

ТАБЛИЦА
оценки результатов участников спортивного многоборья (тестов)
Всероссийских спортивных соревнований школьников «Президентские состязания» (8-10 лет)

Мальчики

| Бег 1000м. (мин,сек) | | | | Бег 30м (сек.) | | | | Подтягивание (кол-во раз) | | | | Прыжок в длину с/м (см.) | | | | Подъём туловища за 30 сек. (кол-во раз) | | | | Наклон вперёд (см.) | | | |
|----------------------|---------|---------|---------|----------------|-----|-----|-----|------------------------------|---|----|----|--------------------------|-----|-----|-----|--|----|----|----|---------------------|----|----|----|
| Очки | 8 | 9 | 10 | Очки | 8 | 9 | 10 | Очки | 8 | 9 | 10 | Очки | 8 | 9 | 10 | Очки | 8 | 9 | 10 | Очки | 8 | 9 | 10 |
| 70 | 03:30,0 | 03:25,0 | 03:20,0 | 70 | 5,2 | 5,0 | 4,8 | 70 | 7 | 11 | 15 | 70 | 200 | 215 | 230 | 70 | 30 | 36 | 41 | 70 | 15 | 19 | 23 |
| 69 | 03:33,0 | 03:28,0 | 03:23,0 | 69 | 5,3 | 5,1 | 4,9 | 69 | 6 | 10 | 14 | 69 | 197 | 212 | 227 | 69 | 29 | 35 | 40 | 69 | 14 | 18 | 22 |
| 68 | 03:36,0 | 03:31,0 | 03:26,0 | 68 | 5,3 | 5,1 | 4,9 | 68 | 5 | 9 | 13 | 68 | 194 | 209 | 224 | 68 | 28 | 34 | 39 | 68 | 13 | 17 | 21 |
| 67 | 03:39,0 | 03:34,0 | 03:29,0 | 67 | 5,4 | 5,2 | 5 | 67 | 4 | 8 | 12 | 67 | 191 | 206 | 221 | 67 | 27 | 33 | 38 | 67 | 12 | 16 | 20 |
| 66 | 03:42,0 | 03:37,0 | 03:32,0 | 66 | 5,4 | 5,2 | 5 | 66 | 4 | 7 | 11 | 66 | 188 | 203 | 218 | 66 | 26 | 32 | 37 | 66 | 11 | 15 | 19 |
| 65 | 03:45,0 | 03:40,0 | 03:35,0 | 65 | 5,5 | 5,3 | 5,1 | 65 | 4 | 7 | 11 | 65 | 185 | 200 | 215 | 65 | 25 | 31 | 36 | 65 | 10 | 14 | 18 |
| 64 | 03:48,0 | 03:43,0 | 03:38,0 | 64 | 5,5 | 5,3 | 5,1 | 64 | 4 | 7 | 10 | 64 | 183 | 198 | 213 | 64 | 24 | 30 | 35 | 64 | 9 | 13 | 17 |
| 63 | 03:51,0 | 03:46,0 | 03:41,0 | 63 | 5,6 | 5,4 | 5,2 | 63 | 4 | 7 | 10 | 63 | 181 | 196 | 211 | 63 | 23 | 29 | 34 | 63 | 8 | 12 | 16 |
| 62 | 03:54,0 | 03:49,0 | 03:44,0 | 62 | 5,6 | 5,4 | 5,2 | 62 | 4 | 7 | 10 | 62 | 179 | 194 | 209 | 62 | 22 | 28 | 33 | 62 | 7 | 11 | 15 |
| 61 | 03:57,0 | 03:52,0 | 03:47,0 | 61 | 5,7 | 5,5 | 5,3 | 61 | 3 | 6 | 9 | 61 | 177 | 192 | 207 | 61 | 21 | 27 | 32 | 61 | | | - |
| 60 | 04:00,0 | 03:55,0 | 03:50,0 | 60 | 5,7 | 5,5 | 5,3 | 60 | 3 | 6 | 9 | 60 | 175 | 190 | 205 | 60 | | | - | 60 | 6 | 10 | 14 |
| 59 | 04:03,0 | 03:58,0 | 03:53,0 | 59 | 5,7 | 5,5 | 5,3 | 59 | 3 | 6 | 9 | 59 | 173 | 188 | 203 | 59 | 20 | 26 | 31 | 59 | | | - |
| 58 | 04:06,0 | 04:01,0 | 03:56,0 | 58 | 5,8 | 5,6 | 5,4 | 58 | 3 | 6 | 8 | 58 | 171 | 186 | 201 | 58 | | | - | 58 | 5 | 9 | 13 |
| 57 | 04:09,0 | 04:04,0 | 03:59,0 | 57 | 5,8 | 5,6 | 5,4 | 57 | 3 | 6 | 8 | 57 | 169 | 184 | 199 | 57 | 23 | 26 | 30 | 57 | | | - |
| 56 | 04:12,0 | 04:07,0 | 04:02,0 | 56 | 5,8 | 5,6 | 5,4 | 56 | 3 | 6 | 8 | 56 | 167 | 182 | 197 | 56 | | | - | 56 | 4 | 8 | 12 |
| 55 | 04:15,0 | 04:10,0 | 04:05,0 | 55 | 5,9 | 5,7 | 5,5 | 55 | 3 | 6 | 8 | 55 | 165 | 180 | 195 | 55 | 22 | 25 | 29 | 55 | | | - |
| 54 | 04:17,0 | 04:12,0 | 04:07,0 | 54 | 5,9 | 5,7 | 5,5 | 54 | 3 | 5 | 7 | 54 | 163 | 178 | 193 | 54 | | | - | 54 | | | - |
| 53 | 04:19,0 | 04:14,0 | 04:09,0 | 53 | 5,9 | 5,7 | 5,5 | 53 | 3 | 5 | 7 | 53 | 161 | 176 | 191 | 53 | 21 | 24 | 28 | 53 | 3 | 7 | 11 |
| 52 | 04:21,0 | 04:16,0 | 04:11,0 | 52 | 6,0 | 5,8 | 5,6 | 52 | 3 | 5 | 7 | 52 | 159 | 174 | 189 | 52 | | | - | 52 | | | - |
| 51 | 04:23,0 | 04:18,0 | 04:13,0 | 51 | 6,0 | 5,8 | 5,6 | 51 | 3 | 5 | 7 | 51 | 157 | 172 | 187 | 51 | | | - | 51 | | | - |
| 50 | 04:25,0 | 04:20,0 | 04:15,0 | 50 | 6,0 | 5,8 | 5,6 | 50 | 3 | 5 | 7 | 50 | 155 | 170 | 185 | 50 | 20 | 23 | 27 | 50 | 2 | 6 | 10 |
| 49 | 04:26,0 | 04:21,0 | 04:16,0 | 49 | 6,1 | 5,9 | 5,7 | 49 | 2 | 4 | 6 | 49 | 154 | 169 | 184 | 49 | | | - | 49 | | | - |

| | | | | | | | | | | | | | | | | | | | | | | | |
|----|---------|---------|---------|----|-----|-----|-----|----|---|---|---|----|-----|-----|-----|----|----|----|----|----|---|---|---|
| 48 | 04:27,0 | 04:22,0 | 04:17,0 | 48 | 6,1 | 5,9 | 5,7 | 48 | 2 | 4 | 6 | 48 | 153 | 168 | 183 | 48 | | | - | 48 | | | - |
| 47 | 04:28,0 | 04:23,0 | 04:18,0 | 47 | 6,1 | 5,9 | 5,7 | 47 | 2 | 4 | 6 | 47 | 152 | 167 | 182 | 47 | 19 | 22 | 26 | 47 | | | - |
| 46 | 04:29,0 | 04:24,0 | 04:19,0 | 46 | 6,1 | 5,9 | 5,7 | 46 | 2 | 4 | 6 | 46 | 151 | 166 | 181 | 46 | | | - | 46 | 1 | 5 | 9 |
| 45 | 04:30,0 | 04:25,0 | 04:20,0 | 45 | 6,2 | 6,0 | 5,8 | 45 | 2 | 4 | 6 | 45 | 150 | 165 | 180 | 45 | | | - | 45 | | | - |
| 44 | 04:32,0 | 04:27,0 | 04:22,0 | 44 | 6,2 | 6,0 | 5,8 | 44 | 2 | 4 | 6 | 44 | 149 | 164 | 179 | 44 | 18 | 21 | 25 | 44 | | | - |
| 43 | 04:34,0 | 04:29,0 | 04:24,0 | 43 | 6,2 | 6,0 | 5,8 | 43 | 2 | 4 | 6 | 43 | 148 | 163 | 178 | 43 | | | - | 43 | | | - |
| 42 | 04:36,0 | 04:31,0 | 04:26,0 | 42 | 6,2 | 6,0 | 5,8 | 42 | 1 | 3 | 5 | 42 | 147 | 162 | 177 | 42 | | | - | 42 | 0 | 4 | 8 |
| 41 | 04:38,0 | 04:33,0 | 04:28,0 | 41 | 6,3 | 6,1 | 5,9 | 41 | 1 | 3 | 5 | 41 | 146 | 161 | 176 | 41 | 17 | 20 | 24 | 41 | | | - |
| 40 | 04:40,0 | 04:35,0 | 04:30,0 | 40 | 6,3 | 6,1 | 5,9 | 40 | 1 | 3 | 5 | 40 | 145 | 160 | 175 | 40 | | | - | 40 | | | - |
| 39 | 04:42,0 | 04:37,0 | 04:32,0 | 39 | 6,3 | 6,1 | 5,9 | 39 | 1 | 3 | 5 | 39 | 144 | 159 | 174 | 39 | | | - | 39 | | | - |
| 38 | 04:44,0 | 04:39,0 | 04:34,0 | 38 | 6,3 | 6,1 | 5,9 | 38 | 1 | 3 | 5 | 38 | 143 | 158 | 173 | 38 | 18 | 20 | 23 | 38 | | 3 | 7 |
| 37 | 04:46,0 | 04:41,0 | 04:36,0 | 37 | 6,4 | 6,2 | 6 | 37 | 1 | 3 | 5 | 37 | 142 | 157 | 172 | 37 | | | - | 37 | | | - |
| 36 | 04:48,0 | 04:43,0 | 04:38,0 | 36 | 6,4 | 6,2 | 6 | 36 | 1 | 3 | 5 | 36 | 141 | 156 | 171 | 36 | | | - | 36 | | | - |
| 35 | 04:50,0 | 04:45,0 | 04:40,0 | 35 | 6,4 | 6,2 | 6 | 35 | | 2 | 4 | 35 | 140 | 155 | 170 | 35 | 17 | 19 | 22 | 35 | | | - |
| 34 | 04:53,0 | 04:48,0 | 04:43,0 | 34 | 6,5 | 6,3 | 6,1 | 34 | | 2 | 4 | 34 | 139 | 154 | 169 | 34 | | | - | 34 | | 2 | 6 |
| 33 | 04:56,0 | 04:51,0 | 04:46,0 | 33 | 6,5 | 6,3 | 6,1 | 33 | | 2 | 4 | 33 | 138 | 153 | 168 | 33 | | | - | 33 | | | - |
| 32 | 04:59,0 | 04:54,0 | 04:49,0 | 32 | 6,5 | 6,3 | 6,1 | 32 | | 2 | 4 | 32 | 137 | 152 | 167 | 32 | 16 | 18 | 21 | 32 | | | - |
| 31 | 05:02,0 | 04:57,0 | 04:52,0 | 31 | 6,6 | 6,4 | 6,2 | 31 | | 2 | 4 | 31 | 136 | 151 | 166 | 31 | | | - | 31 | | | - |
| 30 | 05:05,0 | 05:00,0 | 04:55,0 | 30 | 6,6 | 6,4 | 6,2 | 30 | | 2 | 4 | 30 | 135 | 150 | 165 | 30 | 15 | 17 | 20 | 30 | | 1 | 5 |
| 29 | 05:08,0 | 05:03,0 | 04:58,0 | 29 | 6,6 | 6,4 | 6,2 | 29 | | 1 | 3 | 29 | 133 | 148 | 163 | 29 | | | - | 29 | | | - |
| 28 | 05:11,0 | 05:06,0 | 05:01,0 | 28 | 6,7 | 6,5 | 6,3 | 28 | | 1 | 3 | 28 | 131 | 146 | 161 | 28 | 14 | 16 | 19 | 28 | | | - |
| 27 | 05:14,0 | 05:09,0 | 05:04,0 | 27 | 6,7 | 6,5 | 6,3 | 27 | | 1 | 3 | 27 | 129 | 144 | 159 | 27 | | | - | 27 | | | - |
| 26 | 05:17,0 | 05:12,0 | 05:07,0 | 26 | 6,7 | 6,5 | 6,3 | 26 | | 1 | 3 | 26 | 127 | 142 | 157 | 26 | 13 | 15 | 18 | 26 | | 0 | 4 |
| 25 | 05:20,0 | 05:15,0 | 05:10,0 | 25 | 6,8 | 6,6 | 6,4 | 25 | | 1 | 3 | 25 | 125 | 140 | 155 | 25 | | | - | 25 | | | - |
| 24 | 05:24,0 | 05:19,0 | 05:14,0 | 24 | 6,8 | 6,6 | 6,4 | 24 | | 1 | 3 | 24 | 123 | 138 | 153 | 24 | 12 | 14 | 17 | 24 | | | - |
| 23 | 05:28,0 | 05:23,0 | 05:18,0 | 23 | 6,8 | 6,6 | 6,4 | 23 | | 1 | 2 | 23 | 121 | 136 | 151 | 23 | | | - | 23 | | | 3 |
| 22 | 05:32,0 | 05:27,0 | 05:22,0 | 22 | 6,9 | 6,7 | 6,5 | 22 | | 1 | 2 | 22 | 119 | 134 | 149 | 22 | 11 | 13 | 16 | 22 | | | - |

| | | | | | | | | | | | | | | | | | | | | | | | |
|-----------|---------|---------|---------|-----------|-----|-----|-----|-----------|--|---|---|-----------|-----|-----|-----|-----------|----|----|----|-----------|--|--|---|
| 21 | 05:36,0 | 05:31,0 | 05:26,0 | 21 | 6,9 | 6,7 | 6,5 | 21 | | 1 | 2 | 21 | 117 | 132 | 147 | 21 | | | - | 21 | | | - |
| 20 | 05:40,0 | 05:35,0 | 05:30,0 | 20 | 6,9 | 6,7 | 6,5 | 20 | | 1 | 2 | 20 | 115 | 130 | 145 | 20 | 10 | 12 | 15 | 20 | | | 2 |
| 19 | 05:44,0 | 05:39,0 | 05:34,0 | 19 | 7,0 | 6,8 | 6,6 | 19 | | 1 | 2 | 19 | 113 | 128 | 143 | 19 | | | - | 19 | | | - |
| 18 | 05:48,0 | 05:43,0 | 05:38,0 | 18 | 7,0 | 6,8 | 6,6 | 18 | | 1 | 2 | 18 | 111 | 126 | 141 | 18 | 9 | 11 | 14 | 18 | | | - |
| 17 | 05:52,0 | 05:47,0 | 05:42,0 | 17 | 7,0 | 6,8 | 6,6 | 17 | | | 1 | 17 | 109 | 124 | 139 | 17 | | | - | 17 | | | 1 |
| 16 | 05:56,0 | 05:51,0 | 05:46,0 | 16 | 7,1 | 6,9 | 6,7 | 16 | | | 1 | 16 | 107 | 122 | 137 | 16 | 8 | 10 | 13 | 16 | | | - |
| 15 | 06:00,0 | 05:55,0 | 05:50,0 | 15 | 7,1 | 6,9 | 6,7 | 15 | | | 1 | 15 | 105 | 120 | 135 | 15 | | | - | 15 | | | - |
| 14 | 06:05,0 | 06:00,0 | 05:55,0 | 14 | 7,1 | 6,9 | 6,7 | 14 | | | 1 | 14 | 103 | 118 | 133 | 14 | 7 | 9 | 12 | 14 | | | |
| 13 | 06:10,0 | 06:05,0 | 06:00,0 | 13 | 7,2 | 7,0 | 6,8 | 13 | | | 1 | 13 | 101 | 116 | 131 | 13 | | | - | 13 | | | |
| 12 | 06:15,0 | 06:10,0 | 06:05,0 | 12 | 7,2 | 7,0 | 6,8 | 12 | | | 1 | 12 | 99 | 114 | 129 | 12 | 6 | 8 | 11 | 12 | | | |
| 11 | 06:20,0 | 06:15,0 | 06:10,0 | 11 | 7,2 | 7,0 | 6,8 | 11 | | | | 11 | 97 | 112 | 127 | 11 | | | - | 11 | | | |
| 10 | 06:25,0 | 06:20,0 | 06:15,0 | 10 | 7,3 | 7,1 | 6,9 | 10 | | | | 10 | 95 | 110 | 125 | 10 | 5 | 7 | 10 | 10 | | | |
| 9 | 06:30,0 | 06:25,0 | 06:20,0 | 9 | 7,3 | 7,1 | 6,9 | 9 | | | | 9 | 93 | 108 | 123 | 9 | 4 | 6 | 9 | 9 | | | |
| 8 | 06:35,0 | 06:30,0 | 06:25,0 | 8 | 7,3 | 7,1 | 6,9 | 8 | | | | 8 | 91 | 106 | 121 | 8 | 3 | 5 | 8 | 8 | | | |
| 7 | 06:40,0 | 06:35,0 | 06:30,0 | 7 | 7,4 | 7,2 | 7 | 7 | | | | 7 | 88 | 103 | 118 | 7 | 2 | 4 | 7 | 7 | | | |
| 6 | 06:45,0 | 06:40,0 | 06:35,0 | 6 | 7,4 | 7,2 | 7 | 6 | | | | 6 | 85 | 100 | 115 | 6 | 1 | 3 | 6 | 6 | | | |
| 5 | 06:50,0 | 06:45,0 | 06:40,0 | 5 | 7,4 | 7,2 | 7 | 5 | | | | 5 | 82 | 97 | 112 | 5 | | 2 | 5 | 5 | | | |
| 4 | 06:55,0 | 06:50,0 | 06:45,0 | 4 | 7,6 | 7,4 | 7,2 | 4 | | | | 4 | 79 | 94 | 109 | 4 | | 1 | 4 | 4 | | | |
| 3 | 07:00,0 | 06:55,0 | 06:50,0 | 3 | 7,6 | 7,4 | 7,2 | 3 | | | | 3 | 76 | 91 | 106 | 3 | | | 3 | 3 | | | |
| 2 | 07:05,0 | 07:00,0 | 06:55,0 | 2 | 7,6 | 7,4 | 7,2 | 2 | | | | 2 | 73 | 88 | 103 | 2 | | | 2 | 2 | | | |
| 1 | 07:10,0 | 07:05,0 | 07:00,0 | 1 | 7,6 | 7,4 | 7,2 | 1 | | | | 1 | 70 | 85 | 100 | 1 | | | 1 | 1 | | | |

ТАБЛИЦА
оценки результатов участников спортивного многоборья (тестов)
Всероссийских спортивных соревнований школьников «Президентские состязания» (8-10 лет)

Девочки

| Бег 1000м (мин,сек) | | | | Бег 30м (сек,) | | | | Сгибание и разгибание рук в упоре лёжа | | | | Прыжок в длину с/м (см.) | | | | Наклон вперёд (см) | | | | Подъём туловища за 30 сек. (кол-во раз) | | | |
|---------------------|---------|---------|---------|----------------|-----|-----|-----|---|----|----|----|--------------------------|-----|-----|-----|--------------------|----|----|----|--|----|----|----|
| Очки | 8 | 9 | 10 | Очки | 8 | 9 | 10 | Очки | 8 | 9 | 10 | Очки | 8 | 9 | 10 | Очки | 8 | 9 | 10 | Очки | 8 | 9 | 10 |
| 70 | 03:55,0 | 03:50,0 | 03:45,0 | 70 | 5,5 | 5,3 | 5,1 | 70 | 43 | 46 | 50 | 70 | 185 | 200 | 215 | 70 | 18 | 22 | 26 | 70 | 29 | 33 | 38 |
| 69 | 03:59,0 | 03:54,0 | 03:49,0 | 69 | 5,6 | 5,4 | 5,2 | 69 | 40 | 43 | 47 | 69 | 182 | 197 | 212 | 69 | 17 | 21 | 25 | 69 | 28 | 32 | 37 |
| 68 | 04:03,0 | 03:58,0 | 03:53,0 | 68 | 5,6 | 5,4 | 5,2 | 68 | 37 | 40 | 44 | 68 | 179 | 194 | 209 | 68 | 16 | 20 | 24 | 68 | 27 | 31 | 36 |
| 67 | 04:07,0 | 04:02,0 | 03:57,0 | 67 | 5,7 | 5,5 | 5,3 | 67 | 34 | 37 | 41 | 67 | 176 | 191 | 206 | 67 | 15 | 19 | 23 | 67 | 26 | 30 | 35 |
| 66 | 04:11,0 | 04:06,0 | 04:01,0 | 66 | 5,7 | 5,5 | 5,3 | 66 | 31 | 34 | 38 | 66 | 173 | 188 | 203 | 66 | 14 | 18 | 22 | 66 | 25 | 29 | 34 |
| 65 | 04:15,0 | 04:10,0 | 04:05,0 | 65 | 5,8 | 5,6 | 5,4 | 65 | 29 | 32 | 36 | 65 | 170 | 185 | 200 | 65 | 13 | 17 | 21 | 65 | 24 | 28 | 33 |
| 64 | 04:18,0 | 04:13,0 | 04:08,0 | 64 | 5,8 | 5,6 | 5,4 | 64 | 27 | 30 | 34 | 64 | 168 | 183 | 198 | 64 | 12 | 16 | 20 | 64 | 23 | 27 | 32 |
| 63 | 04:21,0 | 04:16,0 | 04:11,0 | 63 | 5,9 | 5,7 | 5,5 | 63 | 25 | 28 | 32 | 63 | 166 | 181 | 196 | 63 | | | - | 63 | 22 | 26 | 31 |
| 62 | 04:24,0 | 04:19,0 | 04:14,0 | 62 | 5,9 | 5,7 | 5,5 | 62 | 23 | 26 | 30 | 62 | 164 | 179 | 194 | 62 | 11 | 15 | 19 | 62 | 21 | 25 | 30 |
| 61 | 04:27,0 | 04:22,0 | 04:17,0 | 61 | 6,0 | 5,8 | 5,6 | 61 | 21 | 24 | 28 | 61 | 162 | 177 | 192 | 61 | | | - | 61 | 20 | 24 | 29 |
| 60 | 04:30,0 | 04:25,0 | 04:20,0 | 60 | 6,0 | 5,8 | 5,6 | 60 | 20 | 23 | 27 | 60 | 160 | 175 | 190 | 60 | 10 | 14 | 18 | 60 | 19 | 23 | 28 |
| 59 | 04:33,0 | 04:28,0 | 04:23,0 | 59 | 6,0 | 5,8 | 5,6 | 59 | 19 | 22 | 26 | 59 | 158 | 173 | 188 | 59 | | | - | 59 | | | - |
| 58 | 04:36,0 | 04:31,0 | 04:26,0 | 58 | 6,1 | 5,9 | 5,7 | 58 | 18 | 21 | 25 | 58 | 156 | 171 | 186 | 58 | 9 | 13 | 17 | 58 | 18 | 22 | 27 |
| 57 | 04:39,0 | 04:34,0 | 04:29,0 | 57 | 6,1 | 5,9 | 5,7 | 57 | 17 | 20 | 24 | 57 | 154 | 169 | 184 | 57 | | | - | 57 | | | - |
| 56 | 04:42,0 | 04:37,0 | 04:32,0 | 56 | 6,1 | 5,9 | 5,7 | 56 | 16 | 19 | 23 | 56 | 152 | 167 | 182 | 56 | 8 | 12 | 16 | 56 | 17 | 21 | 26 |
| 55 | 04:45,0 | 04:40,0 | 04:35,0 | 55 | 6,2 | 6,0 | 5,8 | 55 | | | - | 55 | 150 | 165 | 180 | 55 | | | - | 55 | | | - |
| 54 | 04:47,0 | 04:42,0 | 04:37,0 | 54 | 6,2 | 6,0 | 5,8 | 54 | 15 | 18 | 22 | 54 | 148 | 163 | 178 | 54 | | | - | 54 | | | - |
| 53 | 04:49,0 | 04:44,0 | 04:39,0 | 53 | 6,2 | 6,0 | 5,8 | 53 | | | - | 53 | 146 | 161 | 176 | 53 | 7 | 11 | 15 | 53 | 16 | 20 | 25 |
| 52 | 04:51,0 | 04:46,0 | 04:41,0 | 52 | 6,3 | 6,1 | 5,9 | 52 | 14 | 17 | 21 | 52 | 144 | 159 | 174 | 52 | | | - | 52 | | | - |
| 51 | 04:53,0 | 04:48,0 | 04:43,0 | 51 | 6,3 | 6,1 | 5,9 | 51 | | | - | 51 | 142 | 157 | 172 | 51 | | | - | 51 | | | - |

| | | | | | | | | | | | | | | | | | | | | | | | |
|----|---------|---------|---------|----|-----|-----|-----|-----------|----|----|----|-----------|-----|-----|-----|-----------|---|----|----|-----------|----|----|----|
| 50 | 04:55,0 | 04:50,0 | 04:45,0 | 50 | 6,3 | 6,1 | 5,9 | 50 | 13 | 16 | 20 | 50 | 140 | 155 | 170 | 50 | 6 | 10 | 14 | 50 | 15 | 19 | 24 |
| 49 | 04:56,0 | 04:51,0 | 04:46,0 | 49 | 6,4 | 6,2 | 6 | 49 | | | - | 49 | 139 | 154 | 169 | 49 | | | - | 49 | | | - |
| 48 | 04:57,0 | 04:52,0 | 04:47,0 | 48 | 6,4 | 6,2 | 6 | 48 | | | - | 48 | 138 | 153 | 168 | 48 | | | - | 48 | | | - |
| 47 | 04:58,0 | 04:53,0 | 04:48,0 | 47 | 6,4 | 6,2 | 6 | 47 | 12 | 15 | 19 | 47 | 137 | 152 | 167 | 47 | | | - | 47 | 14 | 18 | 23 |
| 46 | 04:59,0 | 04:54,0 | 04:49,0 | 46 | 6,4 | 6,2 | 6 | 46 | | | - | 46 | 136 | 151 | 166 | 46 | 5 | 9 | 13 | 46 | | | - |
| 45 | 05:00,0 | 04:55,0 | 04:50,0 | 45 | 6,5 | 6,3 | 6,1 | 45 | | | - | 45 | 135 | 150 | 165 | 45 | | | - | 45 | | | - |
| 44 | 05:02,0 | 04:57,0 | 04:52,0 | 44 | 6,5 | 6,3 | 6,1 | 44 | 11 | 14 | 18 | 44 | 134 | 149 | 164 | 44 | | | - | 44 | 13 | 17 | 22 |
| 43 | 05:04,0 | 04:59,0 | 04:54,0 | 43 | 6,5 | 6,3 | 6,1 | 43 | | | - | 43 | 133 | 148 | 163 | 43 | | | - | 43 | | | - |
| 42 | 05:06,0 | 05:01,0 | 04:56,0 | 42 | 6,5 | 6,3 | 6,1 | 42 | | | - | 42 | 132 | 147 | 162 | 42 | 4 | 8 | 12 | 42 | | | - |
| 41 | 05:08,0 | 05:03,0 | 04:58,0 | 41 | 6,6 | 6,4 | 6,2 | 41 | 10 | 13 | 17 | 41 | 131 | 146 | 161 | 41 | | | - | 41 | 12 | 16 | 21 |
| 40 | 05:10,0 | 05:05,0 | 05:00,0 | 40 | 6,6 | 6,4 | 6,2 | 40 | | | - | 40 | 130 | 145 | 160 | 40 | | | - | 40 | | | - |
| 39 | 05:12,0 | 05:07,0 | 05:02,0 | 39 | 6,6 | 6,4 | 6,2 | 39 | | | - | 39 | 129 | 144 | 159 | 39 | | | - | 39 | | | - |
| 38 | 05:14,0 | 05:09,0 | 05:04,0 | 38 | 6,6 | 6,4 | 6,2 | 38 | 9 | 12 | 16 | 38 | 128 | 143 | 158 | 38 | 3 | 7 | 11 | 38 | 11 | 15 | 20 |
| 37 | 05:16,0 | 05:11,0 | 05:06,0 | 37 | 6,7 | 6,5 | 6,3 | 37 | | | - | 37 | 127 | 142 | 157 | 37 | | | - | 37 | | | - |
| 36 | 05:18,0 | 05:13,0 | 05:08,0 | 36 | 6,7 | 6,5 | 6,3 | 36 | | | - | 36 | 126 | 141 | 156 | 36 | | | - | 36 | | | - |
| 35 | 05:20,0 | 05:15,0 | 05:10,0 | 35 | 6,7 | 6,5 | 6,3 | 35 | 8 | 11 | 15 | 35 | 125 | 140 | 155 | 35 | 2 | 6 | 10 | 35 | 10 | 14 | 19 |
| 34 | 05:23,0 | 05:18,0 | 05:13,0 | 34 | 6,8 | 6,6 | 6,4 | 34 | | | - | 34 | 124 | 139 | 154 | 34 | | | - | 34 | | | - |
| 33 | 05:26,0 | 05:21,0 | 05:16,0 | 33 | 6,8 | 6,6 | 6,4 | 33 | | | - | 33 | 123 | 138 | 153 | 33 | | | - | 33 | | | - |
| 32 | 05:29,0 | 05:24,0 | 05:19,0 | 32 | 6,8 | 6,6 | 6,4 | 32 | 7 | 10 | 14 | 32 | 122 | 137 | 152 | 32 | 1 | 5 | 9 | 32 | 9 | 13 | 18 |
| 31 | 05:32,0 | 05:27,0 | 05:22,0 | 31 | 6,9 | 6,7 | 6,5 | 31 | | | - | 31 | 121 | 136 | 151 | 31 | | | - | 31 | | | - |
| 30 | 05:35,0 | 05:30,0 | 05:25,0 | 30 | 6,9 | 6,7 | 6,5 | 30 | | | - | 30 | 120 | 135 | 150 | 30 | | | - | 30 | | | - |
| 29 | 05:38,0 | 05:33,0 | 05:28,0 | 29 | 6,9 | 6,7 | 6,5 | 29 | 6 | 9 | 13 | 29 | 118 | 133 | 148 | 29 | 0 | 4 | 8 | 29 | 8 | 12 | 17 |
| 28 | 05:41,0 | 05:36,0 | 05:31,0 | 28 | 7,0 | 6,8 | 6,6 | 28 | | | - | 28 | 116 | 131 | 146 | 28 | | | - | 28 | | | - |
| 27 | 05:44,0 | 05:39,0 | 05:34,0 | 27 | 7,0 | 6,8 | 6,6 | 27 | | | - | 27 | 114 | 129 | 144 | 27 | | | - | 27 | 7 | 11 | 16 |
| 26 | 05:47,0 | 05:42,0 | 05:37,0 | 26 | 7,0 | 6,8 | 6,6 | 26 | 5 | 8 | 12 | 26 | 112 | 127 | 142 | 26 | | 3 | 7 | 26 | | | - |

| | | | | | | | | | | | | | | | | | | | | | | | |
|----|---------|---------|---------|----|-----|-----|-----|-----------|---|---|----|-----------|-----|-----|-----|-----------|--|---|----|-----------|---|----|----|
| 25 | 05:50,0 | 05:45,0 | 05:40,0 | 25 | 7,1 | 6,9 | 6,7 | 25 | | | - | 25 | 110 | 125 | 140 | 25 | | | - | 25 | 6 | 10 | 15 |
| 24 | 05:54,0 | 05:49,0 | 05:44,0 | 24 | 7,1 | 6,9 | 6,7 | 24 | | | - | 24 | 108 | 123 | 138 | 24 | | | - | 24 | | | - |
| 23 | 05:58,0 | 05:53,0 | 05:48,0 | 23 | 7,1 | 6,9 | 6,7 | 23 | 4 | 7 | 11 | 23 | 106 | 121 | 136 | 23 | | 2 | 6 | 23 | 5 | 9 | 14 |
| 22 | 06:02,0 | 05:57,0 | 05:52,0 | 22 | 7,2 | 7,0 | 6,8 | 22 | | | - | 22 | 104 | 119 | 134 | 22 | | | - | 22 | | | - |
| 21 | 06:06,0 | 06:01,0 | 05:56,0 | 21 | 7,2 | 7,0 | 6,8 | 21 | | | - | 21 | 102 | 117 | 132 | 21 | | | - | 21 | 4 | 8 | 13 |
| 20 | 06:10,0 | 06:05,0 | 06:00,0 | 20 | 7,2 | 7,0 | 6,8 | 20 | 3 | 6 | 10 | 20 | 100 | 115 | 130 | 20 | | 1 | 5 | 20 | | | - |
| 19 | 06:14,0 | 06:09,0 | 06:04,0 | 19 | 7,3 | 7,1 | 6,9 | 19 | | | - | 19 | 98 | 113 | 128 | 19 | | | - | 19 | 3 | 7 | 12 |
| 18 | 06:18,0 | 06:13,0 | 06:08,0 | 18 | 7,3 | 7,1 | 6,9 | 18 | 2 | 5 | 9 | 18 | 96 | 111 | 126 | 18 | | | - | 18 | | | - |
| 17 | 06:22,0 | 06:17,0 | 06:12,0 | 17 | 7,3 | 7,1 | 6,9 | 17 | | | - | 17 | 94 | 109 | 124 | 17 | | 0 | 4 | 17 | 2 | 6 | 11 |
| 16 | 06:26,0 | 06:21,0 | 06:16,0 | 16 | 7,4 | 7,2 | 7 | 16 | 1 | 4 | 8 | 16 | 92 | 107 | 122 | 16 | | | - | 16 | | | - |
| 15 | 06:30,0 | 06:25,0 | 06:20,0 | 15 | 7,4 | 7,2 | 7 | 15 | | | - | 15 | 90 | 105 | 120 | 15 | | | - | 15 | 1 | 5 | 10 |
| 14 | 06:35,0 | 06:30,0 | 06:25,0 | 14 | 7,4 | 7,2 | 7 | 14 | | 3 | 7 | 14 | 88 | 103 | 118 | 14 | | | 3 | 14 | | | - |
| 13 | 06:40,0 | 06:35,0 | 06:30,0 | 13 | 7,5 | 7,3 | 7,1 | 13 | | | - | 13 | 86 | 101 | 116 | 13 | | | - | 13 | | 4 | 9 |
| 12 | 06:45,0 | 06:40,0 | 06:35,0 | 12 | 7,5 | 7,3 | 7,1 | 12 | | 2 | 6 | 12 | 84 | 99 | 114 | 12 | | | - | 12 | | | - |
| 11 | 06:50,0 | 06:45,0 | 06:40,0 | 11 | 7,5 | 7,3 | 7,1 | 11 | | | - | 11 | 82 | 97 | 112 | 11 | | | 2 | 11 | | 3 | 8 |
| 10 | 06:55,0 | 06:50,0 | 06:45,0 | 10 | 7,6 | 7,4 | 7,2 | 10 | | 1 | 5 | 10 | 80 | 95 | 110 | 10 | | | - | 10 | | | - |
| 9 | 07:00,0 | 06:55,0 | 06:50,0 | 9 | 7,6 | 7,4 | 7,2 | 9 | | | - | 9 | 78 | 93 | 108 | 9 | | | 1 | 9 | | 2 | 7 |
| 8 | 07:05,0 | 07:00,0 | 06:55,0 | 8 | 7,6 | 7,4 | 7,2 | 8 | | | 4 | 8 | 76 | 91 | 106 | 8 | | | - | 8 | | | - |
| 7 | 07:10,0 | 07:05,0 | 07:00,0 | 7 | 7,7 | 7,5 | 7,3 | 7 | | | - | 7 | 74 | 89 | 104 | 7 | | | 0 | 7 | | 1 | 6 |
| 6 | 07:15,0 | 07:10,0 | 07:05,0 | 6 | 7,7 | 7,5 | 7,3 | 6 | | | 3 | 6 | 72 | 87 | 102 | 6 | | | - | 6 | | | - |
| 5 | 07:20,0 | 07:15,0 | 07:10,0 | 5 | 7,7 | 7,5 | 7,3 | 5 | | | - | 5 | 70 | 85 | 100 | 5 | | | -1 | 5 | | | 5 |
| 4 | 07:25,0 | 07:20,0 | 07:15,0 | 4 | 7,8 | 7,6 | 7,4 | 4 | | | 2 | 4 | 67 | 82 | 97 | 4 | | | - | 4 | | | 4 |
| 3 | 07:30,0 | 07:25,0 | 07:20,0 | 3 | 7,8 | 7,6 | 7,4 | 3 | | | - | 3 | 64 | 79 | 94 | 3 | | | -2 | 3 | | | 3 |
| 2 | 07:35,0 | 07:30,0 | 07:25,0 | 2 | 7,9 | 7,7 | 7,5 | 2 | | | 1 | 2 | 61 | 76 | 91 | 2 | | | - | 2 | | | 2 |
| 1 | 07:40,0 | 07:35,0 | 07:30,0 | 1 | 7,9 | 7,7 | 7,5 | 1 | | | | 1 | 58 | 73 | 88 | 1 | | | -3 | 1 | | | 1 |