

CHŁOPCY

LEKKOATLETYCZNE TABELE PUNKTOWE 1.03.2012

• Czwórób lekkoatletyczny

R - pomiar ręczny

PKT	60 m	60 R	1000 m	skok wzwyż		skok w dal		piłka palant.	PKT
Powyżej 200 pkt.	1 pkt. za 0,01 s	10 pkt. za 0,1 s	1 pkt. za 0,25 s	2 pkt. za cm	1	1 pkt za 2 cm	2 pkt. za 0,5 m	Powyżej 200 pkt.	
200	6.91	6.6	2:32.30	2.06		7.12	104.0	200	
199	6.92		2:32.65			7.11		199	
198	6.93		2:32.80	2.05		7.09	103.5	198	
197	6.94		2:33.05			7.08		197	
196	6.95		2:33.30	2.04		7.06	103.0	196	
195		6.7	2:33.55			7.05		195	
194	6.96		2:33.80	2.03		7.03	102.5	194	
193	6.97		2:34.05			7.01		193	
192	6.98		2:34.30	2.02		7.00	102.0	192	
191	6.99		2:34.55			6.98		191	
190			2:34.80	2.01		6.97	101.5	190	
189	7.00		2:35.05			6.95		189	
188	7.01		2:35.30	2.00		6.94	101.0	188	
187	7.02		2:35.55	1.99		6.92		187	
186	7.03	6.8	2:35.80			6.90	100.5	186	
185			2:36.05	1.98		6.89		185	
184	7.04		2:36.30			6.87	100.0	184	
183	7.05		2:36.55	1.97		6.86		183	
182	7.06		2:36.80	1.96		6.84	99.5	182	
181	7.07		2:37.05			6.82		181	
180	7.08		2:37.30	1.95		6.81	99.0	180	
179	7.09		2:37.49			6.79		179	
178			2:37.68			6.78	98.5	178	
177	7.10	6.9	2:37.87	1.94		6.76		177	
176	7.11		2:38.25			6.74	98.0	176	
175	7.12		2:38.44			6.73		175	
174	7.13		2:38.63	1.93		6.71	97.5	174	
173	7.14		2:38.82			6.69		173	
172	7.15		2:39.01			6.68	97.0	172	
171			2:39.20	1.92		6.66		171	
170	7.16		2:39.39			6.65	96.5	170	
169	7.17		2:39.58			6.63		169	
168	7.18		2:39.77	1.91		6.61	96.0	168	
167	7.19		2:39.96			6.60		167	
166	7.20	7.0	2:40.15			6.58	95.5	166	
165			2:40.34	1.90		6.56		165	
164	7.21		2:40.53			6.55	95.0	164	
163	7.22		2:40.72	1.89		6.53		163	
162	7.23		2:40.91			6.51	94.5	162	
161	7.24		2:41.10	1.88		6.50		161	
160	7.25		2:41.29			6.48	94.0	160	
159	7.26		2:41.48	1.87		6.46		159	
158	7.27		2:41.67			6.45	93.5	158	
157	7.28		2:41.86	1.86		6.43		157	
156	7.29		2:42.05			6.42	93.0	156	
155	7.30		2:42.24	1.85		6.40		155	
154	7.31	7.1	2:42.42			6.39	92.5	154	
153	7.32		2:42.60	1.84		6.37		153	
152	7.33		2:42.79			6.35	92.0	152	
151	7.34		2:42.98	1.83		6.33		151	
150	7.35		2:43.19			6.31	91.5	150	
149	7.36		2:43.42			6.30		149	
148	7.37		2:43.65	1.82		6.29	91.0	148	
147	7.38		2:43.88			6.28		147	
146	7.39		2:44.11			6.26	90.5	146	
145	7.40		2:44.34	1.81		6.25	90.0	145	
144	7.41		2:44.57			6.24	89.5	144	
143	7.42	7.2	2:44.80			6.22	89.0	143	
142	7.43		2:45.03	1.80		6.21	88.5	142	
141	7.44		2:45.26			6.20	88.0	141	
140	7.45		2:45.49			6.19	87.5	140	
139	7.46		2:45.72	1.79		6.18	87.0	139	
138	7.47		2:45.95			6.17	86.5	138	
137	7.48		2:46.19			6.16	86.0	137	
136	7.49		2:46.43	1.78		6.14	85.5	136	
135	7.50		2:46.68			6.13	85.0	135	
134	7.51		2:46.93			6.12	84.5	134	
133	7.52		2:47.18	1.77		6.11	84.0	133	
132	7.53	7.3	2:47.43			6.10	83.5	132	
131	7.54		2:47.68			6.08	83.0	131	
130	7.55		2:47.92	1.76		6.07	82.5	130	
129	7.56		2:48.16			6.06	82.0	129	
128	7.57		2:48.40			6.04	81.5	128	
127	7.58		2:48.64			6.03	81.0	127	
126	7.59		2:48.88	1.75		6.02	80.5	126	
125	7.60		2:49.09			6.01	80.0	125	
124	7.61		2:49.44			6.00	79.5	124	
123	7.62		2:49.79	1.74		5.99	79.0	123	
122	7.63		2:50.14			5.98	78.5	122	

121	7.64	7.4	2:50.49		5.96	78.0	121
120	7.65		2:50.84	1.73	5.95	77.5	120
119	7.66		2:51.19		5.94	77.0	119
118	7.67		2:51.54		5.92	76.5	118
117	7.68		2:51.89	1.72	5.91	76.0	117
116	7.69		2:52.24		5.90	75.5	116
115	7.70		2:52.59		5.88	75.0	115
114	7.71		2:52.95	1.71	5.87	74.5	114
113	7.72		2:53.30		5.85	74.0	113
112	7.73	7.5	2:53.65		5.84	73.5	112
111	7.74		2:54.00	1.70	5.82	73.0	111
110	7.75		2:54.35		5.80	72.5	110
109	7.76		2:54.70	1.69	5.78	72.0	109
108	7.77		2:55.05	1.68	5.76	71.5	108
107	7.78		2:55.40		5.74	71.0	107
106	7.79		2:55.75	1.67	5.72	70.5	106
105	7.80		2:56.10	1.66	5.70	70.0	105
104	7.81		2:56.45		5.68	69.5	104
103	7.82		2:56.80	1.65	5.66	69.0	103
102	7.83		2:57.15	1.64	5.64	68.5	102
101	7.84	7.6	2:57.50		5.62	68.0	101
100	7.85		2:58.10	1.63	5.60	67.5	100
99	7.86		2:58.60	1.62	5.58	67.0	99
98	7.87		2:59.15		5.56	66.5	98
97	7.88		2:59.70	1.61	5.54	66.0	97
96	7.90		3:00.25	1.60	5.52	65.5	96
95	7.92		3:00.80		5.50	65.0	95
94	7.94	7.7	3:01.35	1.59	5.48	64.5	94
93	7.96		3:01.90	1.58	5.46	64.0	93
92	7.98		3:02.45		5.44	63.5	92
91	8.00		3:03.00	1.57	5.42	63.0	91
90	8.02		3:03.55	1.56	5.40	62.5	90
89	8.04	7.8	3:04.10		5.38	62.0	89
88	8.07		3:04.75	1.55	5.36	61.5	88
87	8.10		3:05.40	1.54	5.34	61.0	87
86	8.13	7.9	3:06.05		5.32	60.5	86
85	8.16		3:06.70	1.53	5.30	60.0	85
84	8.19		3:07.35	1.52	5.28	59.5	84
83	8.22		3:08.00	1.51	5.26	59.0	83
82	8.25	8.0	3:08.65		5.23	58.5	82
81	8.28		3:09.45	1.50	5.20	58.0	81
80	8.31		3:10.24	1.49	5.18	57.5	80
79	8.34	8.1	3:11.04	1.48	5.15	57.0	79
78	8.36		3:11.84		5.12	56.5	78
77	8.38		3:12.64	1.47	5.09	56.0	77
76	8.40		3:13.44	1.46	5.06	55.5	76
75	8.42		3:14.24		5.03	55.0	75
74	8.44	8.2	3:15.04	1.45	4.99	54.5	74
73	8.46		3:15.84	1.44	4.96	54.0	73
72	8.49		3:16.64	1.43	4.93	53.5	72
71	8.52		3:17.44	1.42	4.90	53.0	71
70	8.54	8.3	3:18.24		4.87	52.5	70
69	8.57		3:19.04	1.41	4.84	52.0	69
68	8.60		3:19.84	1.40	4.81	51.5	68
67	8.63	8.4	3:20.64		4.78	51.0	67
66	8.66		3:21.44	1.39	4.75	50.5	66
65	8.69		3:22.24	1.38	4.72	50.0	65
64	8.72		3:23.04		4.69	49.5	64
63	8.75	8.5	3:23.84	1.37	4.66	49.0	63
62	8.78		3:24.64	1.36	4.63	48.5	62
61	8.81		3:25.44		4.60	48.0	61
60	8.84	8.6	3:26.24	1.35	4.57	47.5	60
59	8.87		3:27.04	1.34	4.54	47.0	59
58	8.90		3:27.84		4.51	46.5	58
57	8.93	8.7	3:28.64	1.33	4.48	46.0	57
56	8.96		3:29.44	1.32	4.45	45.5	56
55	8.99		3:30.24		4.42	45.0	55
54	9.02		3:31.04	1.31	4.39	44.5	54
53	9.05	8.8	3:31.84	1.30	4.36	44.0	53
52	9.08		3:32.64		4.33	43.5	52
51	9.11		3:33.44	1.29	4.30	43.0	51
50	9.14	8.9	3:34.40	1.28	4.27	42.5	50
49	9.17		3:35.24		4.24	42.0	49
48	9.20		3:36.04	1.27	4.21	41.5	48
47	9.23	9.0	3:37.04	1.26	4.18	41.0	47
46	9.26		3:38.04		4.15	40.5	46
45	9.29		3:39.04	1.25	4.12	40.0	45
44	9.32	9.1	3:40.04	1.24	4.09	39.5	44
43	9.36		3:41.04		4.06	39.0	43
42	9.40		3:42.04	1.23	4.03	38.5	42
41	9.43	9.2	3:43.04	1.22	4.00	38.0	41
40	9.46		3:44.04		3.97	37.5	40
39	9.50		3:45.04	1.21	3.94	37.0	39
38	9.54	9.3	3:46.04	1.20	3.91	36.5	38
37	9.58		3:47.04	1.19	3.88	36.0	37
36	9.62		3:48.04		3.85	35.5	36
35	9.66	9.4	3:49.04	1.18	3.82	35.0	35
34	9.70		3:50.04	1.17	3.79	34.5	34
33	9.75	9.5	3:51.04	1.16	3.76	34.0	33
32	9.80		3:52.04		3.74	33.5	32
31	9.85	9.6	3:53.04	1.15	3.72	33.0	31
30	9.90		3:54.04	1.14	3.70	32.5	30
29	9.95	9.7	3:55.04	1.13	3.68	32.0	29
28	10.00		3:56.04		3.66	31.5	28
27	10.05	9.8	3:57.04	1.12	3.64	31.0	27

26	10.10		4:00.17	1.11	3.62	30.5	26
25	10.15	9.9	4:01.37	1.10	3.60	30.0	25
24	10.20		4:02.57		3.57	29.5	24
23	10.25	10.0	4:03.77	1.09	3.53	29.0	23
22	10.30		4:04.97	1.08	3.49	28.5	22
21	10.35	10.1	4:05.17	1.07	3.45	28.0	21
20	10.40		4:06.37		3.41	27.5	20
19	10.45	10.2	4:07.57	1.06	3.37	27.0	19
18	10.50		4:08.77	1.05	3.33	26.5	18
17	10.55	10.3	4:10.40	1.04	3.29	26.0	17
16	10.60		4:12.20		3.25	25.5	16
15	10.65	10.4	4:14.00	1.03	3.21	25.0	15
14	10.70		4:15.80	1.02	3.17	24.5	14
13	10.75	10.5	4:17.60	1.01	3.12	24.0	13
12	10.80		4:19.40	1.00	3.07	23.5	12
11	10.85	10.6	4:21.20	0.99	3.02	23.0	11
10	10.90		4:23.00	0.98	2.97	22.5	10
9	10.95	10.7	4:24.80	0.97	2.90	22.0	9
8	11.00		4:26.60	0.95	2.83	21.5	8
7	11.05	10.8	4:27.40	0.93	2.76	21.0	7
6	11.10		4:29.20	0.91	2.68	20.5	6
5	11.15	10.9	4:31.00	0.89	2.60	20.0	5
4	11.20	11.0	4:32.80	0.87	2.50	19.5	4
3	11.30	11.1	4:34.60	0.85	2.40	19.0	3
2	11.45	11.2	4:36.40	0.83	2.25	18.5	2
1	11.60	11.4	4:38.20	0.80	2.10	18.0	1