|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ריצת 1000 מטר** | ניקוד | **כפיפת מרפקים בשכיבה** | ניקוד | **ריצת500 מ****בינוני** | ניקוד | **ריצת** **60 מטר** | ניקוד | **ריצת משוכות 60 מ** | ניקוד | **קפיצה קפיצה****לרוחק לגובה** | ניקוד |
| 03:15 | 100 | 38 | 100 | 01:40 | 100 | 8.00 | 100 | 9.80 | 100 | 4.20 1.40 | 100 |
| 03:16 | 99 |  | 99 | 01:41 | 99 | 8.05 | 99 | 9.85 | 99 | 4.18 1.39 | 99 |
| 03:17 | 98 | 37 | 98 | 01:42 | 98 | 8.10 | 98 | 9.90 | 98 | 4.16 1.38  | 98 |
| 03:18 | 97 |  | 97 | 01:43 | 97 | 8.15 | 97 | 9.95 | 97 | 4.14 1.37 | 97 |
| 03:19 | 96 | 36 | 96 | 01:44 | 96 | 8.20 | 96 | 10.00 | 96 | 4.12 1.36 | 96 |
| 03:20 | 95 |  | 95 | 01:45 | 95 | 8.25 | 95 | 10.05 | 95 | 4.10 1.35 | 95 |
| 03:21 | 94 | 35 | 94 | 01:46 | 94 | 8.30 | 94 | 10.10 | 94 | 4.06 1.34 | 94 |
| 03:22 | 93 |  | 93 | 01:47 | 93 | 8.35 | 93 | 10.15 | 93 | 4.02 1.33 | 93 |
| 03:23 | 92 | 34 | 92 | 01:48 | 92 | 8.40 | 92 | 10.20 | 92 | 3.98 1.32 | 92 |
| 03:24 | 91 |  | 91 | 01:49 | 91 | 8.45 | 91 | 10.25 | 91 | 3.94 1.31  | 91 |
| 03:25 | 90 | 33 | 90 | 01:50 | 90 | 8.50 | 90 | 10.30 | 90 | 3.90 1.30 | 90 |
| 03:26 | 89 |  | 89 | 01:51 | 89 |  | 89 | 10.35 | 89 | 3.86 1.320 | 89 |
| 03:27 | 88 | 32 | 88 | 01:52 | 88 |  | 88 | 10.40 | 88 | 3.82 1.315  | 88 |
| 03:28 | 87 |  | 87 | 01:53 | 87 |  | 87 | 10.45 | 87 | 3.78 1.310 | 87 |
| 03:29 | 86 | 31 | 86 | 01:54 | 86 |  | 86 | 10.50 | 86 | 3.74 1.305 | 86 |
| 03:30 | 85 |  | 85 | 01:55 | 85 | 8.75 | 85 | 10.55 | 85 | 3.70 1.300 | 85 |
| 03:31 | 84 | 30 | 84 | 01:57 | 84 |  | 84 | 10.60 | 84 | 3.68 1.295 | 84 |
| 03:32 | 83 |  | 83 | 01:59 | 83 |  | 83 | 10.65 | 83 | 3.66 1.290  | 83 |
| 03:33 | 82 | 29 | 82 | 02:01 | 82 |  | 82 | 10.70 | 82 | 3.64 1.285  | 82 |
| 03:34 | 81 |  | 81 | 02:03 | 81 |  | 81 | 10.75 | 81 | 3.62 1.280 | 81 |
| 03:35 | 80 | 28 | 80 | 02:05 | 80 | 9.00 | 80 | 10.80 | 80 | 3.60 1.275 | 80 |
| 03:36 | 79 |  | 79 | 02:07 | 79 |  | 79 | 10.85 | 79 | 3.58 1.270 | 79 |
| 03:37 | 78 | 27 | 78 | 02:09 | 78 |  | 78 | 10.90 | 78 | 3.56 1.265 | 78 |
| 03:39 | 77 |  | 77 | 02:11 | 77 |  | 77 | 10.95 | 77 | 3.54 1.260 | 77 |
| 03:41 | 76 | 26 | 76 | 02:13 | 76 |  | 76 | 11.00 | 76 | 3.52 1.255 | 76 |
| 03:43 | 75 |  | 75 | 02:15 | 75 | 9.25 | 75 | 11.05 | 75 | 3.50 1.250 | 75 |
| 03:45 | 74 | 25 | 74 | 02:17 | 74 |  | 74 | 11.10 | 74 | 3.48 1.240 | 74 |
| 03:47 | 73 |  | 73 | 02:19 | 73 |  | 73 | 11.15 | 73 | 3.46 1.230 | 73 |
| 03:51 | 72 | 24 | 72 | 02:21 | 72 |  | 72 | 11.20 | 72 | 3.44 1.220 | 72 |
| 03:53 | 71 |  | 71 | 02:23 | 71 |  | 71 | 11.25 | 71 | 3.42 1.210 | 71 |
| 03:55 | 70 | 23 | 70 | 02:25 | 70 | 9.50 | 70 | 11.30 | 70 | 3.40 1.200  | 70 |
| 03:57 | 69 |  | 69 | 02:26 | 69 |  | 69 | 11.35 | 69 | 3.38 1.190 | 69 |
| 03:59 | 68 | 22 | 68 | 02:27 | 68 |  | 68 | 11.40 | 68 | 3.36 1.180  | 68 |
| 04:01 | 67 |  | 67 | 02:28 | 67 |  | 67 | 11.45 | 67 | 3.34 1.170 | 67 |
| 04:03 | 66 | 21 | 66 | 02:29 | 66 |  | 66 | 11.50 | 66 | 3.32 1.160 | 66 |
| 04:05 | 65 |  | 65 | 02:30 | 65 | 9.60 | 65 | 11.55 | 65 | 3.30 1.150 | 65 |
| 04:07 | 64 | 20 | 64 | 02:31 | 64 |  | 64 | 11.60 | 64 | 3.28 1.140 | 64 |
| 04:09 | 63 |  | 63 | 02:32 | 63 |  | 63 | 11.65 | 63 | 3.26 1.130 | 63 |
| 04:11 | 62 | 19 | 62 | 02:33 | 62 |  | 62 | 11.70 | 62 | 3.24 1.120 | 62 |
| 04:13 | 61 |  | 61 | 02:34 | 61 |  | 61 | 11.75 | 61 | 3.22 1.110 | 61 |
| 04:15 | 60 | 18 | 60 | 02:35 | 60 | 9.70 | 60 | 11.80 | 60 | 3.20 1.100  | 60 |
| 04:17 | 59 |  | 59 | 02:36 | 59 | 9.72 | 59 | 11.85 | 59 | 3.18 1.090 | 59 |
| 04:19 | 58 | 17 | 58 | 02:37 | 58 | 9.74 | 58 | 11.90 | 58 | 3.16 1.080 | 58 |
| 04:21 | 57 |  | 57 | 02:38 | 57 | 9.76 | 57 | 11.95 | 57 | 3.14 1.070 | 57 |
| 04:23 | 56 | 16 | 56 | 02:39 | 56 | 9.78 | 56 | 12.00 | 56 | 3.12 1.060 | 56 |
| 04:25 | 55 |  | 55 | 02:40 | 55 | 9.80 | 55 | 12.05 | 55 | 3.10 1.050 | 55 |
| 04:27 | 54 | 15 | 54 | 02:41 | 54 |  | 54 | 12.10 | 54 | 3.08 1.040 | 54 |
| 04:29 | 53 |  | 53 | 02:42 | 53 |  | 53 | 12.15 | 53 | 3.06 1.030 | 53 |
| 04:31 | 52 | 14 | 52 | 02:43 | 52 |  | 52 | 12.20 | 52 | 3.04 1.020 | 52 |
| 04:33 | 51 |  | 51 | 02:44 | 51 |  | 51 | 12.25 | 51 | 3.02 1.010 | 51 |
| 04:35 | 50 | 13 | 50 | 02:45 | 50 | 10.00 | 50 | 12.30 | 50 | 3.00 1.000 | 50 |
| 04:36 | 49 |  | 49 | 02:46 | 49 |  | 49 | 12.35 | 49 | 2.98 0.990 | 49 |
| 04:37 | 48 | 12 | 48 | 02:47 | 48 |  | 48 | 12.40 | 48 | 2.96 0.980  | 48 |
| 04:38 | 47 |  | 47 | 02:48 | 47 |  | 47 | 12.45 | 47 | 2.94 0.970 | 47 |
| 04:39 | 46 | 11 | 46 | 02:49 | 46 |  | 46 | 12.50 | 46 | 2.92 0.960 | 46 |
| 04:40 | 45 |  | 45 | 02:50 | 45 | 10.50 | 45 | 12.55 | 45 | 2.90 0.950 | 45 |
| 04:41 | 44 | 10 | 44 | 02:51 | 44 |  | 44 | 12.60 | 44 | 2.88 0.940 | 44 |
| 04:42 | 43 |  | 43 | 02:52 | 43 |  | 43 | 12.65 | 43 | 2.86 0.930 | 43 |
| 04:43 | 42 | 9 | 42 | 02:53 | 42 |  | 42 | 12.70 | 42 | 2.84 0.920 | 42 |
| 04:44 | 41 |  | 41 | 02:54 | 41 |  | 41 | 12.75 | 41 | 2.82 0.910 | 41 |
| 04:45 | 40 | 8 | 40 | 02:55 | 40 | 10.75 | 40 | 12.80 | 40 | 2.80 0.900 | 40 |