |  |
| 41 |  | 18 |  | 30 | 29:35.00 | 01:13.00 |  |  |  |  | 22:04.00 | 01:23.00 |  |
| **40** | **6** | **17** | **4** | **29** | **29:50.00** | **01:15.00** | **25** | **6** | **6** | **20** | **22:10.00** | **01:25.00** | **25** |
| 39 |  |  |  |  | 29:56.00 | 01:15.20 |  |  |  |  | 22:18.00 | 01:25.50 |  |
| 38 |  |  |  |  | 30:02.00 | 01:15.40 |  |  |  |  | 22:26.00 | 01:26.00 |  |
| 37 |  |  |  |  | 30:08.00 | 01:15.60 | 24 |  |  |  | 22:34.00 | 01:26.50 | 24 |
| 36 |  | 16 |  | 28 | 30:15.00 | 01:15.80 |  |  |  |  | 22:43.00 | 01:27.00 |  |
| 35 |  |  |  |  | 30:22.00 | 01:16.00 | 23 |  |  |  | 22:52.00 | 01:27.50 | 23 |
| 34 |  |  |  |  | 30:29.00 | 01:16.20 |  |  |  | 19 | 23:01.00 | 01:28.00 |  |
| 33 |  |  |  | 27 | 30:37.00 | 01:16.40 | 22 |  |  |  | 23:10.00 | 01:28.50 | 22 |
| 32 | 5 | 15 | 3 |  | 30:45.00 | 01:16.70 |  | 5 | 5 |  | 23:20.00 | 01:29.00 |  |
| 31 |  |  |  |  | 30:53.00 | 01:17.00 | 21 |  |  |  | 23:30.00 | 01:29.50 | 21 |
| 30 |  |  |  | 26 | 31:02.00 | 01:17.50 |  |  |  |  | 23:41.00 | 01:30.00 |  |
| 29 |  |  |  |  | 31:11.00 | 01:18.00 | 20 |  |  | 18 | 23:52.00 | 01:31.00 | 20 |
| 28 |  | 14 |  |  | 31:20.00 | 01:18.50 |  |  |  |  | 24:04.00 | 01:32.00 |  |
| 27 |  |  |  | 25 | 31:30.00 | 01:19.00 | 19 |  |  |  | 24:16.00 | 01:33.00 | 19 |
| 26 |  |  |  |  | 31:40.00 | 01:19.50 |  |  |  |  | 24:28.00 | 01:34.00 |  |
| **25** | **4** | **13** | **2** | **24** | **31:50.00** | **01:20.00** | **18** | **4** | **4** | **17** | **24:40.00** | **01:35.00** | **18** |
| 24 |  |  |  |  | 31:52.00 | 01:21.00 |  |  |  |  | 24:42.00 | 01:36.00 |  |
| 23 |  |  |  | 23 | 31:54.00 | 01:22.00 |  |  |  | 16 | 24:44.00 | 01:37.00 |  |
| 22 |  |  |  |  | 31:56.00 | 01:23.00 |  |  |  |  | 24:46.00 | 01:38.00 |  |
| 21 |  |  |  | 22 | 31:58.00 | 01:24.00 |  |  |  | 15 | 24:48.00 | 01:39.00 |  |
| 20 |  | 12 |  |  | 32:00.00 | 01:25.00 | 17 |  |  |  | 24:50.00 | 01:40.00 | 17 |
| 19 |  |  | 1 | 21 | 32:03.00 | 01:26.00 |  |  | 3 | 14 | 24:52.00 | 01:41.00 |  |
| 18 | 3 |  |  |  | 32:06.00 | 01:27.00 |  | 3 |  |  | 24:54.00 | 01:42.00 |  |
| 17 |  |  |  | 20 | 32:09.00 | 01:28.00 |  |  |  | 13 | 24:56.00 | 01:43.00 |  |
| 16 |  | 11 |  |  | 32:12.00 | 01:29.00 | 16 |  |  |  | 24:58.00 | 01:44.00 | 16 |
| 15 |  |  | 0 | 19 | 32:15.00 | 01:30.00 |  |  | 2 | 12 | 25:00.00 | 01:45.00 |  |
| 14 |  |  |  |  | 32:18.00 | 01:31.00 |  |  |  |  | 25:03.00 | 01:46.00 |  |
| 13 |  |  |  | 18 | 32:22.00 | 01:32.00 |  |  |  | 11 | 25:06.00 | 01:47.00 |  |
| 12 |  | 10 |  |  | 32:26.00 | 01:33.00 | 15 |  |  |  | 25:09.00 | 01:48.00 | 15 |
| 11 | 2 |  | -1 | 17 | 32:30.00 | 01:34.00 |  | 2 | 1 | 10 | 25:12.00 | 01:49.00 |  |
| 10 |  |  |  | 16 | 32:34.00 | 01:35.00 |  |  |  |  | 25:15.00 | 01:50.00 |  |
| 9 |  |  |  | 15 | 32:38.00 | 01:36.00 |  |  |  | 9 | 25:18.00 | 01:52.00 |  |
| 8 |  | 9 |  | 14 | 32:42.00 | 01:37.00 | 14 |  |  |  | 25:21.00 | 01:54.00 | 14 |
| 7 |  |  | -2 | 13 | 32:46.00 | 01:38.00 |  |  | 0 | 8 | 25:24.00 | 01:56.00 |  |
| 6 |  |  |  | 12 | 32:50.00 | 01:39.00 |  |  |  | 7 | 25:27.00 | 01:58.00 |  |
| 5 | 1 |  |  | 11 | 32:54.00 | 01:40.00 |  | 1 |  | 6 | 25:30.00 | 02:00.00 |  |
| 4 |  | 8 |  | 10 | 32:58.00 | 01:42.00 | 13 |  |  | 5 | 25:34.00 | 02:02.00 | 13 |
| 3 |  |  | -3 | 9 | 33:02.00 | 01:44.00 |  |  | -1 | 4 | 25:38.00 | 02:04.00 |  |
| 2 |  |  |  | 8 | 33:06.00 | 01:46.00 |  |  |  | 3 | 25:42.00 | 02:06.00 |  |
| 1 |  | 7 | -4 | 7 | 33:10.00 | 01:48.00 | 12 |  | -2 | 2 | 25:46.00 | 02:08.00 | 12 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **VIII возрастная ступень (40-44 года)** | | | | | | | | | | | | | | | |
|  | **Мужчины** | | | | | | | | | **Женщины** | | | | | | |
| Очки | **Подтягивание из виса на высокой перекладине (количество раз)** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | | | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 5000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 3000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** |
| **100** | **34** | **80** | | | **23** | **72** | **12:10.00** | **00:32.00** | **50** | **58** | **27** | | **65** | **06:55.00** | **00:35.00** | **50** |
| 99 |  |  | | |  |  | 12:25.00 | 00:32.10 |  |  |  | |  | 07:05.00 | 00:35.10 |  |
| 98 |  |  | | |  |  | 12:40.00 | 00:32.20 |  |  |  | |  | 07:15.00 | 00:35.20 |  |
| 97 |  | 79 | | |  | 71 | 12:55.00 | 00:32.40 |  | 57 |  | | 64 | 07:26.00 | 00:35.40 |  |
| 96 | 33 |  | | |  |  | 13:10.00 | 00:32.60 | 49 |  |  | |  | 07:37.00 | 00:35.70 | 49 |
| 95 |  | 78 | | | 22 |  | 13:25.00 | 00:32.80 |  | 56 | 26 | |  | 07:48.00 | 00:36.00 |  |
| 94 |  | 77 | | |  | 70 | 13:40.00 | 00:33.00 |  | 55 |  | | 63 | 08:00.00 | 00:36.40 |  |
| 93 |  | 76 | | |  |  | 13:55.00 | 00:33.30 | 48 | 54 |  | |  | 08:12.00 | 00:36.80 | 48 |
| 92 | 32 | 75 | | |  |  | 14:12.00 | 00:33.60 |  | 53 |  | | 62 | 08:25.00 | 00:37.20 |  |
| 91 |  | 74 | | | 21 | 69 | 14:30.00 | 00:34.00 |  | 52 |  | |  | 08:38.00 | 00:37.60 |  |
| 90 |  | 73 | | |  |  | 14:50.00 | 00:34.40 | 47 | 51 | 25 | | 61 | 08:51.00 | 00:38.00 | 47 |
| 89 | 31 | 72 | | |  | 68 | 15:10.00 | 00:34.80 |  | 50 |  | | 60 | 09:05.00 | 00:38.50 |  |
| 88 |  | 71 | | |  |  | 15:30.00 | 00:35.20 |  | 49 |  | | 59 | 09:19.00 | 00:39.00 | 46 |
| 87 |  | 70 | | | 20 | 67 | 15:55.00 | 00:35.60 | 46 | 48 |  | | 58 | 09:33.00 | 00:39.50 |  |
| 86 | 30 | 69 | | |  | 66 | 16:20.00 | 00:36.00 |  | 47 | 24 | | 57 | 09:48.00 | 00:40.00 | 45 |
| 85 |  | 68 | | |  | 65 | 16:45.00 | 00:36.50 | 45 | 46 |  | | 56 | 10:03.00 | 00:40.50 |  |
| 84 | 29 | 67 | | |  | 64 | 17:10.00 | 00:37.00 |  | 45 |  | | 55 | 10:18.00 | 00:41.00 | 44 |
| 83 |  | 66 | | | 19 | 63 | 17:35.00 | 00:37.50 | 44 | 44 |  | | 54 | 10:33.00 | 00:41.50 |  |
| 82 | 28 | 65 | | |  | 62 | 18:00.00 | 00:38.00 |  | 43 | 23 | | 53 | 10:49.00 | 00:42.00 | 43 |
| 81 |  | 64 | | |  | 61 | 18:25.00 | 00:38.50 | 43 | 42 |  | | 52 | 11:05.00 | 00:43.00 |  |
| 80 | 27 | 63 | | | 18 | 60 | 18:50.00 | 00:39.00 |  | 41 |  | | 51 | 11:22.00 | 00:44.00 | 42 |
| 79 |  | 62 | | |  | 59 | 19:15.00 | 00:39.50 | 42 | 40 | 22 | | 50 | 11:39.00 | 00:45.00 |  |
| 78 | 26 | 61 | | |  | 58 | 19:40.00 | 00:40.00 |  | 39 |  | | 49 | 11:57.00 | 00:46.00 | 41 |
| 77 |  | 60 | | | 17 | 57 | 20:05.00 | 00:40.50 | 41 | 38 | 21 | | 48 | 12:15.00 | 00:47.00 |  |
| 76 | 25 | 59 | | |  | 56 | 20:31.00 | 00:41.00 |  | 37 |  | | 47 | 12:35.00 | 00:48.00 | 40 |
| 75 |  | 58 | | |  | 55 | 20:57.00 | 00:41.50 | 40 | 36 | 20 | | 46 | 12:55.00 | 00:49.00 |  |
| 74 | 24 | 57 | | | 16 | 54 | 21:23.00 | 00:42.00 |  | 35 |  | | 45 | 13:15.00 | 00:50.00 | 39 |
| 73 |  | 56 | | |  | 53 | 21:49.00 | 00:43.00 | 39 | 34 | 19 | | 44 | 13:35.00 | 00:51.00 |  |
| 72 | 23 | 55 | | | 15 | 52 | 22:15.00 | 00:44.00 |  | 33 |  | | 43 | 13:55.00 | 00:52.00 | 38 |
| 71 | 22 | 54 | | |  | 51 | 22:42.00 | 00:45.00 | 38 | 32 | 18 | | 42 | 14:15.00 | 00:53.00 |  |
| 70 | 21 | 52 | | | 14 | 50 | 23:09.00 | 00:46.00 |  | 30 |  | | 41 | 14:35.00 | 00:55.00 | 37 |
| 69 | 20 | 50 | | |  | 49 | 23:36.00 | 00:47.00 | 37 | 28 | 17 | | 40 | 14:55.00 | 00:57.00 | 36 |
| 68 | 19 | 48 | | | 13 | 48 | 24:03.00 | 00:48.00 |  | 26 |  | | 39 | 15:15.00 | 00:59.00 | 35 |
| 67 | 18 | 46 | | |  | 47 | 24:31.00 | 00:49.00 | 36 | 24 | 16 | | 38 | 15:35.00 | 01:01.00 | 34 |
| 66 | 17 | 44 | | | 12 | 46 | 24:59.00 | 00:50.00 |  | 22 |  | | 37 | 15:55.00 | 01:03.00 | 33 |
| 65 | 16 | 42 | | |  | 45 | 25:27.00 | 00:51.00 | 35 | 20 | 15 | | 35 | 16:15.00 | 01:05.00 | 32 |
| 64 | 15 | 40 | | | 11 | 43 | 25:55.00 | 00:52.00 | 35 | 18 |  | | 33 | 16:36.00 | 01:07.00 | 31 |
| 63 | 14 | 38 | | |  | 41 | 26:25.00 | 00:54.00 | 33 | 16 | 14 | | 31 | 16:57.00 | 01:09.00 | 30 |
| 62 | 13 | 35 | | | 10 | 39 | 27:00.00 | 00:56.00 | 32 | 14 | 13 | | 29 | 17:18.00 | 01:11.00 | 29 |
| 61 | 11 | 32 | | |  | 37 | 27:35.00 | 00:58.00 | 31 | 12 | 12 | | 27 | 17:39.00 | 01:13.00 | 28 |
| **60** | **9** | **28** | | | **9** | **35** | **28:10.00** | **01:00.00** | **30** | **10** | **11** | | **25** | **18:00.00** | **01:15.00** | **27** |
| 59 |  |  | | |  |  | 28:25.00 | 01:00.20 |  |  |  | |  | 18:07.00 | 01:15.50 |  |
| 58 |  | 27 | | |  |  | 28:42.00 | 01:00.40 |  |  |  | |  | 18:14.00 | 01:16.00 |  |
| 57 |  |  | | |  | 34 | 28:59.00 | 01:00.70 | 29 |  |  | | 24 | 18:22.00 | 01:16.50 |  |
| 56 |  | 26 | | | 8 |  | 29:16.00 | 01:01.00 |  |  | 10 | |  | 18:30.00 | 01:17.00 | 26 |
| 55 |  |  | | |  |  | 29:34.00 | 01:01.50 |  | 9 |  | |  | 18:38.00 | 01:17.50 |  |
| 54 |  | 25 | | |  | 33 | 29:52.00 | 01:02.00 | 28 |  |  | | 23 | 18:46.00 | 01:18.00 |  |
| 53 | 8 |  | | |  |  | 30:10.00 | 01:02.50 |  |  | 9 | |  | 18:54.00 | 01:18.50 |  |
| 52 |  | 24 | | | 7 |  | 30:30.00 | 01:03.00 | 27 |  |  | | 22 | 19:02.00 | 01:19.00 | 25 |
| 51 |  |  | | |  | 32 | 30:50.00 | 01:03.50 |  |  |  | |  | 19:11.00 | 01:19.50 |  |
| 50 |  | 23 | | |  |  | 31:10.00 | 01:04.00 | 26 | 8 | 8 | | 21 | 19:20.00 | 01:20.00 |  |
| 49 |  |  | | |  |  | 31:30.00 | 01:04.50 |  |  |  | |  | 19:29.00 | 01:20.50 |  |
| 48 |  | 22 | | | 6 | 31 | 31:51.00 | 01:05.00 | 25 |  |  | | 20 | 19:38.00 | 01:21.00 | 24 |
| 47 |  |  | | |  |  | 32:12.00 | 01:05.50 |  |  | 7 | |  | 19:47.00 | 01:21.50 |  |
| 46 | 7 | 21 | | |  | 30 | 32:33.00 | 01:06.00 | 24 | 7 |  | | 19 | 19:56.00 | 01:22.00 |  |
| 45 |  |  | | | 5 |  | 32:54.00 | 01:06.50 |  |  |  | |  | 20:05.00 | 01:23.00 | 23 |
| 44 |  | 20 | | |  | 29 | 33:15.00 | 01:07.00 | 23 |  | 6 | | 18 | 20:14.00 | 01:24.00 |  |
| 43 |  |  | | |  |  | 33:36.00 | 01:07.50 |  | 6 |  | |  | 20:23.00 | 01:25.00 |  |
| 42 |  | 19 | | | 4 | 28 | 33:57.00 | 01:08.00 | 22 |  | 5 | | 17 | 20:32.00 | 01:26.00 | 22 |
| 41 |  | 18 | | |  |  | 34:18.00 | 01:09.00 |  |  |  | |  | 20:41.00 | 01:27.00 |  |
| **40** | **6** | **17** | | | **3** | **27** | **34:40.00** | **01:10.00** | **21** | **5** | **4** | | **16** | **20:50.00** | **01:28.00** | **21** |
| 39 |  |  | | |  |  | 34:48.00 | 01:10.50 |  |  |  | |  | 20:55.00 | 01:28.50 |  |
| 38 |  |  | | |  |  | 34:56.00 | 01:11.00 |  |  |  | |  | 21:00.00 | 01:29.00 |  |
| 37 |  |  | | |  |  | 35:04.00 | 01:11.50 |  |  |  | |  | 21:05.00 | 01:29.50 |  |
| 36 |  | 16 | | |  | 26 | 35:12.00 | 01:12.00 | 20 |  |  | |  | 21:10.00 | 01:30.00 | 20 |
| 35 |  |  | | |  |  | 35:20.00 | 01:12.50 |  |  |  | |  | 21:16.00 | 01:30.50 |  |
| 34 |  |  | | |  |  | 35:29.00 | 01:13.00 |  |  |  | |  | 21:22.00 | 01:31.00 |  |
| 33 |  |  | | |  | 25 | 35:38.00 | 01:13.50 | 19 |  |  | |  | 21:28.00 | 01:31.50 | 19 |
| 32 | 5 | 15 | | | 2 |  | 35:47.00 | 01:14.00 |  | 4 | 3 | | 15 | 21:34.00 | 01:32.00 |  |
| 31 |  |  | | |  |  | 35:56.00 | 01:14.50 |  |  |  | |  | 21:40.00 | 01:32.50 |  |
| 30 |  |  | | |  | 24 | 36:06.00 | 01:15.00 | 18 |  |  | |  | 21:46.00 | 01:33.00 | 18 |
| 29 |  |  | | |  |  | 36:16.00 | 01:16.00 |  |  |  | |  | 21:54.00 | 01:34.00 |  |
| 28 |  | 14 | | |  |  | 36:27.00 | 01:17.00 |  |  |  | |  | 22:02.00 | 01:35.00 |  |
| 27 |  |  | | |  | 23 | 36:38.00 | 01:18.00 | 17 |  |  | |  | 22:10.00 | 01:36.00 | 17 |
| 26 |  |  | | |  |  | 36:49.00 | 01:19.00 |  |  |  | |  | 22:20.00 | 01:37.00 |  |
| **25** | 4 | | 13 | 1 | | 22 | **37:00.00** | **01:20.00** | 16 | 3 | | 2 | 14 | **22:30.00** | **01:38.00** | 16 |
| 24 |  |  | | |  |  | 37:02.00 | 01:21.00 |  |  |  | |  | 22:32.00 | 01:39.00 |  |
| 23 |  |  | | |  | 21 | 37:04.00 | 01:22.00 |  |  |  | | 13 | 22:34.00 | 01:40.00 |  |
| 22 |  |  | | |  |  | 37:06.00 | 01:23.00 |  |  |  | |  | 22:36.00 | 01:41.00 |  |
| 21 |  |  | | |  | 20 | 37:08.00 | 01:24.00 |  |  |  | | 12 | 22:38.00 | 01:42.00 |  |
| 20 |  | 12 | | |  |  | 37:10.00 | 01:25.00 | 15 |  |  | |  | 22:40.00 | 01:43.00 | 15 |
| 19 |  |  | | | 0 | 19 | 37:13.00 | 01:26.00 |  |  | 1 | | 11 | 22:43.00 | 01:44.00 |  |
| 18 | 3 |  | | |  |  | 37:16.00 | 01:27.00 |  |  |  | |  | 22:46.00 | 01:45.00 |  |
| 17 |  |  | | |  | 18 | 37:19.00 | 01:28.00 |  |  |  | | 10 | 22:49.00 | 01:46.00 |  |
| 16 |  | 11 | | |  |  | 37:22.00 | 01:29.00 | 14 | 2 |  | |  | 22:52.00 | 01:47.00 | 14 |
| 15 |  |  | | | -1 | 17 | 37:25.00 | 01:30.00 |  |  | 0 | | 9 | 22:56.00 | 01:48.00 |  |
| 14 |  |  | | |  |  | 37:28.00 | 01:31.00 |  |  |  | |  | 23:00.00 | 01:49.00 |  |
| 13 |  |  | | |  | 16 | 37:31.00 | 01:32.00 |  |  |  | | 8 | 23:04.00 | 01:50.00 |  |
| 12 |  | 10 | | |  |  | 37:34.00 | 01:33.00 | 13 |  |  | |  | 23:08.00 | 01:51.00 | 13 |
| 11 | 2 |  | | | -2 | 15 | 37:37.00 | 01:34.00 |  |  | -1 | | 7 | 23:12.00 | 01:52.00 |  |
| 10 |  |  | | |  | 14 | 37:40.00 | 01:35.00 |  |  |  | |  | 23:16.00 | 01:53.00 |  |
| 9 |  |  | | |  | 13 | 37:44.00 | 01:36.00 |  |  |  | | 6 | 23:20.00 | 01:54.00 |  |
| 8 |  | 9 | | |  | 12 | 37:48.00 | 01:37.00 | 12 | 1 |  | |  | 23:24.00 | 01:55.00 | 12 |
| 7 |  |  | | | -3 | 11 | 37:52.00 | 01:38.00 |  |  | -2 | | 5 | 23:28.00 | 01:56.00 |  |
| 6 |  |  | | |  | 10 | 37:56.00 | 01:39.00 |  |  |  | |  | 23:32.00 | 01:58.00 |  |
| 5 | 1 |  | | |  | 9 | 38:00.00 | 01:40.00 |  |  |  | | 4 | 23:36.00 | 02:00.00 |  |
| 4 |  | 8 | | |  | 8 | 38:05.00 | 01:42.00 | 11 |  |  | |  | 23:40.00 | 02:02.00 | 11 |
| 3 |  |  | | | -4 | 7 | 38:10.00 | 01:44.00 |  |  | -3 | | 3 | 23:44.00 | 02:04.00 |  |
| 2 |  |  | | |  | 6 | 38:15.00 | 01:46.00 |  |  |  | | 2 | 23:48.00 | 02:06.00 |  |
| 1 |  | 7 | | | -5 | 5 | 38:20.00 | 01:48.00 | 10 |  | -4 | | 1 | 23:52.00 | 02:08.00 | 10 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **VIII возрастная ступень (45-49 лет)** | | | | | | | | | | | | | | |
|  | **Мужчины** | | | | | | | | **Женщины** | | | | | | |
| Очки | **Подтягивание из виса на высокой перекладине (количество раз)** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 5000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 3000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** |
| **100** | **32** | **75** | | **22** | **68** | **13:00.00** | **00:35.00** | **50** | **55** | **25** | | **63** | **07:10.00** | **00:37.00** | **50** |
| 99 |  |  | |  |  | 13:20.00 | 00:35.10 |  |  |  | |  | 07:20.00 | 00:37.10 |  |
| 98 |  |  | |  |  | 13:40.00 | 00:35.20 |  |  |  | |  | 07:30.00 | 00:37.20 |  |
| 97 |  | 74 | |  | 67 | 14:00.00 | 00:35.40 |  | 54 |  | | 62 | 07:41.00 | 00:37.40 | 49 |
| 96 |  |  | |  |  | 14:20.00 | 00:35.60 | 49 |  |  | |  | 07:52.00 | 00:37.70 |  |
| 95 | 31 | 73 | | 21 |  | 14:40.00 | 00:35.80 |  | 53 | 24 | | 61 | 08:04.00 | 00:38.00 |  |
| 94 |  | 72 | |  | 66 | 15:00.00 | 00:36.00 |  |  |  | |  | 08:16.00 | 00:38.40 | 48 |
| 93 |  | 71 | |  |  | 15:22.00 | 00:36.30 | 48 | 52 |  | | 60 | 08:29.00 | 00:38.80 |  |
| 92 |  | 70 | |  |  | 15:44.00 | 00:36.60 |  | 51 |  | |  | 08:43.00 | 00:39.20 | 47 |
| 91 | 30 | 69 | | 20 | 65 | 16:06.00 | 00:37.00 |  | 50 |  | | 59 | 08:57.00 | 00:39.60 |  |
| 90 |  | 68 | |  |  | 16:48.00 | 00:37.40 | 47 | 49 | 23 | | 58 | 09:11.00 | 00:40.00 | 46 |
| 89 |  | 67 | |  | 64 | 17:10.00 | 00:37.80 |  | 48 |  | | 57 | 09:25.00 | 00:40.50 |  |
| 88 |  | 66 | |  |  | 17:35.00 | 00:38.20 |  | 47 |  | | 56 | 09:40.00 | 00:41.00 | 45 |
| 87 | 29 | 65 | | 19 | 63 | 18:00.00 | 00:38.60 | 46 | 46 |  | | 55 | 09:55.00 | 00:41.50 |  |
| 86 |  | 64 | |  | 62 | 18:25.00 | 00:39.00 |  | 45 | 22 | | 54 | 10:10.00 | 00:42.00 | 44 |
| 85 |  | 63 | |  | 61 | 18:50.00 | 00:39.50 | 45 | 44 |  | | 53 | 10:26.00 | 00:42.50 |  |
| 84 |  | 62 | |  | 60 | 19:15.00 | 00:40.00 |  | 43 |  | | 52 | 10:42.00 | 00:43.00 | 43 |
| 83 | 28 | 61 | | 18 | 59 | 19:40.00 | 00:40.50 | 44 | 42 |  | | 51 | 10:59.00 | 00:43.50 |  |
| 82 |  | 60 | |  | 58 | 20:05.00 | 00:41.00 |  | 41 | 21 | | 50 | 11:16.00 | 00:44.00 | 42 |
| 81 |  | 59 | |  | 57 | 20:30.00 | 00:41.50 | 43 | 40 |  | | 49 | 11:34.00 | 00:45.00 |  |
| 80 | 27 | 58 | | 17 | 56 | 20:55.00 | 00:42.00 |  | 39 |  | | 48 | 11:52.00 | 00:46.00 | 41 |
| 79 |  | 57 | |  | 55 | 21:20.00 | 00:42.50 | 42 | 38 | 20 | | 47 | 12:21.00 | 00:47.00 |  |
| 78 |  | 56 | |  | 54 | 21:45.00 | 00:43.00 |  | 37 |  | | 46 | 12:40.00 | 00:48.00 | 40 |
| 77 | 26 | 55 | | 16 | 53 | 22:10.00 | 00:43.50 | 41 | 36 | 19 | | 45 | 13:00.00 | 00:49.00 |  |
| 76 |  | 54 | |  | 52 | 22:40.00 | 00:44.00 |  | 35 |  | | 44 | 13:20.00 | 00:50.00 | 39 |
| 75 |  | 53 | |  | 51 | 23:10.00 | 00:45.00 | 40 | 34 | 18 | | 43 | 13:40.00 | 00:51.00 |  |
| 74 | 25 | 52 | | 15 | 50 | 23:40.00 | 00:46.00 |  | 33 |  | | 42 | 14:00.00 | 00:52.00 | 38 |
| 73 |  | 51 | |  | 49 | 24:10.00 | 00:47.00 | 39 | 32 | 17 | | 41 | 14:21.00 | 00:54.00 |  |
| 72 | 24 | 50 | | 14 | 48 | 24:40.00 | 00:48.00 |  | 31 |  | | 40 | 14:42.00 | 00:56.00 | 37 |
| 71 |  | 49 | |  | 47 | 25:10.00 | 00:49.00 | 38 | 30 | 16 | | 39 | 15:04.00 | 00:58.00 | 36 |
| 70 | 23 | 47 | | 13 | 46 | 25:40.00 | 00:50.00 |  | 29 |  | | 38 | 15:26.00 | 01:00.00 | 35 |
| 69 | 22 | 45 | |  | 45 | 26:10.00 | 00:51.00 | 37 | 27 | 15 | | 37 | 15:49.00 | 01:02.00 | 34 |
| 68 | 21 | 43 | | 12 | 44 | 26:40.00 | 00:52.00 |  | 25 |  | | 36 | 16:12.00 | 01:04.00 | 33 |
| 67 | 20 | 41 | |  | 43 | 27:10.00 | 00:53.00 | 36 | 23 | 14 | | 35 | 16:36.00 | 01:06.00 | 32 |
| 66 | 19 | 39 | | 11 | 42 | 27:40.00 | 00:54.00 |  | 21 |  | | 33 | 17:00.00 | 01:08.00 | 31 |
| 65 | 18 | 37 | |  | 41 | 28:10.00 | 00:55.00 | 35 | 19 | 13 | | 31 | 17:25.00 | 01:10.00 | 30 |
| 64 | 16 | 35 | | 10 | 39 | 28:40.00 | 00:57.00 | 35 | 17 |  | | 29 | 17:50.00 | 01:12.00 | 29 |
| 63 | 14 | 33 | |  | 37 | 29:15.00 | 00:59.00 | 33 | 15 | 12 | | 27 | 18:15.00 | 01:14.00 | 28 |
| 62 | 12 | 31 | | 9 | 35 | 29:50.00 | 01:01.00 | 32 | 13 |  | | 25 | 18:40.00 | 01:16.00 | 27 |
| 61 | 10 | 29 | |  | 33 | 30:25.00 | 01:03.00 | 31 | 11 | 11 | | 23 | 19:05.00 | 01:18.00 | 26 |
| **60** | **8** | **27** | | **8** | **31** | **31:00.00** | **01:05.00** | **30** | **9** | **10** | | **21** | **19:30.00** | **01:20.00** | **25** |
| 59 |  |  | |  |  | 31:15.00 | 01:05.20 |  |  |  | |  | 19:37.00 | 01:20.20 |  |
| 58 |  | 26 | |  |  | 31:30.00 | 01:05.40 | 29 |  |  | |  | 19:44.00 | 01:20.40 |  |
| 57 |  |  | |  |  | 31:46.00 | 01:05.70 |  |  |  | | 20 | 19:52.00 | 01:20.70 |  |
| 56 |  | 25 | | 7 | 30 | 32:02.00 | 01:06.00 | 28 |  | 9 | |  | 20:00.00 | 01:21.00 | 24 |
| 55 |  |  | |  |  | 32:19.00 | 01:06.50 |  |  |  | |  | 20:08.00 | 01:21.50 |  |
| 54 |  | 24 | |  |  | 32:36.00 | 01:07.00 | 27 | 8 |  | | 19 | 20:16.00 | 01:22.00 |  |
| 53 | 7 |  | |  | 29 | 32:53.00 | 01:07.50 |  |  |  | |  | 20:25.00 | 01:22.50 | 23 |
| 52 |  | 23 | | 6 |  | 33:10.00 | 01:08.00 | 26 |  | 8 | | 18 | 20:34.00 | 01:23.00 |  |
| 51 |  |  | |  |  | 33:28.00 | 01:08.50 |  |  |  | |  | 20:43.00 | 01:23.50 |  |
| 50 |  | 22 | |  | 28 | 33:46.00 | 01:09.00 | 25 |  |  | | 17 | 20:52.00 | 01:24.00 | 22 |
| 49 |  |  | |  |  | 34:04.00 | 01:09.50 |  | 7 |  | |  | 21:01.00 | 01:24.50 |  |
| 48 |  | 21 | | 5 |  | 34:22.00 | 01:10.00 | 24 |  | 7 | | 16 | 21:10.00 | 01:25.00 |  |
| 47 |  |  | |  | 27 | 34:40.00 | 01:10.50 |  |  |  | |  | 21:20.00 | 01:25.50 | 21 |
| 46 | 6 | 20 | |  |  | 34:58.00 | 01:11.00 | 23 |  |  | | 15 | 21:30.00 | 01:26.00 |  |
| 45 |  |  | | 4 |  | 35:16.00 | 01:11.50 |  |  | 6 | |  | 21:40.00 | 01:26.50 |  |
| 44 |  | 19 | |  | 26 | 35:36.00 | 01:12.00 | 22 | 6 |  | | 14 | 21:50.00 | 01:27.00 | 20 |
| 43 |  | 18 | |  |  | 35:56.00 | 01:12.50 | 21 |  |  | |  | 22:00.00 | 01:27.50 |  |
| 42 |  | 17 | | 3 | 25 | 36:17.00 | 01:13.00 | 20 |  | 5 | | 13 | 22:10.00 | 01:28.00 | 19 |
| 41 |  | 16 | |  |  | 36:38.00 | 01:14.00 | 19 |  |  | |  | 22:20.00 | 01:29.00 |  |
| **40** | **5** | **15** | | **2** | **24** | **37:00.00** | **01:15.00** | **18** | **5** | **4** | | **12** | **22:30.00** | **01:30.00** | **18** |
| 39 |  |  | |  |  | 37:10.00 | 01:15.50 |  |  |  | |  | 22:33.00 | 01:30.50 |  |
| 38 |  |  | |  |  | 37:20.00 | 01:16.00 |  |  |  | |  | 22:36.00 | 01:31.00 |  |
| 37 |  |  | |  |  | 37:30.00 | 01:16.50 |  |  |  | |  | 22:40.00 | 01:31.50 |  |
| 36 |  | 14 | |  | 23 | 37:40.00 | 01:17.00 | 17 |  |  | |  | 22:44.00 | 01:32.00 | 17 |
| 35 |  |  | |  |  | 37:51.00 | 01:17.50 |  |  |  | |  | 22:48.00 | 01:32.50 |  |
| 34 |  |  | |  |  | 38:02.00 | 01:18.00 |  |  |  | |  | 22:52.00 | 01:33.00 |  |
| 33 |  |  | |  | 22 | 38:13.00 | 01:18.50 | 16 |  |  | |  | 22:56.00 | 01:33.50 | 16 |
| 32 | 4 | 13 | | 1 |  | 38:24.00 | 01:19.00 |  | 4 | 3 | | 11 | 23:00.00 | 01:34.00 |  |
| 31 |  |  | |  |  | 38:36.00 | 01:19.50 |  |  |  | |  | 23:05.00 | 01:34.50 |  |
| 30 |  |  | |  | 21 | 38:49.00 | 01:20.00 | 15 |  |  | |  | 23:11.00 | 01:35.00 | 15 |
| 29 |  |  | |  |  | 39:02.00 | 01:21.00 |  |  |  | |  | 23:18.00 | 01:36.00 |  |
| 28 |  | 12 | |  |  | 39:16.00 | 01:22.00 |  |  |  | |  | 23:26.00 | 01:37.00 |  |
| 27 |  |  | |  | 20 | 39:30.00 | 01:23.00 | 14 |  |  | |  | 23:34.00 | 01:38.00 | 14 |
| 26 |  |  | |  |  | 39:45.00 | 01:24.00 |  |  |  | |  | 23:42.00 | 01:39.00 |  |
| **25** | 3 | 11 | 0 | | 19 | **40:00.00** | **01:25.00** | 13 | 3 | | 2 | 10 | **23:50.00** | **01:40.00** | 13 |
| 24 |  |  | |  |  | 40:02.00 | 01:26.00 |  |  |  | |  | 23:52.00 | 01:41.00 |  |
| 23 |  |  | |  | 18 | 40:04.00 | 01:27.00 |  |  |  | |  | 23:54.00 | 01:42.00 |  |
| 22 |  |  | |  |  | 40:06.00 | 01:28.00 |  |  |  | | 9 | 23:56.00 | 01:43.00 |  |
| 21 |  |  | |  | 17 | 40:08.00 | 01:29.00 |  |  |  | |  | 23:58.00 | 01:44.00 |  |
| 20 |  | 10 | | -1 |  | 40:10.00 | 01:30.00 | 12 |  |  | |  | 24:00.00 | 01:45.00 | 12 |
| 19 |  |  | |  | 16 | 40:13.00 | 01:31.00 |  |  | 1 | | 8 | 24:03.00 | 01:46.00 |  |
| 18 |  |  | |  |  | 40:16.00 | 01:32.00 |  |  |  | |  | 24:06.00 | 01:47.00 |  |
| 17 |  |  | |  | 15 | 40:19.00 | 01:33.00 |  |  |  | |  | 24:09.00 | 01:48.00 |  |
| 16 | 2 | 9 | | -2 |  | 40:22.00 | 01:34.00 | 11 | 2 |  | | 7 | 24:12.00 | 01:49.00 | 11 |
| 15 |  |  | |  | 14 | 40:25.00 | 01:35.00 |  |  | 0 | |  | 24:15.00 | 01:50.00 |  |
| 14 |  |  | |  |  | 40:28.00 | 01:36.00 |  |  |  | |  | 24:18.00 | 01:51.00 |  |
| 13 |  |  | |  | 13 | 40:31.00 | 01:37.00 |  |  |  | | 6 | 24:22.00 | 01:52.00 |  |
| 12 |  | 8 | | -3 |  | 40:34.00 | 01:38.00 | 10 |  |  | |  | 24:26.00 | 01:53.00 | 10 |
| 11 |  |  | |  | 12 | 40:37.00 | 01:39.00 |  |  | -1 | |  | 24:30.00 | 01:54.00 |  |
| 10 |  |  | |  | 11 | 40:40.00 | 01:40.00 |  |  |  | | 5 | 24:34.00 | 01:55.00 |  |
| 9 |  |  | |  | 10 | 40:44.00 | 01:42.00 |  |  |  | |  | 24:38.00 | 01:56.00 |  |
| 8 | 1 | 7 | | -4 | 9 | 40:48.00 | 01:44.00 | 9 | 1 |  | | 4 | 24:42.00 | 01:57.00 | 9 |
| 7 |  |  | |  | 8 | 40:52.00 | 01:46.00 |  |  | -2 | |  | 24:46.00 | 01:58.00 |  |
| 6 |  |  | |  | 7 | 40:56.00 | 01:48.00 |  |  |  | | 3 | 24:50.00 | 01:59.00 |  |
| 5 |  |  | |  | 6 | 41:00.00 | 01:50.00 |  |  |  | |  | 24:54.00 | 02:00.00 |  |
| 4 |  | 6 | | -5 | 5 | 41:05.00 | 01:52.00 | 8 |  |  | | 2 | 24:58.00 | 02:02.00 | 8 |
| 3 |  |  | |  | 4 | 41:10.00 | 01:54.00 |  |  | -3 | |  | 25:02.00 | 02:04.00 |  |
| 2 |  |  | |  | 3 | 41:15.00 | 01:56.00 |  |  |  | | 1 | 25:06.00 | 02:06.00 |  |
| 1 |  | 5 | | -6 | 2 | 41:20.00 | 01:58.00 | 7 |  | -4 | |  | 25:10.00 | 02:08.00 | 7 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **IX возрастная ступень (50-54 года)** | | | | | | | | | | | | |
|  | **Мужчины** | | | | | | | **Женщины** | | | | | |
| Очки | **Подтягивание из виса на высокой перекладине (количество раз)** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 5000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 3000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** |
| **100** | **30** | **72** | **21** | **65** | **14:30.00** | **00:38.00** | **50** | **52** | **23** | **60** | **07:40.00** | **00:41.00** | **50** |
| 99 |  |  |  |  | 14:50.00 | 00:38.10 |  |  |  |  | 07:50.00 | 00:41.20 |  |
| 98 |  |  |  |  | 15:10.00 | 00:38.20 |  |  |  |  | 08:00.00 | 00:41.50 |  |
| 97 |  | 71 |  | 64 | 15:30.00 | 00:38.40 |  | 51 |  | 59 | 08:11.00 | 00:41.80 | 49 |
| 96 |  |  |  |  | 15:50.00 | 00:38.60 | 49 |  |  |  | 08:22.00 | 00:42.20 |  |
| 95 | 29 | 70 | 20 |  | 16:10.00 | 00:38.80 |  | 50 | 22 | 58 | 08:34.00 | 00:42.60 | 48 |
| 94 |  | 69 |  | 63 | 16:30.00 | 00:39.00 |  |  |  |  | 08:46.00 | 00:43.00 |  |
| 93 |  | 68 |  |  | 16:52.00 | 00:39.30 | 48 | 49 |  | 57 | 08:59.00 | 00:43.40 | 47 |
| 92 |  | 67 |  |  | 17:14.00 | 00:39.60 |  |  |  |  | 09:12.00 | 00:43.80 |  |
| 91 | 28 | 66 | 19 | 62 | 17:36.00 | 00:40.00 |  | 48 |  | 56 | 09:25.00 | 00:44.20 | 46 |
| 90 |  | 65 |  |  | 17:58.00 | 00:40.40 | 47 | 47 | 21 | 55 | 09:39.00 | 00:44.60 |  |
| 89 |  | 64 |  | 61 | 18:20.00 | 00:40.80 |  | 46 |  | 54 | 09:53.00 | 00:45.00 | 45 |
| 88 |  | 63 |  |  | 18:45.00 | 00:41.20 | 46 | 45 |  | 53 | 10:08.00 | 00:45.50 |  |
| 87 | 27 | 62 | 18 | 60 | 19:10.00 | 00:41.60 |  | 44 |  | 52 | 10:24.00 | 00:46.00 | 44 |
| 86 |  | 61 |  | 59 | 19:35.00 | 00:42.00 | 45 | 43 | 20 | 51 | 10:40.00 | 00:46.50 |  |
| 85 |  | 60 |  | 58 | 20:00.00 | 00:42.50 |  | 42 |  | 50 | 10:57.00 | 00:47.00 | 43 |
| 84 |  | 59 |  | 57 | 20:30.00 | 00:43.00 | 44 | 41 |  | 49 | 11:14.00 | 00:47.50 |  |
| 83 | 26 | 58 | 17 | 56 | 21:00.00 | 00:43.50 |  | 40 |  | 48 | 11:32.00 | 00:48.00 | 42 |
| 82 |  | 57 |  | 55 | 21:30.00 | 00:44.00 | 43 | 39 | 19 | 47 | 11:50.00 | 00:48.50 |  |
| 81 |  | 56 |  | 54 | 22:00.00 | 00:44.50 |  | 38 |  | 46 | 12:10.00 | 00:49.00 | 41 |
| 80 | 25 | 55 | 16 | 53 | 22:30.00 | 00:45.00 | 42 | 37 |  | 45 | 12:30.00 | 00:50.00 |  |
| 79 |  | 54 |  | 52 | 23:00.00 | 00:45.50 |  | 36 | 18 | 44 | 12:52.00 | 00:51.00 | 40 |
| 78 |  | 53 |  | 51 | 23:30.00 | 00:46.00 | 41 | 35 |  | 43 | 13:16.00 | 00:52.00 |  |
| 77 | 24 | 52 | 15 | 50 | 24:00.00 | 00:47.00 |  | 34 |  | 42 | 13:40.00 | 00:53.00 | 39 |
| 76 |  | 51 |  | 49 | 24:30.00 | 00:48.00 | 40 | 33 | 17 | 41 | 14:06.00 | 00:54.00 |  |
| 75 |  | 50 |  | 48 | 25:05.00 | 00:49.00 |  | 32 |  | 40 | 14:32.00 | 00:55.00 | 38 |
| 74 | 23 | 49 | 14 | 47 | 25:40.00 | 00:50.00 | 39 | 31 | 16 | 39 | 15:00.00 | 00:56.00 |  |
| 73 |  | 48 |  | 46 | 26:15.00 | 00:51.00 |  | 30 |  | 38 | 15:28.00 | 00:57.00 | 37 |
| 72 | 22 | 47 |  | 45 | 26:50.00 | 00:52.00 | 38 | 29 | 15 | 37 | 15:56.00 | 00:58.00 |  |
| 71 |  | 46 | 13 | 44 | 27:25.00 | 00:53.00 |  | 28 |  | 36 | 16:24.00 | 01:00.00 | 36 |
| 70 | 21 | 44 |  | 43 | 28:00.00 | 00:54.00 | 37 | 27 | 14 | 35 | 16:52.00 | 01:02.00 | 35 |
| 69 | 20 | 42 | 12 | 42 | 28:35.00 | 00:55.00 | 36 | 26 |  | 34 | 17:20.00 | 01:04.00 | 34 |
| 68 | 19 | 40 |  | 41 | 29:10.00 | 00:56.00 | 35 | 24 | 13 | 33 | 17:50.00 | 01:06.00 | 33 |
| 67 | 18 | 38 | 11 | 40 | 29:45.00 | 00:57.00 | 34 | 22 |  | 32 | 18:20.00 | 01:08.00 | 32 |
| 66 | 17 | 36 |  | 39 | 30:20.00 | 00:58.00 | 33 | 20 | 12 | 30 | 18:50.00 | 01:10.00 | 31 |
| 65 | 16 | 34 | 10 | 37 | 30:55.00 | 01:00.00 | 32 | 18 |  | 28 | 19:20.00 | 01:12.00 | 30 |
| 64 | 15 | 32 |  | 35 | 31:30.00 | 01:02.00 | 31 | 16 | 11 | 26 | 19:52.00 | 01:14.00 | 29 |
| 63 | 13 | 30 | 9 | 33 | 32:05.00 | 01:04.00 | 30 | 14 |  | 24 | 20:24.00 | 01:16.00 | 28 |
| 62 | 11 | 28 |  | 31 | 32:40.00 | 01:06.00 | 29 | 12 | 10 | 22 | 20:56.00 | 01:19.00 | 27 |
| 61 | 9 | 26 | 8 | 29 | 33:20.00 | 01:08.00 | 28 | 10 |  | 20 | 21:28.00 | 01:22.00 | 25 |
| **60** | **7** | **24** | **7** | **27** | **34:00.00** | **01:10.00** | **27** | **8** | **9** | **18** | **22:00.00** | **01:25.00** | **23** |
| 59 |  |  |  |  | 34:15.00 | 01:10.20 |  |  |  |  | 22:08.00 | 01:25.20 |  |
| 58 |  | 23 |  |  | 34:32.00 | 01:10.40 |  |  |  |  | 22:16.00 | 01:25.40 |  |
| 57 |  |  |  | 26 | 34:49.00 | 01:10.70 | 26 |  |  |  | 22:24.00 | 01:25.70 | 22 |
| 56 |  | 22 | 6 |  | 35:06.00 | 01:11.00 |  |  | 8 | 17 | 22:32.00 | 01:26.00 |  |
| 55 |  |  |  |  | 35:24.00 | 01:11.50 |  |  |  |  | 22:40.00 | 01:26.50 |  |
| 54 |  | 21 |  | 25 | 35:42.00 | 01:12.00 | 25 |  |  |  | 22:49.00 | 01:27.00 | 21 |
| 53 | 6 |  |  |  | 36:00.00 | 01:12.50 |  | 7 |  | 16 | 22:58.00 | 01:27.50 |  |
| 52 |  | 20 | 5 |  | 36:20.00 | 01:13.00 | 24 |  | 7 |  | 23:07.00 | 01:28.00 |  |
| 51 |  |  |  | 24 | 36:40.00 | 01:13.50 |  |  |  |  | 23:16.00 | 01:28.50 | 20 |
| 50 |  | 19 |  |  | 37:00.00 | 01:14.00 | 23 |  |  | 15 | 23:25.00 | 01:29.00 |  |
| 49 |  |  |  |  | 37:22.00 | 01:14.50 |  |  |  |  | 23:35.00 | 01:29.50 |  |
| 48 |  | 18 | 4 | 23 | 37:44.00 | 01:15.00 | 22 |  | 6 |  | 23:45.00 | 01:30.00 | 19 |
| 47 |  |  |  |  | 38:06.00 | 01:15.50 |  |  |  | 14 | 23:56.00 | 01:30.50 |  |
| 46 | 5 | 17 |  | 22 | 38:28.00 | 01:16.00 | 21 | 6 |  |  | 24:07.00 | 01:31.00 | 18 |
| 45 |  |  | 3 |  | 38:50.00 | 01:16.50 |  |  | 5 |  | 24:18.00 | 01:31.50 |  |
| 44 |  | 16 |  | 21 | 39:12.00 | 01:17.00 | 20 |  |  | 13 | 24:30.00 | 01:32.00 | 17 |
| 43 |  | 15 |  |  | 39:34.00 | 01:17.50 |  |  |  |  | 24:42.00 | 01:32.50 |  |
| 42 |  | 14 | 2 | 20 | 39:56.00 | 01:18.00 | 19 |  | 4 | 12 | 24:54.00 | 01:33.00 | 16 |
| 41 |  | 13 |  |  | 40:18.00 | 01:19.00 |  |  |  |  | 25:07.00 | 01:34.00 |  |
| **40** | **4** | **12** | **1** | **19** | **40:40.00** | **01:20.00** | **18** | **5** | **3** | **11** | **25:20.00** | **01:35.00** | **15** |
| 39 |  |  |  |  | 40:51.00 | 01:20.50 |  |  |  |  | 25:23.00 | 01:35.50 |  |
| 38 |  |  |  |  | 41:02.00 | 01:21.00 |  |  |  |  | 25:26.00 | 01:36.00 |  |
| 37 |  |  |  |  | 41:14.00 | 01:21.50 |  |  |  |  | 25:29.00 | 01:36.50 |  |
| 36 |  |  |  | 18 | 41:26.00 | 01:22.00 | 17 |  |  |  | 25:32.00 | 01:37.00 | 14 |
| 35 |  |  |  |  | 41:39.00 | 01:22.50 |  |  |  |  | 25:35.00 | 01:37.50 |  |
| 34 |  | 11 |  |  | 41:52.00 | 01:23.00 |  |  |  | 10 | 25:38.00 | 01:38.00 |  |
| 33 |  |  |  | 17 | 42:06.00 | 01:23.50 | 16 |  |  |  | 25:42.00 | 01:38.50 | 13 |
| 32 | 3 |  | 0 |  | 42:20.00 | 01:24.00 |  | 4 | 2 |  | 25:46.00 | 01:39.00 |  |
| 31 |  |  |  |  | 42:34.00 | 01:24.50 |  |  |  |  | 25:50.00 | 01:39.50 |  |
| 30 |  |  |  | 16 | 42:48.00 | 01:25.00 | 15 |  |  |  | 25:55.00 | 01:40.00 | 12 |
| 29 |  | 10 |  |  | 43:02.00 | 01:26.00 |  |  |  | 9 | 26:00.00 | 01:41.00 |  |
| 28 |  |  |  |  | 43:16.00 | 01:27.00 |  |  |  |  | 26:05.00 | 01:42.00 |  |
| 27 |  |  |  | 15 | 43:30.00 | 01:28.00 | 14 |  |  |  | 26:10.00 | 01:43.00 | 11 |
| 26 |  |  |  |  | 43:45.00 | 01:29.00 |  |  |  |  | 26:15.00 | 01:44.00 |  |
| **25** | **2** | **9** | **-1** | **14** | **44:00.00** | **01:30.00** | **13** | **3** | **1** | **8** | **26:20.00** | **01:45.00** | **10** |
| 24 |  |  |  |  | 44:02.00 | 01:31.00 |  |  |  |  | 26:22.00 | 01:46.00 |  |
| 23 |  |  |  | 13 | 44:04.00 | 01:32.00 |  |  |  |  | 26:24.00 | 01:47.00 |  |
| 22 |  |  |  |  | 44:06.00 | 01:33.00 |  |  |  |  | 26:26.00 | 01:58.00 |  |
| 21 |  |  |  | 12 | 44:08.00 | 01:34.00 |  |  |  | 7 | 26:28.00 | 01:59.00 |  |
| 20 |  | 8 | -2 |  | 44:10.00 | 01:35.00 | 12 |  | 0 |  | 26:30.00 | 01:50.00 | 9 |
| 19 |  |  |  | 11 | 44:13.00 | 01:36.00 |  |  |  |  | 26:33.00 | 01:51.00 |  |
| 18 |  |  |  |  | 44:16.00 | 01:37.00 |  |  |  | 6 | 26:36.00 | 01:52.00 |  |
| 17 |  |  |  | 10 | 44:19.00 | 01:38.00 |  |  |  |  | 26:39.00 | 01:53.00 |  |
| 16 |  | 7 | -3 |  | 44:22.00 | 01:39.00 | 11 | 2 | -1 |  | 26:42.00 | 01:54.00 | 8 |
| 15 |  |  |  | 9 | 44:25.00 | 01:40.00 |  |  |  | 5 | 26:45.00 | 01:55.00 |  |
| 14 |  |  |  |  | 44:28.00 | 01:41.00 |  |  |  |  | 26:48.00 | 01:56.00 |  |
| 13 |  |  |  | 8 | 44:32.00 | 01:42.00 |  |  |  |  | 26:51.00 | 01:57.00 |  |
| 12 | 1 | 6 | -4 |  | 44:36.00 | 01:43.00 | 10 |  | -2 | 4 | 26:54.00 | 01:58.00 | 7 |
| 11 |  |  |  | 7 | 44:40.00 | 01:44.00 |  |  |  |  | 26:57.00 | 01:59.00 |  |
| 10 |  |  |  |  | 44:44.00 | 01:45.00 |  |  |  |  | 27:00.00 | 02:00.00 |  |
| 9 |  |  |  | 6 | 44:48.00 | 01:46.00 |  |  |  | 3 | 27:04.00 | 02:02.00 |  |
| 8 |  | 5 | -5 |  | 44:52.00 | 01:47.00 | 9 | 1 | -3 |  | 27:08.00 | 02:04.00 | 6 |
| 7 |  |  |  | 5 | 44:56.00 | 01:48.00 |  |  |  |  | 27:12.00 | 02:06.00 |  |
| 6 |  |  |  |  | 45:00.00 | 01:49.00 |  |  |  | 2 | 27:16.00 | 02:08.00 |  |
| 5 |  |  |  | 4 | 45:05.00 | 01:50.00 |  |  |  |  | 27:20.00 | 02:10.00 |  |
| 4 |  | 4 | -6 |  | 45:10.00 | 01:52.00 | 8 |  | -4 |  | 27:24.00 | 02:12.00 | 5 |
| 3 |  |  |  | 3 | 45:15.00 | 01:54.00 |  |  |  | 1 | 27:28.00 | 02:14.00 |  |
| 2 |  |  |  | 2 | 45:20.00 | 01:56.00 |  |  |  |  | 27:32.00 | 02:16.00 |  |
| 1 |  | 3 | -7 | 1 | 45:25.00 | 01:58.00 | 7 |  | -5 |  | 27:36.00 | 02:18.00 | 4 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **IX возрастная ступень (55-59 лет)** | | | | | | | | | | | | |
|  | **Мужчины** | | | | | | | **Женщины** | | | | | |
| Очки | **Подтягивание из виса на высокой перекладине (количество раз)** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 5000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** | **Сгибание и разгибание рук в упоре лежа на полу (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи-см)** | **Поднимание туловища из положения лежа на спине (1 мин)** | **Бег на лыжах на 3000 м (мин,с)** | **Плавание 50 м (мин,с)** | **Стрельба из "электронного оружия"** |
| **100** | **28** | **65** | **18** | **63** | **16:00.00** | **00:42.00** | **50** | **50** | **21** | **58** | **08:10.00** | **00:45.00** | **50** |
| 99 |  |  |  |  | 16:25.00 | 00:42.20 |  |  |  |  | 08:22.00 | 00:45.20 |  |
| 98 |  |  |  |  | 16:50.00 | 00:42.50 |  |  |  |  | 08:35.00 | 00:45.50 |  |
| 97 |  | 64 |  | 62 | 17:15.00 | 00:42.80 |  | 49 |  | 57 | 08:50.00 | 00:45.80 | 49 |
| 96 |  |  |  |  | 17:40.00 | 00:43.20 | 49 |  |  |  | 09:05.00 | 00:46.20 |  |
| 95 | 27 | 63 | 17 |  | 18:05.00 | 00:43.60 |  | 48 |  | 56 | 09:20.00 | 00:46.60 | 48 |
| 94 |  | 62 |  | 61 | 18:30.00 | 00:44.00 |  |  | 20 |  | 09:35.00 | 00:47.00 |  |
| 93 |  | 61 |  |  | 18:58.00 | 00:44.40 | 48 | 47 |  | 55 | 09:50.00 | 00:47.40 | 47 |
| 92 |  | 60 |  | 60 | 19:26.00 | 00:44.80 |  |  |  |  | 10:07.00 | 00:47.80 |  |
| 91 |  | 59 | 16 |  | 19:54.00 | 00:45.20 |  | 46 |  | 54 | 10:25.00 | 00:48.20 | 46 |
| 90 | 26 | 58 |  | 59 | 20:22.00 | 00:45.60 | 47 | 45 |  | 53 | 10:45.00 | 00:48.60 |  |
| 89 |  | 57 |  | 58 | 20:50.00 | 00:46.00 |  | 44 | 19 | 52 | 11:05.00 | 00:49.00 | 45 |
| 88 |  | 56 |  | 57 | 21:20.00 | 00:46.50 | 46 | 43 |  | 51 | 11:25.00 | 00:49.50 |  |
| 87 |  | 55 | 15 | 56 | 21:50.00 | 00:47.00 |  | 42 |  | 50 | 11:45.00 | 00:50.00 | 44 |
| 86 | 25 | 54 |  | 55 | 22:20.00 | 00:47.50 | 45 | 41 |  | 49 | 12:07.00 | 00:50.50 |  |
| 85 |  | 53 |  | 54 | 22:50.00 | 00:48.00 |  | 40 | 18 | 48 | 12:30.00 | 00:51.00 | 43 |
| 84 |  | 52 |  | 53 | 23:20.00 | 00:48.50 | 44 | 39 |  | 47 | 12:55.00 | 00:51.50 |  |
| 83 |  | 51 | 14 | 52 | 23:50.00 | 00:49.00 |  | 38 |  | 46 | 13:20.00 | 00:52.00 | 42 |
| 82 | 24 | 50 |  | 51 | 24:20.00 | 00:49.50 | 43 | 37 |  | 45 | 13:45.00 | 00:52.50 |  |
| 81 |  | 49 |  | 50 | 24:50.00 | 00:50.00 |  | 36 | 17 | 44 | 14:10.00 | 00:53.00 | 41 |
| 80 |  | 48 | 13 | 49 | 25:20.00 | 00:51.00 | 42 | 35 |  | 43 | 14:35.00 | 00:54.00 |  |
| 79 | 23 | 47 |  | 48 | 25:50.00 | 00:52.00 |  | 34 |  | 42 | 15:00.00 | 00:55.00 | 40 |
| 78 |  | 46 |  | 47 | 26:20.00 | 00:53.00 | 41 | 33 |  | 41 | 15:25.00 | 00:56.00 |  |
| 77 |  | 45 |  | 46 | 26:55.00 | 00:54.00 |  | 32 | 16 | 40 | 15:50.00 | 00:57.00 | 39 |
| 76 | 22 | 44 | 12 | 45 | 27:30.00 | 00:55.00 | 40 | 31 |  | 39 | 16:16.00 | 00:58.00 |  |
| 75 |  | 43 |  | 44 | 28:05.00 | 00:56.00 |  | 30 |  | 38 | 16:42.00 | 00:59.00 | 38 |
| 74 |  | 42 |  | 43 | 28:40.00 | 00:57.00 | 39 | 29 | 15 | 37 | 17:08.00 | 01:00.00 |  |
| 73 | 21 | 41 | 11 | 42 | 29:15.00 | 00:58.00 |  | 28 |  | 36 | 17:34.00 | 01:01.00 | 37 |
| 72 |  | 40 |  | 41 | 29:50.00 | 00:59.00 | 38 | 27 |  | 35 | 18:00.00 | 01:02.00 |  |
| 71 | 20 | 39 |  | 40 | 30:25.00 | 01:01.00 |  | 26 | 14 | 34 | 18:27.00 | 01:04.00 | 36 |
| 70 |  | 38 | 10 | 39 | 31:00.00 | 01:02.00 | 37 | 25 |  | 33 | 18:54.00 | 01:06.00 | 35 |
| 69 | 19 | 36 |  | 38 | 31:35.00 | 01:03.00 | 36 | 24 | 13 | 32 | 19:21.00 | 01:08.00 | 34 |
| 68 | 18 | 34 | 9 | 37 | 32:10.00 | 01:04.00 | 35 | 23 |  | 31 | 19:48.00 | 01:10.00 | 33 |
| 67 | 17 | 32 |  | 36 | 32:45.00 | 01:05.00 | 34 | 21 | 12 | 29 | 20:16.00 | 01:12.00 | 32 |
| 66 | 16 | 30 | 8 | 35 | 33:20.00 | 01:06.00 | 33 | 19 |  | 27 | 20:44.00 | 01:14.00 | 31 |
| 65 | 15 | 28 |  | 34 | 33:55.00 | 01:07.00 | 32 | 17 | 11 | 25 | 21:12.00 | 01:16.00 | 30 |
| 64 | 14 | 26 | 7 | 32 | 34:30.00 | 01:08.00 | 31 | 15 |  | 23 | 21:40.00 | 01:18.00 | 29 |
| 63 | 12 | 24 |  | 30 | 35:05.00 | 01:09.00 | 30 | 13 | 10 | 21 | 22:10.00 | 01:21.00 | 28 |
| 62 | 10 | 22 | 6 | 28 | 35:40.00 | 01:11.00 | 29 | 11 |  | 19 | 22:40.00 | 01:24.00 | 27 |
| 61 | 8 | 20 |  | 26 | 36:20.00 | 01:13.00 | 28 | 9 | 9 | 17 | 23:10.00 | 01:27.00 | 25 |
| **60** | **6** | **18** | **5** | **24** | **37:00.00** | **01:15.00** | **27** | **7** | **8** | **15** | **23:40.00** | **01:30.00** | **23** |
| 59 |  |  |  |  | 37:20.00 | 01:15.20 |  |  |  |  | 23:46.00 | 01:30.20 |  |
| 58 |  |  |  |  | 37:41.00 | 01:15.40 |  |  |  |  | 23:52.00 | 01:30.40 |  |
| 57 |  | 17 |  | 23 | 38:03.00 | 01:15.70 | 26 |  |  |  | 23:58.00 | 01:30.70 | 22 |
| 56 |  |  |  |  | 38:25.00 | 01:16.00 |  |  |  | 14 | 24:04.00 | 01:31.00 |  |
| 55 |  |  | 4 |  | 38:50.00 | 01:16.50 |  |  | 7 |  | 24:10.00 | 01:31.50 |  |
| 54 |  | 16 |  | 22 | 39:15.00 | 01:17.00 | 25 |  |  |  | 24:17.00 | 01:32.00 | 21 |
| 53 | 5 |  |  |  | 39:40.00 | 01:17.50 |  | 6 |  |  | 24:24.00 | 01:32.50 |  |
| 52 |  |  |  | 21 | 40:05.00 | 01:18.00 | 24 |  |  | 13 | 24:31.00 | 01:33.00 |  |
| 51 |  | 15 |  |  | 40:30.00 | 01:18.50 |  |  |  |  | 24:38.00 | 01:33.50 | 20 |
| 50 |  |  | 3 | 20 | 40:55.00 | 01:19.00 | 23 |  | 6 |  | 24:46.00 | 01:34.00 |  |
| 49 |  |  |  |  | 41:20.00 | 01:19.50 |  |  |  |  | 24:54.00 | 01:34.50 |  |
| 48 |  | 14 |  | 19 | 41:46.00 | 01:20.00 | 22 |  |  | 12 | 25:02.00 | 01:35.00 | 19 |
| 47 |  |  |  |  | 42:12.00 | 01:20.50 |  |  |  |  | 25:10.00 | 01:35.50 |  |
| 46 | 4 | 13 | 2 | 18 | 42:40.00 | 01:21.00 | 21 | 5 | 5 |  | 25:18.00 | 01:36.00 | 18 |
| 45 |  |  |  |  | 43:08.00 | 01:21.50 |  |  |  | 11 | 25:26.00 | 01:36.50 |  |
| 44 |  | 12 |  | 17 | 43:34.00 | 01:22.00 | 20 |  |  |  | 25:34.00 | 01:37.00 | 17 |
| 43 |  |  | 1 |  | 44:02.00 | 01:22.50 |  |  | 4 |  | 25:42.00 | 01:37.50 |  |
| 42 |  | 11 |  | 16 | 44:30.00 | 01:23.00 | 19 |  |  | 10 | 25:51.00 | 01:38.00 | 16 |
| 41 |  |  |  |  | 45:00.00 | 01:24.00 |  |  |  |  | 26:00.00 | 01:39.00 |  |
| **40** | **3** | **10** | **0** | **15** | **45:30.00** | **01:25.00** | **18** | **4** | **3** | **9** | **26:10.00** | **01:40.00** | **15** |
| 39 |  |  |  |  | 45:46.00 | 01:25.50 |  |  |  |  | 26:12.00 | 01:40.50 |  |
| 38 |  |  |  |  | 46:02.00 | 01:26.00 |  |  |  |  | 26:14.00 | 01:41.00 |  |
| 37 |  |  |  |  | 46:18.00 | 01:26.50 |  |  |  |  | 26:16.00 | 01:41.50 |  |
| 36 |  |  |  | 14 | 46:35.00 | 01:27.00 | 17 |  |  |  | 26:19.00 | 01:42.00 | 14 |
| 35 |  |  |  |  | 46:52.00 | 01:27.50 |  |  |  |  | 26:22.00 | 01:42.50 |  |
| 34 |  | 9 |  |  | 47:10.00 | 01:28.00 |  |  |  |  | 26:25.00 | 01:43.00 |  |
| 33 |  |  |  |  | 47:28.00 | 01:28.50 | 16 |  |  |  | 26:28.00 | 01:43.50 | 13 |
| 32 |  |  | -1 | 13 | 47:46.00 | 01:29.00 |  | 3 | 2 | 8 | 26:31.00 | 01:44.00 |  |
| 31 |  |  |  |  | 48:04.00 | 01:29.50 |  |  |  |  | 26:35.00 | 01:44.50 |  |
| 30 |  |  |  |  | 48:23.00 | 01:30.00 | 15 |  |  |  | 26:39.00 | 01:45.00 | 12 |
| 29 |  | 8 |  |  | 48:42.00 | 01:31.00 |  |  |  |  | 26:43.00 | 01:46.00 |  |
| 28 |  |  |  | 12 | 49:01.00 | 01:32.00 |  |  |  |  | 26:47.00 | 01:47.00 |  |
| 27 |  |  |  |  | 49:20.00 | 01:33.00 | 14 |  |  |  | 26:51.00 | 01:48.00 | 11 |
| 26 |  |  |  |  | 49:40.00 | 01:34.00 |  |  |  |  | 26:55.00 | 01:49.00 |  |
| **25** | **2** | **7** | **-2** | **11** | **50:00.00** | **01:35.00** | **13** | **2** | **1** | **7** | **27:00.00** | **01:50.00** | **10** |
| 24 |  |  |  |  | 50:02.00 | 01:36.00 |  |  |  |  | 27:02.00 | 01:51.00 |  |
| 23 |  |  |  |  | 50:04.00 | 01:37.00 |  |  |  |  | 27:04.00 | 01:52.00 |  |
| 22 |  |  |  | 10 | 50:06.00 | 01:38.00 |  |  |  |  | 27:06.00 | 01:53.00 |  |
| 21 |  |  |  |  | 50:08.00 | 01:39.00 |  |  |  | 6 | 27:08.00 | 01:54.00 |  |
| 20 |  | 6 | -3 |  | 50:10.00 | 01:40.00 | 12 |  | 0 |  | 27:10.00 | 01:55.00 | 9 |
| 19 |  |  |  | 9 | 50:13.00 | 01:41.00 |  |  |  |  | 27:13.00 | 01:56.00 |  |
| 18 |  |  |  |  | 50:16.00 | 01:42.00 |  |  |  |  | 27:16.00 | 01:57.00 |  |
| 17 |  |  |  |  | 50:19.00 | 01:43.00 |  |  |  | 5 | 27:19.00 | 01:58.00 |  |
| 16 |  | 5 | -4 | 8 | 50:22.00 | 01:44.00 | 11 |  | -1 |  | 27:22.00 | 01:59.00 | 8 |
| 15 |  |  |  |  | 50:25.00 | 01:45.00 |  |  |  |  | 27:25.00 | 02:00.00 |  |
| 14 |  |  |  | 7 | 50:28.00 | 01:46.00 |  |  |  |  | 27:28.00 | 02:01.00 |  |
| 13 |  |  |  |  | 50:31.00 | 01:47.00 |  |  |  | 4 | 27:31.00 | 02:02.00 |  |
| 12 | 1 | 4 | -5 | 6 | 50:34.00 | 01:48.00 | 10 | 1 | -2 |  | 27:34.00 | 02:03.00 | 7 |
| 11 |  |  |  |  | 50:37.00 | 01:49.00 |  |  |  |  | 27:37.00 | 02:04.00 |  |
| 10 |  |  |  | 5 | 50:40.00 | 01:50.00 |  |  |  |  | 27:40.00 | 02:05.00 |  |
| 9 |  |  |  |  | 50:44.00 | 01:52.00 |  |  |  | 3 | 27:44.00 | 02:06.00 |  |
| 8 |  | 3 | -6 | 4 | 50:48.00 | 01:54.00 | 9 |  | -3 |  | 27:48.00 | 02:07.00 | 6 |
| 7 |  |  |  |  | 50:52.00 | 01:56.00 |  |  |  |  | 27:52.00 | 02:08.00 |  |
| 6 |  |  |  | 3 | 50:56.00 | 01:58.00 |  |  |  | 2 | 27:56.00 | 02:09.00 |  |
| 5 |  |  |  |  | 51:00.00 | 02:00.00 |  |  |  |  | 28:00.00 | 02:10.00 |  |
| 4 |  | 2 | -7 | 2 | 51:05.00 | 02:02.00 | 8 |  | -4 |  | 28:04.00 | 02:12.00 | 5 |
| 3 |  |  |  |  | 51:10.00 | 02:04.00 |  |  |  | 1 | 28:08.00 | 02:14.00 |  |
| 2 |  |  |  | 1 | 51:15.00 | 02:06.00 |  |  |  |  | 28:12.00 | 02:16.00 |  |
| 1 |  | 1 | -8 |  | 51:20.00 | 02:08.00 | 7 |  | -5 |  | 28:16.00 | 02:18.00 | 4 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **X возрастная ступень (60-64 года)** | | | | | | | | | | | | |
|  | **Мужчины** | | | | | | **Женщины** | | | | | |
| Очки | **Сгибание и разгибание рук в упоре о гимнастическую скамью (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи - см)** | **Поднимание туловища из положения лежа на спине (количество раз за 1 мин)** | **Передвижение на лыжах на 3 км (мин, с)** | **Стрельба из "электронного оружия"** | **Плавание на 25 м (мин, с)** | **Сгибание и разгибание рук в упоре о гимнастическую скамью (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи - см)** | **Поднимание туловища из положения лежа на спине (количество раз за 1 мин)** | **Передвижение на лыжах на 2 км (мин, с)** | **Стрельба из "электронного оружия"** | **Плавание на 25 м (мин, с)** |
| **100** | **55** | **15** | **60** | **11:00.00** | **50** | **00:35.00** | **42** | **18** | **49** | **09:30.00** | **50** | **00:38.00** |
| 99 |  |  |  | 11:10.00 |  | 00:35.00 |  |  |  | 09:42.00 |  | 00:39.00 |
| 98 |  |  |  | 11:20.00 |  | 00:36.00 |  |  |  | 09:55.00 |  | 00:40.00 |
| 97 | 54 |  | 59 | 11:31.00 |  | 00:38.00 |  |  | 48 | 10:10.00 | 49 | 00:42.00 |
| 96 |  | 14 |  | 11:42.00 | 49 | 00:40.00 | 41 |  |  | 10:25.00 |  | 00:44.00 |
| 95 | 53 |  |  | 11:53.00 |  | 00:42.00 |  |  |  | 10:40.00 | 48 | 00:46.00 |
| 94 |  |  | 58 | 12:05.00 |  | 00:44.00 |  | 17 | 47 | 10:55.00 |  | 00:48.00 |
| 93 | 52 |  |  | 12:17.00 | 48 | 00:46.00 |  |  |  | 11:10.00 | 47 | 00:50.00 |
| 92 |  | 13 | 57 | 12:30.00 |  | 00:48.00 | 40 |  |  | 11:27.00 |  | 00:52.00 |
| 91 | 51 |  |  | 12:43.00 |  | 00:50.00 |  |  | 46 | 11:44.00 | 46 | 00:54.00 |
| 90 | 50 |  | 56 | 12:56.00 | 47 | 00:52.00 |  |  |  | 12:05.00 |  | 00:56.00 |
| 89 | 49 |  | 55 | 13:10.00 |  | 00:54.00 | 39 | 16 | 45 | 12:25.00 | 45 | 00:58.00 |
| 88 | 48 | 12 | 54 | 13:24.00 | 46 | 00:56.00 |  |  |  | 12:45.00 |  | 01:00.00 |
| 87 | 47 |  | 53 | 13:38.00 |  | 00:58.00 |  |  | 44 | 13:05.00 | 44 | 01:02.00 |
| 86 | 46 |  | 52 | 13:52.00 | 45 | 01:00.00 | 38 |  |  | 13:27.00 |  | 01:04.00 |
| 85 | 45 | 11 | 51 | 14:06.00 |  | 01:03.00 |  |  | 43 | 13:50.00 | 43 | 01:07.00 |
| 84 | 44 |  | 50 | 14:20.00 | 44 | 01:06.00 | 37 | 15 | 42 | 14:15.00 |  | 01:10.00 |
| 83 | 43 |  | 49 | 14:35.00 |  | 01:09.00 |  |  | 41 | 14:40.00 | 42 | 01:13.00 |
| 82 | 42 | 10 | 48 | 14:50.00 | 43 | 01:12.00 | 36 |  | 40 | 15:05.00 |  | 01:16.00 |
| 81 | 41 |  | 47 | 15:06.00 |  | 01:15.00 |  |  | 39 | 15:30.00 | 41 | 01:19.00 |
| 80 | 40 |  | 46 | 15:22.00 | 42 | 01:18.00 | 35 | 14 | 38 | 15:55.00 |  | 01:22.00 |
| 79 | 39 | 9 | 45 | 15:39.00 |  | 01:21.00 |  |  | 37 | 16:20.00 | 40 | 01:25.00 |
| 78 | 38 |  | 44 | 15:56.00 | 41 | 01:24.00 | 34 |  | 36 | 16:45.00 |  | 01:28.00 |
| 77 | 37 | 8 | 43 | 16:14.00 |  | 01:27.00 |  |  | 35 | 17:10.00 | 39 | 01:31.00 |
| 76 | 36 |  | 42 | 16:32.00 | 40 | 01:30.00 | 33 | 13 | 34 | 17:36.00 |  | 01:34.00 |
| 75 | 35 | 7 | 41 | 16:50.00 |  | 01:33.00 | 32 |  | 33 | 18:02.00 | 38 | 01:37.00 |
| 74 | 34 |  | 40 | 17:08.00 | 39 | 01:36.00 | 31 |  | 32 | 18:28.00 |  | 01:40.00 |
| 73 | 33 | 6 | 39 | 17:27.00 |  | 01:39.00 | 30 | 12 | 31 | 18:54.00 | 37 | 01:43.00 |
| 72 | 32 |  | 38 | 17:46.00 | 38 | 01:42.00 | 29 |  | 30 | 19:20.00 |  | 01:46.00 |
| 71 | 31 | 5 | 37 | 18:05.00 |  | 01:46.00 | 28 |  | 29 | 19:47.00 | 36 | 01:49.00 |
| 70 | 30 |  | 36 | 18:24.00 | 37 | 01:50.00 | 27 | 11 | 28 | 20:14.00 | 35 | 01:52.00 |
| 69 | 29 | 4 | 35 | 18:43.00 | 36 | 01:54.00 | 25 |  | 27 | 20:41.00 | 34 | 01:55.00 |
| 68 | 28 |  | 34 | 19:02.00 | 35 | 01:58.00 | 23 | 10 | 26 | 21:08.00 | 33 | 01:58.00 |
| 67 | 27 | 3 | 33 | 19:21.00 | 34 | 02:02.00 | 21 |  | 25 | 21:36.00 | 32 | 02:02.00 |
| 66 | 26 |  | 32 | 19:40.00 | 33 | 02:06.00 | 19 | 9 | 24 | 22:04.00 | 31 | 02:06.00 |
| 65 | 24 | 2 | 31 | 20:00.00 | 32 | 02:10.00 | 17 |  | 23 | 22:32.00 | 30 | 02:10.00 |
| 64 | 22 |  | 29 | 20:20.00 | 31 | 02:14.00 | 15 | 8 | 21 | 23:00.00 | 29 | 02:14.00 |
| 63 | 20 | 1 | 27 | 20:40.00 | 30 | 02:18.00 | 13 |  | 19 | 23:30.00 | 28 | 02:18.00 |
| 62 | 18 |  | 25 | 21:00.00 | 29 | 02:22.00 | 11 | 7 | 17 | 24:00.00 | 27 | 02:22.00 |
| 61 | 16 | 0 | 23 | 21:20.00 | 28 | 02:26.00 | 9 |  | 15 | 24:30.00 | 25 | 02:26.00 |
| **60** | **14** | **-1** | **21** | **21:40.00** | **27** | **02:30.00** | **7** | **6** | **13** | **25:00.00** | **23** | **02:30.00** |
| 59 |  |  |  | 21:55.00 |  | 02:30.20 |  |  |  | 25:07.00 |  | 02:30.20 |
| 58 |  |  |  | 22:12.00 |  | 02:30.40 |  |  |  | 25:14.00 |  | 02:30.40 |
| 57 | 13 |  | 20 | 22:29.00 | 26 | 02:30.70 |  |  |  | 25:22.00 | 22 | 02:30.70 |
| 56 |  |  |  | 22:46.00 |  | 02:31.00 |  |  | 12 | 25:30.00 |  | 02:31.00 |
| 55 |  |  |  | 23:04.00 |  | 02:31.50 |  |  |  | 25:38.00 |  | 02:31.50 |
| 54 | 12 |  | 19 | 23:22.00 | 25 | 02:32.00 |  | 5 |  | 25:46.00 | 21 | 02:32.00 |
| 53 |  | -2 |  | 23:40.00 |  | 02:32.50 |  |  |  | 25:55.00 |  | 02:32.50 |
| 52 |  |  | 18 | 24:00.00 | 24 | 02:33.00 |  |  | 11 | 26:04.00 |  | 02:33.00 |
| 51 | 11 |  |  | 24:20.00 |  | 02:33.50 |  |  |  | 26:13.00 | 20 | 02:33.50 |
| 50 |  |  | 17 | 24:42.00 | 23 | 02:34.00 |  |  |  | 26:22.00 |  | 02:34.00 |
| 49 |  |  |  | 25:04.00 |  | 02:34.50 | 6 | 4 |  | 26:31.00 |  | 02:34.50 |
| 48 | 10 |  | 16 | 25:26.00 | 22 | 02:35.00 |  |  | 10 | 26:40.00 | 19 | 02:35.00 |
| 47 |  |  |  | 25:48.00 |  | 02:35.50 |  |  |  | 26:50.00 |  | 02:35.50 |
| 46 | 9 | -3 | 15 | 26:00.00 | 21 | 02:36.00 |  |  |  | 27:00.00 | 18 | 02:36.00 |
| 45 |  |  |  | 26:25.00 |  | 02:36.50 |  |  | 9 | 27:10.00 |  | 02:36.50 |
| 44 | 8 |  | 14 | 26:50.00 | 20 | 02:37.00 |  | 3 |  | 27:20.00 | 17 | 02:37.00 |
| 43 |  |  |  | 27:20.00 |  | 02:37.50 |  |  |  | 27:30.00 |  | 02:37.50 |
| 42 | 7 |  | 13 | 27:50.00 | 19 | 02:38.00 |  |  | 8 | 27:40.00 | 16 | 02:38.00 |
| 41 |  |  |  | 28:20.00 |  | 02:39.00 |  |  |  | 27:50.00 |  | 02:39.00 |
| **40** | **6** | **-4** | **12** | **28:50.00** | **18** | **02:40.00** | **5** | **2** | **7** | **28:00.00** | **15** | **02:40.00** |
| 39 |  |  |  | 28:57.00 |  | 02:41.00 |  |  |  | 28:15.00 |  | 02:41.00 |
| 38 |  |  |  | 29:04.00 |  | 02:42.00 |  |  |  | 28:30.00 |  | 02:42.00 |
| 37 |  |  |  | 29:12.00 |  | 02:43.00 |  |  |  | 28:45.00 |  | 02:43.00 |
| 36 |  |  |  | 29:20.00 | 17 | 02:44.00 |  |  |  | 29:00.00 | 14 | 02:44.00 |
| 35 |  |  |  | 29:28.00 |  | 02:45.00 |  |  |  | 29:15.00 |  | 02:45.00 |
| 34 |  |  | 11 | 29:36.00 |  | 02:46.00 |  |  |  | 29:30.00 |  | 02:46.00 |
| 33 |  |  |  | 29:44.00 | 16 | 02:47.00 |  |  |  | 29:46.00 | 13 | 02:47.00 |
| 32 | 5 | -5 |  | 29:53.00 |  | 02:48.00 | 4 | 1 | 6 | 30:02.00 |  | 02:48.00 |
| 31 |  |  |  | 30:02.00 |  | 02:49.00 |  |  |  | 30:18.00 |  | 02:49.00 |
| 30 |  |  |  | 30:11.00 | 15 | 02:50.00 |  |  |  | 30:34.00 | 12 | 02:50.00 |
| 29 |  |  | 10 | 30:20.00 |  | 02:52.00 |  |  |  | 30:50.00 |  | 02:52.00 |
| 28 |  |  |  | 30:30.00 |  | 02:54.00 |  |  |  | 31:07.00 |  | 02:54.00 |
| 27 |  |  |  | 30:40.00 | 14 | 02:56.00 |  |  |  | 31:24.00 | 11 | 02:56.00 |
| 26 |  |  |  | 30:50.00 |  | 02:58.00 |  |  |  | 31:42.00 |  | 02:58.00 |
| **25** | **4** | **-6** | **9** | **31:00.00** | **13** | **03:00.00** | **3** | **0** | **5** | **32:00.00** | **10** | **03:00.00** |
| 24 |  |  |  | 31:02.00 |  | 03:01.00 |  |  |  | 32:02.00 |  | 03:01.00 |
| 23 |  |  |  | 31:04.00 |  | 03:02.00 |  |  |  | 32:04.00 |  | 03:02.00 |
| 22 |  |  | 8 | 31:06.00 |  | 03:03.00 |  |  |  | 32:06.00 |  | 03:03.00 |
| 21 |  |  |  | 31:08.00 |  | 03:04.00 |  |  |  | 32:08.00 |  | 03:04.00 |
| 20 |  | -7 |  | 31:10.00 | 12 | 03:05.00 |  | -1 |  | 32:10.00 | 9 | 03:05.00 |
| 19 |  |  | 7 | 31:13.00 |  | 03:06.00 |  |  | 4 | 32:13.00 |  | 03:06.00 |
| 18 | 3 |  |  | 31:16.00 |  | 03:07.00 |  |  |  | 32:16.00 |  | 03:07.00 |
| 17 |  |  |  | 31:19.00 |  | 03:08.00 |  |  |  | 32:19.00 |  | 03:08.00 |
| 16 |  | -8 | 6 | 31:22.00 | 11 | 03:09.00 | 2 | -2 |  | 32:22.00 | 8 | 03:09.00 |
| 15 |  |  |  | 31:25.00 |  | 03:10.00 |  |  |  | 32:25.00 |  | 03:10.00 |
| 14 |  |  |  | 31:28.00 |  | 03:12.00 |  |  | 3 | 32:28.00 |  | 03:12.00 |
| 13 |  |  | 5 | 31:31.00 |  | 03:14.00 |  |  |  | 32:31.00 |  | 03:14.00 |
| 12 |  | -9 |  | 31:34.00 | 10 | 03:16.00 |  | -3 |  | 32:34.00 | 7 | 03:16.00 |
| 11 | 2 |  |  | 31:37.00 |  | 03:18.00 |  |  |  | 32:37.00 |  | 03:18.00 |
| 10 |  |  | 4 | 31:40.00 |  | 03:20.00 |  |  |  | 32:40.00 |  | 03:20.00 |
| 9 |  |  |  | 31:44.00 |  | 03:22.00 |  |  | 2 | 32:44.00 |  | 03:22.00 |
| 8 |  | -10 |  | 31:48.00 | 9 | 03:24.00 | 1 | -4 |  | 32:48.00 | 6 | 03:24.00 |
| 7 |  |  | 3 | 31:52.00 |  | 03:26.00 |  |  |  | 32:52.00 |  | 03:26.00 |
| 6 |  |  |  | 31:56.00 |  | 03:28.00 |  |  |  | 32:56.00 |  | 03:28.00 |
| 5 | 1 |  |  | 32:00.00 |  | 03:30.00 |  |  |  | 33:00.00 |  | 03:30.00 |
| 4 |  | -11 | 2 | 32:04.00 | 8 | 03:32.00 |  | -5 | 1 | 33:04.00 | 5 | 03:32.00 |
| 3 |  |  |  | 32:08.00 |  | 03:34.00 |  |  |  | 33:08.00 |  | 03:34.00 |
| 2 |  |  | 1 | 32:12.00 |  | 03:36.00 |  |  |  | 33:12.00 |  | 03:36.00 |
| 1 |  | -12 |  | 32:16.00 | 7 | 03:38.00 |  | -6 |  | 33:16.00 | 4 | 03:38.00 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **X возрастная ступень (65-69 лет)** | | | | | | | | | | | |
|  | **Мужчины** | | | | | | | **Женщины** | | | | |
| Очки | **Сгибание и разгибание рук в упоре о гимнастическую скамью (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи - см)** | **Поднимание туловища из положения лежа на спине (количество раз за 1 мин)** | **Передвижение на лыжах на 3 км (мин, с)** | **Стрельба из "электронного оружия"** | **Плавание на 25 м (мин, с)** | **Сгибание и разгибание рук в упоре о гимнастическую скамью (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи - см)** | **Поднимание туловища из положения лежа на спине (количество раз за 1 мин)** | **Передвижение на лыжах на 2 км (мин, с)** | **Стрельба из "электронного оружия"** | **Плавание на 25 м (мин, с)** |
| **100** | **50** | **11** | **53** | **11:20.00** | **50** | **00:40.00** | **35** | **13** | **42** | **11:30.00** | **50** | **00:42.00** |
| 99 |  |  |  | 11:30.00 |  | 00:41.00 |  |  |  | 11:42.00 |  | 00:43.00 |
| 98 |  |  |  | 11:40.00 |  | 00:42.00 |  |  |  | 11:55.00 |  | 00:44.00 |
| 97 | 49 |  | 52 | 11:51.00 |  | 00:44.00 |  |  |  | 12:10.00 | 49 | 00:46.00 |
| 96 |  | 10 |  | 12:02.00 | 49 | 00:46.00 | 34 |  | 41 | 12:25.00 |  | 00:48.00 |
| 95 |  |  |  | 12:13.00 |  | 00:48.00 |  |  |  | 12:40.00 | 48 | 00:50.00 |
| 94 | 48 |  | 51 | 12:25.00 |  | 00:50.00 |  | 12 |  | 12:55.00 |  | 00:52.00 |
| 93 |  |  |  | 12:37.00 | 48 | 00:52.00 |  |  |  | 13:10.00 | 47 | 00:54.00 |
| 92 | 47 | 9 |  | 12:50.00 |  | 00:54.00 | 33 |  | 40 | 13:27.00 |  | 00:56.00 |
| 91 |  |  | 50 | 13:03.00 |  | 00:56.00 |  |  |  | 13:44.00 | 46 | 00:58.00 |
| 90 | 46 |  |  | 13:16.00 | 47 | 00:58.00 |  |  |  | 14:05.00 |  | 01:00.00 |
| 89 | 45 |  | 49 | 13:30.00 |  | 01:00.00 | 32 | 11 | 39 | 14:25.00 | 45 | 01:02.00 |
| 88 | 44 | 8 |  | 13:44.00 | 46 | 01:02.00 |  |  |  | 14:45.00 |  | 01:04.00 |
| 87 | 43 |  | 48 | 13:58.00 |  | 01:04.00 |  |  |  | 15:05.00 | 44 | 01:06.00 |
| 86 | 42 |  | 47 | 14:13.00 | 45 | 01:06.00 | 31 |  | 38 | 15:27.00 |  | 01:08.00 |
| 85 | 41 | 7 | 46 | 14:28.00 |  | 01:08.00 |  |  |  | 15:50.00 | 43 | 01:10.00 |
| 84 | 40 |  | 45 | 14:43.00 | 44 | 01:10.00 |  | 10 | 37 | 16:15.00 |  | 01:12.00 |
| 83 | 39 |  | 44 | 14:58.00 |  | 01:13.00 | 30 |  |  | 16:40.00 | 42 | 01:14.00 |
| 82 | 38 | 6 | 43 | 15:14.00 | 43 | 01:16.00 |  |  | 36 | 17:05.00 |  | 01:16.00 |
| 81 | 37 |  | 42 | 15:30.00 |  | 01:19.00 |  |  |  | 17:30.00 | 41 | 01:19.00 |
| 80 | 36 |  | 41 | 15:47.00 | 42 | 01:22.00 | 29 |  | 35 | 17:55.00 |  | 01:22.00 |
| 79 | 35 | 5 | 40 | 16:04.00 |  | 01:25.00 |  | 9 |  | 18:20.00 | 40 | 01:25.00 |
| 78 | 34 |  | 39 | 16:22.00 | 41 | 01:28.00 | 28 |  | 34 | 18:45.00 |  | 01:28.00 |
| 77 | 33 |  | 38 | 16:40.00 |  | 01:31.00 |  |  |  | 19:10.00 | 39 | 01:31.00 |
| 76 | 32 | 4 | 37 | 17:00.00 | 40 | 01:34.00 | 27 |  | 33 | 19:36.00 |  | 01:34.00 |
| 75 | 31 |  | 36 | 17:20.00 |  | 01:37.00 |  | 8 |  | 20:02.00 | 38 | 01:37.00 |
| 74 | 30 | 3 | 35 | 17:40.00 | 39 | 01:40.00 | 26 |  | 32 | 20:28.00 |  | 01:40.00 |
| 73 | 29 |  | 34 | 18:00.00 |  | 01:43.00 | 25 |  | 31 | 20:54.00 | 37 | 01:43.00 |
| 72 | 28 | 2 | 33 | 18:20.00 | 38 | 01:46.00 | 24 | 7 | 30 | 21:20.00 |  | 01:46.00 |
| 71 | 27 |  | 32 | 18:40.00 |  | 01:49.00 | 23 |  | 29 | 21:47.00 | 36 | 01:49.00 |
| 70 | 26 | 1 | 31 | 19:00.00 | 37 | 01:52.00 | 22 |  | 28 | 22:14.00 | 35 | 01:52.00 |
| 69 | 25 |  | 30 | 19:20.00 | 36 | 01:55.00 | 21 | 6 | 27 | 22:41.00 | 34 | 01:55.00 |
| 68 | 24 | 0 | 29 | 19:40.00 | 35 | 01:58.00 | 20 |  | 26 | 23:08.00 | 33 | 01:58.00 |
| 67 | 23 |  | 28 | 20:00.00 | 34 | 02:02.00 | 19 |  | 25 | 23:36.00 | 32 | 02:02.00 |
| 66 | 22 | -1 | 27 | 20:20.00 | 33 | 02:06.00 | 18 | 5 | 23 | 24:04.00 | 31 | 02:06.00 |
| 65 | 21 |  | 26 | 20:40.00 | 32 | 02:10.00 | 17 |  | 21 | 24:32.00 | 30 | 02:10.00 |
| 64 | 19 | -2 | 24 | 21:00.00 | 31 | 02:14.00 | 15 | 4 | 19 | 25:00.00 | 29 | 02:14.00 |
| 63 | 17 |  | 22 | 21:20.00 | 30 | 02:18.00 | 13 |  | 17 | 25:30.00 | 28 | 02:18.00 |
| 62 | 15 | -3 | 20 | 21:40.00 | 29 | 02:22.00 | 11 | 3 | 15 | 26:00.00 | 27 | 02:22.00 |
| 61 | 13 |  | 18 | 22:00.00 | 28 | 02:26.00 | 9 |  | 13 | 26:30.00 | 25 | 02:26.00 |
| **60** | **11** | **-4** | **16** | **22:20.00** | **27** | **02:30.00** | **7** | **2** | **11** | **27:00.00** | **23** | **02:30.00** |
| 59 |  |  |  | 22:40.00 |  | 02:30.20 |  |  |  | 27:07.00 |  | 02:30.20 |
| 58 |  |  |  | 23:00.00 |  | 02:30.40 |  |  |  | 27:14.00 |  | 02:30.40 |
| 57 |  |  |  | 23:20.00 | 26 | 02:30.70 |  |  |  | 27:22.00 | 22 | 02:30.70 |
| 56 |  |  | 15 | 23:40.00 |  | 02:31.00 |  |  |  | 27:30.00 |  | 02:31.00 |
| 55 | 10 |  |  | 24:00.00 |  | 02:31.50 |  |  | 10 | 27:38.00 |  | 02:31.50 |
| 54 |  |  |  | 24:20.00 | 25 | 02:32.00 |  |  |  | 27:46.00 | 21 | 02:32.00 |
| 53 |  |  | 14 | 24:40.00 |  | 02:32.50 |  | 1 |  | 27:55.00 |  | 02:32.50 |
| 52 |  |  |  | 25:00.00 | 24 | 02:33.00 |  |  |  | 28:04.00 |  | 02:33.00 |
| 51 |  |  |  | 25:25.00 |  | 02:33.50 |  |  |  | 28:13.00 | 20 | 02:33.50 |
| 50 | 9 |  | 13 | 25:50.00 | 23 | 02:34.00 |  |  | 9 | 28:22.00 |  | 02:34.00 |
| 49 |  | -5 |  | 26:15.00 |  | 02:34.50 | 6 |  |  | 28:31.00 |  | 02:34.50 |
| 48 |  |  |  | 26:40.00 | 22 | 02:35.00 |  |  |  | 28:40.00 | 19 | 02:35.00 |
| 47 |  |  | 12 | 27:06.00 |  | 02:35.50 |  |  |  | 28:50.00 |  | 02:35.50 |
| 46 | 8 |  |  | 27:32.00 | 21 | 02:36.00 |  | 0 | 8 | 29:00.00 | 18 | 02:36.00 |
| 45 |  |  |  | 27:58.00 |  | 02:36.50 |  |  |  | 29:10.00 |  | 02:36.50 |
| 44 |  |  | 11 | 28:24.00 | 20 | 02:37.00 |  |  |  | 29:20.00 | 17 | 02:37.00 |
| 43 | 7 |  |  | 28:52.00 |  | 02:37.50 |  |  | 7 | 29:30.00 |  | 02:37.50 |
| 42 |  |  | 10 | 29:20.00 | 19 | 02:38.00 |  |  |  | 29:40.00 | 16 | 02:38.00 |
| 41 |  |  |  | 29:50.00 |  | 02:39.00 |  |  |  | 29:50.00 |  | 02:39.00 |
| **40** | **6** | **-6** | **9** | **30:20.00** | **18** | **02:40.00** | **5** | **-1** | **6** | **30:00.00** | **15** | **02:40.00** |
| 39 |  |  |  | 30:28.00 |  | 02:41.00 |  |  |  | 30:12.00 |  | 02:41.00 |
| 38 |  |  |  | 30:36.00 |  | 02:42.00 |  |  |  | 30:24.00 |  | 02:42.00 |
| 37 |  |  |  | 30:44.00 |  | 02:43.00 |  |  |  | 30:37.00 |  | 02:43.00 |
| 36 |  |  |  | 30:53.00 | 17 | 02:44.00 |  |  |  | 30:50.00 | 14 | 02:44.00 |
| 35 |  |  |  | 31:02.00 |  | 02:45.00 |  |  |  | 31:04.00 |  | 02:45.00 |
| 34 |  |  | 8 | 31:11.00 |  | 02:46.00 |  | -2 |  | 31:18.00 |  | 02:46.00 |
| 33 |  |  |  | 31:20.00 | 16 | 02:47.00 |  |  |  | 31:32.00 | 13 | 02:47.00 |
| 32 | 5 | -7 |  | 31:30.00 |  | 02:48.00 | 4 |  | 5 | 31:46.00 |  | 02:48.00 |
| 31 |  |  |  | 31:40.00 |  | 02:49.00 |  |  |  | 32:00.00 |  | 02:49.00 |
| 30 |  |  |  | 31:51.00 | 15 | 02:50.00 |  |  |  | 32:15.00 | 12 | 02:50.00 |
| 29 |  |  | 7 | 32:02.00 |  | 02:52.00 |  | -3 |  | 32:30.00 |  | 02:52.00 |
| 28 |  |  |  | 32:14.00 |  | 02:54.00 |  |  |  | 32:45.00 |  | 02:54.00 |
| 27 |  |  |  | 32:26.00 | 14 | 02:56.00 |  |  |  | 33:00.00 | 11 | 02:56.00 |
| 26 |  |  |  | 32:38.00 |  | 02:58.00 |  |  |  | 33:15.00 |  | 02:58.00 |
| **25** | **4** | **-8** | **6** | **32:50.00** | **13** | **03:00.00** | **3** | **-4** | **4** | **33:30.00** | **10** | **03:00.00** |
| 24 |  |  |  | 32:52.00 |  | 03:01.00 |  |  |  | 33:32.00 |  | 03:01.00 |
| 23 |  |  |  | 32:54.00 |  | 03:02.00 |  |  |  | 33:34.00 |  | 03:02.00 |
| 22 |  |  |  | 32:56.00 |  | 03:03.00 |  |  |  | 33:36.00 |  | 03:03.00 |
| 21 |  |  |  | 32:58.00 |  | 03:04.00 |  |  |  | 33:38.00 |  | 03:04.00 |
| 20 |  | -9 | 5 | 33:00.00 | 12 | 03:05.00 |  | -5 |  | 33:40.00 | 9 | 03:05.00 |
| 19 |  |  |  | 33:03.00 |  | 03:06.00 |  |  |  | 33:42.00 |  | 03:06.00 |
| 18 | 3 |  |  | 33:06.00 |  | 03:07.00 |  |  | 3 | 33:44.00 |  | 03:07.00 |
| 17 |  |  |  | 33:09.00 |  | 03:08.00 |  |  |  | 33:46.00 |  | 03:08.00 |
| 16 |  | -10 | 4 | 33:12.00 | 11 | 03:09.00 | 2 | -6 |  | 33:48.00 | 8 | 03:09.00 |
| 15 |  |  |  | 33:15.00 |  | 03:10.00 |  |  |  | 33:50.00 |  | 03:10.00 |
| 14 |  |  |  | 33:18.00 |  | 03:12.00 |  |  |  | 33:53.00 |  | 03:12.00 |
| 13 |  |  |  | 33:22.00 |  | 03:14.00 |  |  |  | 33:56.00 |  | 03:14.00 |
| 12 |  | -11 | 3 | 33:26.00 | 10 | 03:16.00 |  | -7 |  | 33:59.00 | 7 | 03:16.00 |
| 11 | 2 |  |  | 33:30.00 |  | 03:18.00 |  |  | 2 | 34:02.00 |  | 03:18.00 |
| 10 |  |  |  | 33:34.00 |  | 03:20.00 |  |  |  | 34:05.00 |  | 03:20.00 |
| 9 |  |  |  | 33:38.00 |  | 03:22.00 |  |  |  | 34:08.00 |  | 03:22.00 |
| 8 |  | -12 | 2 | 33:42.00 | 9 | 03:24.00 | 1 | -8 |  | 34:12.00 | 6 | 03:24.00 |
| 7 |  |  |  | 33:46.00 |  | 03:26.00 |  |  |  | 34:16.00 |  | 03:26.00 |
| 6 |  |  |  | 33:50.00 |  | 03:28.00 |  |  |  | 34:20.00 |  | 03:28.00 |
| 5 | 1 |  |  | 33:54.00 |  | 03:30.00 |  |  | 1 | 34:24.00 |  | 03:30.00 |
| 4 |  | -13 | 1 | 33:58.00 | 8 | 03:32.00 |  | -9 |  | 34:28.00 | 5 | 03:32.00 |
| 3 |  |  |  | 35:02.00 |  | 03:34.00 |  |  |  | 34:32.00 |  | 03:34.00 |
| 2 |  |  |  | 35:06.00 |  | 03:36.00 |  |  |  | 34:36.00 |  | 03:36.00 |
| 1 |  | -14 |  | 35:10.00 | 7 | 03:38.00 |  | -10 |  | 34:40.00 | 4 | 03:38.00 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **XI возрастная ступень (70 лет и старше)** | | | | | | | | | | | |
|  | **Мужчины** | | | | | | **Женщины** | | | | | |
| Очки | **Сгибание и разгибание рук в упоре о сиденье стула (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи - см)** | **Поднимание туловища из положения лежа на спине (количество раз за 1 мин)** | **Передвижение на лыжах на 3 км (мин, с)** | **Стрельба из "электронного оружия"** | **Плавание на 25 м (мин, с)** | **Сгибание и разгибание рук в упоре о сиденье стула (количество раз)** | **Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи - см)** | **Поднимание туловища из положения лежа на спине (количество раз за 1 мин)** | **Передвижение на лыжах на 2 км (мин, с)** | **Стрельба из "электронного оружия"** | **Плавание на 25 м (мин, с)** |
| **100** | **45** | **8** | **47** | **12:30.00** | **50** | **00:45.00** | **30** | **10** | **32** | **12:30.00** | **50** | **00:45.00** |
| 99 |  |  |  | 12:42.00 |  | 00:46.00 |  |  |  | 12:42.00 |  | 00:46.00 |
| 98 |  |  |  | 12:55.00 |  | 00:47.00 |  |  |  | 12:55.00 |  | 00:47.00 |
| 97 | 44 |  |  | 13:10.00 |  | 00:48.00 |  |  |  | 13:10.00 | 49 | 00:48.00 |
| 96 |  |  | 46 | 13:25.00 | 49 | 00:49.00 |  |  |  | 13:25.00 |  | 00:49.00 |
| 95 |  | 7 |  | 13:40.00 |  | 00:50.00 | 29 |  | 31 | 13:40.00 | 48 | 00:50.00 |
| 94 | 43 |  |  | 13:55.00 |  | 00:52.00 |  | 9 |  | 13:55.00 |  | 00:52.00 |
| 93 |  |  |  | 14:10.00 | 48 | 00:54.00 |  |  |  | 14:10.00 | 47 | 00:54.00 |
| 92 |  |  | 45 | 14:27.00 |  | 00:56.00 |  |  |  | 14:27.00 |  | 00:56.00 |
| 91 | 42 | 6 |  | 14:44.00 |  | 00:58.00 | 28 |  | 30 | 14:44.00 | 46 | 00:58.00 |
| 90 |  |  |  | 15:05.00 | 47 | 01:00.00 |  |  |  | 15:05.00 |  | 01:00.00 |
| 89 | 41 |  | 44 | 15:25.00 |  | 01:02.00 |  | 8 |  | 15:25.00 | 45 | 01:02.00 |
| 88 |  |  |  | 15:45.00 | 46 | 01:04.00 |  |  |  | 15:45.00 |  | 01:04.00 |
| 87 | 40 | 5 |  | 16:05.00 |  | 01:06.00 | 27 |  | 29 | 16:05.00 | 44 | 01:06.00 |
| 86 | 39 |  | 43 | 16:27.00 | 45 | 01:08.00 |  |  |  | 16:27.00 |  | 01:08.00 |
| 85 | 38 |  |  | 16:50.00 |  | 01:10.00 |  | 7 |  | 16:50.00 | 43 | 01:10.00 |
| 84 | 37 |  | 42 | 17:15.00 | 44 | 01:12.00 |  |  |  | 17:15.00 |  | 01:12.00 |
| 83 | 36 | 4 |  | 17:40.00 |  | 01:14.00 | 26 |  | 28 | 17:40.00 | 42 | 01:14.00 |
| 82 | 35 |  | 41 | 18:05.00 | 43 | 01:16.00 |  |  |  | 18:05.00 |  | 01:16.00 |
| 81 | 34 |  |  | 18:30.00 |  | 01:19.00 |  | 6 |  | 18:30.00 | 41 | 01:19.00 |
| 80 | 33 | 3 | 40 | 18:55.00 | 42 | 01:22.00 | 25 |  | 27 | 18:55.00 |  | 01:22.00 |
| 79 | 32 |  |  | 19:20.00 |  | 01:25.00 |  |  |  | 19:20.00 | 40 | 01:25.00 |
| 78 | 31 |  | 39 | 19:45.00 | 41 | 01:28.00 |  |  |  | 19:45.00 |  | 01:28.00 |
| 77 | 30 | 2 |  | 20:10.00 |  | 01:31.00 | 24 | 5 | 26 | 20:10.00 | 39 | 01:31.00 |
| 76 | 29 |  | 38 | 20:36.00 | 40 | 01:34.00 |  |  |  | 20:36.00 |  | 01:34.00 |
| 75 | 28 |  | 37 | 21:02.00 |  | 01:37.00 |  |  |  | 21:02.00 | 38 | 01:37.00 |
| 74 | 27 | 1 | 36 | 21:28.00 | 39 | 01:40.00 | 23 |  | 25 | 21:28.00 |  | 01:40.00 |
| 73 | 26 |  | 35 | 21:54.00 |  | 01:43.00 |  | 4 |  | 21:54.00 | 37 | 01:43.00 |
| 72 | 25 |  | 34 | 22:20.00 | 38 | 01:46.00 | 22 |  | 24 | 22:20.00 |  | 01:46.00 |
| 71 | 24 | 0 | 33 | 22:47.00 |  | 01:49.00 |  |  |  | 22:47.00 | 36 | 01:49.00 |
| 70 | 23 |  | 32 | 23:14.00 | 37 | 01:52.00 | 21 |  | 23 | 23:14.00 | 35 | 01:52.00 |
| 69 | 22 | -1 | 31 | 23:41.00 | 36 | 01:55.00 | 20 | 3 | 22 | 23:41.00 | 34 | 01:55.00 |
| 68 | 21 |  | 30 | 24:08.00 | 35 | 01:58.00 | 19 |  | 21 | 24:08.00 | 33 | 01:58.00 |
| 67 | 20 | -2 | 28 | 24:36.00 | 34 | 02:02.00 | 18 |  | 20 | 24:36.00 | 32 | 02:02.00 |
| 66 | 19 |  | 26 | 25:04.00 | 33 | 02:06.00 | 17 |  | 19 | 25:04.00 | 31 | 02:06.00 |
| 65 | 18 | -3 | 24 | 25:32.00 | 32 | 02:10.00 | 16 | 2 | 18 | 25:32.00 | 30 | 02:10.00 |
| 64 | 16 |  | 22 | 26:00.00 | 31 | 02:14.00 | 14 |  | 16 | 26:00.00 | 29 | 02:14.00 |
| 63 | 14 | -4 | 20 | 26:30.00 | 30 | 02:18.00 | 12 |  | 14 | 26:30.00 | 28 | 02:18.00 |
| 62 | 12 |  | 18 | 27:00.00 | 29 | 02:22.00 | 10 | 1 | 12 | 27:00.00 | 27 | 02:22.00 |
| 61 | 10 | -5 | 16 | 27:30.00 | 28 | 02:26.00 | 8 |  | 10 | 27:30.00 | 25 | 02:26.00 |
| **60** | **8** | **-6** | **14** | **28:00.00** | **27** | **02:30.00** | **6** | **0** | **8** | **28:00.00** | **23** | **02:30.00** |
| 59 |  |  |  | 28:15.00 |  | 02:30.20 |  |  |  | 28:07.00 |  | 02:30.20 |
| 58 |  |  |  | 28:30.00 |  | 02:30.40 |  |  |  | 28:14.00 |  | 02:30.40 |
| 57 |  |  | 13 | 28:46.00 | 26 | 02:30.70 |  |  |  | 28:22.00 | 22 | 02:30.70 |
| 56 |  |  |  | 29:02.00 |  | 02:31.00 |  |  |  | 28:30.00 |  | 02:31.00 |
| 55 |  |  |  | 29:19.00 |  | 02:31.50 |  |  |  | 28:38.00 |  | 02:31.50 |
| 54 |  |  | 12 | 29:36.00 | 25 | 02:32.00 |  | -1 | 7 | 28:46.00 | 21 | 02:32.00 |
| 53 | 7 |  |  | 29:53.00 |  | 02:32.50 |  |  |  | 28:55.00 |  | 02:32.50 |
| 52 |  |  |  | 30:10.00 | 24 | 02:33.00 |  |  |  | 29:04.00 |  | 02:33.00 |
| 51 |  |  | 11 | 30:28.00 |  | 02:33.50 |  |  |  | 29:13.00 | 20 | 02:33.50 |
| 50 |  |  |  | 30:46.00 | 23 | 02:34.00 |  |  |  | 29:22.00 |  | 02:34.00 |
| 49 |  | -7 |  | 31:04.00 |  | 02:34.50 | 5 | -2 | 6 | 29:31.00 |  | 02:34.50 |
| 48 |  |  | 10 | 31:22.00 | 22 | 02:35.00 |  |  |  | 29:40.00 | 19 | 02:35.00 |
| 47 |  |  |  | 31:40.00 |  | 02:35.50 |  |  |  | 29:50.00 |  | 02:35.50 |
| 46 | 6 |  | 9 | 31:58.00 | 21 | 02:36.00 |  |  |  | 30:00.00 | 18 | 02:36.00 |
| 45 |  |  |  | 32:16.00 |  | 02:36.50 |  |  |  | 30:10.00 |  | 02:36.50 |
| 44 |  |  | 8 | 32:36.00 | 20 | 02:37.00 |  | -3 | 5 | 30:20.00 | 17 | 02:37.00 |
| 43 |  |  |  | 32:56.00 |  | 02:37.50 |  |  |  | 30:30.00 |  | 02:37.50 |
| 42 |  |  | 7 | 33:17.00 | 19 | 02:38.00 |  |  |  | 30:40.00 | 16 | 02:38.00 |
| 41 |  |  |  | 33:38.00 |  | 02:39.00 |  |  |  | 30:50.00 |  | 02:39.00 |
| **40** | **5** | **-8** | **6** | **34:00.00** | **18** | **02:40.00** | **4** | **-4** | **4** | **31:00.00** | **15** | **02:40.00** |
| 39 |  |  |  | 34:18.00 |  | 02:41.00 |  |  |  | 31:15.00 |  | 02:41.00 |
| 38 |  |  |  | 34:36.00 |  | 02:42.00 |  |  |  | 31:30.00 |  | 02:42.00 |
| 37 |  |  |  | 34:55.00 |  | 02:43.00 |  |  |  | 31:45.00 |  | 02:43.00 |
| 36 |  |  |  | 35:14.00 | 17 | 02:44.00 |  |  |  | 32:00.00 | 14 | 02:44.00 |
| 35 |  |  |  | 35:34.00 |  | 02:45.00 |  |  |  | 32:15.00 |  | 02:45.00 |
| 34 | 4 |  |  | 35:54.00 |  | 02:46.00 |  |  |  | 32:30.00 |  | 02:46.00 |
| 33 |  |  |  | 36:14.00 | 16 | 02:47.00 |  |  |  | 32:46.00 | 13 | 02:47.00 |
| 32 |  | -9 | 5 | 36:34.00 |  | 02:48.00 | 3 | -5 | 3 | 33:02.00 |  | 02:48.00 |
| 31 |  |  |  | 36:54.00 |  | 02:49.00 |  |  |  | 33:18.00 |  | 02:49.00 |
| 30 |  |  |  | 37:14.00 | 15 | 02:50.00 |  |  |  | 33:34.00 | 12 | 02:50.00 |
| 29 | 3 |  |  | 37:34.00 |  | 02:52.00 |  |  |  | 33:50.00 |  | 02:52.00 |
| 28 |  |  |  | 37:55.00 |  | 02:54.00 |  |  |  | 34:07.00 |  | 02:54.00 |
| 27 |  |  |  | 38:16.00 | 14 | 02:56.00 |  |  |  | 34:24.00 | 11 | 02:56.00 |
| 26 |  |  |  | 38:38.00 |  | 02:58.00 |  |  |  | 34:42.00 |  | 02:58.00 |
| **25** | **2** | **-10** | **4** | **39:00.00** | **13** | **03:00.00** | **2** | **-6** | **2** | **35:00.00** | **10** | **03:00.00** |
| 24 |  |  |  | 39:02.00 |  | 03:01.00 |  |  |  | 35:02.00 |  | 03:01.00 |
| 23 |  |  |  | 39:04.00 |  | 03:02.00 |  |  |  | 35:04.00 |  | 03:02.00 |
| 22 |  |  |  | 39:06.00 |  | 03:03.00 |  |  |  | 35:06.00 |  | 03:03.00 |
| 21 |  |  |  | 39:08.00 |  | 03:04.00 |  |  |  | 35:08.00 |  | 03:04.00 |
| 20 |  | -11 |  | 39:10.00 | 12 | 03:05.00 |  | -7 |  | 35:10.00 | 9 | 03:05.00 |
| 19 |  |  |  | 39:13.00 |  | 03:06.00 |  |  |  | 35:13.00 |  | 03:06.00 |
| 18 |  |  | 3 | 39:16.00 |  | 03:07.00 |  |  |  | 35:16.00 |  | 03:07.00 |
| 17 |  |  |  | 39:19.00 |  | 03:08.00 |  |  |  | 35:19.00 |  | 03:08.00 |
| 16 |  | -12 |  | 39:22.00 | 11 | 03:09.00 |  | -8 |  | 35:22.00 | 8 | 03:09.00 |
| 15 |  |  |  | 39:25.00 |  | 03:10.00 |  |  |  | 35:25.00 |  | 03:10.00 |
| 14 |  |  |  | 39:28.00 |  | 03:12.00 |  |  |  | 35:28.00 |  | 03:12.00 |
| 13 |  |  |  | 39:32.00 |  | 03:14.00 |  |  |  | 35:31.00 |  | 03:14.00 |
| 12 | 1 | -13 |  | 39:36.00 | 10 | 03:16.00 | 1 | -9 | 1 | 35:34.00 | 7 | 03:16.00 |
| 11 |  |  | 2 | 39:40.00 |  | 03:18.00 |  |  |  | 35:37.00 |  | 03:18.00 |
| 10 |  |  |  | 39:44.00 |  | 03:20.00 |  |  |  | 35:40.00 |  | 03:20.00 |
| 9 |  |  |  | 39:48.00 |  | 03:22.00 |  |  |  | 35:44.00 |  | 03:22.00 |
| 8 |  | -14 |  | 39:52.00 | 9 | 03:24.00 |  | -10 |  | 35:48.00 | 6 | 03:24.00 |
| 7 |  |  |  | 39:56.00 |  | 03:26.00 |  |  |  | 35:52.00 |  | 03:26.00 |
| 6 |  |  |  | 40:00.00 |  | 03:28.00 |  |  |  | 35:56.00 |  | 03:28.00 |
| 5 |  |  | 1 | 40:05.00 |  | 03:30.00 |  |  |  | 36:00.00 |  | 03:30.00 |
| 4 |  | -15 |  | 40:10.00 | 8 | 03:32.00 |  | -11 |  | 36:05.00 | 5 | 03:32.00 |
| 3 |  |  |  | 40:15.00 |  | 03:34.00 |  |  |  | 36:10.00 |  | 03:34.00 |
| 2 |  |  |  | 40:20.00 |  | 03:36.00 |  |  |  | 36:15.00 |  | 03:36.00 |
| 1 |  | -16 |  | 40:25.00 | 7 | 03:38.00 |  | -12 |  | 36:20.00 | 4 | 03:38.00 |