

# MAGYAR HONVÉDSÉG HONVÉDKÓRHÁZ

## A Fizikai Állapotfelmérés pont táblázata

| a) 3200 méter síkfutás |             |     |       |     |       |     |       |     |       |     |       |     |     |     |
|------------------------|-------------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-----|-----|
| Korcsoport             | >25         |     | 26-30 |     | 31-35 |     | 36-40 |     | 41-45 |     | 46-50 |     | 51< |     |
| Nem                    | ffi         | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi | nő  |
| Idő                    | pontértékek |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 13:42:00               | 160         |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 13:48:00               | 158         |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 13:54:00               | 157         |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 14:00:00               | 155         |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 14:06:00               | 154         |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 14:12:00               | 153         |     | 160   |     |       |     |       |     |       |     |       |     |     |     |
| 14:18:00               | 151         |     | 158   |     |       |     |       |     |       |     |       |     |     |     |
| 14:24:00               | 150         |     | 156   |     |       |     |       |     |       |     |       |     |     |     |
| 14:30:00               | 148         |     | 155   |     |       |     |       |     |       |     |       |     |     |     |
| 14:36:00               | 147         |     | 153   |     |       |     |       |     |       |     |       |     |     |     |
| 14:42:00               | 146         |     | 152   |     | 160   |     |       |     |       |     |       |     |     |     |
| 14:48:00               | 144         |     | 151   |     | 158   |     |       |     |       |     |       |     |     |     |
| 14:54:00               | 143         |     | 149   |     | 157   |     |       |     |       |     |       |     |     |     |
| 15:00:00               | 142         |     | 148   |     | 155   |     |       |     |       |     |       |     |     |     |
| 15:06:00               | 140         |     | 146   |     | 154   |     |       |     |       |     |       |     |     |     |
| 15:12:00               | 139         |     | 145   |     | 153   |     |       |     |       |     |       |     |     |     |
| 15:18:00               | 137         |     | 144   |     | 151   |     | 160   |     |       |     |       |     |     |     |
| 15:24:00               | 136         | 160 | 142   |     | 150   |     | 158   |     |       |     |       |     |     |     |
| 15:30:00               | 135         | 158 | 141   |     | 148   |     | 156   |     |       |     |       |     |     |     |
| 15:36:00               | 133         | 156 | 139   |     | 147   |     | 154   |     |       |     |       |     |     |     |
| 15:42:00               | 132         | 155 | 138   |     | 145   |     | 153   |     |       |     |       |     |     |     |
| 15:48:00               | 131         | 153 | 137   | 160 | 144   |     | 151   |     | 160   |     |       |     |     |     |
| 15:54:00               | 129         | 151 | 135   | 158 | 142   |     | 150   |     | 158   |     |       |     |     |     |
| 16:00:00               | 128         | 150 | 134   | 157 | 141   |     | 148   |     | 156   |     |       |     |     |     |
| 16:06:00               | 126         | 148 | 132   | 155 | 140   |     | 147   |     | 155   |     |       |     |     |     |
| 16:12:00               | 125         | 146 | 131   | 153 | 138   |     | 145   |     | 153   |     |       |     |     |     |
| 16:18:00               | 124         | 145 | 130   | 152 | 137   | 160 | 144   |     | 152   |     | 160   |     |     |     |
| 16:24:00               | 122         | 143 | 128   | 150 | 135   | 158 | 142   |     | 150   |     | 158   |     |     |     |
| 16:30:00               | 121         | 141 | 127   | 148 | 134   | 156 | 141   |     | 149   |     | 156   |     |     |     |
| 16:36:00               | 119         | 140 | 125   | 147 | 132   | 155 | 139   |     | 147   |     | 154   |     |     |     |
| 16:42:00               | 118         | 138 | 124   | 145 | 131   | 153 | 138   |     | 146   |     | 153   |     |     |     |
| 16:48:00               | 117         | 136 | 123   | 144 | 129   | 151 | 136   | 160 | 144   |     | 151   |     | 160 |     |
| 16:54:00               | 115         | 135 | 121   | 142 | 128   | 150 | 135   | 158 | 143   |     | 150   |     | 158 |     |
| 17:00:00               | 114         | 133 | 120   | 140 | 126   | 148 | 133   | 156 | 141   |     | 148   |     | 156 |     |
| 17:06:00               | 113         | 131 | 118   | 139 | 125   | 146 | 132   | 155 | 139   |     | 147   |     | 154 |     |
| 17:12:00               | 111         | 130 | 117   | 137 | 124   | 145 | 130   | 153 | 138   |     | 145   |     | 153 |     |
| 17:18:00               | 110         | 128 | 116   | 135 | 122   | 143 | 129   | 151 | 136   | 160 | 143   |     | 151 |     |
| 17:24:00               | 108         | 126 | 114   | 134 | 121   | 141 | 127   | 150 | 135   | 158 | 142   |     | 150 |     |
| 17:30:00               | 107         | 125 | 113   | 132 | 119   | 140 | 126   | 148 | 133   | 156 | 140   |     | 148 |     |
| 17:36:00               | 106         | 123 | 111   | 130 | 118   | 138 | 124   | 146 | 132   | 155 | 139   |     | 147 |     |
| 17:42:00               | 104         | 121 | 110   | 129 | 116   | 136 | 123   | 145 | 130   | 153 | 137   |     | 145 |     |
| 17:48:00               | 103         | 120 | 109   | 127 | 115   | 135 | 121   | 143 | 129   | 151 | 136   | 160 | 143 |     |
| 17:54:00               | 102         | 118 | 107   | 126 | 113   | 133 | 120   | 141 | 127   | 150 | 134   | 158 | 142 |     |
| 18:00:00               | 100         | 116 | 106   | 124 | 112   | 131 | 118   | 140 | 125   | 148 | 132   | 156 | 140 |     |
| 18:06:00               | 99          | 114 | 104   | 122 | 111   | 130 | 117   | 138 | 124   | 146 | 131   | 154 | 139 |     |
| 18:12:00               | 97          | 113 | 103   | 121 | 109   | 128 | 115   | 136 | 122   | 145 | 129   | 153 | 137 |     |
| 18:18:00               | 96          | 111 | 102   | 119 | 108   | 126 | 114   | 135 | 121   | 143 | 128   | 151 | 136 |     |
| 18:24:00               | 95          | 110 | 100   | 117 | 107   | 125 | 113   | 134 | 120   | 142 | 127   | 150 | 135 |     |
| 18:30:00               | 94          | 109 | 99    | 116 | 106   | 124 | 112   | 133 | 119   | 141 | 126   | 149 | 134 | 160 |

| Korcsoport | >25         |     | 26-30 |     | 31-35 |     | 36-40 |     | 41-45 |     | 46-50 |     | 51< |     |
|------------|-------------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-----|-----|
| Nem        | ffi         | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi | nő  |
| Idő        | pontértékek |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 18:30:00   | 88          | 108 | 99    | 116 | 105   | 123 | 111   | 131 | 118   | 140 | 124   | 148 | 132 | 158 |
| 18:36:00   | 85          | 106 | 97    | 114 | 103   | 121 | 109   | 130 | 116   | 138 | 123   | 146 | 131 | 157 |
| 18:42:00   | 81          | 104 | 96    | 112 | 102   | 120 | 108   | 128 | 115   | 136 | 121   | 144 | 129 | 155 |
| 18:48:00   | 77          | 103 | 92    | 111 | 100   | 118 | 106   | 126 | 113   | 135 | 120   | 142 | 128 | 153 |
| 18:54:00   | 73          | 101 | 88    | 109 | 99    | 116 | 105   | 125 | 112   | 133 | 118   | 141 | 126 | 151 |
| 19:00:00   | 69          | 99  | 84    | 107 | 97    | 114 | 103   | 123 | 110   | 131 | 117   | 139 | 124 | 149 |
| 19:06:00   | 66          | 98  | 80    | 106 | 96    | 113 | 102   | 121 | 108   | 130 | 115   | 137 | 123 | 148 |
| 19:12:00   | 62          | 96  | 76    | 104 | 92    | 111 | 100   | 120 | 107   | 128 | 113   | 136 | 121 | 146 |
| 19:18:00   | 58          | 91  | 72    | 103 | 87    | 109 | 99    | 118 | 105   | 126 | 112   | 134 | 120 | 144 |
| 19:24:00   | 54          | 88  | 67    | 101 | 83    | 108 | 97    | 116 | 104   | 125 | 110   | 132 | 118 | 142 |
| 19:30:00   | 50          | 85  | 63    | 99  | 78    | 106 | 96    | 114 | 102   | 123 | 109   | 130 | 117 | 141 |
| 19:36:00   | 47          | 81  | 59    | 98  | 74    | 104 | 91    | 113 | 101   | 121 | 107   | 129 | 115 | 139 |
| 19:42:00   | 43          | 78  | 55    | 96  | 69    | 103 | 86    | 111 | 99    | 120 | 105   | 127 | 113 | 137 |
| 19:48:00   | 39          | 75  | 51    | 91  | 65    | 101 | 81    | 109 | 98    | 118 | 104   | 125 | 112 | 135 |
| 19:54:00   | 35          | 71  | 47    | 87  | 60    | 99  | 76    | 108 | 96    | 116 | 102   | 124 | 110 | 133 |
| 20:00:00   | 31          | 68  | 43    | 84  | 56    | 98  | 71    | 106 | 89    | 114 | 101   | 122 | 109 | 132 |
| 20:06:00   | 28          | 65  | 38    | 80  | 51    | 96  | 66    | 104 | 84    | 113 | 99    | 120 | 107 | 130 |
| 20:12:00   | 24          | 61  | 34    | 76  | 47    | 92  | 61    | 103 | 78    | 111 | 98    | 118 | 105 | 128 |
| 20:18:00   | 20          | 58  | 30    | 72  | 42    | 88  | 56    | 101 | 73    | 109 | 96    | 117 | 104 | 126 |
| 20:24:00   | 16          | 55  | 26    | 69  | 37    | 84  | 51    | 99  | 67    | 108 | 89    | 115 | 102 | 124 |
| 20:30:00   | 12          | 51  | 22    | 65  | 33    | 79  | 46    | 98  | 62    | 106 | 83    | 113 | 101 | 123 |
| 20:36:00   | 9           | 48  | 18    | 61  | 28    | 75  | 41    | 96  | 56    | 104 | 77    | 111 | 99  | 121 |
| 20:42:00   | 5           | 45  | 13    | 57  | 24    | 71  | 36    | 91  | 51    | 103 | 70    | 110 | 98  | 119 |
| 20:48:00   | 1           | 41  | 9     | 54  | 19    | 66  | 31    | 86  | 45    | 101 | 64    | 108 | 96  | 117 |
| 20:54:00   |             | 38  | 5     | 50  | 15    | 62  | 26    | 81  | 40    | 99  | 58    | 106 | 88  | 116 |
| 21:00:00   |             | 35  | 1     | 46  | 10    | 58  | 21    | 76  | 34    | 98  | 51    | 105 | 80  | 114 |
| 21:06:00   |             | 31  |       | 42  | 6     | 53  | 16    | 71  | 29    | 96  | 45    | 103 | 72  | 112 |
| 21:12:00   |             | 28  |       | 39  | 1     | 49  | 11    | 66  | 23    | 90  | 39    | 101 | 64  | 110 |
| 21:18:00   |             | 24  |       | 35  |       | 45  | 6     | 61  | 18    | 84  | 33    | 99  | 56  | 108 |
| 21:24:00   |             | 21  |       | 31  |       | 40  | 1     | 56  | 12    | 78  | 26    | 98  | 48  | 107 |
| 21:30:00   |             | 18  |       | 27  |       | 36  |       | 51  | 7     | 72  | 20    | 96  | 41  | 105 |
| 21:36:00   |             | 14  |       | 24  |       | 31  |       | 46  | 1     | 66  | 14    | 89  | 33  | 103 |
| 21:42:00   |             | 11  |       | 20  |       | 27  |       | 41  |       | 61  | 7     | 83  | 25  | 101 |
| 21:48:00   |             | 8   |       | 16  |       | 23  |       | 36  |       | 55  | 1     | 76  | 17  | 100 |
| 21:54:00   |             | 4   |       | 12  |       | 18  |       | 31  |       | 49  |       | 69  | 9   | 98  |
| 22:00:00   |             | 1   |       | 9   |       | 14  |       | 26  |       | 43  |       | 62  | 1   | 96  |
| 22:06:00   |             |     |       | 5   |       | 10  |       | 21  |       | 37  |       | 55  |     | 84  |
| 22:12:00   |             |     |       | 1   |       | 5   |       | 16  |       | 31  |       | 49  |     | 75  |
| 22:18:00   |             |     |       |     |       | 1   |       | 11  |       | 25  |       | 42  |     | 66  |
| 22:24:00   |             |     |       |     |       |     |       | 6   |       | 19  |       | 35  |     | 57  |
| 22:30:00   |             |     |       |     |       |     |       | 1   |       | 13  |       | 28  |     | 47  |
| 22:36:00   |             |     |       |     |       |     |       |     |       | 7   |       | 21  |     | 38  |
| 22:42:00   |             |     |       |     |       |     |       |     |       | 1   |       | 15  |     | 29  |
| 22:48:00   |             |     |       |     |       |     |       |     |       |     |       | 8   |     | 20  |
| 22:54:00   |             |     |       |     |       |     |       |     |       |     |       | 1   |     | 10  |
| 23:00:00   |             |     |       |     |       |     |       |     |       |     |       |     |     | 1   |

| b) 6 km gyorsított menet sportöltözetben |             |     |       |     |       |     |       |     |       |     |       |     |     |     |
|------------------------------------------|-------------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-----|-----|
| Korcsoport                               | >25         |     | 26-30 |     | 31-35 |     | 36-40 |     | 41-45 |     | 46-50 |     | 51< |     |
| Nem                                      | ffi         | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi | nő  |
| Idő                                      | pontértékek |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 34:36:00                                 | 140         |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 34:42:00                                 | 139         |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 34:48:00                                 | 138         |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 34:54:00                                 | 136         |     | 140   |     |       |     |       |     |       |     |       |     |     |     |
| 35:00:00                                 | 135         |     | 138   |     |       |     |       |     |       |     |       |     |     |     |
| 35:06:00                                 | 134         |     | 137   |     | 140   |     |       |     |       |     |       |     |     |     |
| 35:12:00                                 | 133         |     | 135   |     | 139   |     |       |     |       |     |       |     |     |     |
| 35:18:00                                 | 131         |     | 134   |     | 138   |     | 140   |     |       |     |       |     |     |     |
| 35:24:00                                 | 130         |     | 133   |     | 137   |     | 139   |     |       |     |       |     |     |     |
| 35:30:00                                 | 129         |     | 132   |     | 136   |     | 138   |     |       |     |       |     |     |     |
| 35:36:00                                 | 128         |     | 131   |     | 135   |     | 137   |     | 140   |     |       |     |     |     |
| 35:42:00                                 | 126         |     | 130   |     | 134   |     | 136   |     | 139   |     |       |     |     |     |
| 35:48:00                                 | 125         |     | 128   |     | 132   |     | 134   |     | 138   |     | 140   |     |     |     |
| 35:54:00                                 | 124         |     | 127   |     | 131   |     | 133   |     | 137   |     | 138   |     |     |     |
| 36:00:00                                 | 122         | 140 | 126   |     | 130   |     | 132   |     | 136   |     | 137   |     | 140 |     |
| 36:06:00                                 | 121         | 138 | 125   |     | 129   |     | 131   |     | 135   |     | 136   |     | 138 |     |
| 36:12:00                                 | 120         | 138 | 124   |     | 128   |     | 130   |     | 134   |     | 135   |     | 138 |     |
| 36:18:00                                 | 119         | 137 | 123   |     | 127   |     | 129   |     | 133   |     | 134   |     | 137 |     |
| 36:24:00                                 | 117         | 136 | 121   |     | 126   |     | 128   |     | 132   |     | 134   |     | 136 |     |
| 36:30:00                                 | 116         | 135 | 120   | 140 | 125   |     | 127   |     | 131   |     | 133   |     | 135 |     |
| 36:36:00                                 | 115         | 134 | 119   | 138 | 124   |     | 126   |     | 130   |     | 132   |     | 134 |     |
| 36:42:00                                 | 113         | 133 | 118   | 138 | 123   |     | 125   |     | 129   |     | 131   |     | 133 |     |
| 36:48:00                                 | 112         | 132 | 117   | 137 | 121   |     | 124   |     | 128   |     | 130   |     | 132 |     |
| 36:54:00                                 | 111         | 132 | 116   | 136 | 120   |     | 123   |     | 127   |     | 129   |     | 132 |     |
| 37:00:00                                 | 110         | 131 | 114   | 135 | 119   | 140 | 122   |     | 126   |     | 128   |     | 131 |     |
| 37:06:00                                 | 108         | 130 | 113   | 134 | 118   | 139 | 121   |     | 125   |     | 127   |     | 130 |     |
| 37:12:00                                 | 107         | 129 | 112   | 134 | 117   | 138 | 120   |     | 124   |     | 126   |     | 129 |     |
| 37:18:00                                 | 106         | 128 | 111   | 133 | 116   | 137 | 119   |     | 123   |     | 125   |     | 128 |     |
| 37:24:00                                 | 104         | 127 | 110   | 132 | 115   | 137 | 118   |     | 122   |     | 125   |     | 127 |     |
| 37:30:00                                 | 103         | 127 | 109   | 131 | 114   | 136 | 117   | 140 | 121   |     | 124   |     | 127 |     |
| 37:36:00                                 | 102         | 126 | 107   | 130 | 113   | 135 | 116   | 139 | 120   |     | 123   |     | 126 |     |
| 37:42:00                                 | 101         | 125 | 106   | 130 | 112   | 134 | 115   | 138 | 119   |     | 122   |     | 125 |     |
| 37:48:00                                 | 99          | 124 | 105   | 129 | 110   | 134 | 114   | 137 | 118   |     | 121   |     | 124 |     |
| 37:54:00                                 | 98          | 123 | 104   | 128 | 109   | 133 | 113   | 137 | 117   |     | 120   |     | 123 |     |
| 38:00:00                                 | 97          | 122 | 103   | 127 | 108   | 132 | 112   | 136 | 116   | 140 | 119   |     | 122 |     |
| 38:06:00                                 | 96          | 121 | 102   | 126 | 107   | 131 | 111   | 135 | 115   | 139 | 118   |     | 121 |     |
| 38:12:00                                 | 94          | 121 | 100   | 126 | 106   | 131 | 110   | 134 | 114   | 138 | 117   |     | 121 |     |
| 38:18:00                                 | 93          | 120 | 99    | 125 | 105   | 130 | 109   | 134 | 113   | 138 | 116   |     | 120 |     |
| 38:24:00                                 | 92          | 119 | 98    | 124 | 104   | 129 | 108   | 133 | 112   | 137 | 116   |     | 119 |     |
| 38:30:00                                 | 90          | 118 | 97    | 123 | 103   | 128 | 107   | 132 | 111   | 136 | 115   | 140 | 118 |     |
| 38:36:00                                 | 89          | 117 | 96    | 122 | 102   | 128 | 106   | 132 | 110   | 136 | 114   | 139 | 117 |     |
| 38:42:00                                 | 88          | 116 | 95    | 122 | 101   | 127 | 105   | 131 | 109   | 135 | 113   | 139 | 116 |     |
| 38:48:00                                 | 87          | 115 | 93    | 121 | 99    | 126 | 104   | 130 | 108   | 134 | 112   | 138 | 115 |     |
| 38:54:00                                 | 85          | 115 | 92    | 120 | 98    | 125 | 103   | 130 | 107   | 134 | 111   | 137 | 115 |     |
| 39:00:00                                 | 84          | 114 | 91    | 119 | 97    | 125 | 102   | 129 | 106   | 133 | 110   | 137 | 114 | 140 |
| 39:06:00                                 | 81          | 113 | 90    | 118 | 96    | 124 | 100   | 128 | 105   | 132 | 109   | 136 | 113 | 139 |
| 39:12:00                                 | 79          | 112 | 89    | 118 | 95    | 123 | 99    | 127 | 104   | 132 | 108   | 135 | 112 | 138 |
| 39:18:00                                 | 76          | 111 | 88    | 117 | 94    | 122 | 98    | 127 | 103   | 131 | 107   | 135 | 111 | 137 |
| 39:24:00                                 | 74          | 110 | 86    | 116 | 93    | 122 | 97    | 126 | 102   | 130 | 107   | 134 | 110 | 137 |

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|------------|-------------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-----|-----|
| Nem        | ffi         | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi | nő  |
| Idő        | pontértékek |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 39:30:00   | 72          | 110 | 85    | 115 | 92    | 121 | 96    | 125 | 101   | 130 | 106   | 133 | 110 | 136 |
| 39:36:00   | 69          | 109 | 84    | 114 | 91    | 120 | 95    | 125 | 100   | 129 | 105   | 133 | 109 | 136 |
| 39:42:00   | 67          | 108 | 81    | 114 | 90    | 119 | 94    | 124 | 99    | 128 | 104   | 132 | 108 | 135 |
| 39:48:00   | 64          | 107 | 78    | 113 | 88    | 119 | 93    | 123 | 98    | 128 | 103   | 131 | 107 | 134 |
| 39:54:00   | 62          | 106 | 76    | 112 | 87    | 118 | 92    | 123 | 97    | 127 | 102   | 131 | 106 | 134 |
| 40:00:00   | 60          | 105 | 74    | 111 | 86    | 117 | 91    | 122 | 96    | 126 | 101   | 130 | 105 | 133 |
| 40:06:00   | 57          | 104 | 72    | 110 | 85    | 116 | 90    | 121 | 95    | 125 | 100   | 130 | 104 | 133 |
| 40:12:00   | 55          | 104 | 70    | 110 | 84    | 116 | 89    | 120 | 94    | 125 | 99    | 129 | 104 | 132 |
| 40:18:00   | 53          | 103 | 68    | 109 | 82    | 115 | 88    | 120 | 93    | 124 | 98    | 128 | 103 | 131 |
| 40:24:00   | 50          | 102 | 66    | 108 | 80    | 114 | 87    | 119 | 92    | 123 | 98    | 128 | 102 | 131 |
| 40:30:00   | 48          | 101 | 63    | 107 | 78    | 113 | 86    | 118 | 91    | 123 | 97    | 127 | 101 | 130 |
| 40:36:00   | 46          | 100 | 61    | 106 | 76    | 113 | 85    | 118 | 90    | 122 | 96    | 126 | 100 | 130 |
| 40:42:00   | 43          | 99  | 59    | 106 | 74    | 112 | 84    | 117 | 89    | 121 | 95    | 126 | 99  | 129 |
| 40:48:00   | 41          | 98  | 57    | 105 | 72    | 111 | 83    | 116 | 88    | 121 | 94    | 125 | 98  | 128 |
| 40:54:00   | 39          | 98  | 55    | 104 | 70    | 110 | 81    | 116 | 87    | 120 | 93    | 124 | 98  | 128 |
| 41:00:00   | 36          | 97  | 53    | 103 | 68    | 110 | 79    | 115 | 86    | 119 | 92    | 124 | 97  | 127 |
| 41:06:00   | 34          | 96  | 50    | 102 | 66    | 109 | 78    | 114 | 85    | 119 | 91    | 123 | 96  | 127 |
| 41:12:00   | 32          | 95  | 48    | 102 | 64    | 108 | 76    | 113 | 84    | 118 | 90    | 122 | 95  | 126 |
| 41:18:00   | 29          | 94  | 46    | 101 | 62    | 107 | 74    | 113 | 84    | 117 | 89    | 122 | 94  | 125 |
| 41:24:00   | 27          | 93  | 44    | 100 | 60    | 107 | 72    | 112 | 82    | 117 | 89    | 121 | 93  | 125 |
| 41:30:00   | 25          | 92  | 42    | 99  | 58    | 106 | 70    | 111 | 80    | 116 | 88    | 120 | 92  | 124 |
| 41:36:00   | 22          | 92  | 40    | 98  | 56    | 105 | 69    | 111 | 79    | 115 | 87    | 120 | 92  | 124 |
| 41:42:00   | 20          | 91  | 38    | 98  | 54    | 104 | 67    | 110 | 77    | 115 | 86    | 119 | 91  | 123 |
| 41:48:00   | 17          | 90  | 35    | 97  | 52    | 104 | 65    | 109 | 75    | 114 | 85    | 118 | 90  | 122 |
| 41:54:00   | 15          | 89  | 33    | 96  | 51    | 103 | 63    | 109 | 74    | 113 | 84    | 118 | 89  | 122 |
| 42:00:00   | 13          | 88  | 31    | 95  | 49    | 102 | 62    | 108 | 72    | 113 | 82    | 117 | 88  | 121 |
| 42:06:00   | 10          | 87  | 29    | 94  | 47    | 101 | 60    | 107 | 70    | 112 | 81    | 117 | 87  | 121 |
| 42:12:00   | 8           | 87  | 27    | 94  | 45    | 101 | 58    | 106 | 69    | 111 | 79    | 116 | 87  | 120 |
| 42:18:00   | 6           | 86  | 25    | 93  | 43    | 100 | 56    | 106 | 67    | 111 | 77    | 115 | 86  | 119 |
| 42:24:00   | 3           | 85  | 23    | 92  | 41    | 99  | 54    | 105 | 65    | 110 | 76    | 115 | 85  | 119 |
| 42:30:00   | 1           | 84  | 20    | 91  | 39    | 98  | 53    | 104 | 64    | 109 | 74    | 114 | 84  | 118 |
| 42:36:00   |             | 83  | 18    | 90  | 37    | 98  | 51    | 104 | 62    | 108 | 73    | 113 | 82  | 118 |
| 42:42:00   |             | 81  | 16    | 90  | 35    | 97  | 49    | 103 | 60    | 108 | 71    | 113 | 81  | 117 |
| 42:48:00   |             | 80  | 14    | 89  | 33    | 96  | 47    | 102 | 59    | 107 | 70    | 112 | 79  | 116 |
| 42:54:00   |             | 78  | 12    | 88  | 31    | 95  | 46    | 102 | 57    | 106 | 68    | 111 | 78  | 116 |
| 43:00:00   |             | 77  | 10    | 87  | 29    | 95  | 44    | 101 | 55    | 106 | 67    | 111 | 76  | 115 |
| 43:06:00   |             | 75  | 7     | 86  | 27    | 94  | 42    | 100 | 54    | 105 | 65    | 110 | 75  | 115 |
| 43:12:00   |             | 74  | 5     | 86  | 25    | 93  | 40    | 99  | 52    | 104 | 63    | 109 | 74  | 114 |
| 43:18:00   |             | 73  | 3     | 85  | 23    | 92  | 38    | 99  | 51    | 104 | 62    | 109 | 72  | 113 |
| 43:24:00   |             | 71  | 1     | 84  | 21    | 92  | 37    | 98  | 49    | 103 | 60    | 108 | 71  | 113 |
| 43:30:00   |             | 70  |       | 83  | 19    | 91  | 35    | 97  | 47    | 102 | 59    | 107 | 69  | 112 |
| 43:36:00   |             | 68  |       | 81  | 17    | 90  | 33    | 97  | 46    | 102 | 57    | 107 | 68  | 112 |
| 43:42:00   |             | 67  |       | 80  | 15    | 89  | 31    | 96  | 44    | 101 | 56    | 106 | 66  | 111 |
| 43:48:00   |             | 65  |       | 79  | 13    | 89  | 29    | 95  | 42    | 100 | 54    | 105 | 65  | 110 |
| 43:54:00   |             | 64  |       | 77  | 11    | 88  | 28    | 95  | 41    | 100 | 52    | 105 | 63  | 110 |
| 44:00:00   |             | 62  |       | 76  | 9     | 87  | 26    | 94  | 39    | 99  | 51    | 104 | 62  | 109 |
| 44:06:00   |             | 61  |       | 74  | 7     | 86  | 24    | 93  | 37    | 98  | 49    | 104 | 60  | 109 |
| 44:12:00   |             | 59  |       | 73  | 5     | 86  | 22    | 92  | 36    | 98  | 48    | 103 | 59  | 108 |
| 44:18:00   |             | 58  |       | 72  | 3     | 85  | 21    | 92  | 34    | 97  | 46    | 102 | 58  | 107 |
| 44:24:00   |             | 56  |       | 70  | 1     | 84  | 19    | 91  | 32    | 96  | 45    | 102 | 56  | 107 |
| 44:30:00   |             | 55  |       | 69  |       | 82  | 17    | 90  | 31    | 96  | 43    | 101 | 55  | 106 |
| 44:36:00   |             | 54  |       | 68  |       | 81  | 15    | 90  | 29    | 95  | 42    | 100 | 53  | 106 |

| Korcsoport | >25         |    | 26-30 |    | 31-35 |    | 36-40 |    | 41-45 |    | 46-50 |     | 51< |     |
|------------|-------------|----|-------|----|-------|----|-------|----|-------|----|-------|-----|-----|-----|
| Nem        | ffi         | nő | ffi   | nő | ffi   | nő | ffi   | nő | ffi   | nő | ffi   | nő  | ffi | nő  |
| Idő        | pontértékek |    |       |    |       |    |       |    |       |    |       |     |     |     |
| 44:42:00   |             | 52 |       | 66 |       | 80 | 13    | 89 | 27    | 94 | 40    | 100 | 52  | 105 |
| 44:48:00   |             | 51 |       | 65 |       | 78 | 12    | 88 | 26    | 94 | 38    | 99  | 50  | 104 |
| 44:54:00   |             | 49 |       | 64 |       | 77 | 10    | 88 | 24    | 93 | 37    | 98  | 49  | 104 |
| 45:00:00   |             | 48 |       | 62 |       | 76 | 8     | 87 | 22    | 92 | 35    | 98  | 47  | 103 |
| 45:06:00   |             | 46 |       | 61 |       | 74 | 6     | 86 | 21    | 91 | 34    | 97  | 46  | 103 |
| 45:12:00   |             | 45 |       | 59 |       | 73 | 5     | 85 | 19    | 91 | 32    | 96  | 45  | 102 |
| 45:18:00   |             | 43 |       | 58 |       | 72 | 3     | 85 | 18    | 90 | 31    | 96  | 43  | 101 |
| 45:24:00   |             | 42 |       | 57 |       | 70 | 1     | 84 | 16    | 89 | 29    | 95  | 42  | 101 |
| 45:30:00   |             | 40 |       | 55 |       | 69 |       | 83 | 14    | 89 | 28    | 94  | 40  | 100 |
| 45:36:00   |             | 39 |       | 54 |       | 68 |       | 81 | 13    | 88 | 26    | 94  | 39  | 100 |
| 45:42:00   |             | 38 |       | 53 |       | 67 |       | 80 | 11    | 87 | 24    | 93  | 37  | 99  |
| 45:48:00   |             | 36 |       | 51 |       | 65 |       | 79 | 9     | 87 | 23    | 92  | 36  | 98  |
| 45:54:00   |             | 35 |       | 50 |       | 64 |       | 78 | 8     | 86 | 21    | 92  | 34  | 98  |
| 46:00:00   |             | 33 |       | 49 |       | 63 |       | 76 | 6     | 85 | 20    | 91  | 33  | 97  |
| 46:06:00   |             | 32 |       | 47 |       | 61 |       | 75 | 4     | 85 | 18    | 91  | 31  | 97  |
| 46:12:00   |             | 30 |       | 46 |       | 60 |       | 74 | 3     | 84 | 17    | 90  | 30  | 96  |
| 46:18:00   |             | 29 |       | 45 |       | 59 |       | 72 | 1     | 84 | 15    | 89  | 29  | 95  |
| 46:24:00   |             | 27 |       | 43 |       | 57 |       | 71 |       | 83 | 13    | 89  | 27  | 95  |
| 46:30:00   |             | 26 |       | 42 |       | 56 |       | 70 |       | 81 | 12    | 88  | 26  | 94  |
| 46:36:00   |             | 24 |       | 40 |       | 55 |       | 69 |       | 80 | 10    | 87  | 24  | 94  |
| 46:42:00   |             | 23 |       | 39 |       | 53 |       | 67 |       | 79 | 9     | 87  | 23  | 93  |
| 46:48:00   |             | 21 |       | 38 |       | 52 |       | 66 |       | 78 | 7     | 86  | 21  | 92  |
| 46:54:00   |             | 20 |       | 36 |       | 51 |       | 65 |       | 77 | 6     | 85  | 20  | 92  |
| 47:00:00   |             | 19 |       | 35 |       | 49 |       | 63 |       | 75 | 4     | 85  | 18  | 91  |
| 47:06:00   |             | 17 |       | 34 |       | 48 |       | 62 |       | 74 | 3     | 84  | 17  | 91  |
| 47:12:00   |             | 16 |       | 32 |       | 47 |       | 61 |       | 73 | 1     | 84  | 16  | 90  |
| 47:18:00   |             | 14 |       | 31 |       | 46 |       | 60 |       | 72 |       | 83  | 14  | 89  |
| 47:24:00   |             | 13 |       | 30 |       | 44 |       | 58 |       | 71 |       | 82  | 13  | 89  |
| 47:30:00   |             | 11 |       | 28 |       | 43 |       | 57 |       | 69 |       | 80  | 11  | 88  |
| 47:36:00   |             | 10 |       | 27 |       | 42 |       | 56 |       | 68 |       | 79  | 10  | 88  |
| 47:42:00   |             | 8  |       | 25 |       | 40 |       | 55 |       | 67 |       | 78  | 8   | 87  |
| 47:48:00   |             | 7  |       | 24 |       | 39 |       | 53 |       | 66 |       | 77  | 7   | 86  |
| 47:54:00   |             | 5  |       | 23 |       | 38 |       | 52 |       | 65 |       | 76  | 5   | 86  |
| 48:00:00   |             | 4  |       | 21 |       | 36 |       | 51 |       | 63 |       | 75  | 4   | 85  |
| 48:06:00   |             | 2  |       | 20 |       | 35 |       | 49 |       | 62 |       | 73  | 2   | 85  |
| 48:12:00   |             | 1  |       | 19 |       | 34 |       | 48 |       | 61 |       | 72  | 1   | 84  |
| 48:18:00   |             |    |       | 17 |       | 32 |       | 47 |       | 60 |       | 71  |     | 82  |
| 48:24:00   |             |    |       | 16 |       | 31 |       | 46 |       | 59 |       | 70  |     | 81  |
| 48:30:00   |             |    |       | 15 |       | 30 |       | 44 |       | 57 |       | 69  |     | 80  |
| 48:36:00   |             |    |       | 13 |       | 29 |       | 43 |       | 56 |       | 68  |     | 79  |
| 48:42:00   |             |    |       | 12 |       | 27 |       | 42 |       | 55 |       | 67  |     | 78  |
| 48:48:00   |             |    |       | 11 |       | 26 |       | 41 |       | 54 |       | 65  |     | 77  |
| 48:54:00   |             |    |       | 9  |       | 25 |       | 39 |       | 53 |       | 64  |     | 76  |
| 49:00:00   |             |    |       | 8  |       | 23 |       | 38 |       | 51 |       | 63  |     | 75  |
| 49:06:00   |             |    |       | 6  |       | 22 |       | 37 |       | 50 |       | 62  |     | 74  |
| 49:12:00   |             |    |       | 5  |       | 21 |       | 35 |       | 49 |       | 61  |     | 73  |
| 49:18:00   |             |    |       | 4  |       | 19 |       | 34 |       | 48 |       | 60  |     | 71  |
| 49:24:00   |             |    |       | 2  |       | 18 |       | 33 |       | 47 |       | 59  |     | 70  |
| 49:30:00   |             |    |       | 1  |       | 17 |       | 32 |       | 45 |       | 57  |     | 69  |
| 49:36:00   |             |    |       |    |       | 15 |       | 30 |       | 44 |       | 56  |     | 68  |
| 49:42:00   |             |    |       |    |       | 14 |       | 29 |       | 43 |       | 55  |     | 67  |
| 49:48:00   |             |    |       |    |       | 13 |       | 28 |       | 42 |       | 54  |     | 66  |

| Korcsoport | >25         |    | 26-30 |    | 31-35 |    | 36-40 |    | 41-45 |    | 46-50 |    | 51< |    |
|------------|-------------|----|-------|----|-------|----|-------|----|-------|----|-------|----|-----|----|
| Nem        | ffi         | nő | ffi   | nő | ffi   | nő | ffi   | nő | ffi   | nő | ffi   | nő | ffi | nő |
| Idő        | pontértékek |    |       |    |       |    |       |    |       |    |       |    |     |    |
| 49:54:00   |             |    |       |    |       | 11 |       | 27 |       | 41 |       | 53 |     | 65 |
| 50:00:00   |             |    |       |    |       | 10 |       | 25 |       | 39 |       | 52 |     | 64 |
| 50:06:00   |             |    |       |    |       | 9  |       | 24 |       | 38 |       | 50 |     | 63 |
| 50:12:00   |             |    |       |    |       | 8  |       | 23 |       | 37 |       | 49 |     | 62 |
| 50:18:00   |             |    |       |    |       | 6  |       | 21 |       | 36 |       | 48 |     | 60 |
| 50:24:00   |             |    |       |    |       | 5  |       | 20 |       | 35 |       | 47 |     | 59 |
| 50:30:00   |             |    |       |    |       | 4  |       | 19 |       | 33 |       | 46 |     | 58 |
| 50:36:00   |             |    |       |    |       | 2  |       | 18 |       | 32 |       | 45 |     | 57 |
| 50:42:00   |             |    |       |    |       | 1  |       | 16 |       | 31 |       | 44 |     | 56 |
| 50:48:00   |             |    |       |    |       |    |       | 15 |       | 30 |       | 42 |     | 55 |
| 50:54:00   |             |    |       |    |       |    |       | 14 |       | 29 |       | 41 |     | 54 |
| 51:00:00   |             |    |       |    |       |    |       | 12 |       | 27 |       | 40 |     | 53 |
| 51:06:00   |             |    |       |    |       |    |       | 11 |       | 26 |       | 39 |     | 52 |
| 51:12:00   |             |    |       |    |       |    |       | 10 |       | 25 |       | 38 |     | 51 |
| 51:18:00   |             |    |       |    |       |    |       | 9  |       | 24 |       | 37 |     | 49 |
| 51:24:00   |             |    |       |    |       |    |       | 7  |       | 23 |       | 36 |     | 48 |
| 51:30:00   |             |    |       |    |       |    |       | 6  |       | 21 |       | 34 |     | 47 |
| 51:36:00   |             |    |       |    |       |    |       | 5  |       | 20 |       | 33 |     | 46 |
| 51:42:00   |             |    |       |    |       |    |       | 4  |       | 19 |       | 32 |     | 45 |
| 51:48:00   |             |    |       |    |       |    |       | 2  |       | 18 |       | 31 |     | 44 |
| 51:54:00   |             |    |       |    |       |    |       | 1  |       | 17 |       | 30 |     | 43 |
| 52:00:00   |             |    |       |    |       |    |       |    |       | 15 |       | 29 |     | 42 |
| 52:06:00   |             |    |       |    |       |    |       |    |       | 14 |       | 27 |     | 41 |
| 52:12:00   |             |    |       |    |       |    |       |    |       | 13 |       | 26 |     | 40 |
| 52:18:00   |             |    |       |    |       |    |       |    |       | 12 |       | 25 |     | 38 |
| 52:24:00   |             |    |       |    |       |    |       |    |       | 11 |       | 24 |     | 37 |
| 52:30:00   |             |    |       |    |       |    |       |    |       | 9  |       | 23 |     | 36 |
| 52:36:00   |             |    |       |    |       |    |       |    |       | 8  |       | 22 |     | 35 |
| 52:42:00   |             |    |       |    |       |    |       |    |       | 7  |       | 21 |     | 34 |
| 52:48:00   |             |    |       |    |       |    |       |    |       | 6  |       | 19 |     | 33 |
| 52:54:00   |             |    |       |    |       |    |       |    |       | 5  |       | 18 |     | 32 |
| 53:00:00   |             |    |       |    |       |    |       |    |       | 3  |       | 17 |     | 31 |
| 53:06:00   |             |    |       |    |       |    |       |    |       | 2  |       | 16 |     | 30 |
| 53:12:00   |             |    |       |    |       |    |       |    |       | 1  |       | 15 |     | 29 |
| 53:18:00   |             |    |       |    |       |    |       |    |       |    |       | 14 |     | 27 |
| 53:24:00   |             |    |       |    |       |    |       |    |       |    |       | 13 |     | 26 |
| 53:30:00   |             |    |       |    |       |    |       |    |       |    |       | 11 |     | 25 |
| 53:36:00   |             |    |       |    |       |    |       |    |       |    |       | 10 |     | 24 |
| 53:42:00   |             |    |       |    |       |    |       |    |       |    |       | 9  |     | 23 |
| 53:48:00   |             |    |       |    |       |    |       |    |       |    |       | 8  |     | 22 |
| 53:54:00   |             |    |       |    |       |    |       |    |       |    |       | 7  |     | 21 |
| 54:00:00   |             |    |       |    |       |    |       |    |       |    |       | 6  |     | 20 |
| 54:06:00   |             |    |       |    |       |    |       |    |       |    |       | 4  |     | 19 |
| 54:12:00   |             |    |       |    |       |    |       |    |       |    |       | 3  |     | 18 |
| 54:18:00   |             |    |       |    |       |    |       |    |       |    |       | 2  |     | 16 |
| 54:24:00   |             |    |       |    |       |    |       |    |       |    |       | 1  |     | 15 |
| 54:30:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 14 |
| 54:36:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 13 |
| 54:42:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 12 |
| 54:48:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 11 |
| 54:54:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 10 |
| 55:00:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 9  |

| Korcsoport | >25         |    | 26-30 |    | 31-35 |    | 36-40 |    | 41-45 |    | 46-50 |    | 51< |    |
|------------|-------------|----|-------|----|-------|----|-------|----|-------|----|-------|----|-----|----|
| Nem        | ffi         | nő | ffi   | nő | ffi   | nő | ffi   | nő | ffi   | nő | ffi   | nő | ffi | nő |
| Idő        | pontértékek |    |       |    |       |    |       |    |       |    |       |    |     |    |
| 55:06:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 8  |
| 55:12:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 7  |
| 55:18:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 5  |
| 55:24:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 4  |
| 55:30:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 3  |
| 55:36:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 2  |
| 55:42:00   |             |    |       |    |       |    |       |    |       |    |       |    |     | 1  |

| c) Mellső fekvőtámaszban karhajlítás-nyújtás (ffi T1-T4 és nők T3, T4)<br>és mellső térdelőtámaszban karhajlítás-nyújtás (nők T1, T2, FÜV) |             |    |       |    |       |    |       |    |       |    |       |    |     |    |
|--------------------------------------------------------------------------------------------------------------------------------------------|-------------|----|-------|----|-------|----|-------|----|-------|----|-------|----|-----|----|
| Korcsoport                                                                                                                                 | >25         |    | 26-30 |    | 31-35 |    | 36-40 |    | 41-45 |    | 46-50 |    | 51< |    |
| Nem                                                                                                                                        | ffi         | nő | ffi   | nő | ffi   | nő | ffi   | nő | ffi   | nő | ffi   | nő | ffi | nő |
| Ismétlésszám                                                                                                                               | pontértékek |    |       |    |       |    |       |    |       |    |       |    |     |    |
| 75                                                                                                                                         |             |    | 100   |    |       |    |       |    |       |    |       |    |     |    |
| 74                                                                                                                                         |             |    | 98    |    |       |    |       |    |       |    |       |    |     |    |
| 73                                                                                                                                         |             |    | 96    |    |       |    |       |    |       |    |       |    |     |    |
| 72                                                                                                                                         |             |    | 95    |    |       |    |       |    |       |    |       |    |     |    |
| 71                                                                                                                                         | 100         |    | 94    |    |       |    |       |    |       |    |       |    |     |    |
| 70                                                                                                                                         | 98          |    | 92    |    |       |    |       |    |       |    |       |    |     |    |
| 69                                                                                                                                         | 96          |    | 91    |    |       |    |       |    |       |    |       |    |     |    |
| 68                                                                                                                                         | 95          |    | 90    |    | 100   |    |       |    |       |    |       |    |     |    |
| 67                                                                                                                                         | 94          |    | 89    |    | 99    |    |       |    |       |    |       |    |     |    |
| 66                                                                                                                                         | 92          |    | 87    |    | 98    |    |       |    |       |    |       |    |     |    |
| 65                                                                                                                                         | 91          |    | 86    |    | 96    |    |       |    |       |    |       |    |     |    |
| 64                                                                                                                                         | 89          |    | 85    |    | 95    |    |       |    |       |    |       |    |     |    |
| 63                                                                                                                                         | 88          |    | 83    |    | 93    |    |       |    |       |    |       |    |     |    |
| 62                                                                                                                                         | 87          |    | 82    |    | 92    |    |       |    |       |    |       |    |     |    |
| 61                                                                                                                                         | 85          |    | 81    |    | 90    |    |       |    |       |    |       |    |     |    |
| 60                                                                                                                                         | 84          |    | 80    |    | 89    |    | 100   |    |       |    |       |    |     |    |
| 59                                                                                                                                         | 82          |    | 78    |    | 87    |    | 99    |    |       |    |       |    |     |    |
| 58                                                                                                                                         | 81          |    | 77    |    | 86    |    | 97    |    |       |    |       |    |     |    |
| 57                                                                                                                                         | 80          |    | 76    |    | 84    |    | 96    |    |       |    |       |    |     |    |
| 56                                                                                                                                         | 78          |    | 74    |    | 83    |    | 94    |    |       |    |       |    |     |    |
| 55                                                                                                                                         | 77          |    | 73    |    | 81    |    | 92    |    |       |    |       |    |     |    |
| 54                                                                                                                                         | 75          |    | 72    |    | 80    |    | 91    |    |       |    |       |    |     |    |
| 53                                                                                                                                         | 74          |    | 70    |    | 78    |    | 89    |    |       |    |       |    |     |    |
| 52                                                                                                                                         | 73          |    | 69    |    | 77    |    | 87    |    |       |    |       |    |     |    |
| 51                                                                                                                                         | 71          |    | 68    |    | 75    |    | 86    |    | 100   |    |       |    |     |    |
| 50                                                                                                                                         | 70          |    | 67    |    | 74    |    | 84    |    | 98    |    |       |    |     |    |
| 49                                                                                                                                         | 68          |    | 65    |    | 72    |    | 82    |    | 96    |    |       |    |     |    |
| 48                                                                                                                                         | 67          |    | 64    |    | 71    |    | 80    |    | 94    |    |       |    |     |    |
| 47                                                                                                                                         | 66          |    | 63    |    | 69    |    | 79    |    | 92    |    |       |    |     |    |
| 46                                                                                                                                         | 64          |    | 61    |    | 68    |    | 77    |    | 90    |    | 100   |    |     |    |
| 45                                                                                                                                         | 63          |    | 60    |    | 66    |    | 75    |    | 88    |    | 98    |    |     |    |
| 44                                                                                                                                         | 61          |    | 59    |    | 65    |    | 74    |    | 86    |    | 96    |    |     |    |
| 43                                                                                                                                         | 60          |    | 58    |    | 63    |    | 72    |    | 84    |    | 94    |    |     |    |
| 42                                                                                                                                         | 59          |    | 57    |    | 62    |    | 70    |    | 82    |    | 92    |    |     |    |
| 41                                                                                                                                         | 57          |    | 55    |    | 60    |    | 69    |    | 80    |    | 89    |    |     |    |
| 40                                                                                                                                         | 56          |    | 54    |    | 58    |    | 67    |    | 78    |    | 87    |    |     |    |
| 39                                                                                                                                         | 55          |    | 53    |    | 57    |    | 65    |    | 76    |    | 85    |    |     |    |
| 38                                                                                                                                         | 53          |    | 51    |    | 55    |    | 63    |    | 74    |    | 83    |    | 100 |    |
| 37                                                                                                                                         | 52          |    | 50    |    | 54    |    | 62    |    | 72    |    | 80    |    | 98  |    |

| Korcsoport   | >25         |     | 26-30 |     | 31-35 |     | 36-40 |     | 41-45 |     | 46-50 |     | 51< |     |
|--------------|-------------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-----|-----|
| Nem          | ffi         | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi | nő  |
| Ismétlésszám | pontértékek |     |       |     |       |     |       |     |       |     |       |     |     |     |
| 36           | 50          | 100 | 49    | 100 | 52    |     | 60    |     | 70    |     | 78    |     | 95  |     |
| 35           | 49          | 98  | 47    | 98  | 51    |     | 58    |     | 68    |     | 76    |     | 92  |     |
| 34           | 48          | 95  | 46    | 95  | 49    |     | 56    |     | 66    |     | 74    |     | 90  |     |
| 33           | 46          | 92  | 45    | 92  | 48    |     | 54    |     | 64    |     | 71    |     | 87  |     |
| 32           | 45          | 89  | 43    | 89  | 46    |     | 53    |     | 62    |     | 69    |     | 84  |     |
| 31           | 43          | 86  | 42    | 86  | 45    |     | 51    |     | 60    |     | 67    |     | 82  |     |
| 30           | 42          | 83  | 41    | 83  | 44    | 100 | 50    |     | 58    |     | 65    |     | 79  |     |
| 29           | 41          | 80  | 39    | 80  | 42    | 97  | 48    |     | 56    |     | 62    |     | 76  |     |
| 28           | 39          | 77  | 38    | 77  | 41    | 94  | 46    | 100 | 54    |     | 60    |     | 74  |     |
| 27           | 38          | 75  | 36    | 75  | 39    | 91  | 45    | 97  | 52    |     | 58    |     | 71  |     |
| 26           | 36          | 72  | 35    | 72  | 38    | 87  | 43    | 93  | 50    | 100 | 56    |     | 68  |     |
| 25           | 35          | 69  | 34    | 69  | 36    | 84  | 41    | 90  | 48    | 96  | 54    | 100 | 65  | 100 |
| 24           | 34          | 66  | 32    | 66  | 35    | 80  | 40    | 86  | 46    | 92  | 52    | 96  | 63  | 96  |
| 23           | 32          | 63  | 31    | 63  | 33    | 77  | 38    | 82  | 44    | 88  | 49    | 92  | 60  | 92  |
| 22           | 31          | 60  | 30    | 60  | 32    | 74  | 36    | 79  | 42    | 84  | 47    | 88  | 57  | 88  |
| 21           | 29          | 57  | 28    | 57  | 30    | 70  | 35    | 75  | 40    | 80  | 45    | 84  | 55  | 84  |
| 20           | 28          | 54  | 27    | 54  | 29    | 67  | 33    | 71  | 39    | 76  | 43    | 80  | 52  | 80  |
| 19           | 27          | 51  | 26    | 51  | 28    | 63  | 31    | 67  | 37    | 72  | 41    | 76  | 49  | 76  |
| 18           | 25          | 49  | 24    | 49  | 26    | 60  | 30    | 64  | 35    | 68  | 39    | 72  | 47  | 72  |
| 17           | 24          | 46  | 23    | 46  | 25    | 57  | 28    | 60  | 33    | 64  | 37    | 68  | 44  | 68  |
| 16           | 22          | 43  | 22    | 43  | 23    | 54  | 26    | 57  | 31    | 60  | 34    | 64  | 42  | 64  |
| 15           | 21          | 41  | 20    | 41  | 22    | 50  | 25    | 53  | 29    | 57  | 32    | 60  | 39  | 60  |
| 14           | 20          | 38  | 19    | 38  | 20    | 47  | 23    | 50  | 27    | 53  | 30    | 56  | 36  | 56  |
| 13           | 18          | 35  | 18    | 35  | 19    | 44  | 21    | 46  | 25    | 49  | 28    | 52  | 34  | 52  |
| 12           | 17          | 32  | 16    | 32  | 17    | 40  | 20    | 43  | 23    | 46  | 26    | 48  | 31  | 48  |
| 11           | 15          | 30  | 15    | 30  | 16    | 37  | 18    | 39  | 21    | 42  | 24    | 44  | 29  | 44  |
| 10           | 14          | 27  | 14    | 27  | 15    | 34  | 17    | 36  | 19    | 38  | 22    | 40  | 26  | 40  |
| 9            | 13          | 24  | 12    | 24  | 13    | 30  | 15    | 32  | 17    | 34  | 19    | 36  | 23  | 36  |
| 8            | 11          | 22  | 11    | 22  | 12    | 27  | 13    | 28  | 15    | 30  | 17    | 32  | 21  | 32  |
| 7            | 10          | 19  | 9     | 19  | 10    | 23  | 12    | 25  | 13    | 27  | 15    | 28  | 18  | 28  |
| 6            | 8           | 16  | 8     | 16  | 9     | 20  | 10    | 21  | 12    | 23  | 13    | 24  | 16  | 24  |
| 5            | 7           | 14  | 7     | 14  | 7     | 17  | 8     | 18  | 10    | 19  | 11    | 20  | 13  | 20  |
| 4            | 6           | 11  | 5     | 11  | 6     | 13  | 7     | 14  | 8     | 15  | 9     | 16  | 10  | 16  |
| 3            | 4           | 8   | 4     | 8   | 4     | 10  | 5     | 11  | 6     | 11  | 6     | 12  | 8   | 12  |
| 2            | 3           | 5   | 3     | 5   | 3     | 7   | 3     | 7   | 4     | 8   | 4     | 8   | 5   | 8   |
| 1            | 1           | 3   | 1     | 3   | 1     | 3   | 2     | 4   | 2     | 4   | 2     | 4   | 3   | 4   |

| d) Húzózkodás nyújtón (ffi) társ segítségével (nő, FÜV) |             |       |       |       |       |       |     |
|---------------------------------------------------------|-------------|-------|-------|-------|-------|-------|-----|
| Korcsoport                                              | >25         | 26-30 | 31-35 | 36-40 | 41-45 | 46-50 | 51< |
| Nem                                                     | pontértékek |       |       |       |       |       |     |
| ffi/nő                                                  |             |       |       |       |       |       |     |
| Ismétlésszám/db                                         |             |       |       |       |       |       |     |
| 20                                                      | 100         |       |       |       |       |       |     |
| 19                                                      | 95          |       |       |       |       |       |     |
| 18                                                      | 90          | 100   |       |       |       |       |     |
| 17                                                      | 85          | 94    |       |       |       |       |     |
| 16                                                      | 80          | 89    | 100   |       |       |       |     |
| 15                                                      | 75          | 83    | 94    |       |       |       |     |
| 14                                                      | 70          | 78    | 88    | 100   |       |       |     |
| 13                                                      | 65          | 72    | 81    | 93    |       |       |     |
| 12                                                      | 60          | 67    | 75    | 86    | 100   |       |     |



| Korcsoport      | >25         | 26-30 | 31-35 | 36-40 | 41-45 | 46-50 | 51< |
|-----------------|-------------|-------|-------|-------|-------|-------|-----|
| Nem             | pontértékek |       |       |       |       |       |     |
| ffi/nő          |             |       |       |       |       |       |     |
| Ismétlésszám/db |             |       |       |       |       |       |     |
| 11              | 55          | 61    | 69    | 79    | 92    |       |     |
| 10              | 50          | 56    | 63    | 71    | 83    | 100   |     |
| 9               | 45          | 50    | 56    | 64    | 75    | 90    |     |
| 8               | 40          | 44    | 50    | 57    | 67    | 80    | 100 |
| 7               | 35          | 39    | 44    | 50    | 58    | 70    | 88  |
| 6               | 30          | 33    | 38    | 43    | 50    | 60    | 75  |
| 5               | 25          | 28    | 31    | 36    | 42    | 50    | 63  |
| 4               | 20          | 22    | 25    | 29    | 33    | 40    | 50  |
| 3               | 15          | 17    | 19    | 21    | 25    | 30    | 38  |
| 2               | 10          | 11    | 13    | 14    | 17    | 20    | 25  |
| 1               | 5           | 6     | 6     | 7     | 8     | 10    | 13  |

| e) Hanyatt fekvésből felülés hajlított térdel (T3, T4), hanyatt fekvésből lapockaemelés (T1, T2, FÜV) |             |     |       |     |       |     |       |     |       |    |       |    |     |    |
|-------------------------------------------------------------------------------------------------------|-------------|-----|-------|-----|-------|-----|-------|-----|-------|----|-------|----|-----|----|
| Korcsoport                                                                                            | >25         |     | 26-30 |     | 31-35 |     | 36-40 |     | 41-45 |    | 46-50 |    | 51< |    |
| Nem                                                                                                   | ffi         | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő  | ffi   | nő | ffi   | nő | ffi | nő |
| Ismétlésszám                                                                                          | pontértékek |     |       |     |       |     |       |     |       |    |       |    |     |    |
| 86                                                                                                    | 100         |     |       |     |       |     |       |     |       |    |       |    |     |    |
| 85                                                                                                    | 99          |     |       |     |       |     |       |     |       |    |       |    |     |    |
| 84                                                                                                    | 98          |     |       |     |       |     |       |     |       |    |       |    |     |    |
| 83                                                                                                    | 97          |     |       |     |       |     |       |     |       |    |       |    |     |    |
| 82                                                                                                    | 96          |     |       |     |       |     |       |     |       |    |       |    |     |    |
| 81                                                                                                    | 95          |     |       |     |       |     |       |     |       |    |       |    |     |    |
| 80                                                                                                    | 93          |     | 100   |     |       |     |       |     |       |    |       |    |     |    |
| 79                                                                                                    | 92          |     | 99    |     |       |     |       |     |       |    |       |    |     |    |
| 78                                                                                                    | 91          |     | 98    |     |       |     |       |     |       |    |       |    |     |    |
| 77                                                                                                    | 90          |     | 96    |     |       |     |       |     |       |    |       |    |     |    |
| 76                                                                                                    | 89          |     | 95    |     |       |     |       |     |       |    |       |    |     |    |
| 75                                                                                                    | 87          | 100 | 94    |     |       |     |       |     |       |    |       |    |     |    |
| 74                                                                                                    | 86          | 98  | 93    |     |       |     |       |     |       |    |       |    |     |    |
| 73                                                                                                    | 85          | 96  | 91    | 100 |       |     |       |     |       |    |       |    |     |    |
| 72                                                                                                    | 84          | 95  | 90    | 98  |       |     |       |     |       |    |       |    |     |    |
| 71                                                                                                    | 83          | 94  | 89    | 96  | 100   |     |       |     |       |    |       |    |     |    |
| 70                                                                                                    | 81          | 92  | 88    | 95  | 98    |     |       |     |       |    |       |    |     |    |
| 69                                                                                                    | 80          | 91  | 86    | 94  | 96    |     |       |     |       |    |       |    |     |    |
| 68                                                                                                    | 79          | 90  | 85    | 92  | 95    |     |       |     |       |    |       |    |     |    |
| 67                                                                                                    | 78          | 89  | 84    | 91  | 94    |     |       |     |       |    |       |    |     |    |
| 66                                                                                                    | 77          | 87  | 83    | 90  | 92    |     |       |     |       |    |       |    |     |    |
| 65                                                                                                    | 75          | 86  | 81    | 88  | 91    |     |       |     |       |    |       |    |     |    |
| 64                                                                                                    | 74          | 85  | 80    | 87  | 89    |     |       |     |       |    |       |    |     |    |
| 63                                                                                                    | 73          | 83  | 79    | 86  | 88    | 100 | 100   |     |       |    |       |    |     |    |
| 62                                                                                                    | 72          | 82  | 78    | 84  | 87    | 98  | 98    |     |       |    |       |    |     |    |
| 61                                                                                                    | 71          | 81  | 76    | 83  | 85    | 97  | 97    |     |       |    |       |    |     |    |
| 60                                                                                                    | 70          | 80  | 75    | 82  | 84    | 95  | 95    |     |       |    |       |    |     |    |
| 59                                                                                                    | 68          | 78  | 74    | 80  | 82    | 94  | 94    |     |       |    |       |    |     |    |
| 58                                                                                                    | 67          | 77  | 73    | 79  | 81    | 92  | 92    | 100 | 100   |    |       |    |     |    |
| 57                                                                                                    | 66          | 76  | 71    | 78  | 80    | 90  | 90    | 98  | 98    |    |       |    |     |    |
| 56                                                                                                    | 65          | 74  | 70    | 76  | 78    | 89  | 89    | 96  | 96    |    |       |    |     |    |
| 55                                                                                                    | 64          | 73  | 69    | 75  | 77    | 87  | 87    | 95  | 95    |    | 100   |    |     |    |
| 54                                                                                                    | 62          | 72  | 68    | 74  | 75    | 86  | 86    | 93  | 93    |    | 98    |    |     |    |
| 53                                                                                                    | 61          | 70  | 66    | 72  | 74    | 84  | 84    | 91  | 91    |    | 96    |    | 100 |    |

| Korcsoport   | >25         |    | 26-30 |    | 31-35 |    | 36-40 |    | 41-45 |     | 46-50 |     | 51< |     |
|--------------|-------------|----|-------|----|-------|----|-------|----|-------|-----|-------|-----|-----|-----|
| Nem          | ffi         | nő | ffi   | nő | ffi   | nő | ffi   | nő | ffi   | nő  | ffi   | nő  | ffi | nő  |
| Ismétlésszám | pontértékek |    |       |    |       |    |       |    |       |     |       |     |     |     |
| 52           | 60          | 69 | 65    | 71 | 73    | 82 | 82    | 89 | 89    |     | 94    |     | 98  |     |
| 51           | 59          | 68 | 64    | 69 | 71    | 81 | 81    | 88 | 88    |     | 92    |     | 96  |     |
| 50           | 58          | 67 | 63    | 68 | 70    | 79 | 79    | 86 | 86    |     | 91    |     | 94  |     |
| 49           | 57          | 65 | 61    | 67 | 68    | 78 | 78    | 84 | 84    |     | 89    |     | 92  |     |
| 48           | 56          | 64 | 60    | 65 | 67    | 76 | 76    | 82 | 82    | 100 | 87    |     | 90  |     |
| 47           | 55          | 63 | 59    | 64 | 66    | 74 | 74    | 81 | 81    | 98  | 85    |     | 89  |     |
| 46           | 53          | 61 | 58    | 63 | 64    | 73 | 73    | 79 | 79    | 96  | 83    |     | 87  |     |
| 45           | 52          | 60 | 56    | 61 | 63    | 71 | 71    | 77 | 77    | 94  | 82    |     | 85  |     |
| 44           | 51          | 59 | 55    | 60 | 61    | 70 | 70    | 76 | 76    | 92  | 80    |     | 83  |     |
| 43           | 50          | 58 | 54    | 58 | 60    | 68 | 68    | 74 | 74    | 89  | 78    |     | 81  |     |
| 42           | 49          | 57 | 53    | 57 | 58    | 66 | 66    | 72 | 72    | 87  | 76    |     | 79  |     |
| 41           | 48          | 55 | 51    | 55 | 56    | 65 | 65    | 70 | 70    | 85  | 74    | 100 | 77  |     |
| 40           | 46          | 54 | 50    | 54 | 55    | 63 | 63    | 69 | 69    | 83  | 73    | 98  | 75  |     |
| 39           | 45          | 53 | 49    | 53 | 54    | 62 | 62    | 67 | 67    | 81  | 71    | 96  | 73  |     |
| 38           | 44          | 51 | 48    | 51 | 52    | 60 | 60    | 65 | 65    | 79  | 69    | 93  | 71  |     |
| 37           | 43          | 50 | 46    | 50 | 51    | 59 | 59    | 63 | 63    | 77  | 67    | 91  | 70  |     |
| 36           | 42          | 49 | 45    | 49 | 50    | 58 | 58    | 62 | 62    | 75  | 65    | 88  | 68  | 100 |
| 35           | 41          | 47 | 44    | 47 | 48    | 56 | 56    | 60 | 60    | 73  | 64    | 86  | 66  | 97  |
| 34           | 39          | 46 | 43    | 46 | 47    | 54 | 54    | 58 | 58    | 71  | 62    | 83  | 64  | 95  |
| 33           | 38          | 45 | 41    | 45 | 45    | 53 | 53    | 56 | 56    | 68  | 60    | 80  | 62  | 92  |
| 32           | 37          | 43 | 40    | 43 | 44    | 51 | 51    | 54 | 54    | 66  | 58    | 78  | 60  | 89  |
| 31           | 36          | 42 | 39    | 42 | 43    | 50 | 50    | 53 | 53    | 64  | 56    | 75  | 58  | 86  |
| 30           | 35          | 41 | 38    | 41 | 41    | 48 | 48    | 51 | 51    | 62  | 54    | 73  | 56  | 83  |
| 29           | 34          | 39 | 36    | 39 | 40    | 46 | 46    | 49 | 49    | 60  | 52    | 70  | 54  | 80  |
| 28           | 32          | 38 | 35    | 38 | 39    | 45 | 45    | 48 | 48    | 58  | 50    | 68  | 53  | 77  |
| 27           | 31          | 36 | 34    | 36 | 31    | 43 | 43    | 46 | 46    | 56  | 49    | 65  | 51  | 74  |
| 26           | 30          | 35 | 33    | 35 | 36    | 42 | 42    | 44 | 44    | 54  | 47    | 63  | 49  | 72  |
| 25           | 29          | 34 | 31    | 34 | 34    | 40 | 40    | 43 | 43    | 52  | 45    | 60  | 47  | 69  |
| 24           | 28          | 32 | 30    | 32 | 33    | 38 | 38    | 41 | 41    | 50  | 43    | 58  | 45  | 66  |
| 23           | 27          | 31 | 29    | 31 | 32    | 37 | 37    | 39 | 39    | 48  | 41    | 55  | 43  | 63  |
| 22           | 26          | 30 | 28    | 30 | 30    | 35 | 35    | 37 | 37    | 46  | 40    | 53  | 41  | 60  |
| 21           | 24          | 28 | 26    | 28 | 29    | 34 | 34    | 36 | 36    | 44  | 38    | 50  | 39  | 57  |
| 20           | 23          | 27 | 25    | 27 | 28    | 32 | 32    | 34 | 34    | 42  | 36    | 48  | 38  | 54  |
| 19           | 22          | 26 | 24    | 26 | 26    | 30 | 30    | 32 | 32    | 39  | 34    | 46  | 36  | 51  |
| 18           | 21          | 24 | 23    | 24 | 25    | 29 | 29    | 31 | 31    | 37  | 32    | 43  | 34  | 49  |
| 17           | 20          | 23 | 21    | 23 | 23    | 27 | 27    | 29 | 29    | 35  | 31    | 41  | 32  | 46  |
| 16           | 19          | 22 | 20    | 22 | 22    | 26 | 26    | 27 | 27    | 33  | 29    | 38  | 30  | 43  |
| 15           | 17          | 20 | 19    | 20 | 21    | 24 | 24    | 26 | 26    | 31  | 27    | 36  | 28  | 41  |
| 14           | 16          | 19 | 18    | 19 | 19    | 22 | 22    | 24 | 24    | 29  | 25    | 34  | 26  | 38  |
| 13           | 15          | 18 | 16    | 18 | 18    | 21 | 21    | 22 | 22    | 27  | 23    | 31  | 24  | 35  |
| 12           | 14          | 16 | 15    | 16 | 17    | 19 | 19    | 20 | 20    | 25  | 22    | 29  | 23  | 32  |
| 11           | 13          | 15 | 14    | 15 | 15    | 18 | 18    | 19 | 19    | 23  | 20    | 26  | 21  | 30  |
| 10           | 12          | 14 | 13    | 14 | 14    | 16 | 16    | 17 | 17    | 21  | 18    | 24  | 19  | 27  |
| 9            | 10          | 12 | 11    | 12 | 12    | 14 | 14    | 15 | 15    | 19  | 16    | 22  | 17  | 24  |
| 8            | 9           | 11 | 10    | 11 | 11    | 13 | 13    | 14 | 14    | 17  | 14    | 19  | 15  | 22  |
| 7            | 8           | 9  | 9     | 9  | 10    | 11 | 11    | 12 | 12    | 15  | 13    | 17  | 13  | 19  |
| 6            | 7           | 8  | 8     | 8  | 8     | 10 | 10    | 10 | 10    | 12  | 11    | 14  | 11  | 16  |
| 5            | 6           | 7  | 6     | 7  | 7     | 8  | 8     | 9  | 9     | 10  | 9     | 12  | 9   | 14  |
| 4            | 5           | 5  | 5     | 5  | 6     | 6  | 6     | 7  | 7     | 8   | 7     | 10  | 8   | 11  |
| 3            | 3           | 4  | 4     | 4  | 4     | 5  | 5     | 5  | 5     | 6   | 5     | 7   | 6   | 8   |
| 2            | 2           | 3  | 3     | 3  | 3     | 3  | 3     | 3  | 3     | 4   | 4     | 5   | 4   | 5   |