

TABELE PUNKTOWE CZWÓRBOJU LEKKOATLETYCZNEGO

rok szkolny 2011/2012

DZIEWCZĘTA

R - pomiar ręczny

PKT	60 m	60 R	600 m	skok wzwyż	skok w dal	piłka palant.	PKT
Powyżej 200 pkt.	1 pkt. za 0,01 s	10 pkt. za 0,1 s	1 pkt. za 0,2 s	2 pkt. za 1 cm	1 pkt za 2 cm	2 pkt. za 0,5 m	Powyżej 200 pkt.
200	7.38	7.1	1:32.11	1.79	5.93	77.0	200
199	7.39		1:32.29	1.78	5.91	76.5	199
198	7.40		1:32.48	1.77	5.90		198
197	7.42		1:32.67		5.88	76.0	197
196	7.43		1:32.86	1.76	5.87		196
195	7.44	7.2	1:33.05		5.85	75.5	195
194	7.46		1:33.24	1.75	5.84		194
193	7.47		1:33.43		5.83	75.0	193
192	7.48		1:33.62	1.74	5.81	74.5	192
191	7.50		1:33.81		5.80		191
190	7.51		1:34.00		5.78	74.0	190
189	7.52		1:34.19	1.73	5.77		189
188	7.54		1:34.39		5.76	73.5	188
187	7.55	7.3	1:34.58	1.72	5.74		187
186	7.56		1:34.77		5.73	73.0	186
185	7.58		1:34.97	1.71	5.71	72.5	185
184	7.59		1:35.17		5.70		184
183	7.60		1:35.36	1.70	5.68	72.0	183
182	7.61		1:35.56		5.67		182
181	7.62		1:35.76	1.69	5.65	71.5	181
180	7.63	7.4	1:35.95		5.64	71.0	180
179	7.64		1:36.15	1.68	5.63		179
178	7.65		1:36.35		5.61	70.5	178
177	7.66		1:36.55	1.67	5.60		177
176	7.67		1:36.75		5.58	70.0	176
175	7.68		1:36.95		5.57	69.5	175
174	7.69		1:37.16	1.66	5.55		174
173	7.70		1:37.36		5.54	69.0	173
172	7.71		1:37.56	1.65	5.52		172
171	7.72		1:37.77		5.51	68.5	171
170	7.73	7.5	1:37.97	1.64	5.49	68.0	170
169	7.74		1:38.18		5.48		169
168	7.75		1:38.46	1.63	5.47	67.5	168
167	7.76		1:38.74		5.46		167
166	7.77		1:38.98	1.62	5.45	67.0	166
165	7.78		1:39.26		5.44		165
164	7.79		1:39.54	1.61	5.43	66.5	164
163	7.80		1:39.82		5.42	66.0	163
162	7.81		1:40.10	1.60	5.41		162
161	7.82		1:40.38		5.39	65.5	161
160	7.83	7.6	1:40.66		5.38		160
159	7.84		1:40.94	1.59	5.36	65.0	159
158	7.85		1:41.22		5.34	64.5	158
157	7.86		1:41.50	1.58	5.32		157
156	7.87		1:41.78		5.30	64.0	156
155	7.88		1:42.06	1.57	5.27		155
154	7.89		1:42.34		5.24	63.5	154
153	7.90		1:42.62	1.56	5.21	63.0	153
152	7.91		1:42.80		5.19		152
152	7.92		1:42.95		5.18		152
150	7.93	7.7	1:43.10	1.55	5.17	62.5	150
149	7.94		1:43.25		5.16		149
148	7.95		1:43.40	1.54	5.15		148
147	7.96		1:43.55		5.14	62.0	147
146	7.97		1:43.70	1.53	5.13		146
145	7.98		1:43.80		5.12		145
144	7.99		1:43.90	1.52		61.5	144
143	8.00		1:44.00		5.11		143
142	8.01		1:44.10		5.10		142
141	8.02		1:44.20	1.51	5.09	61.0	141
140	8.03	7.8	1:44.30				140
139	8.05		1:44.40		5.08	60.5	139
138	8.06		1:44.50	1.50	5.07		138
137	8.07		1:44.60		5.06	60.0	137
136	8.09		1:44.70				136
135	8.10		1:44.80	1.49	5.05	59.5	135
134	8.12		1:44.90		5.04		134
133	8.13	7.9	1:45.00		5.03	59.0	133
132	8.14		1:45.10	1.48			132
131	8.15		1:45.20		5.02	58.5	131

CHŁOPCY

R - pomiar ręczny

PKT	60 m	60 R	1000 m	skok wzwyż	skok w dal	piłka palant.	PKT
Powyżej 200 pkt.	1 pkt. za 0,01 s	10 pkt. za 0,1 s	1 pkt. za 0,25 s	2 pkt. za 1 cm	1 pkt za 2 cm	2 pkt. za 0,5 m	Powyżej 200 pkt.
200	6.91	6.6	2:32.30	2.06	7.12	104.0	200
199	6.92		2:32.65		7.11		199
198	6.93		2:32.80	2.05	7.09	103.5	198
197	6.94		2:33.05		7.08		197
196	6.95		2:33.30	2.04	7.06	103.0	196
195	6.96	6.7	2:33.55		7.05		195
194	6.96		2:33.80	2.03	7.03	102.5	194
193	6.97		2:34.05		7.01		193
192	6.98		2:34.30	2.02	7.00	102.0	192
191	6.99		2:34.55		6.98		191
190	7.00		2:34.80	2.01	6.97	101.5	190
189	7.01		2:35.05		6.95		189
188	7.01		2:35.30	2.00	6.94	101.0	188
187	7.02		2:35.55	1.99	6.92		187
186	7.03	6.8	2:35.80		6.90	100.5	186
185	7.04		2:36.05	1.98	6.89		185
184	7.04		2:36.30		6.87	100.0	184
183	7.05		2:36.55	1.97	6.86		183
182	7.06		2:36.80	1.96	6.84	99.5	182
181	7.07		2:37.05		6.82		181
180	7.08		2:37.30	1.95	6.81	99.0	180
179	7.09		2:37.49		6.79		179
178	7.10		2:37.68		6.78	98.5	178
177	7.10	6.9	2:37.87	1.94	6.76		177
176	7.11		2:38.25		6.74	98.0	176
175	7.12		2:38.44		6.73		175
174	7.13		2:38.63	1.93	6.71	97.5	174
173	7.14		2:38.82		6.69		173
172	7.15		2:39.01		6.68	97.0	172
171	7.16		2:39.20	1.92	6.66		171
170	7.17		2:39.39		6.65	96.5	170
169	7.17		2:39.58		6.63		169
168	7.18		2:39.77	1.91	6.61	96.0	168
167	7.19		2:39.96		6.60		167
166	7.20	7.0	2:40.15		6.58	95.5	166
165	7.21		2:40.34	1.90	6.56		165
164	7.21		2:40.53		6.55	95.0	164
163	7.22		2:40.72	1.89	6.53		163
162	7.23		2:40.91		6.51	94.5	162
161	7.24		2:41.10	1.88	6.50		161
160	7.25		2:41.29		6.48	94.0	160
159	7.26		2:41.48	1.87	6.46		159
158	7.27		2:41.67		6.45	93.5	158
157	7.28		2:41.86	1.86	6.43		157
156	7.29		2:42.05		6.42	93.0	156
155	7.30		2:42.24	1.85	6.40		155
154	7.31	7.1	2:42.42		6.39	92.5	154
153	7.32		2:42.60	1.84	6.37		153
152	7.33		2:42.79		6.35	92.0	152
151	7.34		2:42.98	1.83	6.33		151
150	7.35		2:43.19		6.31	91.5	150
149	7.36		2:43.42		6.30		149
148	7.37		2:43.65	1.82	6.29	91.0	148
147	7.38		2:43.88		6.28		147
146	7.39		2:44.11		6.26	90.5	146
145	7.40		2:44.34	1.81	6.25	90.0	145
144	7.41		2:44.57		6.24	89.5	144
143	7.42	7.2	2:44.80		6.22	89.0	143
142	7.43		2:45.03	1.80	6.21	88.5	142
141	7.44		2:45.26		6.20	88.0	141
140	7.45		2:45.49		6.19	87.5	140
139	7.46		2:45.72	1.79	6.18	87.0	139
138	7.47		2:45.95		6.17	86.5	138
137	7.48		2:46.19		6.16	86.0	137
136	7.49		2:46.43	1.78	6.14	85.5	136
135	7.50		2:46.68		6.13	85.0	135
134	7.51		2:46.93		6.12	84.5	134
133	7.52		2:47.18	1.77	6.11	84.0	133
132	7.53	7.3	2:47.43		6.10	83.5	132
131	7.54		2:47.68		6.08	83.0	131

130	8.16		1:45.30		5.01		130
129	8.18		1:45.40	1.47	5.00	58.0	129
128	8.19		1:45.50				128
127	8.20		1:45.60		4.99	57.5	127
126	8.21		1:45.70	1.46	4.98		126
125	8.22		1:45.80		4.97	57.0	125
124	8.23	8.0	1:45.90				124
123	8.24		1:46.00	1.45	4.96	56.5	123
122	8.25		1:46.10		4.95		122
121	8.26		1:46.20		4.94	56.0	121
120	8.27		1:46.30	1.44			120
119	8.28		1:46.40		4.93	55.5	119
118	8.29		1:46.50		4.92		118
117	8.30		1:46.60	1.43	4.91	55.0	117
116	8.31		1:46.70				116
115	8.32		1:46.80		4.90	54.5	115
114	8.33	8.1	1:46.90	1.42	4.89		114
113	8.34		1:47.00		4.88	54.0	113
112	8.35		1:47.10				112
111	8.36		1:47.20	1.41	4.87	53.5	111
110	8.37		1:47.30		4.86		110
109	8.38		1:47.40		4.85	53.0	109
108	8.39		1:47.50	1.40		52.5	108
107	8.40		1:47.60		4.84		107
106	8.41		1:47.70		4.83	52.0	106
105	8.42		1:47.80	1.39	4.82		105
104	8.43	8.2	1:47.90		4.81	51.5	104
103	8.45		1:47.99		4.80	51.0	103
102	8.47		1:48.08	1.38	4.79		102
101	8.48		1:48.20		4.78	50.5	101
100	8.49		1:48.40		4.77	50.0	100
99	8.50		1:48.60	1.37	4.76		99
98	8.52		1:48.90		4.75	49.5	98
97	8.54	8.3	1:49.20		4.74	49.0	97
96	8.56		1:49.50	1.36	4.73		96
95	8.58		1:49.80		4.72	48.5	95
94	8.60		1:50.15		4.71	48.0	94
93	8.62		1:50.50	1.35	4.70	47.5	93
92	8.64	8.4	1:50.90		4.69		92
91	8.66		1:51.30		4.68	47.0	91
90	8.69		1:51.75	1.34	4.67	46.5	90
89	8.72		1:52.20		4.66	46.0	89
88	8.75	8.5	1:52.70		4.64		88
87	8.78		1:53.20	1.33	4.63	45.5	87
86	8.81		1:53.75		4.62	45.0	86
85	8.84	8.6	1:54.35		4.61	44.5	85
84	8.87		1:54.95	1.32	4.59		84
83	8.89		1:55.55		4.58	44.0	83
82	8.91		1:56.15		4.56	43.5	82
81	8.93		1:56.75	1.31	4.55	43.0	81
80	8.95	8.7	1:57.30		4.53		80
79	8.97		1:57.85		4.51	42.5	79
78	9.00		1:58.35	1.30	4.49	42.0	78
77	9.02		1:58.85		4.47	41.5	77
76	9.05	8.8	1:59.35		4.45		76
75	9.07		1:59.85	1.29	4.42	41.0	75
74	9.10		2:00.35		4.39	40.5	74
73	9.13	8.9	2:00.85		4.37	40.0	73
72	9.16		2:01.35	1.28	4.35		72
71	9.20		2:01.85		4.33	39.5	71
70	9.23	9.0	2:02.35		4.31	39.0	70
69	9.26		2:02.85	1.27	4.29	38.5	69
68	9.28		2:03.40		4.27		68
67	9.30		2:03.95		4.25	38.0	67
66	9.32		2:04.50	1.26	4.23	37.5	66
65	9.35	9.1	2:05.05		4.21	37.0	65
64	9.39		2:05.60		4.19		64
63	9.43	9.2	2:06.15	1.25	4.17	36.5	63
62	9.47		2:06.70		4.15	36.0	62
61	9.51		2:07.25	1.24	4.13	35.5	61
60	9.55	9.3	2:07.80		4.11		60
59	9.59		2:08.35	1.23	4.09	35.0	59
58	9.63	9.4	2:08.90		4.07	34.5	58
57	9.67		2:09.45	1.22	4.05	34.0	57
56	9.71		2:10.00		4.03	33.5	56
55	9.75	9.5	2:10.55	1.21	4.01		55
54	9.79		2:11.10		3.99	33.0	54
53	9.83	9.6	2:11.65	1.20	3.97	32.5	53
52	9.87		2:12.20		3.94	32.0	52
51	9.91		2:12.75	1.19	3.91	31.5	51
50	9.95	9.7	2:13.30		3.88		50

130	7.55			2:47.92	1.76	6.07	82.5	130
129	7.56			2:48.16		6.06	82.0	129
128	7.57			2:48.40		6.04	81.5	128
127	7.58			2:48.64		6.03	81.0	127
126	7.59			2:48.88	1.75	6.02	80.5	126
125	7.60			2:49.09		6.01	80.0	125
124	7.61			2:49.44		6.00	79.5	124
123	7.62			2:49.79	1.74	5.99	79.0	123
122	7.63			2:50.14		5.98	78.5	122
121	7.64	7.4		2:50.49		5.96	78.0	121
120	7.65			2:50.84	1.73	5.95	77.5	120
119	7.66			2:51.19		5.94	77.0	119
118	7.67			2:51.54		5.92	76.5	118
117	7.68			2:51.89	1.72	5.91	76.0	117
116	7.69			2:52.24		5.90	75.5	116
115	7.70			2:52.59		5.88	75.0	115
114	7.71			2:52.95	1.71	5.87	74.5	114
113	7.72			2:53.30		5.85	74.0	113
112	7.73	7.5		2:53.65		5.84	73.5	112
111	7.74			2:54.00	1.70	5.82	73.0	111
110	7.75			2:54.35		5.80	72.5	110
109	7.76			2:54.70	1.69	5.78	72.0	109
108	7.77			2:55.05	1.68	5.76	71.5	108
107	7.78			2:55.40		5.74	71.0	107
106	7.79			2:55.75	1.67	5.72	70.5	106
105	7.80			2:56.10	1.66	5.70	70.0	105
104	7.81			2:56.45		5.68	69.5	104
103	7.82			2:56.80	1.65	5.66	69.0	103
102	7.83			2:57.10	1.64	5.64	68.5	102
101	7.84	7.6		2:57.60		5.62	68.0	101
100	7.85			2:58.10	1.63	5.60	67.5	100
99	7.86			2:58.60	1.62	5.58	67.0	99
98	7.87			2:59.15		5.56	66.5	98
97	7.88			2:59.70	1.61	5.54	66.0	97
96	7.90			3:00.25	1.60	5.52	65.5	96
95	7.92			3:00.80		5.50	65.0	95
94	7.94	7.7		3:01.35	1.59	5.48	64.5	94
93	7.96			3:01.90	1.58	5.46	64.0	93
92	7.98			3:02.45		5.44	63.5	92
91	8.00			3:03.00	1.57	5.42	63.0	91
90	8.02			3:03.55	1.56	5.40	62.5	90
89	8.04	7.8		3:04.10		5.38	62.0	89
88	8.07			3:04.75	1.55	5.36	61.5	88
87	8.10			3:05.40	1.54	5.34	61.0	87
86	8.13	7.9		3:06.05		5.32	60.5	86
85	8.16			3:06.70	1.53	5.30	60.0	85
84	8.19			3:07.35	1.52	5.28	59.5	84
83	8.22			3:08.00	1.51	5.26	59.0	83
82	8.25	8.0		3:08.65		5.23	58.5	82
81	8.28			3:09.45	1.50	5.20	58.0	81
80	8.31			3:10.24	1.49	5.18	57.5	80
79	8.34	8.1		3:11.04	1.48	5.15	57.0	79
78	8.36			3:11.84		5.12	56.5	78
77	8.38			3:12.64	1.47	5.09	56.0	77
76	8.40			3:13.44	1.46	5.06	55.5	76
75	8.42			3:14.24		5.03	55.0	75
74	8.44	8.2		3:15.04	1.45	4.99	54.5	74
73	8.46			3:15.84	1.44	4.96	54.0	73
72	8.49			3:16.64	1.43	4.93	53.5	72
71	8.52			3:17.44	1.42	4.90	53.0	71
70	8.54	8.3		3:18.24		4.87	52.5	70
69	8.57			3:19.04	1.41	4.84	52.0	69
68	8.60			3:19.84	1.40	4.81	51.5	68
67	8.63	8.4		3:20.64		4.78	51.0	67
66	8.66			3:21.44	1.39	4.75	50.5	66
65	8.69			3:22.24	1.38	4.72	50.0	65
64	8.72			3:23.04		4.69	49.5	64
63	8.75	8.5		3:23.84	1.37	4.66	49.0	63
62	8.78			3:24.64	1.36	4.63	48.5	62
61	8.81			3:25.44		4.60	48.0	61
60	8.84	8.6		3:26.24	1.35	4.57	47.5	60
59	8.87			3:27.04	1.34	4.54	47.0	59
58	8.90			3:27.84		4.51	46.5	58
57	8.93	8.7		3:28.64	1.33	4.48	46.0	57
56	8.96			3:29.44	1.32	4.45	45.5	56
55	8.99			3:30.24		4.42	45.0	55
54	9.02			3:31.04	1.31	4.39	44.5	54
53	9.05	8.8		3:31.84	1.30	4.36	44.0	53
52	9.08			3:32.64		4.33	43.5	52
51	9.11			3:33.42	1.29	4.30	43.0	51
50	9.14	8.9		3:34.40	1.28	4.27	42.5	50

49	9.99		2:13.85	1.18	3.85	31.0	49
48	10.03	9.8	2:14.40		3.82	30.5	48
47	10.07		2:14.95	1.17	3.79	30.0	47
46	10.11		2:15.50		3.76		46
45	10.15	9.9	2:16.05	1.16	3.73	29.5	45
44	10.19		2:16.60		3.70	29.0	44
43	10.23	10.0	2:17.15	1.15	3.67	28.5	43
42	10.27		2:17.70		3.64		42
41	10.31		2:18.25	1.14	3.61	28.0	41
40	10.35	10.1	2:18.80		3.58	27.5	40
39	10.39		2:19.35	1.13	3.55	27.0	39
38	10.43	10.2	2:19.90		3.52		38
37	10.47		2:20.45	1.12	3.49	26.5	37
36	10.51		2:21.00		3.46	26.0	36
35	10.55	10.3	2:21.55	1.11	3.43	25.5	35
34	10.59		2:22.10		3.40	25.0	34
33	10.63	10.4	2:22.65	1.10	3.37	24.5	33
32	10.67		2:23.20		3.34	24.0	32
31	10.71		2:23.75	1.09	3.31	23.5	31
30	10.75	10.5	2:24.30		3.28	23.0	30
29	10.79		2:24.85	1.08	3.25	22.5	29
28	10.83	10.6	2:25.40	1.07	3.22	22.0	28
27	10.87		2:25.95		3.19	21.5	27
26	10.91		2:26.50	1.06	3.16	21.0	26
25	10.95	10.7	2:27.10	1.05	3.13	20.5	25
24	10.99		2:27.70		3.10	20.0	24
23	11.04	10.8	2:28.30	1.04	3.07	19.5	23
22	11.09		2:28.95	1.03	3.04	19.0	22
21	11.14	10.9	2:29.65		3.01	18.5	21
20	11.19		2:30.35	1.02	2.98	18.0	20
19	11.25	11.0	2:31.05	1.01	2.95	17.5	19
18	11.31	11.1	2:31.75	1.00	2.92	17.0	18
17	11.37		2:32.45		2.89	16.5	17
16	11.43	11.2	2:33.15	0.99	2.86	16.0	16
15	11.49		2:33.85	0.98	2.83	15.5	15
14	11.56	11.3	2:34.65	0.97	2.80	15.0	14
13	11.64	11.4	2:35.45	0.96	2.77	14.5	13
12	11.72	11.5	2:36.25	0.95	2.74	14.0	12
11	11.80	11.6	2:37.05	0.94	2.71	13.5	11
10	11.88	11.7	2:37.85	0.93	2.67	13.0	10
9	11.96		2:38.65	0.92	2.63	12.5	9
8	12.04	11.8	2:39.45	0.91	2.59	12.0	8
7	12.12	11.9	2:40.25	0.90	2.55	11.5	7
6	12.20	12.0	2:41.05	0.88	2.50	11.0	6
5	12.30	12.1	2:41.85	0.87	2.45	10.5	5
4	12.40	12.2	2:42.65	0.85	2.40	10.0	4
3	12.50	12.3	2:43.35	0.84	2.35	9.5	3
2	12.62	12.4	2:44.35	0.82	2.25	9.0	2
1	12.75	12.5	2:45.35	0.80	2.10	8.0	1

49	9.17				3:35.73		4.24	42.0	49
48	9.20				3:36.53	1.27	4.21	41.5	48
47	9.23	9.0			3:37.34	1.26	4.18	41.0	47
46	9.26				3:38.32		4.15	40.5	46
45	9.29				3:39.30	1.25	4.12	40.0	45
44	9.32	9.1			3:40.28	1.24	4.09	39.5	44
43	9.36				3:41.26		4.06	39.0	43
42	9.40				3:42.24	1.23	4.03	38.5	42
41	9.43	9.2			3:43.22	1.22	4.00	38.0	41
40	9.46				3:44.21		3.97	37.5	40
39	9.50				3:45.20	1.21	3.94	37.0	39
38	9.54	9.3			3:46.19	1.20	3.91	36.5	38
37	9.58				3:47.18	1.19	3.88	36.0	37
36	9.62				3:48.17		3.85	35.5	36
35	9.66	9.4			3:49.37	1.18	3.82	35.0	35
34	9.70				3:50.57	1.17	3.79	34.5	34
33	9.75	9.5			3:51.77	1.16	3.76	34.0	33
32	9.80				3:52.97		3.74	33.5	32
31	9.85	9.6			3:54.17	1.15	3.72	33.0	31
30	9.90				3:55.37	1.14	3.70	32.5	30
29	9.95	9.7			3:56.57	1.13	3.68	32.0	29
28	10.00				3:57.77		3.66	31.5	28
27	10.05	9.8			3:58.97	1.12	3.64	31.0	27
26	10.10				4:00.17	1.11	3.62	30.5	26
25	10.15	9.9			4:01.37	1.10	3.60	30.0	25
24	10.20				4:02.57		3.57	29.5	24
23	10.25	10.0			4:03.77	1.09	3.53	29.0	23
22	10.30				4:04.97	1.08	3.49	28.5	22
21	10.35	10.1			4:05.17	1.07	3.45	28.0	21
20	10.40				4:06.37		3.41	27.5	20
19	10.45	10.2			4:07.57	1.06	3.37	27.0	19
18	10.50				4:08.77	1.05	3.33	26.5	18
17	10.55	10.3			4:10.40	1.04	3.29	26.0	17
16	10.60				4:12.20		3.25	25.5	16
15	10.65	10.4			4:14.00	1.03	3.21	25.0	15
14	10.70				4:15.80	1.02	3.17	24.5	14
13	10.75	10.5			4:17.60	1.01	3.12	24.0	13
12	10.80				4:19.40	1.00	3.07	23.5	12
11	10.85	10.6			4:21.20	0.99	3.02	23.0	11
10	10.90				4:23.00	0.98	2.97	22.5	10
9	10.95	10.7			4:24.80	0.97	2.90	22.0	9
8	11.00				4:26.60	0.95	2.83	21.5	8
7	11.05	10.8			4:27.40	0.93	2.76	21.0	7
6	11.10				4:29.20	0.91	2.68	20.5	6
5	11.15	10.9			4:31.00	0.89	2.60	20.0	5
4	11.20	11.0			4:32.80	0.87	2.50	19.5	4
3	11.30	11.1			4:34.60	0.85	2.40	19.0	3
2	11.45	11.2			4:36.40	0.83	2.25	18.5	2
1	11.60	11.4			4:38.20	0.80	2.10	18.0	1