

Требования экзамена по ИВС (легкая атлетика) для заочного отделения (для лиц старше 30 лет) Мужчины

Бал лы	Бег 100 м (с)	Бег 200 м (с)	Бег 400 м (с)	Бег 800 м (с)	Бег 1000 м (с)	Бег 1500 м (с)	Бег 3000 м (с)	Прыжо к в длину (м)	Прыжок в высоту (см)	3-й прыжо к (м)	Толкани е ядра - 7.257 г (м)	Метан ие копья (м)	Метание Молота 6 кг(м)	Метание диска - 2 кг (м)
30	12.30	25.71	57.48	2:17.9	3:00.7	4:45.9	10:16.0	5.50	-	12.28	9.80	41.80	40.0	30.28
29	12.35	25.83	57.74	2:18.7	3:01.6	4:47.7	10:19.5	5.45	-	12.21	9.65	41.10	39.5	29.71
28	12.40	25.95	58.00	2:19.5	3:02.5	4:49.5	10:23.0	5.40	-	12.14	9.50	40.40	39.0	29.14
27	12.45	26.07	58.26	2:20.3	3:03.4	4:51.3	10:26.5	5.35	-	12.07	9.35	39.70	38.5	28.57
26	12.50	26.20	58.50	2:21.1	3:04.3	4:53.0	10:30.0	5.30	160	12.00	9.20	39.00	38.0	28.00
25	12.61	26.41	59.02	2:22.7	3:06.5	4:55.3	10:32.8	5.24	-	11.88	9.05	38.50	37.5	27.56
24	12.72	26.62	59.54	2:24.3	3:08.7	4:57.6	10:35.6	5.18	-	11.77	8.90	38.00	36.0	27.12
23	12.83	26.83	1:00.6	2:25.9	3:10.9	4:59.9	10:38.4	5.12	-	11.66	8.75	37.50	35.0	26.68
22	12.94	27.04	1:01.1	2:27.5	3:13.1	5:02.2	10:41.2	5.06	-	11.55	8.60	37.00	34.0	26.24
21	13.05	27.25	1:01.6	2:29.1	3:15.3	5:04.5	10:44.0	5.00	-	11.44	8.45	36.60	33.2	25.80
20	13.16	27.46	1:02.1	2:30.7	3:17.5	5:06.8	10:46.7	4.95	155	11.33	8.30	36.20	32.4	25.36
19	13.27	27.67	1:02.6	2:32.3	3:19.7	5:09.0	10:49.4	4.90	-	11.22	8.15	35.80	31.6	24.92
18	13.38	27.88	1:03.1	2:33.9	3:21.9	5:11.3	10:52.1	4.85	-	11.11	8.00	35.40	30.8	24.48
17	13.50	28.10	1:03.6	2:35.5	3:24.2	5:13.6	10:54.8	4.80	-	11.00	7.90	35.00	30.0	24.00
16	13.61	28.31	1:04.2	2:37.1	3:26.4	5:15.9	10:57.6	4.76	-	10.88	7.80	34.60	29.2	23.60
15	13.72	28.52	1:04.8	2:38.7	3:28.6	5:18.2	11:00.4	4.72	-	10.76	7.70	34.20	28.4	23.16
14	13.83	28.73	1:05.4	2:40.3	3:30.8	5:20.5	11:03.2	4.68	-	10.64	7.60	33.80	27.6	22.72
13	13.94	28.94	1:06.0	2:41.9	3:33.0	5:06.9	11:06.0	4.64	-	10.52	7.50	33.40	26.8	22.28
12	14.05	29.15	1:06.6	2:43.5	3:35.2	5:25.1	11:08.8	4.60	150	10.40	7.40	33.00	26.0	21.84
11	14.20	29.40	1:07.2	2:45.1	3:37.4	5:27.4	11:11.6	4.58	-	10.28	7.30	32.60	25.0	21.40
10	14.35	29.55	1:07.8	2:46.7	3:39.6	5:29.7	11:14.4	4.56	-	10.16	7.20	32.20	24.0	20.96
9	14.50	30.10	1:08.4	2:48.4	3:41.8	5:32.0	11:17.2	4.54	-	10.04	7.10	31.80	23.0	20.52
8	15.05	30.25	1:09.0	2:49.9	3:44.0	5:34.3	11:20.2	4.52	-	9.92	7.00	31.40	22.0	20.80
7	15.20	30.40	1:09.6	2:51.5	3:46.0	5:36.6	11:22.8	4.50	145-	9.80	6.90	31.00	21.0	19.64
6	15.35	30.55	1:10.2	2:53.1	3:48.0	5:38.0	11:25.6	4.48	-	9.68	6.80	30.60	20.0	19.20
5	15.50	31.10	1:10.8	2:54.7	3:50.0	5:40.3	11:28.4	4.43	-	9.56	6.70	30.20	19.0	18.80
4	16.05	31.25	1:11.4	2:56.3	3:52.0	5:42.6	11:31.2	4.38	-	9.44	6.60	29.80	18.0	18.40
3	16.20	31.40	1:12.0	2:57.9	3:54.0	5:44.9	11:34.0	4.33	140	9.32	6.50	29.40	17.0	18.00
2	16.35	31.55	1:12.6	2:59.5	3:56.0	5:47.2	11:36.3	4.28	-	9.20	6.40	29.00	16.0	17.60
1	16.50	32.10	1:13.2	3:01.1	3:58.0	5:49.5	11:38.6	4.23	-	9.08	6.30	28.60	15.0	17.20