|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **כפיפות מרפקים מהקרקע** | ניקוד | **ריצת**  **300 מטר בנוני** | ניקוד | **ריצת**  **60 מטר** | ניקוד | **קפיצה לרוחק** | ניקוד | **קפיצה לגובה (מספרת)** | ניקוד | **זקירת כדור מיני למרחק** | ניקוד |
| 30 | 100 | 0.55 | 100 | 9.00 | 100 | 3.80 | 100 | 1.30 | 100 | 35 | 100 |
|  | 99 |  | 99 | 9.04 | 99 | 3.78 | 99 |  | 99 | 34.5 | 99 |
| 29 | 98 | 0.56 | 98 | 9.08 | 98 | 3.76 | 98 |  | 98 | 34 | 98 |
|  | 97 |  | 97 | 9.12 | 97 | 3.74 | 97 |  | 97 | 33.5 | 97 |
| 28 | 96 | 0.57 | 96 | 9.16 | 96 | 3.72 | 96 |  | 96 | 33.00 | 96 |
|  | 95 |  | 95 | 9.20 | 95 | 3.70 | 95 | 1.25 | 95 | 32.5 | 95 |
| 27 | 94 | 0.58 | 94 | 9.24 | 94 | 3.68 | 94 |  | 94 | 32.00 | 94 |
|  | 93 |  | 93 | 9.28 | 93 | 3.66 | 93 |  | 93 | 31.5 | 93 |
| 26 | 92 | 0.59 | 92 | 9.32 | 92 | 3.64 | 92 |  | 92 | 31.00 | 92 |
|  | 91 |  | 91 | 9.36 | 91 | 3.62 | 91 |  | 91 | 30.5 | 91 |
| 25 | 90 | 1.00 | 90 | 9.40 | 90 | 3.60 | 90 | 1.225 | 90 | 30 | 90 |
|  | 89 |  | 89 | 9.42 | 89 | 3.58 | 89 |  | 89 | 29.5 | 89 |
| 24 | 88 | 1.01 | 88 | 9.44 | 88 | 3.56 | 88 |  | 88 | 29 | 88 |
|  | 87 |  | 87 | 9.60 | 87 | 3.54 | 87 |  | 87 | 28.5 | 87 |
| 23 | 86 | 1.02 | 86 | 9.48 | 86 | 3.52 | 86 |  | 86 | 28 | 86 |
|  | 85 |  | 85 | 9.50 | 85 | 3.50 | 85 | 1.20 | 85 | 27.5 | 85 |
| 22 | 84 | 1.03 | 84 | 9.54 | 84 | 3.48 | 84 |  | 84 | 27 | 84 |
|  | 83 |  | 83 | 9.58 | 83 | 3.46 | 83 |  | 83 | 26.5 | 83 |
| 21 | 82 | 1.04 | 82 | 9.62 | 82 | 3.44 | 82 |  | 82 | 26 | 82 |
|  | 81 |  | 81 | 9.66 | 81 | 3.42 | 81 |  | 81 | 25.5 | 81 |
| 20 | 80 | 1.05 | 80 | 9.70 | 80 | 3.40 | 80 | 1.175 | 80 | 25 | 80 |
|  | 79 |  | 79 | 9.74 | 79 | 3.38 | 79 |  | 79 | 24.5 | 79 |
|  | 78 | 1.06 | 78 | 9.78 | 78 | 3.36 | 78 |  | 78 | 24 | 78 |
| 19 | 77 |  | 77 | 9.82 | 77 | 3.34 | 77 |  | 77 | 23.5 | 77 |
|  | 76 | 1.07 | 76 | 9.86 | 76 | 3.32 | 76 |  | 76 | 23 | 76 |
|  | 75 |  | 75 | 9.90 | 75 | 3.30 | 75 | 1.15 | 75 | 22.5 | 75 |
| 18 | 74 | 1.08 | 74 | 10.00 | 74 | 3.28 | 74 |  | 74 | 22 | 74 |
|  | 73 |  | 73 | 10.10 | 73 | 3.26 | 73 |  | 73 | 21.5 | 73 |
|  | 72 | 1.09 | 72 | 10.20 | 72 | 3.24 | 72 |  | 72 | 21 | 72 |
| 17 | 71 |  | 71 | 10.30 | 71 | 3.22 | 71 |  | 71 | 20.5 | 71 |
|  | 70 | 1.10 | 70 | 10.40 | 70 | 3.20 | 70 | 1.10 | 70 | 20 | 70 |
|  | 69 |  | 69 | 10.44 | 69 | 3.18 | 69 |  | 69 | 19.6 | 69 |
| 16 | 68 | 1.11 | 68 | 10.48 | 68 | 3.16 | 68 |  | 68 | 19.3 | 68 |
|  | 67 |  | 67 | 10.52 | 67 | 3.14 | 67 |  | 67 | 19 | 67 |
| 15 | 66 | 1.12 | 66 | 10.56 | 66 | 3.12 | 66 |  | 66 | 18.6 | 66 |
|  | 65 |  | 65 | 10.60 | 65 | 3.10 | 65 | 1.05 | 65 | 18.3 | 65 |
| 14 | 64 | 1.13 | 64 | 10.70 | 64 | 3.08 | 64 |  | 64 | 18 | 64 |
|  | 63 |  | 63 | 10.80 | 63 | 3.06 | 63 |  | 63 | 17.6 | 63 |
| 13 | 62 | 1.14 | 62 | 10.90 | 62 | 3.04 | 62 |  | 62 | 17.3 | 62 |
|  | 61 |  | 61 | 11.00 | 61 | 3.02 | 61 |  | 61 | 17 | 61 |
| 12 | 60 | 1.15 | 60 | 11.10 | 60 | 3.00 | 60 | 1.0\\ | 60 | 16.6 | 60 |
|  | 59 |  | 59 | 11.20 | 59 | 2.98 | 59 |  | 59 | 16.3 | 59 |
| 11 | 58 | 1.16 | 58 | 11.30 | 58 | 2.96 | 58 |  | 58 | 16 | 58 |
|  | 57 |  | 57 | 11.40 | 57 | 2.94 | 57 |  | 57 | 15.6 | 57 |
| 10 | 56 | 1.17 | 56 | 11.50 | 56 | 2.92 | 56 |  | 56 | 15.3 | 56 |
|  | 55 |  | 55 | 11.60 | 55 | 2.90 | 55 | 0.95 | 55 | 15. | 55 |
|  | 54 | 1.18 | 54 | 11.70 | 54 | 2.88 | 54 |  | 54 | 14.6 | 54 |
| 9 | 53 |  | 53 | 11.80 | 53 | 2.86 | 53 |  | 53 | 14.3 | 53 |
|  | 52 | 1.19 | 52 | 11.90 | 52 | 2.84 | 52 |  | 52 | 14 | 52 |
|  | 51 |  | 51 | 12.00 | 51 | 2.82 | 51 |  | 51 | 13.6 | 51 |
| 8 | 50 | 1.20 | 50 | 12.10 | 50 | 2.80 | 50 | 0.90 | 50 | 13.3 | 50 |
|  | 49 |  | 49 | 12.20 | 49 | 2.78 | 49 |  | 49 | 13 | 49 |
|  | 48 | 1.21 | 48 | 12.30 | 48 | 2.76 | 48 |  | 48 | 12.6 | 48 |
| 7 | 47 |  | 47 | 12.40 | 47 | 2.74 | 47 |  | 47 | 12.3 | 47 |
|  | 46 | 1.22 | 46 | 12.50 | 46 | 2.72 | 46 |  | 46 | 12 | 46 |
|  | 45 |  | 45 | 12.60 | 45 | 2.70 | 45 | 0.85 | 45 | 11.6 | 45 |
| 6 | 44 | 1.23 | 44 | 12.70 | 44 | 2.68 | 44 |  | 44 | 11.3 | 44 |
|  | 43 |  | 43 | 12.80 | 43 | 2.66 | 43 |  | 43 | 11 | 43 |
|  | 42 | 1.24 | 42 | 12.90 | 42 | 2.64 | 42 |  | 42 | 10.6 | 42 |
| 5 | 41 |  | 41 | 13.00 | 41 | 2.62 | 41 |  | 41 | 10.3 | 41 |
|  | 40 | 1.25 | 40 | 13.10 | 40 | 2.60 | 40 | 0.80 | 40 | 10 | 40 |