**ВОЕННОМОРСКИ СИЛИ**
**КОМАНДВАНЕ НА ВОЕННОМОРСКИТЕ СИЛИ**
Варна 9000, ул. “Преслав” 16, тел: 552-622, 552-635, факс: 603-259

***Приложение № 2***

# НОРМАТИВИ ЗА ФИЗИЧЕСКА ГОДНОСТ

## 1. За всички длъжности (без „Разузнавач”), обявени в конкурса:

### НОРМАТИВ № 1
### ИЗПЪЛНЕНИЕ НА КОРЕМНИ ПРЕСИ ЗА 1 МИНУТА

| Точки / Брой пъти | Възрастова група | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | I До 21 г. | | II 22-26 г. | | III 27-31 г. | | IV 32-36 г. | | V 37-41 г. | | VI 42-46 г. | | VII 47-51 г. | | VIII Над 52 г. | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| **81** | 100 | | | | | | | | | | | | | | | |
| **80** | 98 | | 100 | | | | | | | | | | | | | |
| **79** | 96 | | 98 | | | | | | | | | | | | | |
| **78** | 94 | 100 | 96 | | | | | | | | | | | | | |
| **77** | 92 | 98 | 94 | | | | | | | | | | | | | |
| **76** | 90 | 96 | 92 | 100 | | | | | | | | | | | | |
| **75** | 88 | 94 | 90 | 98 | | | | | | | | | | | | |
| **74** | 86 | 92 | 88 | 96 | 100 | | | | | | | | | | | |
| **73** | 84 | 90 | 86 | 94 | 98 | | | | | | | | | | | |
| **72** | 82 | 88 | 85 | 92 | 96 | | 100 | | | | | | | | | |
| **71** | 80 | 86 | 84 | 90 | 94 | | 98 | | | | | | | | | |
| **70** | 78 | 84 | 83 | 88 | 92 | | 96 | | | | | | | | | |
| **69** | 77 | 82 | 82 | 86 | 90 | 100 | 94 | | | | | | | | | |
| **68** | 76 | 80 | 81 | 84 | 88 | 98 | 92 | | | | | | | | | |
| **67** | 75 | 78 | 80 | 82 | 86 | 96 | 90 | | 100 | | | | | | | |
| **66** | 74 | 76 | 79 | 81 | 84 | 94 | 89 | 100 | 98 | | | | | | | |
| **65** | 73 | 75 | 78 | 80 | 83 | 92 | 88 | 98 | 96 | | | | | | | |
| **64** | 72 | 74 | 77 | 79 | 82 | 90 | 87 | 96 | 94 | | | | | | | |
| **63** | 71 | 73 | 76 | 78 | 81 | 88 | 86 | 94 | 92 | | | | | | | |
| **62** | 70 | 72 | 75 | 77 | 80 | 86 | 85 | 92 | 90 | | 100 | | | | | |
| **61** | 69 | 71 | 74 | 76 | 79 | 84 | 84 | 90 | 88 | | 99 | | | | | |
| **60** | 68 | 70 | 73 | 75 | 78 | 82 | 83 | 88 | 87 | 100 | 98 | | | | | |
| **59** | 67 | 69 | 72 | 74 | 77 | 80 | 82 | 86 | 86 | 98 | 97 | | | | | |
| **58** | 66 | 68 | 71 | 73 | 76 | 78 | 81 | 84 | 85 | 96 | 96 | | | | | |
| **57** | 65 | 67 | 70 | 72 | 75 | 77 | 80 | 82 | 84 | 94 | 95 | | 100 | | | |
| **56** | 64 | 66 | 69 | 71 | 74 | 76 | 79 | 81 | 83 | 92 | 94 | | 99 | | | |
| **55** | 63 | 65 | 68 | 70 | 73 | 75 | 78 | 80 | 82 | 90 | 92 | | 98 | | | |
| **54** | 62 | 64 | 67 | 69 | 72 | 74 | 76 | 79 | 81 | 88 | 90 | | 97 | | 100 | |
| **53** | 61 | 63 | 66 | 68 | 71 | 73 | 75 | 78 | 80 | 86 | 88 | | 96 | | 99 | |
| **52** | 60 | 62 | 65 | 67 | 70 | 72 | 74 | 77 | 79 | 84 | 87 | 100 | 94 | | 98 | |
| **51** | 59 | 61 | 64 | 66 | 69 | 71 | 73 | 76 | 78 | 82 | 86 | 98 | 92 | | 97 | |
| **50** | 58 | 60 | 63 | 65 | 68 | 70 | 72 | 75 | 77 | 80 | 85 | 96 | 90 | 100 | 96 | |
| **49** | 57 | 59 | 62 | 64 | 67 | 69 | 71 | 74 | 76 | 79 | 84 | 94 | 88 | 99 | 95 | |
| **48** | 56 | 58 | 61 | 63 | 66 | 68 | 70 | 73 | 75 | 78 | 83 | 92 | 86 | 98 | 94 | |
| **47** | 55 | 57 | 60 | 62 | 65 | 67 | 69 | 72 | 74 | 77 | 82 | 90 | 84 | 97 | 93 | |
| **46** | 54 | 56 | 59 | 61 | 64 | 66 | 68 | 71 | 73 | 76 | 80 | 88 | 82 | 96 | 92 | |
| **45** | 53 | 55 | 58 | 60 | 63 | 65 | 67 | 70 | 72 | 75 | 78 | 86 | 80 | 95 | 91 | 100 |
| **44** | 52 | 54 | 57 | 59 | 62 | 64 | 66 | 69 | 71 | 74 | 76 | 84 | 78 | 94 | 90 | 99 |
| **43** | 51 | 53 | 56 | 58 | 61 | 63 | 65 | 68 | 70 | 73 | 74 | 82 | 76 | 93 | 88 | 98 |
| **42** | 50 | 52 | 55 | 57 | 60 | 62 | 64 | 67 | 69 | 72 | 73 | 80 | 75 | 92 | 86 | 97 |
| **41** | 49 | 51 | 54 | 56 | 59 | 61 | 63 | 66 | 68 | 71 | 72 | 78 | 74 | 91 | 84 | 96 |
| **40** | 48 | 50 | 53 | 55 | 58 | 60 | 62 | 65 | 67 | 70 | 71 | 76 | 73 | 90 | 82 | 94 |
| **39** | 47 | 49 | 52 | 54 | 57 | 59 | 61 | 64 | 66 | 69 | 70 | 74 | 72 | 88 | 80 | 92 |
| **38** | 46 | 48 | 51 | 53 | 56 | 58 | 60 | 63 | 65 | 68 | 69 | 72 | 71 | 86 | 78 | 90 |
| **37** | 45 | 47 | 50 | 52 | 55 | 57 | 59 | 62 | 64 | 67 | 68 | 70 | 70 | 84 | 76 | 88 |
| **36** | 44 | 46 | 49 | 51 | 54 | 56 | 58 | 61 | 63 | 66 | 67 | 69 | 69 | 82 | 74 | 86 |

| Точки / Брой пъти | Възрастова група | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | I До 21 г. | | II 22-26 г. | | III 27-31 г. | | IV 32-36 г. | | V 37-41 г. | | VI 42-46 г. | | VII 47-51 г. | | VIII Над 52 г. | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| **35** | 43 | 45 | 48 | 50 | 53 | 55 | 57 | 60 | 62 | 65 | 66 | 68 | 68 | 80 | 72 | 84 |
| **34** | 42 | 44 | 47 | 49 | 52 | 54 | 56 | 59 | 61 | 64 | 65 | 67 | 67 | 78 | 70 | 82 |
| **33** | 41 | 43 | 46 | 48 | 51 | 53 | 55 | 58 | 60 | 63 | 64 | 66 | 66 | 76 | 68 | 80 |
| **32** | 40 | 42 | 45 | 47 | 50 | 52 | 54 | 57 | 59 | 62 | 63 | 65 | 65 | 74 | 66 | 78 |
| **31** | 39 | 41 | 44 | 46 | 49 | 51 | 53 | 56 | 58 | 61 | 62 | 64 | 64 | 72 | 65 | 76 |
| **30** | 38 | 40 | 43 | 45 | 48 | 50 | 52 | 55 | 57 | 60 | 61 | 63 | 63 | 70 | 64 | 74 |
| **29** | 37 | 39 | 42 | 44 | 47 | 49 | 51 | 54 | 56 | 59 | 60 | 62 | 62 | 68 | 63 | 72 |
| **28** | 36 | 38 | 41 | 43 | 46 | 48 | 50 | 53 | 55 | 58 | 58 | 61 | 61 | 64 | 62 | 70 |
| **27** | 35 | 37 | 40 | 42 | 45 | 47 | 48 | 52 | 54 | 57 | 56 | 60 | 60 | 62 | 61 | 68 |
| **26** | 34 | 36 | 39 | 41 | 44 | 46 | 46 | 51 | 52 | 56 | 54 | 58 | 58 | 60 | 60 | 66 |
| **25** | 33 | 35 | 38 | 40 | 43 | 45 | 45 | 50 | 50 | 55 | 52 | 56 | 56 | 58 | 58 | 64 |
| **24** | 32 | 34 | 37 | 39 | 42 | 44 | 44 | 48 | 48 | 54 | 50 | 54 | 54 | 56 | 56 | 62 |
| **23** | 31 | 33 | 36 | 38 | 41 | 43 | 43 | 46 | 46 | 53 | 48 | 52 | 52 | 55 | 54 | 61 |
| **22** | 30 | 32 | 35 | 37 | 40 | 42 | 42 | 44 | 44 | 52 | 46 | 50 | 50 | 54 | 52 | 60 |
| **21** | 29 | 31 | 34 | 36 | 39 | 41 | 41 | 42 | 42 | 51 | 44 | 48 | 48 | 53 | 50 | 58 |
| **20** | 28 | 30 | 33 | 35 | 38 | 40 | 40 | 40 | 40 | 50 | 42 | 46 | 46 | 52 | 48 | 56 |
| **19** | 27 | 29 | 32 | 34 | 37 | 38 | 38 | 38 | 38 | 45 | 40 | 44 | 44 | 50 | 46 | 54 |
| **18** | 26 | 28 | 31 | 33 | 36 | 36 | 36 | 36 | 36 | 40 | 38 | 42 | 42 | 48 | 44 | 52 |
| **17** | 25 | 27 | 30 | 32 | 34 | 34 | 34 | 34 | 34 | 35 | 36 | 40 | 40 | 46 | 42 | 50 |
| **16** | 24 | 26 | 29 | 30 | 32 | 32 | 32 | 32 | 32 | 32 | 34 | 38 | 38 | 44 | 40 | 48 |
| **15** | 23 | 25 | 28 | 29 | 30 | 30 | 30 | 30 | 30 | 30 | 32 | 36 | 36 | 42 | 38 | 45 |
| **14** | 22 | 24 | 27 | 28 | 28 | 28 | 28 | 28 | 28 | 28 | 30 | 34 | 34 | 40 | 35 | 42 |
| **13** | 21 | 23 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 26 | 28 | 32 | 32 | 38 | 34 | 39 |
| **12** | 20 | 22 | 24 | 24 | 24 | 24 | 24 | 24 | 24 | 24 | 26 | 30 | 30 | 36 | 32 | 36 |
| **11** | 19 | 21 | 22 | 22 | 22 | 22 | 22 | 22 | 22 | 22 | 24 | 28 | 28 | 33 | 30 | 33 |
| **10** | 18 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 22 | 26 | 26 | 30 | 28 | 30 |
| **9** | 17 | 18 | 18 | 18 | 18 | 18 | 18 | 18 | 18 | 18 | 20 | 24 | 24 | 27 | 26 | 27 |
| **8** | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 18 | 22 | 22 | 24 | 24 | 24 |
| **7** | 14 | 14 | 14 | 14 | 14 | 14 | 14 | 14 | 14 | 14 | 16 | 20 | 20 | 21 | 21 | 21 |
| **6** | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 14 | 18 | 18 | 18 | 18 | 18 |
| **5** | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 12 | 15 | 15 | 15 | 15 | 15 |
| **4** | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 10 | 12 | 12 | 12 | 12 | 12 |
| **3** | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 8 | 9 | 9 | 9 | 9 | 9 |
| **2** | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 6 | 6 | 6 | 6 | 6 | 6 |
| **1** | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 |

## НОРМАТИВ № 2
## ИЗПЪЛНЕНИЕ НА ЛИЦЕВИ ОПОРИ ЗА 1 МИНУТА

| Точки / Брой пъти | Възрастова група | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | I До 21г. | | II 22-26г. | | III 27-31г. | | IV 32-36г. | | V 37-41г. | | VI 42-46г. | | VII 47-51г. | | VIII Над 52г. | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| **75** | 100 | | | | | | | | | | | | | | | |
| **74** | 98 | | | | | | | | | | | | | | | |
| **73** | 96 | | 100 | | | | | | | | | | | | | |
| **72** | 94 | | 98 | | | | | | | | | | | | | |
| **71** | 92 | | 96 | | 100 | | | | | | | | | | | |
| **70** | 90 | | 94 | | 98 | | | | | | | | | | | |
| **69** | 88 | | 92 | | 96 | | | | | | | | | | | |
| **68** | 86 | | 90 | | 94 | | | | | | | | | | | |
| **67** | 85 | | 88 | | 92 | | | | | | | | | | | |
| **66** | 84 | | 86 | | 90 | | | | | | | | | | | |
| **65** | 83 | | 85 | | 88 | | 100 | | | | | | | | | |
| **64** | 82 | | 84 | | 86 | | 98 | | | | | | | | | |
| **63** | 81 | | 83 | | 85 | | 96 | | 100 | | | | | | | |
| **62** | 80 | | 82 | | 84 | | 94 | | 98 | | | | | | | |
| **61** | 79 | | 81 | | 83 | | 92 | | 96 | | | | | | | |
| **60** | 78 | | 80 | | 82 | | 90 | | 94 | | 100 | | | | | |
| **59** | 77 | | 79 | | 81 | | 88 | | 92 | | 98 | | | | | |
| **58** | 76 | 100 | 78 | | 80 | | 86 | | 90 | | 96 | | | | | |
| **57** | 75 | 99 | 77 | | 79 | | 84 | | 88 | | 94 | | | | | |
| **56** | 74 | 98 | 76 | 100 | 78 | | 83 | | 86 | | 92 | | | | | |

| Точки / Брой пъти | Възрастова група | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | I До 21г. | | II 22-26г. | | III 27-31г. | | IV 32-36г. | | V 37-41г. | | VI 42-46г. | | VII 47-51г. | | VIII Над 52г. | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| **55** | 73 | 97 | 75 | 98 | 77 | | 82 | | 84 | | 90 | | 100 | | | |
| **54** | 72 | 96 | 74 | 96 | 76 | | 81 | | 83 | | 89 | | 98 | | | |
| **53** | 71 | 95 | 73 | 95 | 75 | | 80 | | 82 | | 88 | | 96 | | | |
| **52** | 70 | 94 | 72 | 94 | 74 | 100 | 79 | | 81 | | 87 | | 94 | | | |
| **51** | 69 | 93 | 71 | 93 | 73 | 98 | 78 | | 80 | | 86 | | 92 | | | |
| **50** | 68 | 92 | 70 | 92 | 72 | 96 | 77 | 100 | 79 | | 84 | | 90 | | | |
| **49** | 67 | 90 | 69 | 91 | 71 | 95 | 76 | 98 | 78 | | 83 | | 88 | | | |
| **48** | 66 | 88 | 68 | 90 | 70 | 94 | 75 | 96 | 77 | 100 | 82 | | 86 | | 100 | |
| **47** | 65 | 87 | 67 | 89 | 69 | 93 | 74 | 95 | 76 | 99 | 81 | | 85 | | 98 | |
| **46** | 64 | 86 | 66 | 88 | 68 | 92 | 73 | 94 | 75 | 98 | 80 | | 84 | | 96 | |
| **45** | 63 | 85 | 65 | 87 | 67 | 91 | 72 | 93 | 74 | 97 | 79 | 100 | 83 | | 94 | |
| **44** | 62 | 84 | 64 | 86 | 66 | 90 | 71 | 92 | 73 | 96 | 78 | 99 | 82 | | 92 | |
| **43** | 61 | 83 | 63 | 85 | 65 | 89 | 70 | 91 | 72 | 95 | 77 | 98 | 81 | | 90 | |
| **42** | 60 | 82 | 62 | 84 | 64 | 88 | 69 | 90 | 71 | 94 | 76 | 97 | 80 | | 88 | |
| **41** | 59 | 81 | 61 | 83 | 63 | 87 | 68 | 89 | 70 | 93 | 75 | 96 | 79 | 100 | 86 | |
| **40** | 58 | 80 | 60 | 82 | 62 | 86 | 67 | 88 | 69 | 92 | 74 | 95 | 78 | 99 | 84 | 100 |
| **39** | 57 | 79 | 59 | 81 | 61 | 85 | 66 | 87 | 68 | 91 | 73 | 94 | 77 | 98 | 83 | 99 |
| **38** | 56 | 78 | 58 | 80 | 60 | 84 | 65 | 86 | 67 | 90 | 72 | 93 | 76 | 97 | 82 | 98 |
| **37** | 55 | 77 | 57 | 79 | 59 | 83 | 64 | 85 | 66 | 89 | 71 | 92 | 75 | 96 | 81 | 97 |
| **36** | 54 | 76 | 56 | 78 | 58 | 82 | 63 | 84 | 65 | 88 | 70 | 91 | 74 | 95 | 80 | 96 |
| **35** | 53 | 75 | 55 | 77 | 57 | 81 | 62 | 83 | 64 | 87 | 69 | 90 | 73 | 94 | 79 | 95 |
| **34** | 52 | 74 | 54 | 76 | 56 | 80 | 61 | 82 | 63 | 86 | 68 | 89 | 72 | 93 | 78 | 94 |
| **33** | 51 | 73 | 53 | 75 | 55 | 79 | 60 | 81 | 62 | 85 | 67 | 88 | 71 | 92 | 77 | 93 |
| **32** | 50 | 72 | 52 | 74 | 54 | 78 | 59 | 80 | 61 | 84 | 66 | 87 | 70 | 91 | 76 | 92 |
| **31** | 49 | 71 | 51 | 73 | 53 | 77 | 58 | 79 | 60 | 83 | 65 | 86 | 69 | 90 | 75 | 91 |
| **30** | 48 | 70 | 50 | 72 | 52 | 76 | 57 | 78 | 59 | 82 | 64 | 85 | 68 | 89 | 74 | 90 |
| **29** | 47 | 69 | 49 | 71 | 51 | 75 | 56 | 77 | 58 | 81 | 63 | 84 | 67 | 88 | 73 | 89 |
| **28** | 46 | 68 | 48 | 70 | 50 | 74 | 55 | 76 | 57 | 80 | 62 | 83 | 66 | 87 | 72 | 88 |
| **27** | 45 | 67 | 47 | 69 | 49 | 73 | 54 | 75 | 56 | 79 | 61 | 82 | 65 | 86 | 71 | 87 |
| **26** | 44 | 66 | 46 | 68 | 48 | 72 | 53 | 74 | 55 | 78 | 60 | 81 | 64 | 85 | 70 | 86 |
| **25** | 43 | 65 | 45 | 67 | 47 | 71 | 52 | 73 | 54 | 77 | 59 | 80 | 63 | 84 | 69 | 85 |
| **24** | 42 | 64 | 44 | 66 | 46 | 70 | 51 | 72 | 53 | 76 | 58 | 79 | 62 | 83 | 68 | 84 |
| **23** | 41 | 63 | 43 | 65 | 45 | 69 | 50 | 71 | 52 | 75 | 57 | 78 | 61 | 82 | 67 | 83 |
| **22** | 40 | 62 | 42 | 64 | 44 | 68 | 48 | 70 | 51 | 74 | 56 | 77 | 60 | 81 | 66 | 82 |
| **21** | 39 | 61 | 41 | 63 | 42 | 67 | 46 | 69 | 50 | 73 | 55 | 76 | 58 | 80 | 65 | 81 |
| **20** | 38 | 60 | 40 | 62 | 40 | 66 | 44 | 68 | 48 | 72 | 54 | 75 | 56 | 79 | 64 | 80 |
| **19** | 37 | 58 | 38 | 61 | 38 | 65 | 42 | 67 | 46 | 71 | 52 | 74 | 54 | 78 | 63 | 79 |
| **18** | 36 | 56 | 36 | 60 | 36 | 64 | 40 | 66 | 44 | 70 | 50 | 72 | 52 | 77 | 62 | 78 |
| **17** | 34 | 54 | 34 | 58 | 34 | 63 | 38 | 65 | 42 | 68 | 48 | 70 | 50 | 76 | 61 | 77 |
| **16** | 32 | 52 | 32 | 56 | 32 | 62 | 36 | 64 | 40 | 66 | 46 | 68 | 48 | 75 | 60 | 76 |
| **15** | 30 | 50 | 30 | 54 | 30 | 60 | 34 | 62 | 38 | 64 | 44 | 66 | 46 | 74 | 57 | 75 |
| **14** | 28 | 48 | 28 | 52 | 28 | 58 | 32 | 60 | 36 | 62 | 42 | 64 | 44 | 72 | 54 | 74 |
| **13** | 26 | 44 | 24 | 50 | 26 | 56 | 30 | 58 | 34 | 60 | 39 | 62 | 43 | 70 | 51 | 72 |
| **12** | 24 | 40 | 26 | 48 | 24 | 54 | 28 | 56 | 32 | 58 | 36 | 60 | 42 | 68 | 48 | 70 |
| **11** | 22 | 36 | 24 | 47 | 22 | 52 | 26 | 54 | 30 | 56 | 33 | 58 | 38 | 64 | 44 | 68 |
| **10** | 20 | 32 | 22 | 46 | 20 | 50 | 24 | 52 | 28 | 54 | 30 | 56 | 36 | 60 | 40 | 64 |
| **9** | 18 | 28 | 20 | 45 | 18 | 45 | 22 | 50 | 26 | 52 | 27 | 54 | 34 | 57 | 36 | 60 |
| **8** | 16 | 24 | 18 | 40 | 16 | 40 | 20 | 45 | 24 | 50 | 24 | 52 | 32 | 54 | 32 | 56 |
| **7** | 14 | 20 | 16 | 35 | 14 | 35 | 18 | 40 | 22 | 44 | 21 | 50 | 28 | 51 | 28 | 52 |
| **6** | 12 | 16 | 14 | 30 | 12 | 30 | 16 | 35 | 19 | 38 | 18 | 43 | 24 | 48 | 24 | 48 |
| **5** | 10 | 12 | 12 | 25 | 10 | 25 | 14 | 30 | 17 | 32 | 15 | 36 | 20 | 40 | 20 | 40 |
| **4** | 8 | 8 | 10 | 20 | 8 | 20 | 12 | 24 | 14 | 26 | 12 | 29 | 16 | 32 | 16 | 32 |
| **3** | 6 | 6 | 9 | 15 | 6 | 15 | 9 | 18 | 9 | 20 | 9 | 22 | 12 | 24 | 12 | 24 |
| **2** | 4 | 4 | 6 | 10 | 4 | 10 | 6 | 12 | 6 | 14 | 6 | 15 | 8 | 16 | 8 | 16 |
| **1** | 2 | 2 | 3 | 5 | 2 | 5 | 3 | 6 | 3 | 7 | 3 | 8 | 4 | 8 | 4 | 8 |

# НОРМАТИВ № 3
# БЯГАНЕ „СОВАЛКА ”10 х 10 м.

| Време/сек. | Възрастова група | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | I До 21г. | | II 22-26г. | | III 27-31г. | | IV 32-36г. | | V 37-41г. | | VI 42-46г. | | VII 47-51г. | | VIII Над 52г. | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| **24.00** | 100 | | | | | | | | | | | | | | | |
| **24.10** | 99 | | | | | | | | | | | | | | | |
| **24.20** | 98 | | | | | | | | | | | | | | | |
| **24.30** | 97 | | | | | | | | | | | | | | | |
| **24.40** | 96 | | | | | | | | | | | | | | | |
| **24.50** | 95 | | 100 | | | | | | | | | | | | | |
| **24.60** | 94 | | 99 | | | | | | | | | | | | | |
| **24.70** | 93 | | 98 | | | | | | | | | | | | | |
| **24.80** | 92 | | 97 | | | | | | | | | | | | | |
| **24.90** | 91 | | 96 | | | | | | | | | | | | | |
| **25.00** | 90 | 100 | 95 | 100 | 100 | | | | | | | | | | | |
| **25.10** | 89 | 99 | 94 | 99 | 99 | | | | | | | | | | | |
| **25.20** | 88 | 98 | 93 | 98 | 98 | | | | | | | | | | | |
| **25.30** | 87 | 97 | 92 | 97 | 97 | | | | | | | | | | | |
| **25.40** | 86 | 96 | 91 | 96 | 96 | | | | | | | | | | | |
| **25.50** | 85 | 95 | 90 | 95 | 95 | 100 | 100 | | | | | | | | | |
| **25.60** | 84 | 94 | 89 | 94 | 94 | 99 | 99 | | | | | | | | | |
| **25.70** | 83 | 93 | 88 | 93 | 93 | 98 | 98 | | | | | | | | | |
| **25.80** | 82 | 92 | 87 | 92 | 92 | 97 | 97 | | | | | | | | | |
| **25.90** | 81 | 91 | 86 | 91 | 91 | 96 | 96 | | | | | | | | | |
| **26.00** | 80 | 90 | 85 | 90 | 90 | 95 | 95 | 100 | 100 | | | | | | | |
| **26.10** | 79 | 89 | 84 | 89 | 89 | 94 | 94 | 99 | 99 | | | | | | | |
| **26.20** | 78 | 88 | 83 | 88 | 88 | 93 | 93 | 98 | 98 | | | | | | | |
| **26.30** | 77 | 87 | 82 | 87 | 87 | 92 | 92 | 97 | 97 | | | | | | | |
| **26.40** | 76 | 86 | 81 | 86 | 86 | 91 | 91 | 96 | 96 | | | | | | | |
| **26.50** | 75 | 85 | 80 | 85 | 85 | 90 | 90 | 95 | 95 | 100 | | | | | | |
| **26.60** | 74 | 84 | 79 | 84 | 84 | 89 | 89 | 94 | 94 | 99 | | | | | | |
| **26.70** | 73 | 83 | 78 | 83 | 83 | 88 | 88 | 93 | 93 | 98 | | | | | | |
| **26.80** | 72 | 82 | 77 | 82 | 82 | 87 | 87 | 92 | 92 | 97 | | | | | | |
| **26.90** | 71 | 81 | 76 | 81 | 81 | 86 | 86 | 91 | 91 | 96 | | | | | | |
| **27.00** | 70 | 80 | 75 | 80 | 80 | 85 | 85 | 90 | 90 | 95 | | | | | | |
| **27.10** | 69 | 79 | 74 | 79 | 79 | 84 | 84 | 89 | 89 | 94 | | | | | | |
| **27.20** | 68 | 78 | 73 | 78 | 78 | 83 | 83 | 88 | 88 | 93 | | | | | | |
| **27.30** | 67 | 77 | 72 | 77 | 77 | 82 | 82 | 87 | 87 | 92 | | | | | | |
| **27.40** | 66 | 76 | 71 | 76 | 76 | 81 | 81 | 86 | 86 | 91 | | | | | | |
| **27.50** | 65 | 75 | 70 | 75 | 75 | 80 | 80 | 85 | 85 | 90 | | | | | | |
| **27.60** | 64 | 74 | 69 | 74 | 74 | 79 | 79 | 84 | 84 | 89 | | | | | | |
| **27.70** | 63 | 73 | 68 | 73 | 73 | 78 | 78 | 83 | 83 | 88 | | | | | | |
| **27.80** | 62 | 72 | 67 | 72 | 72 | 77 | 77 | 82 | 82 | 87 | | | | | | |
| **27.90** | 61 | 71 | 66 | 71 | 71 | 76 | 76 | 81 | 81 | 86 | | | | | | |
| **28.00** | 60 | 70 | 65 | 70 | 70 | 75 | 75 | 80 | 80 | 85 | 100 | | | | | |
| **28.10** | 59 | 69 | 64 | 69 | 69 | 74 | 74 | 79 | 79 | 84 | 99 | | | | | |
| **28.20** | 58 | 68 | 63 | 68 | 68 | 73 | 73 | 78 | 78 | 83 | 98 | | | | | |
| **28.30** | 57 | 67 | 62 | 67 | 67 | 72 | 72 | 77 | 77 | 82 | 97 | | | | | |
| **28.40** | 56 | 66 | 61 | 66 | 66 | 71 | 71 | 76 | 76 | 81 | 96 | | | | | |
| **28.50** | 55 | 65 | 60 | 65 | 65 | 70 | 70 | 75 | 75 | 80 | 95 | | | | | |
| **28.60** | 54 | 64 | 59 | 64 | 64 | 69 | 69 | 74 | 74 | 79 | 94 | | | | | |
| **28.70** | 53 | 63 | 58 | 63 | 63 | 68 | 68 | 73 | 73 | 78 | 93 | | | | | |
| **28.80** | 52 | 62 | 57 | 62 | 62 | 67 | 67 | 72 | 72 | 77 | 92 | | | | | |
| **28.90** | 51 | 61 | 56 | 61 | 61 | 66 | 66 | 71 | 71 | 76 | 91 | | | | | |
| **29.00** | 50 | 60 | 55 | 60 | 60 | 65 | 65 | 70 | 70 | 75 | 90 | 100 | 100 | | | |
| **29.10** | 49 | 59 | 54 | 59 | 59 | 64 | 64 | 69 | 69 | 74 | 89 | 99 | 99 | | | |
| **29.20** | 48 | 58 | 53 | 58 | 58 | 63 | 63 | 68 | 68 | 73 | 88 | 98 | 98 | | | |
| **29.30** | 47 | 57 | 52 | 57 | 57 | 62 | 62 | 67 | 67 | 72 | 87 | 97 | 97 | | | |
| **29.40** | 46 | 56 | 51 | 56 | 56 | 61 | 61 | 66 | 66 | 71 | 86 | 96 | 96 | | | |
| **29.50** | 45 | 55 | 50 | 55 | 55 | 60 | 60 | 65 | 65 | 70 | 85 | 95 | 95 | | | |
| **29.60** | 44 | 54 | 49 | 54 | 54 | 59 | 59 | 64 | 64 | 69 | 84 | 94 | 94 | | | |
| **29.70** | 43 | 53 | 48 | 53 | 53 | 58 | 58 | 63 | 63 | 68 | 83 | 93 | 93 | | | |
| **29.80** | 42 | 52 | 47 | 52 | 52 | 57 | 57 | 62 | 62 | 67 | 82 | 92 | 92 | | | |
| **29.90** | 41 | 51 | 46 | 51 | 51 | 56 | 56 | 61 | 61 | 66 | 81 | 91 | 91 | | | |
| **30.00** | 40 | 50 | 45 | 50 | 50 | 55 | 55 | 60 | 60 | 65 | 80 | 90 | 90 | 100 | 100 | |
| **30.10** | 39 | 49 | 44 | 49 | 49 | 54 | 54 | 59 | 59 | 64 | 79 | 89 | 89 | 99 | 99 | |
| **30.20** | 38 | 48 | 43 | 48 | 48 | 53 | 53 | 58 | 58 | 63 | 78 | 88 | 88 | 98 | 98 | |
| **30.30** | 37 | 47 | 42 | 47 | 47 | 52 | 52 | 57 | 57 | 62 | 77 | 87 | 87 | 97 | 97 | |
| **30.40** | 36 | 46 | 41 | 46 | 46 | 51 | 51 | 56 | 56 | 61 | 76 | 86 | 86 | 96 | 96 | |
| **30.50** | 35 | 45 | 40 | 45 | 45 | 50 | 50 | 55 | 55 | 60 | 75 | 85 | 85 | 95 | 95 | |
| **30.60** | 34 | 44 | 39 | 44 | 44 | 49 | 49 | 54 | 54 | 59 | 74 | 84 | 84 | 94 | 94 | |

| Време/сек. | Възрастова група | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | I До 21г. | | II 22-26г. | | III 27-31г. | | IV 32-36г. | | V 37-41г. | | VI 42-46г. | | VII 47-51г. | | VIII Над 52г. | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| **30.70** | 33 | 43 | 38 | 43 | 43 | 48 | 48 | 53 | 53 | 58 | 73 | 83 | 83 | 93 | 93 | |
| **30.80** | 32 | 42 | 37 | 42 | 42 | 47 | 47 | 52 | 52 | 57 | 72 | 82 | 82 | 92 | 92 | |
| **30.90** | 31 | 41 | 36 | 41 | 41 | 46 | 46 | 51 | 51 | 56 | 71 | 81 | 81 | 91 | 91 | |
| **31.00** | 30 | 40 | 35 | 40 | 40 | 45 | 45 | 50 | 50 | 55 | 70 | 80 | 80 | 90 | 90 | 100 |
| **31.10** | 29 | 39 | 34 | 39 | 39 | 44 | 44 | 49 | 49 | 54 | 69 | 79 | 79 | 89 | 89 | 99 |
| **31.20** | 28 | 38 | 33 | 38 | 38 | 43 | 43 | 48 | 48 | 53 | 68 | 78 | 78 | 88 | 88 | 98 |
| **31.30** | 27 | 37 | 32 | 37 | 37 | 42 | 42 | 47 | 47 | 52 | 67 | 77 | 77 | 87 | 87 | 97 |
| **31.40** | 26 | 36 | 31 | 36 | 36 | 41 | 41 | 46 | 46 | 51 | 66 | 76 | 76 | 86 | 86 | 96 |
| **31.50** | 25 | 35 | 30 | 35 | 35 | 40 | 40 | 45 | 45 | 50 | 65 | 75 | 75 | 85 | 85 | 95 |
| **31.60** | 24 | 34 | 29 | 34 | 34 | 39 | 39 | 44 | 44 | 49 | 64 | 74 | 74 | 84 | 84 | 94 |
| **31.70** | 23 | 33 | 28 | 33 | 33 | 38 | 38 | 43 | 43 | 48 | 63 | 73 | 73 | 83 | 83 | 93 |
| **31.80** | 22 | 32 | 27 | 32 | 32 | 37 | 37 | 42 | 42 | 47 | 62 | 72 | 72 | 82 | 82 | 92 |
| **31.90** | 21 | 31 | 26 | 31 | 31 | 36 | 36 | 41 | 41 | 46 | 61 | 71 | 71 | 81 | 81 | 91 |
| **32.00** | 20 | 30 | 25 | 30 | 30 | 35 | 35 | 40 | 40 | 45 | 60 | 70 | 70 | 80 | 80 | 90 |
| **32.10** | 19 | 29 | 24 | 29 | 29 | 34 | 34 | 39 | 39 | 44 | 59 | 69 | 69 | 79 | 79 | 89 |
| **32.20** | 18 | 28 | 23 | 28 | 28 | 33 | 33 | 38 | 38 | 43 | 58 | 68 | 68 | 78 | 78 | 88 |
| **32.30** | 17 | 27 | 22 | 27 | 27 | 32 | 32 | 37 | 37 | 42 | 57 | 67 | 67 | 77 | 77 | 87 |
| **32.40** | 16 | 26 | 21 | 26 | 26 | 31 | 31 | 36 | 36 | 41 | 56 | 66 | 66 | 76 | 76 | 86 |
| **32.50** | 15 | 25 | 20 | 25 | 25 | 30 | 30 | 35 | 35 | 40 | 55 | 65 | 65 | 75 | 75 | 85 |
| **32.60** | 14 | 24 | 19 | 24 | 24 | 29 | 29 | 34 | 34 | 39 | 54 | 64 | 64 | 74 | 74 | 84 |
| **32.70** | 13 | 23 | 18 | 23 | 23 | 28 | 28 | 33 | 33 | 38 | 53 | 63 | 63 | 73 | 73 | 83 |
| **32.80** | 12 | 22 | 17 | 22 | 22 | 27 | 27 | 32 | 32 | 37 | 52 | 62 | 62 | 72 | 72 | 82 |
| **32.90** | 11 | 21 | 16 | 21 | 21 | 26 | 26 | 31 | 31 | 36 | 51 | 61 | 61 | 71 | 71 | 81 |
| **33.00** | 10 | 20 | 15 | 20 | 20 | 25 | 25 | 30 | 30 | 35 | 50 | 60 | 60 | 70 | 70 | 80 |
| **33.10** | 9 | 19 | 14 | 19 | 19 | 24 | 24 | 29 | 29 | 34 | 49 | 59 | 59 | 69 | 69 | 79 |
| **33.20** | 8 | 18 | 13 | 18 | 18 | 23 | 23 | 28 | 28 | 33 | 48 | 58 | 58 | 68 | 68 | 78 |
| **33.30** | 7 | 17 | 12 | 17 | 17 | 22 | 22 | 27 | 27 | 32 | 47 | 57 | 57 | 67 | 67 | 77 |
| **33.40** | 6 | 16 | 11 | 16 | 16 | 21 | 21 | 26 | 26 | 31 | 46 | 56 | 56 | 66 | 66 | 76 |
| **33.50** | 5 | 15 | 10 | 15 | 15 | 20 | 20 | 25 | 25 | 30 | 45 | 55 | 55 | 65 | 65 | 75 |
| **33.60** | 4 | 14 | 9 | 14 | 14 | 19 | 19 | 24 | 24 | 29 | 44 | 54 | 54 | 64 | 64 | 74 |
| **33.70** | 3 | 13 | 8 | 13 | 13 | 18 | 18 | 23 | 23 | 28 | 43 | 53 | 53 | 63 | 63 | 73 |
| **33.80** | 2 | 12 | 7 | 12 | 12 | 17 | 17 | 22 | 22 | 27 | 42 | 52 | 52 | 62 | 62 | 72 |
| **33.90** | 1 | 11 | 6 | 11 | 11 | 16 | 16 | 21 | 21 | 26 | 41 | 51 | 51 | 61 | 61 | 71 |
| **34.00** | | 10 | 5 | 10 | 10 | 15 | 15 | 20 | 20 | 25 | 40 | 50 | 50 | 60 | 60 | 70 |
| **34.10** | | 9 | 4 | 9 | 9 | 14 | 14 | 19 | 19 | 24 | 39 | 49 | 49 | 59 | 59 | 69 |
| **34.20** | | 8 | 3 | 8 | 8 | 13 | 13 | 18 | 18 | 23 | 38 | 48 | 48 | 58 | 58 | 68 |
| **34.30** | | 7 | 2 | 7 | 7 | 12 | 12 | 17 | 17 | 22 | 37 | 47 | 47 | 57 | 57 | 67 |
| **34.40** | | 6 | 1 | 6 | 6 | 11 | 11 | 16 | 16 | 21 | 36 | 46 | 46 | 56 | 56 | 66 |
| **34.50** | | 5 | | 5 | 5 | 10 | 10 | 15 | 15 | 20 | 35 | 45 | 45 | 55 | 55 | 65 |
| **34.60** | | 4 | | 4 | 4 | 9 | 9 | 14 | 14 | 19 | 34 | 44 | 44 | 54 | 54 | 64 |
| **34.70** | | 3 | | 3 | 3 | 8 | 8 | 13 | 13 | 18 | 33 | 43 | 43 | 53 | 53 | 63 |
| **34.80** | | 2 | | 2 | 2 | 7 | 7 | 12 | 12 | 17 | 32 | 42 | 42 | 52 | 52 | 62 |
| **34.90** | | 1 | | 1 | 1 | 6 | 6 | 11 | 11 | 16 | 31 | 41 | 41 | 51 | 51 | 61 |
| **35.00** | | | | | | 5 | 5 | 10 | 10 | 15 | 30 | 40 | 40 | 50 | 50 | 60 |
| **35.10** | | | | | | 4 | 4 | 9 | 9 | 14 | 29 | 39 | 39 | 49 | 49 | 59 |
| **35.20** | | | | | | 3 | 3 | 8 | 8 | 13 | 28 | 38 | 38 | 48 | 48 | 58 |
| **35.30** | | | | | | 2 | 2 | 7 | 7 | 12 | 27 | 37 | 37 | 47 | 47 | 57 |
| **35.40** | | | | | | 1 | 1 | 6 | 6 | 11 | 26 | 36 | 36 | 46 | 46 | 56 |
| **35.50** | | | | | | | | 5 | 5 | 10 | 25 | 35 | 35 | 45 | 45 | 55 |
| **35.60** | | | | | | | | 4 | 4 | 9 | 24 | 34 | 34 | 44 | 44 | 54 |
| **35.70** | | | | | | | | 3 | 3 | 8 | 23 | 33 | 33 | 43 | 43 | 53 |
| **35.80** | | | | | | | | 2 | 2 | 7 | 22 | 32 | 32 | 42 | 42 | 52 |
| **35.90** | | | | | | | | 1 | 1 | 6 | 21 | 31 | 31 | 41 | 41 | 51 |
| **36.00** | | | | | | | | | | 5 | 20 | 30 | 30 | 40 | 40 | 50 |
| **36.10** | | | | | | | | | | 4 | 19 | 29 | 29 | 39 | 39 | 49 |
| **36.20** | | | | | | | | | | 3 | 18 | 28 | 28 | 38 | 38 | 48 |
| **36.30** | | | | | | | | | | 2 | 17 | 27 | 27 | 37 | 37 | 47 |
| **36.40** | | | | | | | | | | 1 | 16 | 26 | 26 | 36 | 36 | 46 |
| **36.50** | | | | | | | | | | | 15 | 25 | 25 | 35 | 35 | 45 |
| **36.60** | | | | | | | | | | | 14 | 24 | 24 | 34 | 34 | 44 |
| **36.70** | | | | | | | | | | | 13 | 23 | 23 | 33 | 33 | 43 |
| **36.80** | | | | | | | | | | | 12 | 22 | 22 | 32 | 32 | 42 |
| **36.90** | | | | | | | | | | | 11 | 21 | 21 | 31 | 31 | 41 |
| **37.00** | | | | | | | | | | | 10 | 20 | 20 | 30 | 30 | 40 |
| **37.10** | | | | | | | | | | | 9 | 19 | 19 | 29 | 29 | 39 |
| **37.20** | | | | | | | | | | | 8 | 18 | 18 | 28 | 28 | 38 |
| **37.30** | | | | | | | | | | | 7 | 17 | 17 | 27 | 27 | 37 |
| **37.40** | | | | | | | | | | | 8 | 16 | 16 | 26 | 26 | 36 |
| **37.50** | | | | | | | | | | | 7 | 15 | 15 | 25 | 25 | 25 |

| Време/сек. | Възрастова група | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | I До 21г. | | II 22-26г. | | III 27-31г. | | IV 32-36г. | | V 37-41г. | | VI 42-46г. | | VII 47-51г. | | VIII Над 52г. | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| **37.60** | | | | | | | | | | | 6 | 14 | 14 | 24 | 24 | 24 |
| **37.70** | | | | | | | | | | | 5 | 13 | 13 | 23 | 23 | 23 |
| **37.80** | | | | | | | | | | | 4 | 12 | 12 | 22 | 22 | 22 |
| **37.90** | | | | | | | | | | | 3 | 11 | 11 | 21 | 21 | 21 |
| **38.00** | | | | | | | | | | | 2 | 10 | 10 | 20 | 20 | 20 |

# НОРМАТИВ № 4
# КРОС 1000 МЕТРА

| Време/мин. | Възрастова група | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | I До 21г. | | II 22-26г. | | III 27-31г. | | IV 32-36г. | | V 37-41г. | | VI 42-46г. | | VII 47-51г. | | VIII Над 52г. | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| **3.10** | 100 | | | | | | | | | | | | | | | |
| **3.11** | 99 | | | | | | | | | | | | | | | |
| **3.12** | 98 | | | | | | | | | | | | | | | |
| **3.13** | 97 | | | | | | | | | | | | | | | |
| **3.14** | 96 | | | | | | | | | | | | | | | |
| **3.15** | 95 | | | | | | | | | | | | | | | |
| **3.16** | 94 | | | | | | | | | | | | | | | |
| **3.17** | 93 | | | | | | | | | | | | | | | |
| **3.18** | 92 | | | | | | | | | | | | | | | |
| **3.19** | 91 | | | | | | | | | | | | | | | |
| **3.20** | 90 | | 100 | | | | | | | | | | | | | |
| **3.21** | 89 | | 99 | | | | | | | | | | | | | |
| **3.22** | 88 | | 98 | | | | | | | | | | | | | |
| **3.23** | 87 | | 97 | | | | | | | | | | | | | |
| **3.24** | 86 | | 96 | | | | | | | | | | | | | |
| **3.25** | 85 | | 95 | | | | | | | | | | | | | |
| **3.26** | 84 | | 94 | | | | | | | | | | | | | |
| **3.27** | 83 | | 93 | | | | | | | | | | | | | |
| **3.28** | 82 | | 92 | | | | | | | | | | | | | |
| **3.29** | 81 | | 91 | | | | | | | | | | | | | |
| **3.30** | 80 | | 90 | | 100 | | | | | | | | | | | |
| **3.31** | 79 | | 89 | | 99 | | | | | | | | | | | |
| **3.32** | 78 | | 88 | | 98 | | | | | | | | | | | |
| **3.33** | 77 | | 87 | | 97 | | | | | | | | | | | |
| **3.34** | 76 | | 86 | | 96 | | | | | | | | | | | |
| **3.35** | 75 | | 85 | | 95 | | | | | | | | | | | |
| **3.36** | 74 | | 84 | | 94 | | | | | | | | | | | |
| **3.37** | 73 | | 83 | | 93 | | | | | | | | | | | |
| **3.38** | 72 | | 82 | | 92 | | | | | | | | | | | |
| **3.39** | 71 | | 81 | | 91 | | | | | | | | | | | |
| **3.40** | 70 | | 80 | | 90 | | 100 | | | | | | | | | |
| **3.41** | 69 | | 79 | | 89 | | 99 | | | | | | | | | |
| **3.42** | 68 | | 78 | | 88 | | 98 | | | | | | | | | |
| **3.43** | 67 | | 77 | | 87 | | 97 | | | | | | | | | |
| **3.44** | 66 | | 76 | | 86 | | 96 | | | | | | | | | |
| **3.45** | 65 | | 75 | | 85 | | 95 | | | | | | | | | |
| **3.46** | 64 | | 74 | | 84 | | 94 | | | | | | | | | |
| **3.47** | 63 | | 73 | | 83 | | 93 | | | | | | | | | |
| **3.48** | 62 | | 72 | | 82 | | 92 | | | | | | | | | |
| **3.49** | 61 | | 71 | | 81 | | 91 | | | | | | | | | |
| **3.50** | 60 | | 70 | | 80 | | 90 | | 100 | | | | | | | |
| **3.51** | 59 | | 69 | | 79 | | 89 | | 99 | | | | | | | |
| **3.52** | 58 | | 68 | | 78 | | 88 | | 98 | | | | | | | |
| **3.53** | 57 | | 67 | | 77 | | 87 | | 97 | | | | | | | |
| **3.54** | 56 | | 66 | | 76 | | 86 | | 96 | | | | | | | |
| **3.55** | 55 | 100 | 65 | | 75 | | 85 | | 95 | | | | | | | |
| **3.56** | 54 | 99 | 64 | | 74 | | 84 | | 94 | | | | | | | |
| **3.57** | 53 | 98 | 63 | | 73 | | 83 | | 93 | | | | | | | |
| **3.58** | 52 | 97 | 62 | | 72 | | 82 | | 92 | | | | | | | |
| **3.59** | 51 | 96 | 61 | | 71 | | 81 | | 91 | | | | | | | |

| Време/мин. | Възрастова група | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | I До 21г. | | II 22-26г. | | III 27-31г. | | IV 32-36г. | | V 37-41г. | | VI 42-46г. | | VII 47-51г. | | VIII Над 52г. | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| **4.00** | 50 | 95 | 60 | | 70 | | 80 | | 90 | | | | | | | |
| **4.01** | 49 | 94 | 59 | | 69 | | 79 | | 89 | | | | | | | |
| **4.02** | 48 | 93 | 58 | | 68 | | 78 | | 88 | | | | | | | |
| **4.03** | 47 | 92 | 57 | | 67 | | 77 | | 87 | | | | | | | |
| **4.04** | 46 | 91 | 56 | | 66 | | 76 | | 86 | | | | | | | |
| **4.05** | 45 | 90 | 55 | | 65 | | 75 | | 85 | | 100 | | | | | |
| **4.06** | 44 | 89 | 54 | | 64 | | 74 | | 84 | | 99 | | | | | |
| **4.07** | 43 | 88 | 53 | | 63 | | 73 | | 83 | | 98 | | | | | |
| **4.08** | 42 | 87 | 52 | | 62 | | 72 | | 82 | | 97 | | | | | |
| **4.09** | 41 | 86 | 51 | | 61 | | 71 | | 81 | | 96 | | | | | |
| **4.10** | 40 | 85 | 50 | 100 | 60 | | 70 | | 80 | | 95 | | | | | |
| **4.11** | 39 | 84 | 49 | 99 | 59 | | 69 | | 79 | | 94 | | | | | |
| **4.12** | 38 | 83 | 48 | 98 | 58 | | 68 | | 78 | | 93 | | | | | |
| **4.13** | 37 | 82 | 47 | 97 | 57 | | 67 | | 77 | | 92 | | | | | |
| **4.14** | 36 | 81 | 46 | 96 | 56 | | 66 | | 76 | | 91 | | | | | |
| **4.15** | 35 | 80 | 45 | 95 | 55 | | 65 | | 75 | | 90 | | | | | |
| **4.16** | 34 | 79 | 44 | 94 | 54 | | 64 | | 74 | | 89 | | | | | |
| **4.17** | 33 | 78 | 43 | 93 | 53 | | 63 | | 73 | | 88 | | | | | |
| **4.18** | 32 | 77 | 42 | 92 | 52 | | 62 | | 72 | | 87 | | | | | |
| **4.19** | 31 | 76 | 41 | 91 | 51 | | 61 | | 71 | | 86 | | | | | |
| **4.20** | 30 | 75 | 40 | 90 | 50 | 100 | 60 | | 70 | | 85 | | | | | |
| **4.21** | 29 | 74 | 39 | 89 | 49 | 99 | 59 | | 69 | | 84 | | | | | |
| **4.22** | 28 | 73 | 38 | 88 | 48 | 98 | 58 | | 68 | | 83 | | | | | |
| **4.23** | 27 | 72 | 37 | 87 | 47 | 97 | 57 | | 67 | | 82 | | | | | |
| **4.24** | 26 | 71 | 36 | 86 | 46 | 96 | 56 | | 66 | | 81 | | | | | |
| **4.25** | 25 | 70 | 35 | 85 | 45 | 95 | 55 | | 65 | | 80 | | 100 | | | |
| **4.26** | 24 | 69 | 34 | 84 | 44 | 94 | 54 | | 64 | | 79 | | 99 | | | |
| **4.27** | 23 | 68 | 33 | 83 | 43 | 93 | 53 | | 63 | | 78 | | 98 | | | |
| **4.28** | 22 | 67 | 32 | 82 | 42 | 92 | 52 | | 62 | | 77 | | 97 | | | |
| **4.29** | 21 | 66 | 31 | 81 | 41 | 91 | 51 | | 61 | | 76 | | 96 | | | |
| **4.30** | 20 | 65 | 30 | 80 | 40 | 90 | 50 | 100 | 60 | | 75 | | 95 | | | |
| **4.31** | 19 | 64 | 29 | 79 | 39 | 89 | 49 | 99 | 59 | | 74 | | 94 | | | |
| **4.32** | 18 | 63 | 28 | 78 | 38 | 88 | 48 | 98 | 58 | | 73 | | 93 | | | |
| **4.33** | 17 | 62 | 27 | 77 | 37 | 87 | 47 | 97 | 57 | | 72 | | 92 | | | |
| **4.34** | 16 | 61 | 26 | 76 | 36 | 86 | 46 | 96 | 56 | | 71 | | 91 | | | |
| **4.35** | 15 | 60 | 25 | 75 | 35 | 85 | 45 | 95 | 55 | | 70 | | 90 | | | |
| **4.36** | 14 | 59 | 24 | 74 | 34 | 84 | 44 | 94 | 54 | | 69 | | 89 | | | |
| **4.37** | 13 | 58 | 23 | 73 | 33 | 83 | 43 | 93 | 53 | | 68 | | 88 | | | |
| **4.38** | 12 | 57 | 22 | 72 | 32 | 82 | 42 | 92 | 52 | | 67 | | 87 | | | |
| **4.39** | 11 | 56 | 21 | 71 | 31 | 81 | 41 | 91 | 51 | | 66 | | 86 | | | |
| **4.40** | 10 | 55 | 20 | 70 | 30 | 80 | 40 | 90 | 50 | 100 | 65 | | 85 | | | |
| **4.41** | 9 | 54 | 19 | 69 | 29 | 79 | 39 | 89 | 49 | 99 | 64 | | 84 | | | |
| **4.42** | 8 | 53 | 18 | 68 | 28 | 78 | 38 | 88 | 48 | 98 | 63 | | 83 | | | |
| **4.43** | 7 | 52 | 17 | 67 | 27 | 77 | 37 | 87 | 47 | 97 | 62 | | 82 | | | |
| **4.44** | 6 | 51 | 16 | 66 | 26 | 76 | 36 | 86 | 46 | 96 | 61 | | 81 | | | |
| **4.45** | 5 | 50 | 15 | 65 | 25 | 75 | 35 | 85 | 45 | 95 | 60 | | 80 | | 100 | |
| **4.46** | 4 | 49 | 14 | 64 | 24 | 74 | 34 | 84 | 44 | 94 | 59 | | 79 | | 99 | |
| **4.47** | 3 | 48 | 13 | 63 | 23 | 73 | 33 | 83 | 43 | 93 | 58 | | 78 | | 98 | |
| **4.48** | 2 | 47 | 12 | 62 | 22 | 72 | 32 | 82 | 42 | 92 | 57 | | 77 | | 97 | |
| **4.49** | 1 | 46 | 11 | 61 | 21 | 71 | 31 | 81 | 41 | 91 | 56 | | 76 | | 96 | |
| **4.50** | | 45 | 10 | 60 | 20 | 70 | 30 | 80 | 40 | 90 | 55 | | 75 | | 95 | |
| **4.51** | | 44 | 9 | 59 | 19 | 69 | 29 | 79 | 39 | 89 | 54 | | 74 | | 94 | |
| **4.52** | | 43 | 8 | 58 | 18 | 68 | 28 | 78 | 38 | 88 | 53 | | 73 | | 93 | |
| **4.53** | | 42 | 7 | 57 | 17 | 67 | 27 | 77 | 37 | 87 | 52 | | 72 | | 92 | |
| **4.54** | | 41 | 6 | 56 | 16 | 66 | 26 | 76 | 36 | 86 | 51 | | 71 | | 91 | |
| **4.55** | | 40 | 5 | 55 | 15 | 65 | 25 | 75 | 35 | 85 | 50 | | 70 | | 90 | |
| **4.56** | | 39 | 4 | 54 | 14 | 64 | 24 | 74 | 34 | 84 | 49 | | 69 | | 89 | |
| **4.57** | | 38 | 3 | 53 | 13 | 63 | 23 | 73 | 33 | 83 | 48 | | 68 | | 88 | |
| **4.58** | | 37 | 2 | 52 | 12 | 62 | 22 | 72 | 32 | 82 | 47 | | 67 | | 87 | |
| **4.59** | | 36 | 1 | 51 | 11 | 61 | 21 | 71 | 31 | 81 | 46 | | 66 | | 86 | |
| **5.00** | | 35 | | 50 | 10 | 60 | 20 | 70 | 30 | 80 | 45 | 100 | 65 | | 85 | |
| **5.01** | | 34 | | 49 | 9 | 59 | 19 | 69 | 29 | 79 | 44 | 99 | 64 | | 84 | |
| **5.02** | | 33 | | 48 | 8 | 58 | 18 | 68 | 28 | 78 | 43 | 98 | 63 | | 83 | |

| Време/мин. | Възрастова група | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | I До 21г. | | II 22-26г. | | III 27-31г. | | IV 32-36г. | | V 37-41г. | | VI 42-46г. | | VII 47-51г. | | VIII Над 52г. | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| **5.03** | | 32 | | 47 | 7 | 57 | 17 | 67 | 27 | 77 | 42 | 97 | 62 | | 82 | |
| **5.04** | | 31 | | 46 | 6 | 56 | 16 | 66 | 26 | 76 | 41 | 96 | 61 | | 81 | |
| **5.05** | | 30 | | 45 | 5 | 55 | 15 | 65 | 25 | 75 | 40 | 95 | 60 | | 80 | |
| **5.06** | | 29 | | 44 | 4 | 54 | 14 | 64 | 24 | 74 | 39 | 94 | 59 | | 79 | |
| **5.07** | | 28 | | 43 | 3 | 53 | 13 | 63 | 23 | 73 | 38 | 93 | 58 | | 78 | |
| **5.08** | | 27 | | 42 | 2 | 52 | 12 | 62 | 22 | 72 | 37 | 92 | 57 | | 77 | |
| **5.09** | | 26 | | 41 | 1 | 51 | 11 | 61 | 21 | 71 | 36 | 91 | 56 | | 76 | |
| **5.10** | | 25 | | 40 | | 50 | 10 | 60 | 20 | 70 | 35 | 90 | 55 | 100 | 75 | |
| **5.11** | | 24 | | 39 | | 49 | 9 | 59 | 19 | 69 | 34 | 89 | 54 | 99 | 74 | |
| **5.12** | | 23 | | 38 | | 48 | 8 | 58 | 18 | 68 | 33 | 88 | 53 | 98 | 73 | |
| **5.13** | | 22 | | 37 | | 47 | 7 | 57 | 17 | 67 | 32 | 87 | 52 | 97 | 72 | |
| **5.14** | | 21 | | 36 | | 46 | 6 | 56 | 16 | 66 | 31 | 86 | 51 | 96 | 71 | |
| **5.15** | | 20 | | 35 | | 45 | 5 | 55 | 15 | 65 | 30 | 85 | 50 | 95 | 70 | |
| **5.16** | | 19 | | 34 | | 44 | 4 | 54 | 14 | 64 | 29 | 84 | 49 | 94 | 69 | 100 |
| **5.17** | | 18 | | 33 | | 43 | 3 | 53 | 13 | 63 | 28 | 83 | 48 | 93 | 68 | 99 |
| **5.18** | | 17 | | 32 | | 42 | 2 | 52 | 12 | 62 | 27 | 82 | 47 | 92 | 67 | 98 |
| **5.19** | | 16 | | 31 | | 41 | 1 | 51 | 11 | 61 | 26 | 81 | 46 | 91 | 66 | 97 |
| **5.20** | | 15 | | 30 | | 40 | | 50 | 10 | 60 | 25 | 80 | 45 | 90 | 65 | 96 |
| **5.21** | | 14 | | 29 | | 39 | | 49 | 9 | 59 | 24 | 79 | 44 | 89 | 64 | 95 |
| **5.22** | | 13 | | 28 | | 38 | | 48 | 8 | 58 | 23 | 78 | 43 | 88 | 63 | 94 |
| **5.23** | | 12 | | 27 | | 37 | | 47 | 7 | 57 | 22 | 77 | 42 | 87 | 62 | 93 |
| **5.24** | | 11 | | 26 | | 36 | | 46 | 6 | 56 | 21 | 76 | 41 | 86 | 61 | 92 |
| **5.25** | | 10 | | 25 | | 35 | | 45 | 5 | 55 | 20 | 75 | 40 | 85 | 60 | 91 |
| **5.26** | | 9 | | 24 | | 34 | | 44 | 4 | 54 | 19 | 74 | 39 | 84 | 59 | 90 |
| **5.27** | | 8 | | 23 | | 33 | | 43 | 3 | 53 | 18 | 73 | 38 | 83 | 58 | 89 |
| **5.28** | | 7 | | 22 | | 32 | | 42 | 2 | 52 | 17 | 72 | 37 | 82 | 57 | 88 |
| **5.29** | | 6 | | 21 | | 31 | | 41 | 1 | 51 | 16 | 71 | 36 | 81 | 56 | 87 |
| **5.30** | | 5 | | 20 | | 30 | | 40 | | 50 | 15 | 70 | 35 | 80 | 55 | 86 |
| **5.31** | | 4 | | 19 | | 29 | | 39 | | 49 | 14 | 69 | 34 | 79 | 54 | 85 |
| **5.32** | | 3 | | 18 | | 28 | | 38 | | 48 | 13 | 68 | 33 | 78 | 53 | 84 |
| **5.33** | | 2 | | 17 | | 27 | | 37 | | 47 | 12 | 67 | 32 | 77 | 52 | 83 |
| **5.34** | | 1 | | 16 | | 26 | | 36 | | 46 | 11 | 66 | 31 | 76 | 51 | 82 |
| **5.35** | | | | 15 | | 25 | | 35 | | 45 | 10 | 65 | 30 | 75 | 50 | 81 |
| **5.36** | | | | 14 | | 24 | | 34 | | 44 | 9 | 64 | 29 | 74 | 49 | 80 |
| **5.37** | | | | 13 | | 23 | | 33 | | 43 | 8 | 63 | 28 | 73 | 48 | 79 |
| **5.38** | | | | 12 | | 22 | | 32 | | 42 | 7 | 62 | 27 | 72 | 47 | 78 |
| **5.39** | | | | 11 | | 21 | | 31 | | 41 | 6 | 61 | 26 | 71 | 46 | 77 |
| **5.40** | | | | 10 | | 20 | | 30 | | 40 | 5 | 60 | 25 | 70 | 45 | 76 |
| **5.41** | | | | 9 | | 19 | | 29 | | 39 | 4 | 59 | 24 | 69 | 44 | 75 |
| **5.42** | | | | 8 | | 18 | | 28 | | 38 | 3 | 58 | 23 | 68 | 43 | 74 |
| **5.43** | | | | 7 | | 17 | | 27 | | 37 | 2 | 57 | 22 | 67 | 42 | 73 |
| **5.44** | | | | 6 | | 16 | | 26 | | 36 | 1 | 56 | 21 | 66 | 41 | 72 |
| **5.45** | | | | 5 | | 15 | | 25 | | 35 | | 55 | 20 | 65 | 40 | 71 |
| **5.46** | | | | 4 | | 14 | | 24 | | 34 | | 54 | 19 | 64 | 39 | 70 |
| **5.47** | | | | | | 13 | | 23 | | 33 | | 53 | 18 | 63 | 38 | 69 |
| **5.48** | | | | | | 12 | | 22 | | 32 | | 52 | 17 | 62 | 37 | 68 |
| **5.49** | | | | | | 11 | | 21 | | 31 | | 51 | 16 | 61 | 36 | 67 |
| **5.50** | | | | | | 10 | | 20 | | 30 | | 50 | 15 | 60 | 35 | 66 |
| **5.51** | | | | | | 9 | | 19 | | 29 | | 49 | 14 | 59 | 34 | 65 |
| **5.52** | | | | | | 8 | | 18 | | 28 | | 48 | 13 | 58 | 33 | 64 |
| **5.53** | | | | | | 7 | | 17 | | 27 | | 47 | 12 | 57 | 32 | 63 |
| **5.54** | | | | | | 6 | | 16 | | 26 | | 46 | 11 | 56 | 31 | 62 |
| **5.55** | | | | | | 5 | | 15 | | 25 | | 45 | 10 | 55 | 30 | 61 |
| **5.56** | | | | | | 4 | | 14 | | 24 | | 44 | 9 | 54 | 29 | 60 |
| **5.57** | | | | | | 3 | | 13 | | 23 | | 43 | 8 | 53 | 28 | 59 |
| **5.58** | | | | | | 2 | | 12 | | 22 | | 42 | 7 | 52 | 27 | 58 |
| **5.59** | | | | | | 1 | | 11 | | 21 | | 41 | 6 | 51 | 26 | 57 |
| **6.00** | | | | | | | | 10 | | 20 | | 40 | 5 | 50 | 25 | 56 |
| **6.01** | | | | | | | | 9 | | 19 | | 39 | 4 | 49 | 24 | 55 |
| **6.02** | | | | | | | | 8 | | 18 | | 38 | 3 | 48 | 23 | 54 |
| **6.03** | | | | | | | | 7 | | 17 | | 37 | 2 | 47 | 22 | 53 |
| **6.04** | | | | | | | | 6 | | 16 | | 36 | 1 | 46 | 21 | 52 |
| **6.05** | | | | | | | | 5 | | 15 | | 35 | | 45 | 20 | 51 |

| Време/мин. | Възрастова група | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | I До 21г. | | II 22-26г. | | III 27-31г. | | IV 32-36г. | | V 37-41г. | | VI 42-46г. | | VII 47-51г. | | VIII Над 52г. | |
| | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж | М | Ж |
| **6.06** | | | | | | | | 4 | | 14 | | 34 | | 44 | 19 | 50 |
| **6.07** | | | | | | | | 3 | | 13 | | 33 | | 43 | 18 | 49 |
| **6.08** | | | | | | | | 2 | | 12 | | 32 | | 42 | 17 | 48 |
| **6.09** | | | | | | | | 1 | | 11 | | 31 | | 41 | 16 | 47 |
| **6.10** | | | | | | | | | | 10 | | 30 | | 40 | 15 | 46 |
| **6.11** | | | | | | | | | | 9 | | 29 | | 39 | 14 | 45 |
| **6.12** | | | | | | | | | | 8 | | 28 | | 38 | 13 | 44 |
| **6.13** | | | | | | | | | | 7 | | 27 | | 37 | 12 | 43 |
| **6.14** | | | | | | | | | | 6 | | 26 | | 36 | 11 | 42 |
| **6.15** | | | | | | | | | | 5 | | 25 | | 35 | 10 | 41 |
| **6.16** | | | | | | | | | | 4 | | 24 | | 34 | 9 | 40 |
| **6.17** | | | | | | | | | | 3 | | 23 | | 33 | 8 | 39 |
| **6.18** | | | | | | | | | | 2 | | 22 | | 32 | 7 | 38 |
| **6.19** | | | | | | | | | | 1 | | 21 | | 31 | 6 | 37 |
| **6.20** | | | | | | | | | | | | 20 | | 30 | 5 | 36 |
| **6.21** | | | | | | | | | | | | 19 | | 29 | 4 | 35 |
| **6.22** | | | | | | | | | | | | 18 | | 28 | 3 | 34 |
| **6.23** | | | | | | | | | | | | 17 | | 27 | 2 | 33 |
| **6.24** | | | | | | | | | | | | 16 | | 26 | 1 | 32 |
| **6.25** | | | | | | | | | | | | 15 | | 25 | | 31 |
| **6.26** | | | | | | | | | | | | 14 | | 24 | | 30 |
| **6.27** | | | | | | | | | | | | 13 | | 23 | | 29 |
| **6.28** | | | | | | | | | | | | 12 | | 22 | | 28 |
| **6.29** | | | | | | | | | | | | 11 | | 21 | | 27 |