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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ריצת**  **800 מ** | ניקוד | **ריצת**  **80 מ** | ניקוד | **ריצת**  **100 מ** | ניקוד | **כפיפת מרפקים** | ניקוד | **קפיצה**  **משולשת** | ניקוד |
| 2.3דק' | 100 | 10.00 | 100 | 12.75 | 100 | 48 | 100 | 9.5 | 100 |
| 2.31דק' | 99 | 10.05 | 99 | 12.80 | 99 |  | 99 | 9.45 | 99 |
| 2.32דק' | 98 | 10.10 | 98 | 12.85 | 98 | 47 | 98 | 9.4 | 98 |
| 2.33דק' | 97 | 10.15 | 97 | 12.90 | 97 |  | 97 | 9.35 | 97 |
| 2.34דק' | 96 | 10.20 | 96 | 12.95 | 96 | 46 | 96 | 9.3 | 96 |
| 2.35דק' | 95 | 10.25 | 95 | 13.00 | 95 |  | 95 | 9.25 | 95 |
| 2.36דק' | 94 | 10.30 | 94 | 13.05 | 94 | 45 | 94 | 9.2 | 94 |
| 2.37דק' | 93 | 10.35 | 93 | 13.10 | 93 |  | 93 | 9.15 | 93 |
| 2.38דק' | 92 | 10.40 | 92 | 13.15 | 92 | 44 | 92 | 9.1 | 92 |
| 2.39דק' | 91 | 10.45 | 91 | 13.20 | 91 |  | 91 | 9.05 | 91 |
| 2.4דק' | 90 | 10.50 | 90 | 13.25 | 90 | 43 | 90 | 9 | 90 |
| 2.41דק' | 89 | 10.55 | 89 | 13.30 | 89 |  | 89 | 8.95 | 89 |
| 2.42דק' | 88 | 10.60 | 88 | 13.35 | 88 | 42 | 88 | 8.9 | 88 |
| 2.43דק' | 87 | 10.65 | 87 | 13.40 | 87 |  | 87 | 8.85 | 87 |
| 2.44דק' | 86 | 10.70 | 86 | 13.45 | 86 | 41 | 86 | 8.8 | 86 |
| 2.45דק' | 85 | 10.75 | 85 | 13.50 | 85 |  | 85 | 8.75 | 85 |
| 2.47דק' | 84 | 10.80 | 84 | 13.55 | 84 | 40 | 84 | 8.7 | 84 |
| 2.49דק' | 83 | 10.85 | 83 | 13.60 | 83 |  | 83 | 8.65 | 83 |
| 2.51דק' | 82 | 10.90 | 82 | 13.65 | 82 | 39 | 82 | 8.6 | 82 |
| 2.53דק' | 81 | 10.95 | 81 | 13.70 | 81 |  | 81 | 8.55 | 81 |
| 2.55דק' | 80 | 11.00 | 80 | 13.75 | 80 | 38 | 80 | 8.5 | 80 |
| 2.57דק' | 79 | 11.05 | 79 | 13.80 | 79 |  | 79 | 8.45 | 79 |
| 2.59דק | 78 | 11.10 | 78 | 13.85 | 78 | 37 | 78 | 8.4 | 78 |
| 3.01דק' | 77 | 11.15 | 77 | 13.90 | 77 |  | 77 | 8.35 | 77 |
| 3.03דק' | 76 | 11.20 | 76 | 13.95 | 76 | 36 | 76 | 8.3 | 76 |
| 3.05דק' | 75 | 11.25 | 75 | 14.00 | 75 |  | 75 | 8.25 | 75 |
| 3.07דק' | 74 | 11.30 | 74 | 14.05 | 74 | 35 | 74 | 8.2 | 74 |
| 3.09דק' | 73 | 11.35 | 73 | 14.10 | 73 |  | 73 | 8.15 | 73 |
| 3.11דק' | 72 | 11.40 | 72 | 14.15 | 72 | 34 | 72 | 8.10 | 72 |
| 3.13דק' | 71 | 11.45 | 71 | 14.20 | 71 |  | 71 | 8.05 | 71 |
| 3.15דק' | 70 | 11.50 | 70 | 14.25 | 70 | 33 | 70 | 8 | 70 |
| 3.17דק' | 69 | 11.55 | 69 | 14.30 | 69 | 32 | 69 | 7.95 | 69 |
| 3.19דק' | 68 | 11.60 | 68 | 14.35 | 68 | 31 | 68 | 7.9 | 68 |
| 3.21דק' | 67 | 11.65 | 67 | 14.40 | 67 | 30 | 67 | 7.85 | 67 |
| 3.23דק' | 66 | 11.70 | 66 | 14.45 | 66 | 29 | 66 | 7.8 | 66 |
| 3.25דק' | 65 | 11.75 | 65 | 14.50 | 65 | 28 | 65 | 7.75 | 65 |
| 3.29דק' | 64 | 11.80 | 64 | 14.55 | 64 | 27 | 64 | 7.7 | 64 |
| 3.31דק' | 63 | 11.85 | 63 | 14.60 | 63 | 26 | 63 | 7.65 | 63 |
| 3.33דק' | 62 | 11.90 | 62 | 14.65 | 62 | 25 | 62 | 7.6 | 62 |
| 3.35דק' | 61 | 11.95 | 61 | 14.70 | 61 | 24 | 61 | 7.55 | 61 |
| 3.37דק' | 60 | 12.00 | 60 | 14.75 | 60 | 23 | 60 | 7.5 | 60 |
| 3.39דק' | 59 | 12.05 | 59 | 14.80 | 59 | 22 | 59 | 7.4 | 59 |
| 3.41דק' | 58 | 12.10 | 58 | 14.85 | 58 | 21 | 58 | 7.3 | 58 |
| 3.43דק' | 57 | 12.15 | 57 | 14.90 | 57 | 20 | 57 | 7.2 | 57 |
| 3.45דק' | 56 | 12.20 | 56 | 14.95 | 56 | 19 | 56 | 7.1 | 56 |
| 3.47דק' | 55 | 12.25 | 55 | 15.00 | 55 | 18 | 55 | 7 | 55 |
| 3.49דק' | 54 | 12.30 | 54 | 15.05 | 54 | 17 | 54 | 6.95 | 54 |
| 3.51דק' | 53 | 12.35 | 53 | 15.10 | 53 | 16 | 53 | 6.9 | 53 |
| 3.53דק' | 52 | 12.40 | 52 | 15.15 | 52 | 15 | 52 | 6.85 | 52 |
| 3.55דק' | 51 | 12.45 | 51 | 15.20 | 51 | 14 | 51 | 6.8 | 51 |
| 3.57דק' | 50 | 12.50 | 50 | 15.25 | 50 | 13 | 50 | 6.75 | 50 |
| 3.59דק' | 49 | 12.55 | 49 | 15.30 | 49 | 12 | 49 | 6.7 | 49 |
| 4.01דק' | 48 | 12.60 | 48 | 15.35 | 48 | 11 | 48 | 6.65 | 48 |
| 4.03דק' | 47 | 12.65 | 47 | 15.40 | 47 | 10 | 47 | 6.6 | 47 |
| 4.05דק' | 46 | 12.70 | 46 | 15.45 | 46 | 9 | 46 | 6.55 | 46 |
| 4.07דק' | 45 | 12.75 | 45 | 15.50 | 45 | 8 | 45 | 6.5 | 45 |
| 4.09דק' | 44 | 12.80 | 44 | 15.55 | 44 | 7 | 44 | 6.45 | 44 |
| 4.11דק' | 43 | 12.85 | 43 | 15.60 | 43 | 6 | 43 | 6.4 | 43 |
| 4.13דק' | 42 | 12.90 | 42 | 15.65 | 42 | 5 | 42 | 6.35 | 42 |
| 4.15דק' | 41 | 12.95 | 41 | 15.70 | 41 | 4 | 41 | 6.3 | 41 |
| 4.17דק' | 40 | 13.00 | 40 | 15.75 | 40 | 3 | 40 | 6.25 | 40 |