**טבלת ניקוד בנות ז-ח**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ניקוד** | **600 מ'** | **60 מ'** | **קפיצה למרחק** | **זריקת כדור** |
| 100 | 2.25 | 8.8 | 3.60 | 30 |
| 95 | 2.45 | 9.1 | 3.50 | 25 |
| 90 | 2.55 | 9.4 | 3.40 | 20 |
| 85 | 3.10 | 9.8 | 3.20 | 17 |
| 80 | 3.20 | 10.0 | 3.10 | 15 |
| 75 |  3.30 |  10.5 |  3.00 |  13 |
| 70 | 3.40 | 10.8 | 2.90 | 12 |
| 65 | 3.50 | 11.0 | 2.80 |  11.5 |
| 60 | 4.00 | 11.5 | 2.70 | 11 |
| 55 | 4.10 | 12.0 | 2.60 |  10.5 |
| 50 | 4.20 | 12.5 | 2.50 |  |
| 45 | 4.25 | 12.7 | 2.45 |  |
| 40 | 4.30 | 13.0 | 2.40 |  |
| 35 | 4.35 | 13.3 | 2.30 |  |
| 30 | 4.40 | 13.8 | 2.20 |  |
| 25 | 4.50 | 14.0 | 2.15 |  |
| 20 | 5.00 | 14.2 | 2.00 |  |
| 15 |  | 14.5 |  |  |