

Требования экзамена по ИВС (легкая атлетика) для факультета педагогического и ИВС - Мужчины

Баллы	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)	Прыжок в длину (м)	Прыжок в высоту (см)	3-й прыжок (м)	Толкание ядра - 7.257 г (м)	Метание копья (м)	Метание Молота 6 кг(м)	Метание диска - 2 кг (м)
30	12.05	25.11	56.18	2:12.3	2:56.2	4:38.5	9:58.5	5.75	170	12.63	10.55	45.52	43.0	33.13
29	12.10	25.23	56.44	2:13.9	2:57.1	4:39.7	10:02.0	5.70	-	12.56	10.40	44.76	42.0	32.56
28	12.15	25.35	56.70	2:15.5	2:58.0	4:40.5	10:05.5	5.65	-	12.49	10.25	44.00	41.5	31.99
27	12.20	25.47	56.96	2:16.3	2:58.9	4:42.3	10:09.0	5.60	-	12.42	10.10	43.24	41.0	31.42
26	12.25	25.59	57.22	2:17.1	2:59.8	4:44.1	10:12.5	5.55	165	12.35	9.95	42.50	40.5	30.85
25	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
24	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
23	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
22	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
21	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
20	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
19	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
18	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
17	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
16	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
15	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
14	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
13	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
12	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
11	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
10	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
9	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
8	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
7	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
6	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
5	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
4	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
3	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
2	15.20	30.40	1:09.6	2:51.5	3:46.0	5:36.6	11:22.8	4.50	-	9.80	6.90	31.00	21.0	19.64
1	15.35	30.55	1:10.2	2:53.1	3:48.4	5:38.0	11:25.6	4.48	-	9.68	6.80	30.60	20.0	19.20