

**НОРМАТИВ № 1**  
**ИЗПЪЛНЕНИЕ НА КОРЕМНИ ПРЕСИ ЗА 90 СЕКУНДИ**

| Брой пъти | Възрастова група |     |               |     |                |     |               |     |              |     |               |     |
|-----------|------------------|-----|---------------|-----|----------------|-----|---------------|-----|--------------|-----|---------------|-----|
|           | I<br>До 21г.     |     | II<br>22-26г. |     | III<br>27-31г. |     | IV<br>32-36г. |     | V<br>37-41г. |     | VI<br>42-46г. |     |
|           | 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            |     |
| 56        | 64               | 66  | 69            | 71  | 74             | 76  | 79            | 81  | 83           | 92  | 94            |     |
| 55        | 63               | 65  | 68            | 70  | 73             | 75  | 78            | 80  | 82           | 90  | 92            |     |
| 54        | 62               | 64  | 67            | 69  | 72             | 74  | 76            | 79  | 81           | 88  | 90            |     |
| 53        | 61               | 63  | 66            | 68  | 71             | 73  | 75            | 78  | 80           | 86  | 88            |     |
| 52        | 60               | 62  | 65            | 67  | 70             | 72  | 74            | 77  | 79           | 84  | 87            | 100 |
| 51        | 59               | 61  | 64            | 66  | 69             | 71  | 73            | 76  | 78           | 82  | 86            | 98  |
| 50        | 58               | 60  | 63            | 65  | 68             | 70  | 72            | 75  | 77           | 80  | 85            | 96  |
| 49        | 57               | 59  | 62            | 64  | 67             | 69  | 71            | 74  | 76           | 79  | 84            | 94  |
| 48        | 56               | 58  | 61            | 63  | 66             | 68  | 70            | 73  | 75           | 78  | 83            | 92  |
| 47        | 55               | 57  | 60            | 62  | 65             | 67  | 69            | 72  | 74           | 77  | 82            | 90  |
| 46        | 54               | 56  | 59            | 61  | 64             | 66  | 68            | 71  | 73           | 76  | 80            | 88  |
| 45        | 53               | 55  | 58            | 60  | 63             | 65  | 67            | 70  | 72           | 75  | 78            | 86  |
| 44        | 52               | 54  | 57            | 59  | 62             | 64  | 66            | 69  | 71           | 74  | 76            | 84  |
| 43        | 51               | 53  | 56            | 58  | 61             | 63  | 65            | 68  | 70           | 73  | 74            | 82  |
| 42        | 50               | 52  | 55            | 57  | 60             | 62  | 64            | 67  | 69           | 72  | 73            | 80  |
| 41        | 49               | 51  | 54            | 56  | 59             | 61  | 63            | 66  | 68           | 71  | 72            | 78  |
| 40        | 48               | 50  | 53            | 55  | 58             | 60  | 62            | 65  | 67           | 70  | 71            | 76  |
| 39        | 47               | 49  | 52            | 54  | 57             | 59  | 61            | 64  | 66           | 69  | 70            | 74  |
| 38        | 46               | 48  | 51            | 53  | 56             | 58  | 60            | 63  | 65           | 68  | 69            | 72  |
| 37        | 45               | 47  | 50            | 52  | 55             | 57  | 59            | 62  | 64           | 67  | 68            | 70  |
| 36        | 44               | 46  | 49            | 51  | 54             | 56  | 58            | 61  | 63           | 66  | 67            | 69  |
| 35        | 43               | 45  | 48            | 50  | 53             | 55  | 57            | 60  | 62           | 65  | 66            | 68  |
| 34        | 42               | 44  | 47            | 49  | 52             | 54  | 56            | 59  | 61           | 64  | 65            | 67  |
| 33        | 41               | 43  | 46            | 48  | 51             | 53  | 55            | 58  | 60           | 63  | 64            | 66  |
| 32        | 40               | 42  | 45            | 47  | 50             | 52  | 54            | 57  | 59           | 62  | 63            | 65  |
| 31        | 39               | 41  | 44            | 46  | 49             | 51  | 53            | 56  | 58           | 61  | 62            | 64  |
| 30        | 38               | 40  | 43            | 45  | 48             | 50  | 52            | 55  | 57           | 60  | 61            | 63  |
| 29        | 37               | 39  | 42            | 44  | 47             | 49  | 51            | 54  | 56           | 59  | 60            | 62  |
| 28        | 36               | 38  | 41            | 43  | 46             | 48  | 50            | 53  | 55           | 58  | 58            | 61  |
| 27        | 35               | 37  | 40            | 42  | 45             | 47  | 48            | 52  | 54           | 57  | 56            | 60  |
| 26        | 34               | 36  | 39            | 41  | 44             | 46  | 46            | 51  | 52           | 56  | 54            | 58  |
| 25        | 33               | 35  | 38            | 40  | 43             | 45  | 45            | 50  | 50           | 55  | 52            | 56  |
| 24        | 32               | 34  | 37            | 39  | 42             | 44  | 44            | 48  | 48           | 54  | 50            | 54  |
| 23        | 31               | 33  | 36            | 38  | 41             | 43  | 43            | 46  | 46           | 53  | 48            | 52  |
| 22        | 30               | 32  | 35            | 37  | 40             | 42  | 42            | 44  | 44           | 52  | 46            | 50  |

| Брой пъти | Възрастова група |    |               |    |                |    |               |    |              |    |               |    |
|-----------|------------------|----|---------------|----|----------------|----|---------------|----|--------------|----|---------------|----|
|           | I<br>До 21г.     |    | II<br>22-26г. |    | III<br>27-31г. |    | IV<br>32-36г. |    | V<br>37-41г. |    | VI<br>42-46г. |    |
|           | М                | Ж  | М             | Ж  | М              | Ж  | М             | Ж  | М            | Ж  | М             | Ж  |
| 21        | 29               | 31 | 34            | 36 | 39             | 41 | 41            | 42 | 42           | 51 | 44            | 48 |
| 20        | 28               | 30 | 33            | 35 | 38             | 40 | 40            | 40 | 40           | 50 | 42            | 46 |
| 19        | 27               | 29 | 32            | 34 | 37             | 38 | 38            | 38 | 38           | 45 | 40            | 44 |
| 18        | 26               | 28 | 31            | 33 | 36             | 36 | 36            | 36 | 36           | 40 | 38            | 42 |
| 17        | 25               | 27 | 30            | 32 | 34             | 34 | 34            | 34 | 34           | 35 | 36            | 40 |
| 16        | 24               | 26 | 29            | 30 | 32             | 32 | 32            | 32 | 32           | 32 | 34            | 38 |
| 15        | 23               | 25 | 28            | 29 | 30             | 30 | 30            | 30 | 30           | 30 | 32            | 36 |
| 14        | 22               | 24 | 27            | 28 | 28             | 28 | 28            | 28 | 28           | 28 | 30            | 34 |
| 13        | 21               | 23 | 26            | 26 | 26             | 26 | 26            | 26 | 26           | 26 | 28            | 32 |
| 12        | 20               | 22 | 24            | 24 | 24             | 24 | 24            | 24 | 24           | 24 | 26            | 30 |
| 11        | 19               | 21 | 22            | 22 | 22             | 22 | 22            | 22 | 22           | 22 | 24            | 28 |
| 10        | 18               | 20 | 20            | 20 | 20             | 20 | 20            | 20 | 20           | 20 | 22            | 26 |
| 9         | 17               | 18 | 18            | 18 | 18             | 18 | 18            | 18 | 18           | 18 | 20            | 24 |
| 8         | 16               | 16 | 16            | 16 | 16             | 16 | 16            | 16 | 16           | 16 | 18            | 22 |
| 7         | 14               | 14 | 14            | 14 | 14             | 14 | 14            | 14 | 14           | 14 | 16            | 20 |
| 6         | 12               | 12 | 12            | 12 | 12             | 12 | 12            | 12 | 12           | 12 | 14            | 18 |
| 5         | 10               | 10 | 10            | 10 | 10             | 10 | 10            | 10 | 10           | 10 | 12            | 15 |
| 4         | 8                | 8  | 8             | 8  | 8              | 8  | 8             | 8  | 8            | 8  | 10            | 12 |
| 3         | 6                | 6  | 6             | 6  | 6              | 6  | 6             | 6  | 6            | 6  | 8             | 9  |
| 2         | 4                | 4  | 4             | 4  | 4              | 4  | 4             | 4  | 4            | 4  | 6             | 6  |
| 1         | 2                | 2  | 2             | 2  | 2              | 2  | 2             | 2  | 2            | 2  | 3             | 3  |

**НОРМАТИВ № 2**  
**ИЗПЪЛНЕНИЕ НА ЛИЦЕВИ ОПОРИ ЗА 90 СЕКУНДИ**

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

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

**НОРМАТИВ № 3**  
**БЯГАНЕ „СОВАЛКА ”10 x 10 м.**

| Време/сек. | Възрастова група |     |               |     |                |   |               |   |              |   |               |   |
|------------|------------------|-----|---------------|-----|----------------|---|---------------|---|--------------|---|---------------|---|
|            | I<br>До 21г.     |     | II<br>22-26г. |     | III<br>27-31г. |   | IV<br>32-36г. |   | V<br>37-41г. |   | VI<br>42-46г. |   |
|            | 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             |   |               |   |              |   |               |   |

| Време/сек. | Възрастова група |    |               |    |                |     |               |     |              |     |               |     |
|------------|------------------|----|---------------|----|----------------|-----|---------------|-----|--------------|-----|---------------|-----|
|            | I<br>До 21г.     |    | II<br>22-26г. |    | III<br>27-31г. |     | IV<br>32-36г. |     | V<br>37-41г. |     | VI<br>42-46г. |     |
|            | М                | Ж  | М             | Ж  | М              | Ж   | М             | Ж   | М            | Ж   | М             | Ж   |
| 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 |
| 29.10      | 49               | 59 | 54            | 59 | 59             | 64  | 64            | 69  | 69           | 74  | 89            | 99  |
| 29.20      | 48               | 58 | 53            | 58 | 58             | 63  | 63            | 68  | 68           | 73  | 88            | 98  |
| 29.30      | 47               | 57 | 52            | 57 | 57             | 62  | 62            | 67  | 67           | 72  | 87            | 97  |
| 29.40      | 46               | 56 | 51            | 56 | 56             | 61  | 61            | 66  | 66           | 71  | 86            | 96  |
| 29.50      | 45               | 55 | 50            | 55 | 55             | 60  | 60            | 65  | 65           | 70  | 85            | 95  |
| 29.60      | 44               | 54 | 49            | 54 | 54             | 59  | 59            | 64  | 64           | 69  | 84            | 94  |
| 29.70      | 43               | 53 | 48            | 53 | 53             | 58  | 58            | 63  | 63           | 68  | 83            | 93  |
| 29.80      | 42               | 52 | 47            | 52 | 52             | 57  | 57            | 62  | 62           | 67  | 82            | 92  |
| 29.90      | 41               | 51 | 46            | 51 | 51             | 56  | 56            | 61  | 61           | 66  | 81            | 91  |
| 30.00      | 40               | 50 | 45            | 50 | 50             | 55  | 55            | 60  | 60           | 65  | 80            | 90  |
| 30.10      | 39               | 49 | 44            | 49 | 49             | 54  | 54            | 59  | 59           | 64  | 79            | 89  |
| 30.20      | 38               | 48 | 43            | 48 | 48             | 53  | 53            | 58  | 58           | 63  | 78            | 88  |
| 30.30      | 37               | 47 | 42            | 47 | 47             | 52  | 52            | 57  | 57           | 62  | 77            | 87  |
| 30.40      | 36               | 46 | 41            | 46 | 46             | 51  | 51            | 56  | 56           | 61  | 76            | 86  |
| 30.50      | 35               | 45 | 40            | 45 | 45             | 50  | 50            | 55  | 55           | 60  | 75            | 85  |
| 30.60      | 34               | 44 | 39            | 44 | 44             | 49  | 49            | 54  | 54           | 59  | 74            | 84  |
| 30.70      | 33               | 43 | 38            | 43 | 43             | 48  | 48            | 53  | 53           | 58  | 73            | 83  |
| 30.80      | 32               | 42 | 37            | 42 | 42             | 47  | 47            | 52  | 52           | 57  | 72            | 82  |
| 30.90      | 31               | 41 | 36            | 41 | 41             | 46  | 46            | 51  | 51           | 56  | 71            | 81  |
| 31.00      | 30               | 40 | 35            | 40 | 40             | 45  | 45            | 50  | 50           | 55  | 70            | 80  |
| 31.10      | 29               | 39 | 34            | 39 | 39             | 44  | 44            | 49  | 49           | 54  | 69            | 79  |
| 31.20      | 28               | 38 | 33            | 38 | 38             | 43  | 43            | 48  | 48           | 53  | 68            | 78  |
| 31.30      | 27               | 37 | 32            | 37 | 37             | 42  | 42            | 47  | 47           | 52  | 67            | 77  |
| 31.40      | 26               | 36 | 31            | 36 | 36             | 41  | 41            | 46  | 46           | 51  | 66            | 76  |
| 31.50      | 25               | 35 | 30            | 35 | 35             | 40  | 40            | 45  | 45           | 50  | 65            | 75  |
| 31.60      | 24               | 34 | 29            | 34 | 34             | 39  | 39            | 44  | 44           | 49  | 64            | 74  |
| 31.70      | 23               | 33 | 28            | 33 | 33             | 38  | 38            | 43  | 43           | 48  | 63            | 73  |
| 31.80      | 22               | 32 | 27            | 32 | 32             | 37  | 37            | 42  | 42           | 47  | 62            | 72  |
| 31.90      | 21               | 31 | 26            | 31 | 31             | 36  | 36            | 41  | 41           | 46  | 61            | 71  |
| 32.00      | 20               | 30 | 25            | 30 | 30             | 35  | 35            | 40  | 40           | 45  | 60            | 70  |
| 32.10      | 19               | 29 | 24            | 29 | 29             | 34  | 34            | 39  | 39           | 44  | 59            | 69  |
| 32.20      | 18               | 28 | 23            | 28 | 28             | 33  | 33            | 38  | 38           | 43  | 58            | 68  |
| 32.30      | 17               | 27 | 22            | 27 | 27             | 32  | 32            | 37  | 37           | 42  | 57            | 67  |
| 32.40      | 16               | 26 | 21            | 26 | 26             | 31  | 31            | 36  | 36           | 41  | 56            | 66  |
| 32.50      | 15               | 25 | 20            | 25 | 25             | 30  | 30            | 35  | 35           | 40  | 55            | 65  |
| 32.60      | 14               | 24 | 19            | 24 | 24             | 29  | 29            | 34  | 34           | 39  | 54            | 64  |

| Време/сек. | Възрастова група |    |               |    |                |    |               |    |              |    |               |    |
|------------|------------------|----|---------------|----|----------------|----|---------------|----|--------------|----|---------------|----|
|            | I<br>До 21г.     |    | II<br>22-26г. |    | III<br>27-31г. |    | IV<br>32-36г. |    | V<br>37-41г. |    | VI<br>42-46г. |    |
|            | М                | Ж  | М             | Ж  | М              | Ж  | М             | Ж  | М            | Ж  | М             | Ж  |
| 32.70      | 13               | 23 | 18            | 23 | 23             | 28 | 28            | 33 | 33           | 38 | 53            | 63 |
| 32.80      | 12               | 22 | 17            | 22 | 22             | 27 | 27            | 32 | 32           | 37 | 52            | 62 |
| 32.90      | 11               | 21 | 16            | 21 | 21             | 26 | 26            | 31 | 31           | 36 | 51            | 61 |
| 33.00      | 10               | 20 | 15            | 20 | 20             | 25 | 25            | 30 | 30           | 35 | 50            | 60 |
| 33.10      | 9                | 19 | 14            | 19 | 19             | 24 | 24            | 29 | 29           | 34 | 49            | 59 |
| 33.20      | 8                | 18 | 13            | 18 | 18             | 23 | 23            | 28 | 28           | 33 | 48            | 58 |
| 33.30      | 7                | 17 | 12            | 17 | 17             | 22 | 22            | 27 | 27           | 32 | 47            | 57 |
| 33.40      | 6                | 16 | 11            | 16 | 16             | 21 | 21            | 26 | 26           | 31 | 46            | 56 |
| 33.50      | 5                | 15 | 10            | 15 | 15             | 20 | 20            | 25 | 25           | 30 | 45            | 55 |
| 33.60      | 4                | 14 | 9             | 14 | 14             | 19 | 19            | 24 | 24           | 29 | 44            | 54 |
| 33.70      | 3                | 13 | 8             | 13 | 13             | 18 | 18            | 23 | 23           | 28 | 43            | 53 |
| 33.80      | 2                | 12 | 7             | 12 | 12             | 17 | 17            | 22 | 22           | 27 | 42            | 52 |
| 33.90      | 1                | 11 | 6             | 11 | 11             | 16 | 16            | 21 | 21           | 26 | 41            | 51 |
| 34.00      |                  | 10 | 5             | 10 | 10             | 15 | 15            | 20 | 20           | 25 | 40            | 50 |
| 34.10      |                  | 9  | 4             | 9  | 9              | 14 | 14            | 19 | 19           | 24 | 39            | 49 |
| 34.20      |                  | 8  | 3             | 8  | 8              | 13 | 13            | 18 | 18           | 23 | 38            | 48 |
| 34.30      |                  | 7  | 2             | 7  | 7              | 12 | 12            | 17 | 17           | 22 | 37            | 47 |
| 34.40      |                  | 6  | 1             | 6  | 6              | 11 | 11            | 16 | 16           | 21 | 36            | 46 |
| 34.50      |                  | 5  |               | 5  | 5              | 10 | 10            | 15 | 15           | 20 | 35            | 45 |
| 34.60      |                  | 4  |               | 4  | 4              | 9  | 9             | 14 | 14           | 19 | 34            | 44 |
| 34.70      |                  | 3  |               | 3  | 3              | 8  | 8             | 13 | 13           | 18 | 33            | 43 |
| 34.80      |                  | 2  |               | 2  | 2              | 7  | 7             | 12 | 12           | 17 | 32            | 42 |
| 34.90      |                  | 1  |               | 1  | 1              | 6  | 6             | 11 | 11           | 16 | 31            | 41 |
| 35.00      |                  |    |               |    |                | 5  | 5             | 10 | 10           | 15 | 30            | 40 |
| 35.10      |                  |    |               |    |                | 4  | 4             | 9  | 9            | 14 | 29            | 39 |
| 35.20      |                  |    |               |    |                | 3  | 3             | 8  | 8            | 13 | 28            | 38 |
| 35.30      |                  |    |               |    |                | 2  | 2             | 7  | 7            | 12 | 27            | 37 |
| 35.40      |                  |    |               |    |                | 1  | 1             | 6  | 6            | 11 | 26            | 36 |
| 35.50      |                  |    |               |    |                |    |               | 5  | 5            | 10 | 25            | 35 |
| 35.60      |                  |    |               |    |                |    |               | 4  | 4            | 9  | 24            | 34 |
| 35.70      |                  |    |               |    |                |    |               | 3  | 3            | 8  | 23            | 33 |
| 35.80      |                  |    |               |    |                |    |               | 2  | 2            | 7  | 22            | 32 |
| 35.90      |                  |    |               |    |                |    |               | 1  | 1            | 6  | 21            | 31 |
| 36.00      |                  |    |               |    |                |    |               |    |              | 5  | 20            | 30 |
| 36.10      |                  |    |               |    |                |    |               |    |              | 4  | 19            | 29 |
| 36.20      |                  |    |               |    |                |    |               |    |              | 3  | 18            | 28 |
| 36.30      |                  |    |               |    |                |    |               |    |              | 2  | 17            | 27 |
| 36.40      |                  |    |               |    |                |    |               |    |              | 1  | 16            | 26 |
| 36.50      |                  |    |               |    |                |    |               |    |              |    | 15            | 25 |
| 36.60      |                  |    |               |    |                |    |               |    |              |    | 14            | 24 |
| 36.70      |                  |    |               |    |                |    |               |    |              |    | 13            | 23 |
| 36.80      |                  |    |               |    |                |    |               |    |              |    | 12            | 22 |
| 36.90      |                  |    |               |    |                |    |               |    |              |    | 11            | 21 |
| 37.00      |                  |    |               |    |                |    |               |    |              |    | 10            | 20 |
| 37.10      |                  |    |               |    |                |    |               |    |              |    | 9             | 19 |
| 37.20      |                  |    |               |    |                |    |               |    |              |    | 8             | 18 |
| 37.30      |                  |    |               |    |                |    |               |    |              |    | 7             | 17 |
| 37.40      |                  |    |               |    |                |    |               |    |              |    | 6             | 16 |
| 37.50      |                  |    |               |    |                |    |               |    |              |    | 5             | 15 |
| 37.60      |                  |    |               |    |                |    |               |    |              |    | 4             | 14 |
| 37.70      |                  |    |               |    |                |    |               |    |              |    | 3             | 13 |
| 37.80      |                  |    |               |    |                |    |               |    |              |    | 2             | 12 |
| 37.90      |                  |    |               |    |                |    |               |    |              |    | 1             | 11 |
| 38.00      |                  |    |               |    |                |    |               |    |              |    | 0             | 10 |

**НОРМАТИВ № 4**  
**КРОС 1000 МЕТРА**

| Време/мин. | Възрастова група |   |               |   |                |   |               |   |              |   |               |   |
|------------|------------------|---|---------------|---|----------------|---|---------------|---|--------------|---|---------------|---|
|            | I<br>До 21г.     |   | II<br>22-26г. |   | III<br>27-31г. |   | IV<br>32-36г. |   | V<br>37-41г. |   | VI<br>42-46г. |   |
|            | 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               |   |               |   |                |   |               |   |              |   |               |   |

| Време/мин. | Възрастова група |     |               |     |                |     |               |   |              |   |               |   |
|------------|------------------|-----|---------------|-----|----------------|-----|---------------|---|--------------|---|---------------|---|
|            | I<br>До 21г.     |     | II<br>22-26г. |     | III<br>27-31г. |     | IV<br>32-36г. |   | V<br>37-41г. |   | VI<br>42-46г. |   |
|            | М                | Ж   | М             | Ж   | М              | Ж   | М             | Ж | М            | Ж | М             | Ж |
| 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           |   |               |   |
| 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            |   |

| Време/мин. | Възрастова група |    |               |    |                |    |               |     |              |     |               |     |
|------------|------------------|----|---------------|----|----------------|----|---------------|-----|--------------|-----|---------------|-----|
|            | I<br>До 21г.     |    | II<br>22-26г. |    | III<br>27-31г. |    | IV<br>32-36г. |     | V<br>37-41г. |     | VI<br>42-46г. |     |
|            | М                | Ж  | М             | Ж  | М              | Ж  | М             | Ж   | М            | Ж   | М             | Ж   |
| 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            |     |
| 4.26       | 24               | 69 | 34            | 84 | 44             | 94 | 54            |     | 64           |     | 79            |     |
| 4.27       | 23               | 68 | 33            | 83 | 43             | 93 | 53            |     | 63           |     | 78            |     |
| 4.28       | 22               | 67 | 32            | 82 | 42             | 92 | 52            |     | 62           |     | 77            |     |
| 4.29       | 21               | 66 | 31            | 81 | 41             | 91 | 51            |     | 61           |     | 76            |     |
| 4.30       | 20               | 65 | 30            | 80 | 40             | 90 | 50            | 100 | 60           |     | 75            |     |
| 4.31       | 19               | 64 | 29            | 79 | 39             | 89 | 49            | 99  | 59           |     | 74            |     |
| 4.32       | 18               | 63 | 28            | 78 | 38             | 88 | 48            | 98  | 58           |     | 73            |     |
| 4.33       | 17               | 62 | 27            | 77 | 37             | 87 | 47            | 97  | 57           |     | 72            |     |
| 4.34       | 16               | 61 | 26            | 76 | 36             | 86 | 46            | 96  | 56           |     | 71            |     |
| 4.35       | 15               | 60 | 25            | 75 | 35             | 85 | 45            | 95  | 55           |     | 70            |     |
| 4.36       | 14               | 59 | 24            | 74 | 34             | 84 | 44            | 94  | 54           |     | 69            |     |
| 4.37       | 13               | 58 | 23            | 73 | 33             | 83 | 43            | 93  | 53           |     | 68            |     |
| 4.38       | 12               | 57 | 22            | 72 | 32             | 82 | 42            | 92  | 52           |     | 67            |     |
| 4.39       | 11               | 56 | 21            | 71 | 31             | 81 | 41            | 91  | 51           |     | 66            |     |
| 4.40       | 10               | 55 | 20            | 70 | 30             | 80 | 40            | 90  | 50           | 100 | 65            |     |
| 4.41       | 9                | 54 | 19            | 69 | 29             | 79 | 39            | 89  | 49           | 99  | 64            |     |
| 4.42       | 8                | 53 | 18            | 68 | 28             | 78 | 38            | 88  | 48           | 98  | 63            |     |
| 4.43       | 7                | 52 | 17            | 67 | 27             | 77 | 37            | 87  | 47           | 97  | 62            |     |
| 4.44       | 6                | 51 | 16            | 66 | 26             | 76 | 36            | 86  | 46           | 96  | 61            |     |
| 4.45       | 5                | 50 | 15            | 65 | 25             | 75 | 35            | 85  | 45           | 95  | 60            |     |
| 4.46       | 4                | 49 | 14            | 64 | 24             | 74 | 34            | 84  | 44           | 94  | 59            |     |
| 4.47       | 3                | 48 | 13            | 63 | 23             | 73 | 33            | 83  | 43           | 93  | 58            |     |
| 4.48       | 2                | 47 | 12            | 62 | 22             | 72 | 32            | 82  | 42           | 92  | 57            |     |
| 4.49       | 1                | 46 | 11            | 61 | 21             | 71 | 31            | 81  | 41           | 91  | 56            |     |
| 4.50       |                  | 45 | 10            | 60 | 20             | 70 | 30            | 80  | 40           | 90  | 55            |     |
| 4.51       |                  | 44 | 9             | 59 | 19             | 69 | 29            | 79  | 39           | 89  | 54            |     |
| 4.52       |                  | 43 | 8             | 58 | 18             | 68 | 28            | 78  | 38           | 88  | 53            |     |
| 4.53       |                  | 42 | 7             | 57 | 17             | 67 | 27            | 77  | 37           | 87  | 52            |     |
| 4.54       |                  | 41 | 6             | 56 | 16             | 66 | 26            | 76  | 36           | 86  | 51            |     |
| 4.55       |                  | 40 | 5             | 55 | 15             | 65 | 25            | 75  | 35           | 85  | 50            |     |
| 4.56       |                  | 39 | 4             | 54 | 14             | 64 | 24            | 74  | 34           | 84  | 49            |     |
| 4.57       |                  | 38 | 3             | 53 | 13             | 63 | 23            | 73  | 33           | 83  | 48            |     |
| 4.58       |                  | 37 | 2             | 52 | 12             | 62 | 22            | 72  | 32           | 82  | 47            |     |
| 4.59       |                  | 36 | 1             | 51 | 11             | 61 | 21            | 71  | 31           | 81  | 46            |     |
| 5.00       |                  | 35 |               | 50 | 10             | 60 | 20            | 70  | 30           | 80  | 45            | 100 |
| 5.01       |                  | 34 |               | 49 | 9              | 59 | 19            | 69  | 29           | 79  | 44            | 99  |
| 5.02       |                  | 33 |               | 48 | 8              | 58 | 18            | 68  | 28           | 78  | 43            | 98  |
| 5.03       |                  | 32 |               | 47 | 7              | 57 | 17            | 67  | 27           | 77  | 42            | 97  |
| 5.04       |                  | 31 |               | 46 | 6              | 56 | 16            | 66  | 26           | 76  | 41            | 96  |
| 5.05       |                  | 30 |               | 45 | 5              | 55 | 15            | 65  | 25           | 75  | 40            | 95  |
| 5.06       |                  | 29 |               | 44 | 4              | 54 | 14            | 64  | 24           | 74  | 39            | 94  |
| 5.07       |                  | 28 |               | 43 | 3              | 53 | 13            | 63  | 23           | 73  | 38            | 93  |
| 5.08       |                  | 27 |               | 42 | 2              | 52 | 12            | 62  | 22           | 72  | 37            | 92  |
| 5.09       |                  | 26 |               | 41 | 1              | 51 | 11            | 61  | 21           | 71  | 36            | 91  |
| 5.10       |                  | 25 |               | 40 |                | 50 | 10            | 60  | 20           | 70  | 35            | 90  |
| 5.11       |                  | 24 |               | 39 |                | 49 | 9             | 59  | 19           | 69  | 34            | 89  |
| 5.12       |                  | 23 |               | 38 |                | 48 | 8             | 58  | 18           | 68  | 33            | 88  |
| 5.13       |                  | 22 |               | 37 |                | 47 | 7             | 57  | 17           | 67  | 32            | 87  |
| 5.14       |                  | 21 |               | 36 |                | 46 | 6             | 56  | 16           | 66  | 31            | 86  |
| 5.15       |                  | 20 |               | 35 |                | 45 | 5             | 55  | 15           | 65  | 30            | 85  |
| 5.16       |                  | 19 |               | 34 |                | 44 | 4             | 54  | 14           | 64  | 29            | 84  |
| 5.17       |                  | 18 |               | 33 |                | 43 | 3             | 53  | 13           | 63  | 28            | 83  |
| 5.18       |                  | 17 |               | 32 |                | 42 | 2             | 52  | 12           | 62  | 27            | 82  |
| 5.19       |                  | 16 |               | 31 |                | 41 | 1             | 51  | 11           | 61  | 26            | 81  |
| 5.20       |                  | 15 |               | 30 |                | 40 |               | 50  | 10           | 60  | 25            | 80  |
| 5.21       |                  | 14 |               | 29 |                | 39 |               | 49  | 9            | 59  | 24            | 79  |
| 5.22       |                  | 13 |               | 28 |                | 38 |               | 48  | 8            | 58  | 23            | 78  |
| 5.23       |                  | 12 |               | 27 |                | 37 |               | 47  | 7            | 57  | 22            | 77  |
| 5.24       |                  | 11 |               | 26 |                | 36 |               | 46  | 6            | 56  | 21            | 76  |
| 5.25       |                  | 10 |               | 25 |                | 35 |               | 45  | 5            | 55  | 20            | 75  |
| 5.26       |                  | 9  |               | 24 |                | 34 |               | 44  | 4            | 54  | 19            | 74  |

| Време/мин. | Възрастова група |   |               |    |                |    |               |    |              |    |               |    |
|------------|------------------|---|---------------|----|----------------|----|---------------|----|--------------|----|---------------|----|
|            | I<br>До 21г.     |   | II<br>22-26г. |    | III<br>27-31г. |    | IV<br>32-36г. |    | V<br>37-41г. |    | VI<br>42-46г. |    |
|            | М                | Ж | М             | Ж  | М              | Ж  | М             | Ж  | М            | Ж  | М             | Ж  |
| 5.27       |                  | 8 |               | 23 |                | 33 |               | 43 | 3            | 53 | 18            | 73 |
| 5.28       |                  | 7 |               | 22 |                | 32 |               | 42 | 2            | 52 | 17            | 72 |
| 5.29       |                  | 6 |               | 21 |                | 31 |               | 41 | 1            | 51 | 16            | 71 |
| 5.30       |                  | 5 |               | 20 |                | 30 |               | 40 |              | 50 | 15            | 70 |
| 5.31       |                  | 4 |               | 19 |                | 29 |               | 39 |              | 49 | 14            | 69 |
| 5.32       |                  | 3 |               | 18 |                | 28 |               | 38 |              | 48 | 13            | 68 |
| 5.33       |                  | 2 |               | 17 |                | 27 |               | 37 |              | 47 | 12            | 67 |
| 5.34       |                  | 1 |               | 16 |                | 26 |               | 36 |              | 46 | 11            | 66 |
| 5.35       |                  |   |               | 15 |                | 25 |               | 35 |              | 45 | 10            | 65 |
| 5.36       |                  |   |               | 14 |                | 24 |               | 34 |              | 44 | 9             | 64 |
| 5.37       |                  |   |               | 13 |                | 23 |               | 33 |              | 43 | 8             | 63 |
| 5.38       |                  |   |               | 12 |                | 22 |               | 32 |              | 42 | 7             | 62 |
| 5.39       |                  |   |               | 11 |                | 21 |               | 31 |              | 41 | 6             | 61 |
| 5.40       |                  |   |               | 10 |                | 20 |               | 30 |              | 40 | 5             | 60 |
| 5.41       |                  |   |               | 9  |                | 19 |               | 29 |              | 39 | 4             | 59 |
| 5.42       |                  |   |               | 8  |                | 18 |               | 28 |              | 38 | 3             | 58 |
| 5.43       |                  |   |               | 7  |                | 17 |               | 27 |              | 37 | 2             | 57 |
| 5.44       |                  |   |               | 6  |                | 16 |               | 26 |              | 36 | 1             | 56 |
| 5.45       |                  |   |               | 5  |                | 15 |               | 25 |              | 35 |               | 55 |
| 5.46       |                  |   |               | 4  |                | 14 |               | 24 |              | 34 |               | 54 |
| 5.47       |                  |   |               |    |                | 13 |               | 23 |              | 33 |               | 53 |
| 5.48       |                  |   |               |    |                | 12 |               | 22 |              | 32 |               | 52 |
| 5.49       |                  |   |               |    |                | 11 |               | 21 |              | 31 |               | 51 |
| 5.50       |                  |   |               |    |                | 10 |               | 20 |              | 30 |               | 50 |
| 5.51       |                  |   |               |    |                | 9  |               | 19 |              | 29 |               | 49 |
| 5.52       |                  |   |               |    |                | 8  |               | 18 |              | 28 |               | 48 |
| 5.53       |                  |   |               |    |                | 7  |               | 17 |              | 27 |               | 47 |
| 5.54       |                  |   |               |    |                | 6  |               | 16 |              | 26 |               | 46 |
| 5.55       |                  |   |               |    |                | 5  |               | 15 |              | 25 |               | 45 |
| 5.56       |                  |   |               |    |                | 4  |               | 14 |              | 24 |               | 44 |
| 5.57       |                  |   |               |    |                | 3  |               | 13 |              | 23 |               | 43 |
| 5.58       |                  |   |               |    |                | 2  |               | 12 |              | 22 |               | 42 |
| 5.59       |                  |   |               |    |                | 1  |               | 11 |              | 21 |               | 41 |
| 6.00       |                  |   |               |    |                |    |               | 10 |              | 20 |               | 40 |
| 6.01       |                  |   |               |    |                |    |               | 9  |              | 19 |               | 39 |
| 6.02       |                  |   |               |    |                |    |               | 8  |              | 18 |               | 38 |
| 6.03       |                  |   |               |    |                |    |               | 7  |              | 17 |               | 37 |
| 6.04       |                  |   |               |    |                |    |               | 6  |              | 16 |               | 36 |
| 6.05       |                  |   |               |    |                |    |               | 5  |              | 15 |               | 35 |
| 6.06       |                  |   |               |    |                |    |               | 4  |              | 14 |               | 34 |
| 6.07       |                  |   |               |    |                |    |               | 3  |              | 13 |               | 33 |
| 6.08       |                  |   |               |    |                |    |               | 2  |              | 12 |               | 32 |
| 6.09       |                  |   |               |    |                |    |               | 1  |              | 11 |               | 31 |
| 6.10       |                  |   |               |    |                |    |               |    |              | 10 |               | 30 |
| 6.11       |                  |   |               |    |                |    |               |    |              | 9  |               | 29 |
| 6.12       |                  |   |               |    |                |    |               |    |              | 8  |               | 28 |
| 6.13       |                  |   |               |    |                |    |               |    |              | 7  |               | 27 |
| 6.14       |                  |   |               |    |                |    |               |    |              | 6  |               | 26 |
| 6.15       |                  |   |               |    |                |    |               |    |              | 5  |               | 25 |
| 6.16       |                  |   |               |    |                |    |               |    |              | 4  |               | 24 |
| 6.17       |                  |   |               |    |                |    |               |    |              | 3  |               | 23 |
| 6.18       |                  |   |               |    |                |    |               |    |              | 2  |               | 22 |
| 6.19       |                  |   |               |    |                |    |               |    |              | 1  |               | 21 |
| 6.20       |                  |   |               |    |                |    |               |    |              |    |               | 20 |
| 6.21       |                  |   |               |    |                |    |               |    |              |    |               | 19 |
| 6.22       |                  |   |               |    |                |    |               |    |              |    |               | 18 |
| 6.23       |                  |   |               |    |                |    |               |    |              |    |               | 17 |
| 6.24       |                  |   |               |    |                |    |               |    |              |    |               | 16 |
| 6.25       |                  |   |               |    |                |    |               |    |              |    |               | 15 |
| 6.26       |                  |   |               |    |                |    |               |    |              |    |               | 14 |
| 6.27       |                  |   |               |    |                |    |               |    |              |    |               | 13 |
| 6.28       |                  |   |               |    |                |    |               |    |              |    |               | 12 |
| 6.29       |                  |   |               |    |                |    |               |    |              |    |               | 11 |