

ZAŁĄCZNIK NR 1

Tabela 1. Punktacja testu sprawności fizycznej kobiet i mężczyzn

Liczba punktów	Bieg na 800 m [min:sek]	skok w dal [cm]	koperta [sek.]	Bieg na 1500 m [min:sek]	skok w dal [cm]	koperta [sek.]
	KOBIETY			MĘŻCZYŹNI		
1	4:06,00	148	28,34	6:59,00	199	26.42
2	4:04,93	149	28,27	6:57,23	200	26.36
3	4:03,86	150	28,21	6:55,46	201	26.30
4	4:02,79	151	28,15	6:53,69	202	26.23
5	4:01,72	152	28,08	6:51,92	203	26.17
6	4:00,65	153	28,02	6:50,15	204	26.11
7	3:59,58	154	27,95	6:48,38	205	26.05
8	3:58,51	155	27,89	6:46,61	206	25.99
9	3:57,44	156	27,83	6:44,84	207	25.92
10	3:56,37	157	27,76	6:43,07	208	25.86
11	3:55,30	158	27,70	6:41,30	209	25.80
12	3:54,23	159	27,63	6:39,53	210	25.74
13	3:53,16	160	27,57	6:37,76	211	25.68
14	3:52,09	161	27,51	6:35,99	212	25.61
15	3:51,02	162	27,44	6:34,22	213	25.55
16	3:49,95	163	27,38	6:32,45	214	25.49
17	3:48,88	164	27,31	6:30,68	215	25.43
18	3:47,81	166	27,25	6:28,91	216	25.37
19	3:46,74	167	27,19	6:27,14	217	25.30
20	3:45,67	168	27,12	6:25,37	218	25.24
21	3:44,60	169	27,06	6:23,60	219	25.18
22	3:43,53	170	27,00	6:21,83	220	25.12
23	3:42,46	171	26,93	6:20,06	221	25.06
24	3:41,39	172	26,86	6:18,29	222	24.99
25	3:40,32	173	26,80	6:16,52	223	24.93
26	3:39,25	174	26,74	6:14,75	224	24.87
27	3:38,18	175	26,67	6:12,98	225	24.81
28	3:37,11	176	26,61	6:11,21	226	24.75
29	3:36,04	177	26,54	6:09,44	227	24.68
30	3:34,97	178	26,48	6:07,67	228	24.62
31	3:33,90	179	26,42	6:05,90	229	24.56
32	3:32,83	180	26,35	6:04,13	230	24.50
33	3:31,76	181	26,29	6:02,36	231	24.44
34	3:30,69	182	26,22	6:00,59	232	24.37
35	3:29,62	184	26,16	5:58,82	233	24.31

Liczba punktów	Bieg na 800 m [min:sek]	skok w dal [cm]	koperta [sek.]	Bieg na 1500 m [min:sek]	skok w dal [cm]	koperta [sek.]
	KOBIETY			MĘŻCZYŹNI		
36	3:28,55	185	26,10	5:57,05	234	24.25
37	3:27,48	186	26,03	5:55,28	235	24.19
38	3:26,41	187	25,97	5:53,51	236	24.13
39	3:25,34	188	25,90	5:51,74	237	24.06
40	3:24,27	189	25,84	5:49,97	238	24.00
41	3:23,20	190	25,78	5:48,20	239	23.94
42	3:22,13	191	25,71	5:46,43	240	23.88
43	3:21,06	192	25,65	5:44,66	241	23.81
44	3:19,99	193	25,58	5:42,89	242	23.75
45	3:18,92	194	25,52	5:41,12	243	23.69
46	3:17,85	195	25,45	5:39,35	244	23.63
47	3:16,78	196	25,39	5:37,58	245	23.57
48	3:15,71	197	25,33	5:35,81	246	23.50
49	3:14,64	198	25,26	5:34,04	247	23.44
50	3:13,57	199	25,20	5:32,27	248	23.38
51	3:12,50	201	25,13	5:30,50	249	23.32
52	3:11,43	202	25,07	5:28,73	250	23,26
53	3:10,36	203	25,01	5:26,96	251	23,19
54	3:09,29	204	24,94	5:25,19	252	23,13
55	3:08,22	205	24,88	5:23,42	253	23.07
56	3:07,15	206	24,81	5:21,65	254	23,01
57	3:06,08	207	24,75	5:19,88	255	22.95
58	3:05,01	208	24,69	5:18,11	256	22.88
59	3:03,94	209	24,62	5:16,34	257	22.82
60	3:02,87	210	24,56	5:14,57	258	22.76
61	3:01,80	211	24,49	5:12,80	259	22.70
62	3:00,73	212	24,43	5:11,03	260	22.64
63	2:59,66	213	24,37	5:09,26	261	22.57
64	2:58,59	214	24,30	5:07,49	262	22.51
65	2:57,52	215	24,24	5:05,72	263	22.45
66	2:56,45	216	24,17	5:03,95	264	22.39
67	2:55,38	217	24,11	5:02,18	265	22.33
68	2:54,31	219	24,04	5:00,41	266	22.26
69	2:53,24	220	23,98	4:58,64	267	22.20
70	2:52,17	221	23,92	4:56,87	268	22.14
71	2:51,10	222	23,85	4:55,10	269	22.08
72	2:50,03	223	23,79	4:53,33	270	22.02
73	2:48,96	224	23,72	4:51,56	271	21.95
74	2:47,89	225	23,66	4:49,79	272	21.89
75	2:46,82	226	23,60	4:48,02	273	21.83
76	2:45,75	227	23,53	4:46,25	274	21.77

Liczba punktów	Bieg na 800 m [min:sek]	skok w dal [cm]	koperta [sek.]	Bieg na 1500 m [min:sek]	skok w dal [cm]	koperta [sek.]
	KOBIETY			MĘŻCZYŹNI		
77	2:44,68	228	23,47	4:44,48	275	21.71
78	2:43,61	229	23,40	4:42,71	276	21.64
79	2:42,54	230	23,34	4:40,94	277	21.58
80	2:41,47	231	23,28	4:39,17	278	21.52
81	2:40,40	232	23,21	4:37,40	279	21.46
82	2:39,33	233	23,15	4:35,63	280	21.40
83	2:38,26	234	23,08	4:33,86	281	21.33
84	2:37,19	236	23,02	4:32,09	282	21.27
85	2:36,12	237	22,96	4:30,32	283	21.21
86	2:35,05	238	22,89	4:28,55	284	21.15
87	2:33,98	239	22,83	4:26,78	285	21.08
88	2:32,91	240	22,76	4:25,01	286	21.02
89	2:31,84	241	22,70	4:23,24	287	20.96
90	2:30,77	242	22,63	4:21,47	288	20.90
91	2:29,70	243	22,57	4:19,70	289	20.84
92	2:28,63	244	22,51	4:17,93	290	20.77
93	2:27,56	245	22,44	4:16,16	291	20.71
94	2:26,49	246	22,38	4:14,39	292	20.65
95	2:25,42	247	22,31	4:12,62	293	20.59
96	2:24,35	248	22,25	4:10,85	294	20.53
97	2:23,28	249	22,19	4:09,08	295	20.46
98	2:22,21	250	22,12	4:07,31	296	20.40
99	2:21,14	251	22,06	4:05,54	297	20.34
100	2:20,07	252	21,99	4:03,77	298	20.28