Приложение 2

**ТАБЛИЦА**

**начисления баллов за выполнение видов испытаний (тестов) ГТО**

**(мужчины)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Подтягивание на перекладине** | **Плавание 50 м** | **Бег на 100 м** | **Бег на 1000 м** | **Стрельба** |
| Единица  измерения /  баллы | Количество  раз | минуты, секунды | секунды | минуты, секунды | очки |
| Баллы свыше | ***Результаты, превышающие максимальные табличные,***  ***оцениваются согласно верхнего шага шкалы вида*** | | | | |

| **1** | **2** | **3** | **4** | **5** | **7** |
| --- | --- | --- | --- | --- | --- |
| 100 | 60 | 26,0 | 10.9 | 2.30 | 49 |
| 99 | 58 | 26,2 | - | 2.31 | - |
| 98 | 56 | 26,4 | - | 2.32 | - |
| 97 | 54 | 26,6 | 11.0 | 2.33 | 48 |
| 96 | 52 | 26,8 | - | 2.34 | - |
| 95 | 50 | 27,0 | - | 2.35 | - |
| 94 | 49 | 27,2 | 11.1 | 2.36 | 47 |
| 93 | 48 | 27,4 | - | 2.37 | - |
| 92 | 47 | 27,6 | - | 2.38 | 46 |
| 91 | 46 | 27,8 | 11.2 | 2.39 | - |
| 90 | 45 | 28,0 | - | 2.40 | 45 |
| 89 | 44 | 28,2 | - | 2.41 | - |
| 88 | 43 | 28,4 | 11.3 | 2.42 | 44 |
| 87 | 42 | 28,6 | - | 2.43 | - |
| 86 | 41 | 28,8 | - | 2.44 | 43 |
| 85 | 40 | 29,0 | 11.4 | 2.45 | - |
| 84 | 39 | 29,2 | - | 2.46 | 42 |
| 83 | 38 | 29,4 | - | 2.47 | - |
| 82 | 37 | 29,6 | 11.5 | 2.48 | 41 |
| 81 | 36 | 29,8 | - | 2.49 | - |
| 80 | 35 | 30,0 | - | 2.50 | 40 |
| 79 | - | 30s2 | 11.6 | 2.51 | - |
| 78 | 34 | 30,4 | - | 2.52 | 39 |
| 77 | - | 30,6 | - | 2.53 | - |
| 76 | 33 | 30,8 | 11.7 | 2.54 | 38 |
| 75 | - | 31,0 | - | 2.55 | - |
| 74 | 32 | 31,2 | 11.8 | 2.56 | 37 |
| 73 | - | 31,4 | - | 2.57 | - |
| 72 | 31 | 31,6 | 11.9 | 2.58 | 36 |
| 71 | - | 31,8 | - | 2.59 | - |
| 70 | 30 | 32,0 | 12.0 | 3.00 | 35 |
| 69 | - | 32,2 | - | 3.01 | - |
| 68 | 29 | 32,4 | 12.1 | 3.02 | 34 |
| 67 | - | 32,6 | - | 3.03 | - |
| 66 | 28 | 32,8 | 12.2 | 3.04 | 33 |
| 65 | - | 33,0 | - | 3.05 | - |
| 64 | 27 | 33,2 | 12.3 | 3.06 | 32 |
| 63 | - | 33,4 | - | 3.07 | - |
| 62 | 26 | 33,6 | 12.4 | 3.08 | 31 |
| 61 | - | 33,8 | - | 3.09 | - |
| 60 | 25 | 34,0 | 12.5 | 3.10 | 30 |
| 59 | - | 34,2 | - | 3.11 | - |
| 58 | 24 | 34,4 | 12.6 | 3.12 | 29 |
| 57 | - | 34,6 | - | 3.13 | - |
| 56 | 23 | 34,8 | 12.7 | 3.14 | 28 |
| 55 | - | 35,0 | - | 3.15 | - |
| 54 | 22 | 35,2 | 12.8 | 3.16 | 27 |
| 53 | - | 35,4 | - | 3.17 | - |
| 52 | 21 | 35,6 | 12.9 | 3.18 | 26 |
| 51 | - | 35,8 | - | 3.19 | - |
| 50 | 20 | 36,0 | 13.0 | 3.20 | 25 |
| 49 | - | 36,4 | - | 3.21 | - |
| 48 | 19 | 36,8 | 13.1 | 3.22 | 24 |
| 47 | - | 37,2 | - | 3.23 | - |
| 46 | 18 | 37,6 | 13.2 | 3.24 | 23 |
| 45 | - | 38,0 | - | 3.25 | - |
| 44 | 17 | 38,6 | 13.3 | 3.26 | 22 |
| 43 | - | 39,2 | - | 3.27 | - |
| 42 | 16 | 39,8 | 13.4 | 3.28 | 21 |
| 41 | - | 40,4 | - | 3.29 | - |
| 40 | 15 | 41,0 | 13.5 | 3.30 | 20 |
| 39 | - | 41,8 | - | 3.31 | - |
| 38 | 14 | 42,6 | 13.6 | 3.32 | 19 |
| 37 | - | 43,4 | - | 3.33 | - |
| 36 | 13 | 44,3 | 13.7 | 3.34 | 18 |
| 35 | - | 45,2 | - | 3.35 | - |
| 34 | 12 | 46,1 | 13.8 | 3.36 | 17 |
| 33 | - | 47,0 | - | 3.37 | - |
| 32 | - | 48,0 | 13.9 | 3.38 | 16 |
| 31 | 11 | 49,0 | - | 3.39 | - |
| 30 | - | 50,0 | 14.0 | 3.40 | 15 |
| 29 | - | 51,0 | - | 3.41 | - |
| 28 | 10 | 52,0 | 14.1 | 3.42 | 14 |
| 27 | - | 53.0 | - | 3.43 | - |
| 26 | - | 54,0 | 14.2 | 3.44 | 13 |
| 25 | 9 | 55,0 | - | 3.45 | - |
| 24 | - | 56,0 | 14.3 | 3.46 | 12 |
| 23 | - | 57,0 | - | 3.47 | - |
| 22 | 8 | 58,0 | 14.4 | 3.48 | 11 |
| 21 | - | 59,0 | - | 3.49 | - |
| 20 | - | 1.00,0 | 14.5 | 3.50 | 10 |
| 19 | 7 | 1.02,0 | 14.6 | 3.52 | - |
| 18 | - | 1.04,0 | 14.7 | 3.56 | 9 |
| 17 | - | 1.06,0 | 14.8 | 4.02 | - |
| 16 | 6 | 1.08,0 | 14.9 | 4.08 | 8 |
| 15 | - | 1.10,0 | 15.0 | 4.16 | - |
| 14 | - | 1.12,0 | 15.2 | 4.24 | 7 |
| 13 | 5 | 1.14,0 | 15.4 | 4.32 | - |
| 12 | - | 1.16,0 | 15.6 | 4.40 | 6 |
| 11 | - | 1.18,0 | 15.8 | 4.50 | - |
| 10 | 4 | 1.20,0 | 16.0 | 5.00 | 5 |
| 9 | - | 1.22,0 | 16.3 | 5.10 | - |
| 8 | - | 1.24,0 | 16.6 | 5.20 | 4 |
| 7 | 3 | 1.26,0 | 16.9 | 5.30 | - |
| 6 | - | 1.29,0 | 17.3 | 5.40 | 3 |
| 5 | - | 1.32,0 | 17.7 | 5.50 | - |
| 4 | 2 | 1.35,0 | 18.1 | 6.00 | 2 |
| 3 | - | 1.38,0 | 18.6 | 6.15 | - |
| 2 | - | 1.41,0 | 19.2 | 6.35 | 1 |
| 1 | 1 | 1.45,0 | 20.0 | 7.00 | - |

**ТАБЛИЦА**

**начисления баллов за выполнение видов испытаний (тестов) ГТО**

**(женщины)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Сгибание и разгибание рук в упоре лежа на полу** | **Плавание 50 м** | **Бег на 100 м** | **Бег на**  **1000 м** | **Стрельба** |
| Единица  измерения /  баллы | Количество  раз | минуты, секунды | секунды | минуты, секунды | очки |
| Баллы свыше | ***Результаты, превышающие максимальные табличные,***  ***оцениваются согласно верхнего шага шкалы вида*** | | | | |

| **1** | **2** | **3** | **4** | **5** | **7** |
| --- | --- | --- | --- | --- | --- |
| 100 | 130 | 29,0 | 12.5 | 2.50 | 49 |
| 99 | 127 | 29,2 | - | 2.51 | - |
| 98 | 124 | 29,4 | 12.6 | 2.52 | - |
| 97 | 121 | 29,6 | - | 2.53 | 48 |
| 96 | 118 | 29,8 | 12.7 | 2.54 | - |
| 95 | 115 | 30,0 | - | 2.55 | - |
| 94 | 112 | 30,2 | 12.8 | 2.56 | 47 |
| 93 | 109 | 30,4 | - | 2.57 | - |
| 92 | 106 | 30,6 | 12.9 | 2.58 | 46 |
| 91 | 103 | 30,8 | - | 2.59 | - |
| 90 | 100 | 31,0 | 13.0 | 3.00 | 45 |
| 89 | 98 | 31,2 | - | 3.01 | - |
| 88 | 96 | 31,4 | 13.1 | 3.02 | 44 |
| 87 | 94 | 31,6 | - | 3.03 | - |
| 86 | 92 | 31,8 | 13.2 | 3.04 | 43 |
| 85 | 90 | 32,0 | - | 3.05 | - |
| 84 | 88 | 32,2 | 13.3 | 3.06 | 42 |
| 83 | 86 | 32,4 | - | 3.07 | - |
| 82 | 84 | 32,6 | 13.4 | 3.08 | 41 |
| 81 | 82 | 32,8 | - | 3.09 | - |
| 80 | 80 | 33,0 | 13.5 | ЗЛО | 40 |
| 79 | 78 | 33,2 | - | 3.12 | - |
| 78 | 76 | 33,4 | 13.6 | 3.14 | 39 |
| 77 | 74 | 33,6 | - | 3.16 | - |
| 76 | 72 | 33,8 | 13.7 | 3.18 | 38 |
| 75 | 70 | 34,0 | - | 3.20 | - |
| 74 | 68 | 34,2 | 13.8 | 3.22 | 37 |
| 73 | 66 | 34,4 | - | 3.24 | - |
| 72 | 64 | 34,6 | 13.9 | 3.26 | 36 |
| 71 | 62 | 34,8 | - | 3.28 | - |
| 70 | 60 | 35,0 | 14.0 | 3.30 | 35 |
| 69 | 58 | 35,2 | - | 3.32 | - |
| 68 | 56 | 35,4 | 14.1 | 3.34 | 34 |
| 67 | 54 | 35,6 | - | 3.36 | - |
| 66 | 52 | 35,8 | 14.2 | 3.38 | 33 |
| 65 | 50 | 36,0 | - | 3.40 | - |
| 64 | 49 | 36,2 | 14.3 | 3.42 | 32 |
| 63 | 48 | 36,4 | - | 3.44 | - |
| 62 | 47 | 36,6 | 14.4 | 3.46 | 31 |
| 61 | 46 | 36,8 | - | 3.48 | - |
| 60 | 45 | 37,0 | 14.5 | 3.50 | 30 |
| 59 | 44 | 37,2 | - | 3.52 | - |
| 58 | 43 | 37,4 | 14.6 | 3.54 | 29 |
| 57 | 42 | 37,6 | - | 3.56 | - |
| 56 | 41 | 37,8 | 14.7 | 3.58 | 28 |
| 55 | 40 | 38,0 | - | 4.00 | - |
| 54 | 39 | 38,3 | 14.8 | 4.02 | 27 |
| 53 | 38 | 38,6 | - | 4.04 | - |
| 52 | 37 | 39,0 | 14.9 | 4.06 | 26 |
| 51 | 36 | 39,5 | - | 4.08 | - |
| 50 | 35 | 40,0 | 15.0 | 4.10 | 25 |
| 49 | 34 | 41,0 | - | 4.12 | - |
| 48 | 33 | 42,0 | 15.1 | 4.14 | 24 |
| 47 | 32 | 43,0 | - | 4.16 | - |
| 46 | 31 | 44,0 | 15.2 | 4.18 | 23 |
| 45 | 30 | 45,0 | - | 4.20 | - |
| 44 | 29 | 46,0 | 15.3 | 4.22 | 22 |
| 43 | 28 | 47,0 | - | 4.24 | - |
| 42 | 27 | 48,0 | 15.4 | 4.26 | 21 |
| 41 | 26 | 49,0 | - | 4.28 | - |
| 40 | 25 | 50,0 | 15.5 | 4.30 | 20 |
| 39 | 24 | 51,0 | - | 4.32 | - |
| 38 | 23 | 52,0 | 15.6 | 4.34 | 19 |
| 37 | 22 | 53,0 | - | 4.36 | - |
| 36 | 21 | 54,0 | 15.7 | 4.38 | 18 |
| 35 | 20 | 55,0 | - | 4.40 | - |
| 34 | 19 | 56,0 | 15.8 | 4.42 | 17 |
| 33 | 18 | 57,0 | - | 4.44 | - |
| 32 | 17 | 58,0 | 15.9 | 4.46 | 16 |
| 31 | 16 | 59,0 | - | 4.48 | - |
| 30 | 15 | 1.00 | 16.0 | 4.50 | 15 |
| 29 | - | 1.02 | 16.1 | 4.52 | - |
| 28 | 14 | 1.04 | 16.2 | 4.54 | 14 |
| 27 | - | 1.06 | 16.3 | 4.56 | - |
| 26 | 13 | 1.08 | 16.4 | 4.58 | 13 |
| 25 | - | 1.10 | 16.5 | 5.00 | - |
| 24 | 12 | 1.12 | 16.6 | 5.02 | 12 |
| 23 | - | 1.14 | 16.7 | 5.04 | - |
| 22 | 11 | 1.16 | 16.8 | 5.06 | 11 |
| 21 | - | 1.18 | 16.9 | 5.08 | - |
| 20 | 10 | 1.20 | 17.0 | 5.10 | 10 |
| 19 | - | 1.22 | 17.2 | 5.14 | - |
| 18 | 9 | 1.24 | 17.4 | 5.18 | 9 |
| 17 | - | 1.26 | 17.6 | 5.24 | - |
| 16 | 8 | 1.28 | 17.8 | 5.30 | 8 |
| 15 | - | 1.30 | 18.1 | 5.38 | - |
| 14 | 7 | 1.32 | 18.4 | 5.46 | 7 |
| 13 | - | 1.34 | 18.7 | 5.56 | - |
| 12 | 6 | 1.36 | 19.0 | 6.06 | 6 |
| 11 | - | 1.38 | 19.3 | 6.18 | - |
| 10 | 5 | 1.40 | 19.6 | 6.30 | 5 |
| 9 | - | 1.43 | 20.0 | 6.44 | - |
| 8 | 4 | 1.46 | 20.4 | 6.58 | 4 |
| 7 | - | 1.50 | 20.8 | 7.12 | - |
| 6 | 3 | 1.54 | 21.2 | 7.28 | 3 |
| 5 | - | 1.58 | 21.6 | 7.44 | - |
| 4 | 2 | 2.03 | 22.1 | 8.00 | 2 |
| 3 | - | 2.08 | 22.6 | 8.18 | - |
| 2 | 1 | 2.14 | 23.2 | 8.38 | 1 |
| 1 | - | 2.20 | 24.0 | 9.00 | - |