

**Таблица оценки результатов испытаний по программе "Спортивное многоборье" (тест)
Всероссийских спортивных соревнований школьников "Президентские состязания" в 2022-2023 учебном году (7 лет)**

Очки	Мальчики						Очки	Девочки						Очки
	Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол- во)	Бег 30 м. (сек.)	Наклон вперёд (см.)	Подтягивание (кол-во раз)		Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол- во)	Бег 30 м. (сек.)	Наклон вперёд (см.)	Сгибание и разгибание рук в упоре (кол-во раз)	
70	3.45,0	195	29	5.4	13	6	70	4.10,0	180	27	5.7	16	40	70
69	3.48,0	192	28	-	11	5	69	4.14,0	177	26	-	15	38	69
68	3.51,0	189	27	5.5	10	4	68	4.18,0	174	25	5.8	14	36	68
67	3.54,0	186	26	-	9	-	67	4.22,0	171	24	-	13	32	67
66	3.57,0	183	-	5.6	8	-	66	4.26,0	168	23	5.9	12	29	66
65	4.00,0	180	25	-	7	-	65	4.30,0	165	22	-	11	27	65
64	4.03,0	178	-	5.7	6	-	64	4.33,0	163	21	6.0	10	25	64
63	4.06,0	176	24	-	5	3	63	4.36,0	161	20	-	-	23	63
62	4.09,0	174	-	5.8	4	-	62	4.39,0	159	19	6.1	9	21	62
61	4.12,0	172	23	-	-	-	61	4.42,0	157	18	-	-	19	61
60	4.15,0	170	-	-	3	-	60	4.45,0	155	17	-	8	18	60
59	4.17,0	168	22	5.9	-	-	59	4.48,0	153	-	6.2	-	17	59
58	4.19,0	166	-	-	-	-	58	4.51,0	151	16	-	7	16	58
57	4.21,0	164	21	-	2	-	57	4.54,0	149	-	-	-	15	57
56	4.23,0	162	-	6	-	-	56	4.57,0	147	15	6.3	6	14	56
55	4.25,0	160	20	-	-	-	55	5.00,0	145	-	-	-	-	55
54	4.27,0	158	-	-	1	-	54	5.02,0	143	-	-	-	13	54
53	4.29,0	156	19	6.1	-	-	53	5.04,0	141	14	6.4	5	-	53
52	4.31,0	154	-	-	-	-	52	5.06,0	139	-	-	-	12	52
51	4.33,0	152	-	-	-	-	51	5.08,0	137	-	-	-	-	51
50	4.35,0	150	18	6.2	0	2	50	5.10,0	135	13	6.5	4	11	50
49	4.36,0	149	-	-	-	-	49	5.11,0	134	-	-	-	-	49
48	4.37,0	148	-	-	-	-	48	5.12,0	133	-	-	-	-	48
47	4.38,0	147	17	-	-	-	47	5.13,0	132	12	-	-	10	47
46	4.39,0	146	-	6.3	-	-	46	5.14,0	131	-	6.6	3	-	46
45	4.40,0	145	-	-	-1	-	45	5.15,0	130	-	-	-	-	45
44	4.42,0	144	16	-	-	-	44	5.17,0	129	11	-	-	9	44
43	4.44,0	143	-	-	-	1	43	5.19,0	128	-	-	-	-	43
42	4.46,0	142	-	6.4	-	-	42	5.21,0	127	-	6.7	2	-	42
41	4.48,0	141	15	-	-2	-	41	5.23,0	126	10	-	-	10	41
40	4.50,0	140	-	-	-	-	40	5.25,0	125	-	-	-	-	40
39	4.52,0	139	-	-	-	-	39	5.27,0	124	-	-	-	-	39
38	4.54,0	138	14	6.5	-	-	38	5.29,0	123	9	6.8	1	9	38
37	4.56,0	137	-	-	-	-	37	5.31,0	122	-	-	-	-	37
36	4.58,0	136	-	-	-3	-	36	5.33,0	121	-	-	-	-	36
35	5.00,0	135	13	6.6	-	-	35	5.35,0	120	8	6.9	0	8	35
34	5.03,0	134	-	-	-	-	34	5.38,0	119	-	-	-	-	34
33	5.06,0	133	-	-	-4	-	33	5.41,0	118	7	-	-	-	33
32	5.09,0	132	12	6.7	-	-	32	5.44,0	117	-	7.0	-1	7	32
31	5.12,0	131	-	-	-	-	31	5.47,0	116	6	-	-	-	31
30	5.15,0	130	11	-	-	-	30	5.50,0	115	-	-	-	-	30
29	5.18,0	128	-	6.8	-	-	29	5.53,0	113	5	7.1	-2	6	29
28	5.21,0	126	10	-	-5	-	28	5.56,0	111	-	-	-	-	28
27	5.24,0	124	-	-	-	-	27	5.59,0	109	4	-	-	-	27
26	5.27,0	122	9	6.9	-	-	26	6.02,0	108	-	7.2	-3	5	26
25	5.30,0	120	-	-	-	-	25	6.05,0	105	3	-	-	-	25
24	5.34,0	118	8	-	-	-	24	6.09,0	103	-	-	-	4	24
23	5.38,0	116	-	7	-	-	23	6.13,0	101	2	7.3	-4	-	23
22	5.42,0	114	7	-	-	-	22	6.17,0	99	-	-	-	3	22
21	5.46,0	112	-	-	-	-	21	6.21,0	97	-	-	-	2	21
20	5.50,0	110	6	7.1	-6	-	20	6.25,0	95	1	7.4	-	1	20
19	5.54,0	108	-	-	-	-	19	6.29,0	93	-	-	-	-	19
18	5.58,0	106	5	-	-	-	18	6.33,0	91	-	-	-	-	18
17	6.02,0	104	-	7.2	-	-	17	6.37,0	89	-	7.5	-	-	17
16	6.06,0	102	4	-	-	-	16	6.41,0	87	-	-	-	-	16
15	6.10,0	100	-	-	-	-	15	6.45,0	85	-	-	-	-	15
14	6.15,0	98	3	7.3	-	-	14	6.50,0	83	-	7.6	-	-	14
13	6.20,0	96	-	-	-	-	13	6.55,0	81	-	-	-	-	13
12	6.25,0	94	2	-	-	-	12	7.00,0	79	-	-	-	-	12
11	6.30,0	92	-	7.4	-	-	11	7.05,0	77	-	7.7	-	-	11
10	6.35,0	90	1	-	-	-	10	7.10,0	75	-	-	-	-	10
9	6.40,0	88	-	-	-	-	9	7.15,0	73	-	-	-	-	9
8	6.45,0	86	-	7.5	-	-	8	7.20,0	71	-	7.8	-	-	8
7	6.50,0	83	-	-	-	-	7	7.25,0	69	-	-	-	-	7
6	6.55,0	80	-	-	-	-	6	7.30,0	67	-	-	-	-	6
5	7.00,0	77	-	7.6	-	-	5	7.35,0	65	-	7.9	-	-	5
4	7.05,0	74	-	-	-	-	4	7.40,0	62	-	-	-	-	4
3	7.10,0	71	-	-	-	-	3	7.45,0	59	-	8.0	-	-	3
2	7.15,0	68	-	-	-	-	2	7.50,0	56	-	-	-	-	2
1	7.20,0	65	-	7.7	-	-	1	7.55,0	53	-	8.1	-	-	1

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Всероссийских спортивных соревнований школьников "Президентские состязания" в 2022-2023 учебном году (8 лет)**

Очки	Мальчики						Очки	Девочки						Очки
	Бег 1000 м (мин., сек.)	Прыжок в длину с места (см.)	Подъём туловища за 30 сек. (кол- во)	Бег 30 м. (сек.)	Наклон вперёд (см.)	Подтягивание (кол-во раз)		Бег 1000 м (мин., сек.)	Прыжок в длину с места (см.)	Подъём туловища за 30 сек. (кол- во)	Бег 30 м. (сек.)	Наклон вперёд (см.)	Сгибание и разгибание рук в упоре (кол-во раз)	
70	3.35,0	200	31	5.2	15	7	70	3.55,0	185	29	5.5	18	43	70
69	3.38,0	197	30	-	13	6	69	3.59,0	182	28	-	17	40	69
68	3.41,0	194	29	5.3	12	5	68	4.03,0	179	27	5.6	16	37	68
67	3.44,0	191	28	-	11	-	67	4.07,0	176	26	-	15	34	67
66	3.47,0	188	-	5.4	10	-	66	4.11,0	173	25	5.7	14	31	66
65	3.50,0	185	27	-	9	-	65	4.15,0	170	24	-	13	29	65
64	3.53,0	183	-	5.5	8	-	64	4.18,0	168	23	5.8	12	27	64
63	3.56,0	181	26	-	7	4	63	4.21,0	166	22	-	-	25	63
62	3.59,0	179	-	5.6	6	-	62	4.24,0	164	21	5.9	11	23	62
61	4.02,0	177	25	-	-	-	61	4.27,0	162	20	-	-	21	61
60	4.05,0	175	-	-	5	-	60	4.30,0	160	19	-	10	20	60
59	4.07,0	173	24	5.7	-	-	59	4.33,0	158	-	6.0	-	19	59
58	4.09,0	171	-	-	4	-	58	4.36,0	156	18	-	9	18	58
57	4.11,0	169	23	-	-	-	57	4.39,0	154	-	-	-	17	57
56	4.13,0	167	-	5.8	3	-	56	4.42,0	152	17	6.1	8	16	56
55	4.15,0	165	22	-	-	-	55	4.45,0	150	-	-	-	-	55
54	4.17,0	163	-	-	-	-	54	4.47,0	148	-	-	-	15	54
53	4.19,0	161	21	5.9	2	-	53	4.49,0	146	16	6.2	7	-	53
52	4.21,0	159	-	-	-	-	52	4.51,0	144	-	-	-	14	52
51	4.23,0	157	-	-	-	-	51	4.53,0	142	-	-	-	-	51
50	4.25,0	155	20	6.0	1	3	50	4.55,0	140	15	6.3	6	13	50
49	4.26,0	154	-	-	-	-	49	4.56,0	139	-	-	-	-	49
48	4.27,0	153	-	-	-	-	48	4.57,0	138	-	-	-	-	48
47	4.28,0	152	19	-	-	-	47	4.58,0	137	14	-	-	12	47
46	4.29,0	151	-	6.1	0	-	46	4.59,0	136	-	6.4	5	-	46
45	4.30,0	150	-	-	-	-	45	5.00,0	135	-	-	-	-	45
44	4.32,0	149	18	-	-	-	44	5.02,0	134	13	-	-	11	44
43	4.34,0	148	-	-	-	2	43	5.04,0	133	-	-	-	-	43
42	4.36,0	147	-	6.2	-1	-	42	5.06,0	132	-	6.5	4	-	42
41	4.38,0	146	17	-	-	-	41	5.08,0	132	12	-	-	10	41
40	4.40,0	145	-	-	-	-	40	5.10,0	130	-	-	-	-	40
39	4.42,0	144	-	-	-	-	39	5.12,0	129	-	-	-	-	39
38	4.44,0	143	16	6.3	-2	-	38	5.14,0	128	11	6.6	3	9	38
37	4.46,0	142	-	-	-	-	37	5.16,0	127	-	-	-	-	37
36	4.48,0	141	15	-	-	1	36	5.18,0	126	-	-	-	-	36
35	4.50,0	140	-	6.4	-	-	35	5.20,0	125	10	6.7	2	8	35
34	4.53,0	139	-	-	-3	-	34	5.23,0	124	-	-	-	-	34
33	4.56,0	138	14	-	-	-	33	5.26,0	123	-	-	-	-	33
32	4.59,0	137	-	6.5	-	-	32	5.29,0	122	9	6.8	1	7	32
31	5.02,0	136	13	-	-	-	31	5.32,0	121	-	-	-	-	31
30	5.05,0	135	-	-	-4	-	30	5.35,0	120	-	-	-	-	30
29	5.08,0	133	12	6.6	-	-	29	5.38,0	118	8	6.9	0	6	29
28	5.11,0	131	-	-	-	-	28	5.41,0	116	-	-	-	-	28
27	5.14,0	129	11	-	-	-	27	5.44,0	114	7	-	-	-	27
26	5.17,0	127	-	6.7	-	-	26	5.47,0	112	-	7.0	-1	5	26
25	5.20,0	125	10	-	-	-	25	5.50,0	110	6	-	-	-	25
24	5.24,0	123	-	-	-	-	24	5.54,0	108	-	-	-	-	24
23	5.28,0	121	9	6.8	-	-	23	5.58,0	106	5	7.1	-2	4	23
22	5.32,0	119	-	-	-	-	22	6.02,0	104	-	-	-	-	22
21	5.36,0	117	8	-	-	-	21	6.06,0	102	4	-	-	-	21
20	5.40,0	115	-	6.9	-	-	20	6.10,0	100	-	7.2	-	3	20
19	5.44,0	113	7	-	-	-	19	6.14,0	98	3	-	-	-	19
18	5.48,0	111	-	-	-	-	18	6.18,0	96	-	-	-	2	18
17	5.52,0	109	6	7.0	-	-	17	6.22,0	94	2	7.3	-	-	17
16	5.56,0	107	-	-	-	-	16	6.26,0	92	-	-	-	1	16
15	6.00,0	105	5	-	-	-	15	6.30,0	90	1	-	-	-	15
14	6.05,0	102	-	7.1	-	-	14	6.35,0	88	-	7.4	-	-	14
13	6.10,0	101	4	-	-	-	13	6.40,0	86	-	-	-	-	13
12	6.15,0	99	-	-	-	-	12	6.45,0	84	-	-	-	-	12
11	6.20,0	97	3	7.2	-	-	11	6.50,0	82	-	7.5	-	-	11
10	6.25,0	95	2	-	-	-	10	6.55,0	80	-	-	-	-	10
9	6.30,0	93	1	-	-	-	9	7.00,0	78	-	-	-	-	9
8	6.35,0	91	-	7.3	-	-	8	7.05,0	76	-	7.6	-	-	8
7	6.40,0	88	-	-	-	-	7	7.10,0	74	-	-	-	-	7
6	6.45,0	85	-	-	-	-	6	7.15,0	72	-	-	-	-	6
5	6.50,0	82	-	7.4	-	-	5	7.20,0	70	-	7.7	-	-	5
4	6.55,0	79	-	-	-	-	4	7.25,0	67	-	-	-	-	4
3	7.00,0	76	-	-	-	-	3	7.30,0	64	-	7.8	-	-	3
2	7.05,0	73	-	-	-	-	2	7.35,0	61	-	-	-	-	2
1	7.10,0	70	-	7.5	-	-	1	7.40,0	58	-	7.9	-	-	1

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Всероссийских спортивных соревнований школьников "Президентские состязания" в 2022-2023 учебном году (9 лет)**

Очки	Мальчики						Очки	Девочки						Очки
	Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 30 м. (сек.)	Наклон вперёд (см.)	Подтягивание (кол-во раз)		Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 30 м. (сек.)	Наклон вперёд (см.)	Сгибание и разгибание рук в упоре (кол-во раз)	
70	3.30,0	215	33	5.0	19	11	70	3.50,0	200	33	5.3	22	46	70
69	3.33,0	212	32	-	17	10	69	3.54,0	197	32	-	21	43	69
68	3.36,0	209	31	5.1	16	9	68	3.58,0	194	31	5.4	20	40	68
67	3.39,0	206	30	-	15	8	67	4.02,0	191	30	-	19	37	67
66	3.41,0	203	-	5.2	14	-	66	4.06,0	188	29	5.5	18	34	66
65	3.45,0	200	29	-	13	-	65	4.10,0	185	28	-	17	32	65
64	3.48,0	198	-	5.3	12	-	64	4.13,0	183	27	5.6	16	30	64
63	3.51,0	196	28	-	11	-	63	4.16,0	181	26	-	-	28	63
62	3.54,0	194	-	5.4	10	7	62	4.19,0	179	25	5.7	15	26	62
61	3.57,0	192	27	-	-	-	61	4.22,0	177	24	-	-	24	61
60	4.00,0	190	-	-	9	-	60	4.25,0	175	23	-	14	23	60
59	4.02,0	188	26	5.5	-	-	59	4.28,0	173	-	5.8	-	22	59
58	4.04,0	186	-	-	8	-	58	4.31,0	171	22	-	13	21	58
57	4.06,0	184	25	-	-	-	57	4.34,0	169	-	-	-	20	57
56	4.08,0	182	-	5.6	7	-	56	4.37,0	167	21	5.9	12	19	56
55	4.10,0	180	24	-	-	6	55	4.40,0	165	-	-	-	-	55
54	4.12,0	178	-	-	-	-	54	4.42,0	163	-	-	-	18	54
53	4.14,0	176	23	5.7	6	-	53	4.44,0	161	20	6.0	11	-	53
52	4.16,0	174	-	-	-	-	52	4.46,0	159	-	-	-	17	52
51	4.18,0	172	-	-	-	-	51	4.48,0	157	-	-	-	-	51
50	4.20,0	170	22	5.8	5	5	50	4.50,0	155	19	6.1	10	16	50
49	4.21,0	169	-	-	-	-	49	4.51,0	154	-	-	-	-	49
48	4.22,0	168	-	-	-	-	48	4.52,0	153	-	-	-	-	48
47	4.23,0	167	21	-	-	-	47	4.53,0	152	18	-	-	15	47
46	4.24,0	166	-	5.9	4	-	46	4.54,0	151	-	6.2	9	-	46
45	4.25,0	165	-	-	-	-	45	4.55,0	150	-	-	-	-	45
44	4.27,0	164	20	-	-	-	44	4.57,0	149	17	-	-	14	44
43	4.29,0	163	-	-	-	4	43	4.59,0	148	-	-	-	-	43
42	4.31,0	162	-	6.0	3	-	42	5.01,0	147	-	6.3	8	-	42
41	4.33,0	161	19	-	-	-	41	5.03,0	146	16	-	-	13	41
40	4.35,0	160	-	-	-	-	40	5.05,0	145	-	-	-	-	40
39	4.37,0	159	-	-	-	-	39	5.07,0	144	-	-	-	-	39
38	4.39,0	158	18	6.1	2	-	38	5.09,0	143	15	6.4	7	12	38
37	4.41,0	157	-	-	-	-	37	5.11,0	142	-	-	-	-	37
36	4.43,0	156	-	-	-	3	36	5.13,0	141	-	-	-	-	36
35	4.45,0	155	17	6.2	-	-	35	5.15,0	140	14	6.5	6	11	35
34	4.48,0	154	-	-	1	-	34	5.18,0	139	-	-	-	-	34
33	4.51,0	153	-	-	-	-	33	5.21,0	138	-	-	-	-	33
32	4.54,0	152	16	6.3	-	-	32	5.24,0	137	13	6.6	5	10	32
31	4.57,0	151	-	-	-	-	31	5.27,0	136	-	-	-	-	31
30	5.00,0	150	15	-	0	2	30	5.30,0	135	-	-	-	-	30
29	5.03,0	148	-	6.4	-	-	29	5.33,0	133	12	6.7	4	9	29
28	5.06,0	146	14	-	-	-	28	5.36,0	131	-	-	-	-	28
27	5.09,0	144	-	-	-	-	27	5.39,0	129	11	-	-	-	27
26	5.12,0	142	13	6.5	-1	-	26	5.42,0	127	-	6.8	3	8	26
25	5.15,0	140	-	-	-	-	25	5.45,0	125	10	-	-	-	25
24	5.19,0	138	12	-	-	-	24	5.49,0	123	-	-	-	-	24
23	5.23,0	136	-	6.6	-	-	23	5.53,0	121	9	6.9	2	7	23
22	5.27,0	134	11	-	-2	-	22	5.57,0	119	-	-	-	-	22
21	5.31,0	132	-	-	-	-	21	6.01,0	117	8	-	-	-	21
20	5.35,0	130	10	6.7	-	1	20	6.05,0	115	-	7.0	1	6	20
19	5.39,0	128	-	-	-	-	19	6.09,0	113	7	-	-	-	19
18	5.43,0	126	9	-	-3	-	18	6.13,0	111	-	-	-	5	18
17	5.47,0	124	-	6.8	-	-	17	6.17,0	109	6	7.1	0	-	17
16	5.51,0	122	8	-	-	-	16	6.21,0	107	-	-	-	4	16
15	5.55,0	120	-	-	-	-	15	6.25,0	105	5	-	-	-	15
14	6.00,0	117	7	6.9	-4	-	14	6.30,0	101	-	7.2	-1	3	14
13	6.05,0	116	-	-	-	-	13	6.35,0	99	4	-	-	-	13
12	6.10,0	114	6	-	-	-	12	6.40,0	97	-	-	-	2	12
11	6.15,0	112	-	7.0	-	-	11	6.45,0	95	3	7.3	-2	-	11
10	6.20,0	110	5	-	-	-	10	6.50,0	93	-	-	-	1	10
9	6.25,0	108	4	-	-	-	9	6.55,0	91	2	-	-	-	9
8	6.30,0	106	3	7.1	-	-	8	7.00,0	89	-	7.4	-	-	8
7	6.35,0	103	2	-	-	-	7	7.05,0	87	1	-	-	-	7
6	6.40,0	100	1	-	-	-	6	7.10,0	85	-	-	-	-	6
5	6.45,0	97	-	7.2	-	-	5	7.15,0	82	-	7.5	-	-	5
4	6.50,0	94	-	-	-	-	4	7.20,0	79	-	-	-	-	4
3	6.55,0	91	-	7.3	-	-	3	7.25,0	76	-	7.6	-	-	3
2	7.00,0	88	-	-	-	-	2	7.30,0	73	-	-	-	-	2
1	7.05,0	85	-	7.4	-	-	1	7.35,0	88	-	7.7	-	-	1

**Таблица оценки результатов испытаний по программе "Спортивное многоборье" (тест)
Всероссийских спортивных соревнований школьников "Президентские состязания" в 2022-2023 учебном году (10 лет)**

Очки	Мальчики						Очки	Девочки						Очки
	Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол- во)	Бег 30 м. (сек.)	Наклон вперёд (см.)	Подтягивание (кол-во раз)		Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол- во)	Бег 30 м. (сек.)	Наклон вперёд (см.)	Сгибание и разгибание рук в упоре (кол-во раз)	
70	3.25,0	230	38	4.8	23	15	70	3.45,0	215	35	5.1	26	50	70
69	3.28,0	227	37	-	21	14	69	3.49,0	212	34	-	25	47	69
68	3.31,0	224	36	4.9	20	13	68	3.53,0	209	33	5.2	24	44	68
67	3.34,0	221	35	-	19	12	67	3.57,0	206	32	-	23	41	67
66	3.37,0	218	-	5	18	-	66	4.01,0	203	31	5.3	22	38	66
65	3.40,0	215	34	-	17	11	65	4.05,0	200	-	-	21	36	65
64	3.43,0	213	-	5.1	16	-	64	4.08,0	198	30	5.4	20	34	64
63	3.46,0	211	33	-	15	-	63	4.11,0	196	-	-	-	32	63
62	3.49,0	209	-	5.2	14	10	62	4.14,0	194	29	5.5	19	30	62
61	3.52,0	207	32	-	-	-	61	4.17,0	192	-	-	-	28	61
60	3.55,0	205	-	-	13	-	60	4.20,0	190	28	-	18	27	60
59	3.57,0	203	31	5.3	-	9	59	4.23,0	188	-	5.6	-	26	59
58	3.59,0	201	-	-	12	-	58	4.26,0	186	27	-	17	25	58
57	4.01,0	199	30	-	-	-	57	4.29,0	184	-	-	-	24	57
56	4.03,0	197	-	5.4	11	-	56	4.32,0	182	26	5.7	16	23	56
55	4.05,0	195	29	-	-	8	55	4.35,0	180	-	-	-	-	55
54	4.07,0	193	-	-	-	-	54	4.37,0	178	-	-	-	22	54
53	4.09,0	191	28	5.5	10	-	53	4.39,0	176	25	5.8	15	-	53
52	4.11,0	189	-	-	-	-	52	4.41,0	174	-	-	-	21	52
51	4.13,0	187	-	-	-	-	51	4.43,0	172	-	-	-	-	51
50	4.15,0	185	27	5.6	9	7	50	4.45,0	170	24	5.9	14	20	50
49	4.16,0	184	-	-	-	-	49	4.46,0	169	-	-	-	-	49
48	4.17,0	183	-	-	-	-	48	4.47,0	168	-	-	-	-	48
47	4.18,0	182	26	-	-	-	47	4.48,0	167	23	-	-	19	47
46	4.19,0	181	-	5.7	8	-	46	4.49,0	166	-	6	13	-	46
45	4.20,0	180	-	-	-	-	45	4.50,0	165	-	-	-	-	45
44	4.22,0	179	25	-	-	-	44	4.52,0	164	22	-	-	18	44
43	4.24,0	178	-	-	-	6	43	4.54,0	163	-	-	-	-	43
42	4.26,0	177	-	5.8	7	-	42	4.56,0	162	-	6.1	12	-	42
41	4.28,0	176	24	-	-	-	41	4.58,0	161	21	-	-	17	41
40	4.30,0	175	-	-	-	-	40	5.00,0	160	-	-	-	-	40
39	4.32,0	174	-	-	-	-	39	5.02,0	159	-	-	-	-	39
38	4.34,0	173	23	5.9	6	-	38	5.04,0	158	20	6.2	11	16	38
37	4.36,0	172	-	-	-	-	37	5.06,0	157	-	-	-	-	37
36	4.38,0	171	22	-	-	5	36	5.08,0	156	-	-	-	15	36
35	4.40,0	170	-	6	-	-	35	5.10,0	155	19	6.3	10	-	35
34	4.43,0	169	21	-	5	-	34	5.13,0	154	-	-	-	14	34
33	4.46,0	168	-	-	-	-	33	5.16,0	153	-	-	-	-	33
32	4.49,0	167	20	6.1	-	-	32	5.19,0	152	18	6.4	9	13	32
31	4.52,0	166	-	-	-	-	31	5.22,0	151	-	-	-	-	31
30	4.55,0	165	19	-	4	4	30	5.25,0	150	-	-	-	12	30
29	4.58,0	163	-	6.2	-	-	29	5.28,0	148	17	6.5	8	-	29
28	5.01,0	161	18	-	-	-	28	5.31,0	146	-	-	-	11	28
27	5.04,0	159	-	-	-	-	27	5.34,0	144	16	-	-	-	27
26	5.07,0	157	17	6.3	3	-	26	5.37,0	142	-	6.6	7	10	26
25	5.10,0	155	-	-	-	3	25	5.40,0	140	15	-	-	-	25
24	5.14,0	153	16	-	-	-	24	5.44,0	138	-	-	-	9	24
23	5.18,0	151	-	6.4	-	-	23	5.48,0	136	14	6.7	6	-	23
22	5.22,0	149	15	-	2	-	22	5.52,0	134	-	-	-	8	22
21	5.26,0	147	-	-	-	-	21	5.56,0	132	13	-	-	-	21
20	5.30,0	145	14	6.5	-	2	20	6.00,0	130	-	6.8	5	7	20
19	5.34,0	143	-	-	-	-	19	6.04,0	128	12	-	-	-	19
18	5.38,0	141	13	-	1	-	18	6.08,0	126	-	-	-	6	18
17	5.42,0	139	-	6.6	-	-	17	6.12,0	124	11	6.9	4	-	17
16	5.46,0	137	12	-	-	-	16	6.16,0	122	-	-	-	5	16
15	5.50,0	135	-	-	-	1	15	6.20,0	120	10	-	-	-	15
14	5.55,0	133	11	6.7	0	-	14	6.25,0	118	-	7	3	4	14
13	6.00,0	131	-	-	-	-	13	6.30,0	116	9	-	-	-	13
12	6.05,0	129	10	-	-	-	12	6.35,0	114	-	-	-	3	12
11	6.10,0	127	-	6.8	-	-	11	6.40,0	112	8	7.1	2	-	11
10	6.15,0	125	9	-	-1	-	10	6.45,0	110	-	-	-	2	10
9	6.20,0	123	-	-	-	-	9	6.50,0	108	7	-	-	-	9
8	6.25,0	121	8	6.9	-	-	8	6.55,0	106	-	7.2	1	1	8
7	6.30,0	118	7	-	-2	-	7	7.00,0	104	6	-	-	-	7
6	6.35,0	115	6	-	-	-	6	7.05,0	102	-	-	-	-	6
5	6.40,0	112	5	7	-	-	5	7.10,0	100	5	7.3	0	-	5
4	6.45,0	109	4	-	-3	-	4	7.15,0	97	4	-	-	-	4
3	6.50,0	106	3	7.1	-	-	3	7.20,0	94	3	7.4	-1	-	3
2	6.55,0	103	2	-	-	-	2	7.25,0	91	2	-	-	-	2
1	7.00,0	100	1	7.2	-4	-	1	7.30,0	88	1	7.5	-2	-	1

**Таблица оценки результатов испытаний по программе "Спортивное многоборье" (тест)
Всероссийских спортивных соревнований школьников "Президентские состязания" в 2022-2023 учебном году (11 лет)**

Очки	Мальчики						Очки	Девочки						Очки
	Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 30 м. (сек.)	Наклон вперёд (см.)	Подтягивание (кол-во раз)		Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 30 м. (сек.)	Наклон вперёд (см.)	Сгибание и разгибание рук в упоре (кол-во раз)	
70	3.10,0	245	41	4.6	27	19	70	3.25,0	230	38	4.8	30	55	70
69	3.13,0	242	40	-	25	18	69	3.29,0	227	37	-	29	52	69
68	3.16,0	239	39	4.7	24	17	68	3.33,0	224	36	4.9	28	49	68
67	3.19,0	236	-	-	23	16	67	3.37,0	221	-	-	27	46	67
66	3.22,0	233	38	4.8	22	-	66	3.41,0	218	35	5	26	43	66
65	3.25,0	230	-	-	21	15	65	3.45,0	215	-	-	25	41	65
64	3.28,0	228	37	-	20	-	64	3.48,0	213	34	5.1	24	39	64
63	3.31,0	226	-	4.9	19	14	63	3.51,0	211	-	-	23	37	63
62	3.34,0	224	36	-	18	-	62	3.54,0	209	33	5.2	-	35	62
61	3.37,0	222	-	-	17	13	61	3.57,0	207	-	-	22	33	61
60	3.40,0	220	35	5	-	-	60	4.00,0	205	32	5.3	-	31	60
59	3.42,0	218	-	-	16	12	59	4.03,0	203	-	-	21	30	59
58	3.44,0	216	34	-	-	-	58	4.06,0	201	31	-	-	29	58
57	3.46,0	214	-	5.1	15	11	57	4.09,0	199	-	5.4	20	28	57
56	3.48,0	212	33	-	-	-	56	4.12,0	197	30	-	-	27	56
55	3.50,0	210	-	-	14	-	55	4.15,0	195	-	-	19	-	55
54	3.52,0	208	32	5.2	-	10	54	4.17,0	193	29	5.5	-	26	54
53	3.54,0	206	-	-	13	-	53	4.19,0	191	-	-	18	-	53
52	3.56,0	204	31	-	-	-	52	4.21,0	189	28	-	-	25	52
51	3.58,0	202	-	-	-	-	51	4.23,0	187	-	-	-	-	51
50	4.00,0	200	30	5.3	12	9	50	4.25,0	185	27	5.6	17	24	50
49	4.01,0	199	-	-	-	-	49	4.26,0	184	-	-	-	-	49
48	4.02,0	198	-	-	-	-	48	4.27,0	183	-	-	-	-	48
47	4.03,0	197	29	-	-	-	47	4.28,0	182	26	-	-	23	47
46	4.04,0	196	-	-	11	-	46	4.29,0	181	-	-	16	-	46
45	4.05,0	195	28	5.4	-	-	45	4.30,0	181	-	5.7	-	-	45
44	4.06,0	194	-	-	-	8	44	4.32,0	179	25	-	-	22	44
43	4.08,0	193	27	-	-	-	43	4.34,0	178	-	-	-	-	43
42	4.10,0	192	-	-	10	-	42	4.36,0	177	24	-	15	21	42
41	4.12,0	191	26	-	-	-	41	4.38,0	176	-	-	-	-	41
40	4.14,0	190	-	5.5	-	-	40	4.40,0	175	23	5.8	-	20	40
39	4.16,0	189	25	-	-	-	39	4.42,0	174	-	-	14	-	39
38	4.18,0	188	-	-	9	7	38	4.44,0	173	22	-	-	19	38
37	4.20,0	187	24	-	-	-	37	4.46,0	172	-	-	-	-	37
36	4.22,0	186	-	5.6	-	-	36	4.48,0	171	21	-	13	18	36
35	4.24,0	185	23	-	-	-	35	4.50,0	170	-	5.9	-	-	35
34	4.27,0	184	-	-	8	-	34	4.53,0	168	20	-	-	17	34
33	4.30,0	183	22	-	-	6	33	4.56,0	166	-	-	12	-	33
32	4.33,0	182	-	5.7	-	-	32	4.59,0	164	19	-	-	16	32
31	4.36,0	181	21	-	-	-	31	5.02,0	162	-	6	-	-	31
30	4.39,0	180	-	-	7	-	30	5.05,0	160	18	-	11	15	30
29	4.42,0	178	20	5.8	-	5	29	5.08,0	158	-	-	-	-	29
28	4.45,0	176	-	-	-	-	28	5.11,0	156	17	-	-	14	28
27	4.48,0	174	19	-	6	-	27	5.14,0	154	-	6.1	10	-	27
26	4.51,0	172	-	5.9	-	-	26	5.17,0	152	16	-	-	13	26
25	4.55,0	170	18	-	-	4	25	5.20,0	150	-	-	-	-	25
24	4.59,0	168	-	-	5	-	24	5.24,0	148	15	-	9	12	24
23	5.03,0	166	17	6	-	-	23	5.28,0	146	-	6.2	-	-	23
22	5.07,0	164	-	-	-	-	22	5.32,0	144	14	-	-	11	22
21	5.11,0	162	16	-	4	3	21	5.36,0	142	-	-	8	-	21
20	5.15,0	160	-	6.1	-	-	20	5.40,0	140	13	6.3	-	10	20
19	5.19,0	158	15	-	-	-	19	5.44,0	138	-	-	-	-	19
18	5.23,0	156	-	-	3	-	18	5.48,0	136	12	-	7	9	18
17	5.27,0	154	14	6.2	-	2	17	5.52,0	134	-	6.4	-	-	17
16	5.31,0	152	-	-	-	-	16	5.56,0	132	11	-	-	8	16
15	5.35,0	150	13	-	2	-	15	6.00,0	130	-	-	6	-	15
14	5.39,0	148	-	6.3	-	-	14	6.04,0	128	10	6.5	-	7	14
13	5.43,0	146	12	-	-	1	13	6.08,0	126	-	-	5	-	13
12	5.47,0	143	-	-	1	-	12	6.12,0	124	9	-	-	6	12
11	5.51,0	140	11	6.4	-	-	11	6.16,0	122	-	6.6	4	-	11
10	5.55,0	137	-	-	-	-	10	6.20,0	120	8	-	-	5	10
9	6.00,0	134	10	6.5	0	-	9	6.25,0	118	-	6.7	3	-	9
8	6.05,0	131	9	-	-	-	8	6.30,0	116	7	-	-	4	8
7	6.10,0	138	8	6.6	-1	-	7	6.35,0	114	-	6.8	2	-	7
6	6.15,0	125	7	-	-	-	6	6.40,0	112	6	-	-	3	6
5	6.20,0	122	6	6.7	-2	-	5	6.45,0	110	-	6.9	1	-	5
4	6.25,0	119	5	-	-	-	4	6.50,0	108	5	-	-	2	4
3	6.30,0	116	4	6.8	-3	-	3	6.55,0	106	4	7	0	-	3
2	6.35,0	113	3	-	-	-	2	7.00,0	103	3	-	-1	1	2
1	6.40,0	110	2	6.9	-4	-	1	7.05,0	100	2	7.1	-2	-	1

**Таблица оценки результатов испытаний по программе "Спортивное многоборье" (тест)
Всероссийских спортивных соревнований школьников "Президентские состязания" в 2022-2023 учебном году (12 лет)**

Очки	Мальчики							Очки	Девочки							Очки
	Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 30 м. (сек.)	Бег 60 м. (сек.)	Наклон вперёд (см.)	Подтягивание (кол-во раз)		Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 30 м. (сек.)	Бег 60 м. (сек.)	Наклон вперёд (см.)	Сгибание и разгибание рук в упоре (кол-во раз)	
70	3.00,0	255	44	4.4	7.8	29	23	70	3.15,0	245	40	4.6	8.2	33	58	70
69	3.03,0	253	43	-	7.9	28	22	69	3.18,0	242	39	-	8.3	32	55	69
68	3.06,0	251	42	4.5	8	27	21	68	3.21,0	239	38	4.7	8.4	31	52	68
67	3.09,0	249	41	-	8.1	26	20	67	3.24,0	236	-	-	8.5	30	50	67
66	3.12,0	247	40	-	8.2	25	19	66	3.27,0	233	37	4.8	8.6	29	48	66
65	3.15,0	245	-	4.6	8.3	24	18	65	3.30,0	230	-	-	8.7	28	46	65
64	3.17,0	143	39	-	8.4	23	17	64	3.33,0	228	36	4.9	8.8	27	44	64
63	3.19,0	241	-	-	-	22	16	63	3.36,0	226	-	-	8.9	26	42	63
62	3.21,0	239	38	4.7	8.5	21	15	62	3.39,0	224	35	5	9	25	40	62
61	3.23,0	237	-	-	-	20	-	61	3.42,0	222	-	-	-	-	38	61
60	3.25,0	235	37	-	8.6	-	14	60	3.45,0	220	34	-	9.1	24	36	60
59	3.27,0	233	-	4.8	-	19	-	59	3.48,0	218	-	5.1	-	-	34	59
58	3.29,0	231	36	-	8.7	-	-	58	3.51,0	216	33	-	9.2	23	33	58
57	3.31,0	229	-	-	-	18	13	57	3.54,0	214	-	-	-	-	32	57
56	3.33,0	227	35	4.9	8.8	-	-	56	3.57,0	212	32	5.2	9.3	22	31	56
55	3.35,0	225	-	-	-	17	-	55	4.00,0	210	-	-	-	-	-	55
54	3.37,0	223	34	-	8.9	-	12	54	4.02,0	208	31	-	9.4	21	30	54
53	3.39,0	221	-	5	-	16	-	53	4.04,0	206	-	5.3	-	-	-	53
52	3.41,0	219	33	-	9	-	-	52	4.06,0	204	30	-	9.5	20	29	52
51	3.43,0	217	-	-	-	-	-	51	4.08,0	202	-	-	-	-	-	51
50	3.45,0	215	32	5.1	9.1	15	11	50	4.10,0	200	29	5.4	9.6	19	28	50
49	3.46,0	214	-	-	-	-	-	49	4.11,0	199	-	-	-	-	-	49
48	3.47,0	213	-	-	-	-	-	48	4.12,0	198	-	-	-	-	27	48
47	3.48,0	212	31	-	9.2	-	-	47	4.13,0	197	28	-	9.7	18	-	47
46	3.49,0	211	-	-	-	14	-	46	4.14,0	196	-	-	-	-	26	46
45	3.50,0	210	-	5.2	-	-	10	45	4.15,0	195	-	5.5	-	-	-	45
44	3.51,0	209	30	-	9.3	-	-	44	4.16,0	194	27	-	9.8	17	25	44
43	3.53,0	208	-	-	-	-	-	43	4.17,0	193	-	-	-	-	-	43
42	3.55,0	207	29	-	-	13	-	42	4.18,0	192	-	-	9.9	-	24	42
41	3.57,0	206	-	-	9.4	-	9	41	4.20,0	191	26	-	-	16	-	41
40	3.59,0	205	28	5.3	-	-	-	40	4.22,0	190	-	5.6	10	-	23	40
39	4.01,0	204	-	-	9.5	-	-	39	4.24,0	188	25	-	-	-	-	39
38	4.03,0	203	27	-	-	12	-	38	4.26,0	186	-	-	10.1	15	22	38
37	4.05,0	202	-	-	9.6	-	8	37	4.29,0	184	24	-	-	-	-	37
36	4.07,0	201	26	-	-	-	-	36	4.32,0	182	-	-	10.2	-	21	36
35	4.09,0	200	-	5.4	9.7	11	-	35	4.35,0	180	23	5.7	-	14	-	35
34	4.11,0	198	25	-	-	-	-	34	4.38,0	178	-	-	10.3	-	20	34
33	4.13,0	196	-	-	9.8	-	7	33	4.41,0	176	22	-	-	-	-	33
32	4.15,0	194	24	-	-	10	-	32	4.44,0	174	-	-	10.4	13	19	32
31	4.17,0	192	-	-	9.9	-	-	31	4.47,0	172	21	-	-	-	-	31
30	4.20,0	190	23	5.5	-	-	-	30	4.50,0	170	-	5.8	10.5	-	18	30
29	4.23,0	188	-	-	10	9	6	29	4.53,0	168	20	-	-	12	-	29
28	4.26,0	186	22	-	-	-	-	28	4.56,0	166	-	-	10.6	-	17	28
27	4.29,0	184	-	-	10.1	-	-	27	4.59,0	164	19	-	-	-	-	27
26	4.32,0	182	21	5.6	-	8	-	26	5.02,0	162	-	5.9	10.7	11	16	26
25	4.35,0	180	-	-	10.2	-	5	25	5.05,0	160	18	-	-	-	-	25
24	4.38,0	178	20	-	-	7	-	24	5.08,0	158	-	-	10.8	-	15	24
23	4.41,0	176	-	-	10.3	-	-	23	5.11,0	156	17	-	10.9	10	-	23
22	4.44,0	174	19	5.7	10.4	6	-	22	5.14,0	154	-	6	11	-	14	22
21	4.47,0	172	-	-	10.5	-	4	21	5.17,0	152	16	-	11.1	-	-	21
20	4.50,0	170	18	-	10.6	5	-	20	5.20,0	150	-	-	11.2	9	13	20
19	4.54,0	168	-	-	10.7	-	-	19	5.24,0	148	15	6.1	11.3	-	-	19
18	5.58,0	166	17	5.8	10.8	4	-	18	5.28,0	146	-	-	11.4	-	12	18
17	5.01,0	164	-	-	10.9	-	3	17	5.32,0	144	14	-	11.5	8	-	17
16	5.06,0	162	16	-	11	3	-	16	5.36,0	142	-	6.2	11.6	-	11	16
15	5.10,0	160	-	5.9	11.1	-	-	15	5.40,0	140	13	-	11.7	7	-	15
14	5.14,0	157	15	-	11.2	2	-	14	5.44,0	138	-	-	11.8	-	10	14
13	5.18,0	154	-	6	11.3	-	2	13	5.48,0	136	12	6.3	11.9	6	-	13
12	5.22,0	151	14	-	11.4	1	-	12	5.52,0	134	-	-	12	-	9	12
11	5.26,0	148	13	6.1	11.5	-	-	11	5.56,0	132	11	6.4	12.1	5	-	11
10	5.30,0	145	12	-	11.6	0	1	10	6.00,0	130	-	-	12.2	-	8	10
9	5.35,0	142	11	6.2	11.7	-	-	9	6.05,0	128	10	6.5	12.3	4	-	9
8	5.40,0	139	10	-	11.8	-1	-	8	6.10,0	126	9	-	12.4	-	7	8
7	5.45,0	136	9	6.3	11.9	-	-	7	6.15,0	124	8	6.6	12.5	3	-	7
6	5.50,0	133	8	-	12	-2	-	6	6.20,0	122	7	-	12.6	2	6	6
5	5.55,0	130	7	6.4	12.1	-	-	5	6.25,0	119	6	6.7	12.8	1	5	5
4	6.00,0	127	6	-	12.2	-3	-	4	6.30,0	116	5	-	13	0	4	4
3	6.05,0	124	5	6.5	12.4	-	-	3	6.35,0	113	4	6.8	13.2	-1	3	3
2	6.10,0	121	4	-	12.6	-4	-	2	6.40,0	110	3	-	13.5	-2	2	2
1	6.15,0	118	3	6.6	12.8	-5	-	1	6.45,0	107	2	6.9	13.8	-3	1	1

**Таблица оценки результатов испытаний по программе "Спортивное многоборье" (тест)
Всероссийских спортивных соревнований школьников "Президентские состязания" в 2022-2023 учебном году (13 лет)**

Очки	Мальчики							Очки	Девочки							Очки
	Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 30 м. (сек.)	Бег 60 м. (сек.)	Наклон вперёд (см.)	Подтягивание (кол-во раз)		Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 30 м. (сек.)	Бег 60 м. (сек.)	Наклон вперёд (см.)	Сгибание и разгибание рук в упоре (кол-во раз)	
70	2.55,0	260	46	4.3	7.6	31	26	70	3.10,0	250	42	4.5	8	35	60	70
69	2.57,0	258	45	-	7.7	30	25	69	3.13,0	248	-	-	8.1	34	57	69
68	2.59,0	256	44	4.4	7.8	29	24	68	3.16,0	246	41	4.6	8.2	33	54	68
67	3.01,0	254	-	-	7.9	28	23	67	3.19,0	244	-	-	8.3	32	52	67
66	3.03,0	252	43	-	8	27	22	66	3.22,0	242	40	4.7	8.4	31	50	66
65	3.05,0	250	-	4.5	-	26	21	65	3.25,0	240	-	-	8.5	30	48	65
64	3.07,0	248	42	-	8.1	25	20	64	3.28,0	238	39	4.8	8.6	29	46	64
63	3.09,0	246	-	-	-	24	19	63	3.31,0	236	-	-	8.7	28	44	63
62	3.11,0	244	41	4.6	8.2	23	18	62	3.34,0	234	38	-	8.8	27	42	62
61	3.13,0	242	-	-	-	-	-	61	3.37,0	232	-	4.9	-	-	40	61
60	3.15,0	240	40	-	8.3	22	17	60	3.40,0	230	37	-	8.9	26	38	60
59	3.17,0	238	-	-	-	-	-	59	3.42,0	228	-	-	-	-	37	59
58	3.19,0	236	39	4.7	8.4	21	16	58	3.44,0	226	36	5	9	25	36	58
57	3.21,0	234	-	-	-	-	-	57	3.46,0	224	-	-	-	-	35	57
56	3.23,0	232	38	-	8.5	20	15	56	3.48,0	222	35	-	9.1	24	34	56
55	3.25,0	230	-	-	-	-	-	55	3.50,0	220	-	-	-	-	33	55
54	3.27,0	229	37	4.8	8.6	19	-	54	3.52,0	218	34	5.1	9.2	23	32	54
53	3.29,0	228	-	-	-	-	14	53	3.54,0	216	-	-	-	-	-	53
52	3.31,0	227	36	-	8.7	18	-	52	3.56,0	214	33	-	9.3	22	31	52
51	3.33,0	226	-	-	-	-	-	51	3.58,0	212	-	-	-	-	-	51
50	3.35,0	225	35	4.9	8.8	17	13	50	4.00,0	210	32	5.2	9.4	21	30	50
49	3.36,0	224	-	-	-	-	-	49	4.01,0	209	-	-	-	-	-	49
48	3.37,0	223	-	-	-	-	-	48	4.02,0	208	-	-	-	-	-	48
47	3.38,0	222	34	-	8.9	16	-	47	4.03,0	207	31	-	9.5	20	29	47
46	3.39,0	221	-	-	-	-	12	46	4.04,0	206	-	-	-	-	-	46
45	3.40,0	220	-	5	-	-	-	45	4.05,0	205	-	5.3	9.6	-	-	45
44	3.41,0	219	33	-	9	15	-	44	4.06,0	204	30	-	-	19	28	44
43	3.42,0	218	-	-	-	-	-	43	4.07,0	203	-	-	9.7	-	-	43
42	3.43,0	217	32	-	9.1	-	11	42	4.08,0	202	-	-	-	-	27	42
41	3.44,0	216	-	-	-	14	-	41	4.09,0	201	29	-	9.8	18	-	41
40	3.45,0	215	31	5.1	9.2	-	-	40	4.10,0	200	-	5.4	-	-	26	40
39	3.47,0	214	-	-	-	-	-	39	4.12,0	199	-	-	9.9	-	-	39
38	3.49,0	213	30	-	9.3	13	10	38	4.14,0	198	28	-	-	17	25	38
37	3.51,0	212	-	-	-	-	-	37	4.16,0	197	-	-	10	-	-	37
36	3.53,0	211	29	5.2	9.4	-	-	36	4.18,0	196	-	5.5	-	16	24	36
35	3.55,0	210	-	-	-	12	-	35	4.20,0	194	27	-	10.1	-	-	35
34	3.57,0	209	28	-	9.5	-	9	34	4.23,0	192	-	-	-	15	23	34
33	3.59,0	208	-	-	-	-	-	33	4.26,0	190	-	-	10.2	-	-	33
32	4.01,0	207	27	5.3	9.6	11	-	32	4.29,0	188	26	5.6	-	14	22	32
31	4.03,0	206	-	-	-	-	-	31	4.32,0	186	-	-	10.3	-	-	31
30	4.05,0	204	26	-	9.7	10	8	30	4.35,0	184	-	-	-	13	21	30
29	4.08,0	202	-	-	-	-	-	29	4.38,0	182	25	-	10.4	-	-	29
28	4.11,0	200	25	5.4	9.8	9	-	28	4.41,0	180	-	5.7	-	12	20	28
27	4.14,0	198	-	-	-	-	-	27	4.44,0	178	24	-	10.5	-	-	27
26	4.17,0	196	24	-	9.9	8	7	26	4.47,0	176	-	-	-	11	19	26
25	4.20,0	194	-	-	-	-	-	25	4.50,0	174	23	-	10.6	-	-	25
24	4.23,0	192	23	5.5	10	7	-	24	4.53,0	172	-	5.8	-	10	18	24
23	4.26,0	190	-	-	-	-	6	23	4.56,0	170	22	-	10.7	-	-	23
22	4.29,0	188	22	-	10.1	6	-	22	4.59,0	168	-	-	-	9	17	22
21	4.32,0	186	-	5.6	-	-	-	21	5.02,0	166	21	5.9	10.8	-	-	21
20	4.35,0	184	21	-	10.2	5	5	20	5.05,0	164	-	-	-	8	16	20
19	4.38,0	182	-	-	-	-	-	19	5.09,0	162	20	-	10.9	-	-	19
18	4.41,0	180	20	5.7	10.3	4	-	18	5.13,0	160	-	6	11	7	15	18
17	4.44,0	178	-	-	-	-	4	17	5.17,0	158	19	-	11.1	-	-	17
16	4.47,0	176	19	-	10.4	3	-	16	5.21,0	156	18	-	11.2	6	14	16
15	4.50,0	173	18	5.8	10.5	-	-	15	5.25,0	154	17	6.1	11.3	-	-	15
14	4.54,0	170	17	-	10.6	2	3	14	5.29,0	152	16	-	11.4	5	13	14
13	4.58,0	167	16	-	10.7	-	-	13	5.33,0	150	15	-	11.5	-	-	13
12	5.02,0	164	15	5.9	10.8	1	-	12	5.37,0	148	14	6.2	11.6	4	12	12
11	5.06,0	161	14	-	10.9	-	2	11	5.41,0	146	13	-	11.7	-	-	11
10	5.10,0	158	13	-	11	0	-	10	5.45,0	143	12	-	11.8	3	11	10
9	5.15,0	155	12	6	11.1	-	-	9	5.50,0	140	11	6.3	11.9	-	10	9
8	5.20,0	152	11	-	11.2	-1	1	8	5.55,0	137	10	-	12	2	9	8
7	5.25,0	149	10	6.1	11.3	-	-	7	6.00,0	134	9	6.4	12.1	-	8	7
6	5.30,0	146	9	-	11.4	-2	-	6	6.05,0	131	8	-	12.3	1	7	6
5	5.35,0	143	8	6.2	11.5	-	-	5	6.10,0	128	7	6.5	12.5	-	6	5
4	5.40,0	140	7	-	11.6	-3	-	4	6.15,0	125	6	-	12.7	0	5	4
3	5.45,0	137	6	6.3	11.8	-	-	3	6.20,0	122	5	6.6	12.9	-1	4	3
2	5.50,0	134	5	-	12	-4	-	2	6.25,0	119	4	-	13.1	-2	3	2
1	5.55,0	130	4	6.4	12.2	-5	-	1	6.30,0	116	3	6.7	13.3	-3	2	1

**Таблица оценки результатов испытаний по программе "Спортивное многоборье" (тест)
Всероссийских спортивных соревнований школьников "Президентские состязания" в 2022-2023 учебном году (14 лет)**

Очки	Мальчики							Очки	Девочки							Очки
	Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 30 м. (сек.)	Бег 60 м. (сек.)	Наклон вперёд (см.)	Подтягивание (кол-во раз)		Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 30 м. (сек.)	Бег 60 м. (сек.)	Наклон вперёд (см.)	Сгибание и разгибание рук в упоре (кол-во раз)	
70	2.50,0	265	47	4.2	7.4	31	28	70	3.05,0	255	43	4.4	7.8	35	63	70
69	2.52,0	263	46	-	7.5	30	27	69	3.08,0	252	42	-	7.9	34	60	69
68	2.54,0	261	45	4.3	7.6	29	26	68	3.11,0	249	41	4.5	8	33	57	68
67	2.56,0	259	-	-	7.7	28	25	67	3.14,0	246	-	-	8.1	32	54	67
66	2.58,0	257	44	-	7.8	27	24	66	3.17,0	243	40	4.6	8.2	31	51	66
65	3.00,0	255	-	4.4	-	26	23	65	3.20,0	240	-	-	8.3	30	48	65
64	3.02,0	253	43	-	7.9	25	22	64	3.22,0	238	39	4.7	8.4	29	46	64
63	3.04,0	251	-	-	-	24	21	63	3.24,0	236	-	-	8.5	28	44	63
62	3.06,0	249	42	4.5	8	23	20	62	3.26,0	234	38	-	8.6	27	42	62
61	3.08,0	247	-	-	-	-	19	61	3.28,0	232	-	4.8	-	-	40	61
60	3.10,0	245	41	-	8.1	22	18	60	3.30,0	230	37	-	8.7	26	38	60
59	3.12,0	243	-	-	-	-	17	59	3.32,0	228	-	-	-	-	37	59
58	3.14,0	241	40	4.6	8.2	21	-	58	3.34,0	226	36	4.9	8.8	25	36	58
57	3.16,0	239	-	-	-	-	16	57	3.36,0	224	-	-	-	-	35	57
56	3.18,0	237	39	-	8.3	20	-	56	3.38,0	222	35	-	8.9	24	34	56
55	3.20,0	235	-	-	-	-	-	55	3.40,0	220	-	-	-	-	-	55
54	3.22,0	234	-	4.7	8.4	19	15	54	3.42,0	218	34	5	9	23	33	54
53	3.24,0	233	38	-	-	-	-	53	3.44,0	216	-	-	-	-	-	53
52	3.26,0	232	-	-	8.5	18	-	52	3.46,0	214	33	-	9.1	22	32	52
51	3.28,0	231	-	-	-	-	-	51	3.48,0	212	-	-	-	-	-	51
50	3.30,0	230	37	4.8	8.6	17	14	50	3.50,0	210	32	5.1	9.2	21	31	50
49	3.31,0	229	-	-	-	-	-	49	3.51,0	209	-	-	-	-	-	49
48	3.32,0	228	-	-	-	-	-	48	3.52,0	208	-	-	-	-	-	48
47	3.33,0	227	36	-	8.7	16	-	47	3.53,0	207	31	-	9.3	20	30	47
46	3.34,0	226	-	-	-	-	13	46	3.54,0	206	-	-	-	-	-	46
45	3.35,0	225	-	4.9	-	-	-	45	3.55,0	205	-	5.2	-	-	-	45
44	3.36,0	224	35	-	8.8	15	-	44	3.57,0	204	30	-	9.4	19	29	44
43	3.37,0	223	-	-	-	-	-	43	3.59,0	203	-	-	-	-	-	43
42	3.38,0	222	34	-	-	-	12	42	4.01,0	202	-	-	-	-	28	42
41	3.39,0	221	-	-	8.9	14	-	41	4.03,0	201	29	-	9.5	18	-	41
40	3.40,0	220	33	5	-	-	-	40	4.05,0	200	-	5.3	-	-	27	40
39	3.41,0	219	-	-	-	-	-	39	4.07,0	199	-	-	9.6	-	-	39
38	3.42,0	218	32	-	9	13	11	38	4.09,0	198	28	-	-	17	26	38
37	3.43,0	217	-	-	-	-	-	37	4.11,0	197	-	-	9.7	-	-	37
36	3.44,0	216	31	5.1	9.1	-	-	36	4.13,0	196	-	-	-	16	25	36
35	3.45,0	215	-	-	-	12	-	35	4.15,0	194	27	5.4	9.8	-	-	35
34	3.47,0	214	30	-	9.2	-	10	34	4.18,0	192	-	-	-	15	24	34
33	3.49,0	213	-	-	-	-	-	33	4.21,0	190	-	-	9.9	-	-	33
32	3.51,0	212	29	5.2	9.3	11	-	32	4.24,0	188	26	-	-	14	23	32
31	3.53,0	211	-	-	-	-	-	31	4.27,0	186	-	5.5	10	-	-	31
30	3.55,0	210	28	-	9.4	10	9	30	4.30,0	184	-	-	-	13	22	30
29	3.57,0	209	-	-	-	-	-	29	4.33,0	182	25	-	10.1	-	-	29
28	3.59,0	208	27	5.3	9.5	9	-	28	4.36,0	180	-	-	-	12	21	28
27	4.01,0	207	-	-	-	-	-	27	4.39,0	178	24	5.6	10.2	-	-	27
26	4.03,0	206	26	-	9.6	8	8	26	4.42,0	176	-	-	-	11	20	26
25	4.05,0	204	-	-	-	-	-	25	4.45,0	174	23	-	10.3	-	-	25
24	4.08,0	202	25	5.4	9.7	7	-	24	4.48,0	172	-	-	-	10	19	24
23	4.11,0	200	-	-	-	-	-	23	4.51,0	170	22	5.7	10.4	-	-	23
22	4.14,0	198	24	-	9.8	6	7	22	4.54,0	168	-	-	-	9	18	22
21	4.17,0	196	-	-	-	-	-	21	4.57,0	166	21	-	10.5	-	-	21
20	4.20,0	194	23	5.5	9.9	5	-	20	5.00,0	164	-	-	10.6	8	17	20
19	4.24,0	192	-	-	-	-	6	19	5.03,0	162	20	5.8	10.7	-	-	19
18	4.28,0	190	22	-	10	4	-	18	5.06,0	160	-	-	10.8	7	16	18
17	4.32,0	188	21	-	-	-	-	17	5.09,0	158	19	-	10.9	-	-	17
16	4.36,0	186	20	5.6	10.1	3	5	16	5.12,0	156	18	5.9	11	6	15	16
15	4.40,0	184	19	-	10.2	-	-	15	5.15,0	154	17	-	11.1	-	-	15
14	4.44,0	182	18	-	10.3	2	-	14	5.19,0	152	16	-	11.2	5	14	14
13	4.48,0	180	17	5.7	10.4	-	4	13	5.23,0	150	15	6	11.3	-	-	13
12	4.52,0	177	16	-	10.5	1	-	12	5.27,0	148	14	-	11.4	4	13	12
11	4.56,0	174	15	-	10.6	-	-	11	5.31,0	146	13	-	11.5	-	-	11
10	5.00,0	171	14	5.8	10.7	0	3	10	5.35,0	143	12	6.1	11.6	3	12	10
9	5.05,0	168	13	-	10.8	-	-	9	5.39,0	140	11	-	11.7	-	11	9
8	5.10,0	165	12	-	10.9	-1	-	8	5.43,0	137	10	-	11.8	2	10	8
7	5.15,0	162	11	5.9	11	-	2	7	5.47,0	134	9	6.2	11.9	-	9	7
6	5.20,0	159	10	-	11.1	-2	-	6	5.51,0	131	8	-	12	1	8	6
5	5.25,0	156	9	6	11.2	-	-	5	5.55,0	128	7	6.3	12.1	-	7	5
4	5.30,0	152	8	-	11.3	-3	1	4	6.00,0	125	6	-	12.3	0	6	4
3	5.35,0	148	7	6.1	11.4	-	-	3	6.05,0	122	5	6.4	12.5	-1	5	3
2	5.40,0	144	6	-	11.6	-4	-	2	6.10,0	119	4	-	12.7	-2	4	2
1	5.45,0	140	5	6.2	11.8	-5	-	1	6.15,0	116	3	6.5	12.9	-3	3	1

**Таблица оценки результатов испытаний по программе "Спортивное многоборье" (тест)
Всероссийских спортивных соревнований школьников "Президентские состязания" в 2022-2023 учебном году (15 лет)**

Очки	Мальчики							Очки	Девочки							Очки
	Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 60 м. (сек.)	Бег 100 м. (сек.)	Наклон вперёд (см.)	Подтягивание (кол-во раз)		Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 60 м. (сек.)	Бег 100 м. (сек.)	Наклон вперёд (см.)	Сгибание и разгибание рук в упоре (кол-во раз)	
70	2.45,0	270	47	7.2	11.4	32	30	70	3.05,0	255	43	7.8	12.6	35	63	70
69	2.47,0	268	-	7.3	11.5	31	28	69	3.08,0	252	-	7.9	12.8	34	60	69
68	2.49,0	266	46	7.4	11.6	30	26	68	3.11,0	249	42	8	13	33	57	68
67	2.51,0	264	-	7.5	11.7	29	24	67	3.14,0	246	-	8.1	13.2	32	54	67
66	2.53,0	262	45	7.6	11.8	28	23	66	3.17,0	243	41	8.2	13.4	31	51	66
65	2.55,0	260	-	-	11.9	27	22	65	3.20,0	240	-	8.3	13.6	30	48	65
64	2.57,0	258	44	7.7	12	26	21	64	3.22,0	238	40	8.4	13.8	29	46	64
63	2.59,0	256	-	-	12.1	25	20	63	3.24,0	236	-	8.5	13.9	28	44	63
62	3.01,0	254	43	7.8	12.2	24	-	62	3.26,0	234	39	8.6	14	27	42	62
61	3.03,0	252	-	-	12.3	-	19	61	3.28,0	232	-	-	14.1	-	40	61
60	3.05,0	250	42	7.9	12.4	23	-	60	3.30,0	230	38	8.7	14.2	26	38	60
59	3.07,0	248	-	-	12.5	-	18	59	3.32,0	228	-	-	14.3	-	37	59
58	3.09,0	246	41	8	12.6	22	-	58	3.34,0	226	37	8.8	14.4	25	36	58
57	3.11,0	244	-	-	12.7	-	17	57	3.36,0	224	-	-	14.5	-	35	57
56	3.13,0	242	40	8.1	12.8	21	-	56	3.38,0	222	36	8.9	14.6	24	34	56
55	3.15,0	240	-	-	12.9	-	-	55	3.40,0	220	-	-	14.7	-	-	55
54	3.17,0	239	-	8.2	13	20	16	54	3.42,0	218	35	9	14.8	23	33	54
53	3.19,0	238	39	-	13.1	-	-	53	3.44,0	216	-	-	14.9	-	-	53
52	3.21,0	237	-	8.3	13.2	19	-	52	3.46,0	214	34	9.1	15	22	32	52
51	3.23,0	236	-	-	-	-	-	51	3.48,0	212	-	-	-	-	-	51
50	3.25,0	235	38	8.4	13.3	18	15	50	3.50,0	210	33	9.2	15.1	21	31	50
49	3.26,0	234	-	-	-	-	-	49	3.51,0	209	-	-	-	-	-	49
48	3.27,0	233	-	-	13.4	-	-	48	3.52,0	208	-	-	15.2	-	-	48
47	3.28,0	232	37	8.5	-	17	-	47	3.53,0	207	32	9.3	-	20	30	47
46	3.29,0	231	-	-	13.5	-	14	46	3.54,0	206	-	-	15.3	-	-	46
45	3.30,0	230	-	-	-	-	-	45	3.55,0	205	-	-	-	-	-	45
44	3.31,0	229	36	8.6	13.6	16	-	44	3.57,0	204	31	9.4	15.4	19	29	44
43	3.32,0	228	-	-	-	-	-	43	3.59,0	203	-	-	-	-	-	43
42	3.33,0	227	35	-	13.7	-	13	42	4.01,0	202	-	-	15.5	-	28	42
41	3.34,0	226	-	8.7	-	15	-	41	4.03,0	201	30	9.5	-	18	-	41
40	3.35,0	225	34	-	13.8	-	-	40	4.05,0	200	-	-	15.6	-	27	40
39	3.36,0	224	-	-	13.9	-	-	39	4.07,0	199	-	9.6	15.7	-	-	39
38	3.37,0	223	33	8.8	14	14	12	38	4.09,0	198	29	-	15.8	17	26	38
37	3.38,0	222	-	-	14.1	-	-	37	4.11,0	197	-	9.7	15.9	-	-	37
36	3.39,0	221	32	8.9	14.2	-	-	36	4.13,0	196	-	-	16	-	25	36
35	3.40,0	220	-	-	14.3	13	-	35	4.15,0	194	28	9.8	16.1	16	-	35
34	3.42,0	219	31	9	14.4	-	11	34	4.18,0	192	-	-	16.2	-	24	34
33	3.44,0	218	-	-	14.5	-	-	33	4.21,0	190	-	9.9	16.3	-	-	33
32	3.46,0	217	30	9.1	14.6	12	-	32	4.24,0	188	27	-	16.4	15	23	32
31	3.48,0	216	-	-	14.7	-	-	31	4.27,0	186	-	10	16.5	-	-	31
30	3.50,0	215	29	9.2	14.8	11	10	30	4.30,0	184	-	-	16.6	-	22	30
29	3.52,0	214	-	-	14.9	-	-	29	4.33,0	182	26	10.1	16.7	14	-	29
28	3.54,0	213	28	9.3	15	10	-	28	4.36,0	180	-	-	16.8	-	21	28
27	3.56,0	212	-	-	15.1	-	-	27	4.39,0	178	25	10.2	16.9	-	-	27
26	3.58,0	211	27	9.4	15.2	9	9	26	4.42,0	176	-	-	17	13	20	26
25	4.01,0	209	-	-	15.3	-	-	25	4.45,0	174	24	10.3	17.1	-	-	25
24	4.04,0	207	26	9.5	15.4	8	-	24	4.48,0	172	-	-	17.2	12	19	24
23	4.07,0	205	-	-	15.5	-	-	23	4.51,0	170	23	10.4	17.3	-	-	23
22	4.10,0	203	25	9.6	15.6	7	8	22	4.54,0	168	-	-	17.4	11	18	22
21	4.13,0	201	-	-	15.7	-	-	21	4.57,0	166	22	10.5	17.5	-	-	21
20	4.16,0	199	24	9.7	15.8	6	-	20	5.00,0	164	-	10.6	17.7	10	17	20
19	4.19,0	197	-	-	15.9	-	7	19	5.03,0	162	21	10.7	17.9	-	-	19
18	4.22,0	195	23	9.8	16	5	-	18	5.06,0	160	-	10.8	18.1	9	16	18
17	4.25,0	193	22	-	16.2	-	-	17	5.09,0	158	20	10.9	18.3	-	-	17
16	4.28,0	191	21	9.9	16.4	4	6	16	5.12,0	156	19	11	18.5	8	15	16
15	4.32,0	189	20	-	16.6	-	-	15	5.15,0	154	18	11.1	18.7	-	-	15
14	4.36,0	187	19	10	18.8	3	-	14	5.19,0	152	17	11.2	18.9	7	14	14
13	4.40,0	185	18	-	17	-	5	13	5.23,0	150	16	11.3	19.1	-	-	13
12	4.44,0	182	17	10.1	17.2	2	-	12	5.27,0	148	15	11.4	19.3	6	13	12
11	4.48,0	179	16	-	17.4	-	-	11	5.31,0	146	14	11.5	19.6	-	-	11
10	4.52,0	176	15	10.2	17.6	1	4	10	5.35,0	143	13	11.6	19.9	5	12	10
9	4.56,0	173	14	10.3	17.8	-	-	9	5.39,0	140	12	11.7	20.2	-	11	9
8	5.00,0	170	13	10.4	18	0	-	8	5.43,0	137	11	11.8	20.5	4	10	8
7	5.05,0	167	12	10.5	18.2	-	3	7	5.47,0	134	10	11.9	20.8	3	9	7
6	5.10,0	164	11	10.6	18.4	-1	-	6	5.51,0	131	9	12	21.1	2	8	6
5	5.15,0	161	10	10.7	18.7	-	-	5	5.55,0	128	8	12.1	21.4	1	7	5
4	5.20,0	157	9	10.9	19	-2	2	4	6.00,0	125	7	12.3	21.7	0	6	4
3	5.25,0	153	8	11.1	19.3	-3	-	3	6.05,0	122	6	12.5	22	-1	5	3
2	5.30,0	149	7	11.3	19.6	-4	-	2	6.10,0	119	5	12.7	22.3	-2	4	2
1	5.35,0	145	6	11.5	19.9	-5	1	1	6.15,0	116	4	12.9	22.6	-3	3	1

**Таблица оценки результатов испытаний по программе "Спортивное многоборье" (тест)
Всероссийских спортивных соревнований школьников "Президентские состязания" в 2022-2023 учебном году (16 лет)**

Очки	Мальчики							Очки	Девочки							Очки
	Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 60 м. (сек.)	Бег 100 м. (сек.)	Наклон вперёд (см.)	Подтягивание (кол-во раз)		Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 60 м. (сек.)	Бег 100 м. (сек.)	Наклон вперёд (см.)	Сгибание и разгибание рук в упоре (кол-во раз)	
70	2.41,0	273	47	7.1	11.2	32	32	70	3.00,0	258	43	7.7	12.2	35	65	70
69	2.43,0	271	-	7.2	11.3	31	30	69	3.03,0	256	-	7.8	12.4	34	62	69
68	2.45,0	269	46	7.3	11.4	30	28	68	3.06,0	254	42	7.9	12.6	33	59	68
67	2.47,0	267	-	-	11.5	29	26	67	3.09,0	252	-	8	12.8	32	56	67
66	2.49,0	265	45	7.4	11.6	28	25	66	3.12,0	250	41	8.1	13	31	53	66
65	2.51,0	263	-	-	11.7	27	24	65	3.15,0	248	-	8.2	13.2	30	50	65
64	2.53,0	261	44	7.5	11.8	26	23	64	3.17,0	246	40	8.3	13.4	29	48	64
63	2.55,0	259	-	-	11.9	25	22	63	3.19,0	244	-	8.4	13.6	28	46	63
62	2.57,0	257	43	7.6	12	24	21	62	3.21,0	242	39	8.5	13.8	27	44	62
61	2.59,0	255	-	-	12.1	-	20	61	3.23,0	240	-	-	13.9	-	42	61
60	3.01,0	253	42	7.7	12.2	23	-	60	3.25,0	238	38	8.6	14	26	40	60
59	3.03,0	251	-	-	12.3	-	19	59	3.27,0	236	-	-	14.1	-	39	59
58	3.05,0	249	41	7.8	12.4	22	-	58	3.29,0	234	37	8.7	14.2	25	38	58
57	3.07,0	247	-	-	12.5	-	18	57	3.31,0	232	-	-	14.3	-	37	57
56	3.09,0	246	40	7.9	12.6	21	-	56	3.33,0	230	36	8.8	14.4	24	36	56
55	3.11,0	245	-	-	12.7	-	-	55	3.35,0	228	-	-	14.5	-	35	55
54	3.13,0	244	-	8	12.8	20	17	54	3.37,0	236	35	8.9	14.6	23	34	54
53	3.14,0	243	39	-	12.9	-	-	53	3.39,0	224	-	-	14.7	-	-	53
52	3.15,0	242	-	8.1	13	19	-	52	3.41,0	222	34	9	14.8	22	33	52
51	3.16,0	241	-	-	13.1	-	-	51	3.43,0	221	-	-	14.9	-	-	51
50	3.17,0	240	38	8.2	13.2	18	16	50	3.45,0	220	33	9.1	15	21	32	50
49	3.18,0	239	-	-	-	-	-	49	3.46,0	219	-	-	-	-	-	49
48	3.19,0	238	-	-	13.3	-	-	48	3.47,0	218	-	-	15.1	-	-	48
47	3.20,0	237	37	8.3	-	17	-	47	3.48,0	217	32	9.2	-	20	31	47
46	3.21,0	236	-	-	13.4	-	15	46	3.49,0	216	-	-	15.2	-	-	46
45	3.22,0	235	-	-	-	-	-	45	3.50,0	215	-	-	-	-	-	45
44	3.23,0	234	36	8.4	13.5	16	-	44	3.52,0	214	31	9.3	15.3	19	30	44
43	3.24,0	233	-	-	-	-	-	43	3.54,0	213	-	-	-	-	-	43
42	3.25,0	232	35	-	13.6	-	14	42	3.56,0	212	-	-	15.4	-	29	42
41	3.26,0	231	-	8.5	-	15	-	41	3.58,0	211	30	9.4	-	18	-	41
40	3.27,0	230	34	-	13.7	-	-	40	4.00,0	210	-	-	15.5	-	28	40
39	3.28,0	229	-	-	-	-	-	39	4.02,0	209	-	9.5	-	-	-	39
38	3.29,0	228	33	8.6	13.8	14	13	38	4.04,0	208	29	-	15.6	17	27	38
37	3.30,0	227	-	-	-	-	-	37	4.06,0	207	-	9.6	15.7	-	-	37
36	3.31,0	226	32	8.7	13.9	-	-	36	4.08,0	206	-	-	15.8	-	26	36
35	3.32,0	225	-	-	14	13	-	35	4.10,0	205	28	9.7	15.9	16	-	35
34	3.34,0	224	31	8.8	14.1	-	12	34	4.12,0	203	-	-	16	-	25	34
33	3.36,0	223	-	-	14.2	-	-	33	4.14,0	201	-	9.8	16.1	-	-	33
32	3.38,0	222	30	8.9	14.3	12	-	32	4.16,0	199	27	-	16.2	15	24	32
31	3.40,0	221	-	-	14.4	-	-	31	4.18,0	197	-	9.9	16.3	-	-	31
30	3.42,0	220	29	9	14.5	11	11	30	4.20,0	195	-	-	16.4	-	23	30
29	3.44,0	219	-	-	14.6	-	-	29	4.23,0	193	26	10	16.5	14	-	29
28	3.46,0	218	28	9.1	14.7	10	-	28	4.26,0	191	-	-	16.6	-	22	28
27	3.48,0	217	-	-	14.8	-	-	27	4.29,0	189	25	10.1	16.7	-	-	27
26	3.50,0	216	27	9.2	14.9	9	10	26	4.32,0	187	-	10.2	16.8	13	21	26
25	3.52,0	215	-	-	15	-	-	25	4.35,0	185	24	10.3	16.9	-	-	25
24	3.55,0	213	26	9.3	15.1	8	-	24	4.38,0	183	-	10.4	17	12	20	24
23	3.58,0	211	-	-	15.2	-	-	23	4.41,0	181	23	10.5	17.1	-	-	23
22	4.01,0	209	25	9.4	15.3	7	9	22	4.44,0	179	-	10.6	17.2	11	19	22
21	4.04,0	207	-	-	15.4	-	-	21	4.47,0	177	22	10.7	17.3	-	-	21
20	4.07,0	205	24	9.5	15.5	6	-	20	4.50,0	175	-	10.8	17.4	10	18	20
19	4.10,0	203	-	-	15.6	-	8	19	4.53,0	173	21	10.9	17.5	-	-	19
18	4.13,0	201	23	9.6	15.7	5	-	18	4.56,0	171	-	11	17.7	9	17	18
17	4.16,0	199	22	-	15.8	-	-	17	4.59,0	169	20	11.1	17.9	-	-	17
16	4.20,0	197	21	9.7	15.9	4	7	16	5.02,0	167	19	11.2	18.1	8	16	16
15	4.24,0	195	20	-	16	-	-	15	5.05,0	165	18	11.3	18.3	-	-	15
14	4.28,0	193	19	9.8	16.2	3	-	14	5.09,0	163	17	11.4	18.5	7	15	14
13	4.32,0	191	18	-	16.4	-	6	13	5.13,0	161	16	11.5	18.7	-	-	13
12	4.36,0	189	17	9.9	16.6	2	-	12	5.17,0	159	15	11.6	18.9	6	14	12
11	4.40,0	187	16	-	16.8	-	-	11	5.21,0	157	14	11.7	19.1	-	-	11
10	4.44,0	185	15	10	17	1	5	10	5.25,0	155	13	11.8	19.3	5	13	10
9	4.48,0	182	14	10.1	17.2	-	-	9	5.29,0	153	12	11.9	19.6	-	12	9
8	4.52,0	179	13	10.2	17.4	0	-	8	5.33,0	151	11	12	19.9	4	11	8
7	4.56,0	176	12	10.3	17.6	-	4	7	5.37,0	149	10	12.1	20.2	3	10	7
6	5.00,0	173	11	10.4	17.8	-1	-	6	5.41,0	147	9	12.2	20.5	2	9	6
5	5.05,0	170	10	10.5	18	-	-	5	5.45,0	144	8	12.3	20.8	1	8	5
4	5.10,0	167	9	10.6	18.2	-2	3	4	5.50,0	141	7	12.4	21.1	0	7	4
3	5.15,0	163	8	10.8	18.4	-3	-	3	5.55,0	138	6	12.5	21.4	-1	6	3
2	5.20,0	159	7	11	18.7	-4	-	2	6.00,0	135	5	12.6	21.7	-2	5	2
1	5.25,0	155	6	11.2	19	-5	2	1	6.05,0	132	4	12.7	22	-3	4	1

**Таблица оценки результатов испытаний по программе "Спортивное многоборье" (тест)
Всероссийских спортивных соревнований школьников "Президентские состязания" в 2023-2024 учебном году (17 лет)**

Очки	Мальчики							Очки	Девочки							Очки
	Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 60 м. (сек.)	Бег 100 м. (сек.)	Наклон вперёд (см.)	Подтягивание (кол-во раз)		Бег 1000 м (мин., сек.)	Прыжок в длину с/м (см.)	Подъём туловища за 30 сек. (кол-во)	Бег 60 м. (сек.)	Бег 100 м. (сек.)	Наклон вперёд (см.)	Сгибание и разгибание рук в упоре (кол-во раз)	
70	2.38,0	275	48	7	11	32	34	70	3.00,0	258	43	7.7	12.2	35	65	70
69	2.40,0	273	-	7.1	11.2	31	32	69	3.03,0	256	-	7.8	12.4	34	62	69
68	2.42,0	271	47	7.2	11.4	30	30	68	3.06,0	254	42	7.9	12.6	33	59	68
67	2.44,0	269	-	-	11.6	29	28	67	3.09,0	252	-	8	12.8	32	56	67
66	2.46,0	267	46	7.3	11.8	28	26	66	3.12,0	250	41	8.1	13	31	53	66
65	2.48,0	265	-	-	11.9	27	25	65	3.15,0	248	-	8.2	13.2	30	50	65
64	2.50,0	263	45	7.4	12	26	24	64	3.17,0	246	40	8.3	13.4	29	48	64
63	2.52,0	261	-	-	12.1	-	23	63	3.19,0	244	-	8.4	13.6	28	46	63
62	2.54,0	259	44	7.5	12.2	25	22	62	3.21,0	242	39	8.5	13.8	27	44	62
61	2.56,0	257	-	-	12.3	-	21	61	3.23,0	240	-	-	13.9	-	42	61
60	2.58,0	255	43	7.6	12.4	24	-	60	3.25,0	238	38	8.6	14	26	40	60
59	3.00,0	254	-	-	12.5	-	20	59	3.27,0	236	-	-	14.1	-	39	59
58	3.02,0	253	42	7.7	12.6	23	-	58	3.29,0	234	37	8.7	14.2	25	38	58
57	3.04,0	252	-	-	-	-	19	57	3.31,0	232	-	-	14.3	-	37	57
56	3.06,0	251	41	7.8	12.7	22	-	56	3.33,0	230	36	8.8	14.4	24	36	56
55	3.07,0	250	-	-	-	-	-	55	3.35,0	228	-	-	14.5	-	35	55
54	3.08,0	249	-	7.9	12.8	21	18	54	3.37,0	236	-	8.9	14.6	23	34	54
53	3.09,0	248	40	-	-	-	-	53	3.39,0	224	35	-	14.7	-	-	53
52	3.10,0	247	-	8	12.9	20	-	52	3.41,0	222	-	9	14.8	22	33	52
51	3.11,0	246	-	-	-	-	-	51	3.43,0	221	-	-	14.9	-	-	51
50	3.12,0	245	39	8.1	13	19	17	50	3.45,0	220	34	9.1	15	21	32	50
49	3.13,0	244	-	-	-	-	-	49	3.46,0	219	-	-	-	-	-	49
48	3.14,0	243	-	-	-	-	-	48	3.47,0	218	-	-	15.1	-	-	48
47	3.15,0	242	38	8.2	13.1	18	-	47	3.48,0	217	33	9.2	-	20	31	47
46	3.16,0	241	-	-	-	-	16	46	3.49,0	216	-	-	15.2	-	-	46
45	3.17,0	240	-	-	-	-	-	45	3.50,0	215	-	-	-	-	-	45
44	3.18,0	239	37	8.3	13.2	17	-	44	3.52,0	214	32	9.3	15.3	19	30	44
43	3.19,0	238	-	-	-	-	-	43	3.54,0	213	-	-	-	-	-	43
42	3.20,0	237	36	-	-	-	15	42	3.56,0	212	-	-	15.4	-	29	42
41	3.21,0	236	-	8.4	13.3	16	-	41	3.58,0	211	31	9.4	-	18	-	41
40	3.22,0	235	35	-	-	-	-	40	4.00,0	210	-	-	15.5	-	28	40
39	3.23,0	234	-	-	13.4	-	-	39	4.02,0	209	-	9.5	-	-	-	39
38	3.24,0	233	34	8.5	-	15	14	38	4.04,0	208	30	-	15.6	17	27	38
37	3.25,0	232	-	-	13.5	-	-	37	4.06,0	207	-	9.6	15.7	-	-	37
36	3.26,0	231	33	-	-	-	-	36	4.08,0	206	-	-	15.8	-	26	36
35	3.27,0	230	-	8.6	13.6	14	-	35	4.10,0	205	29	9.7	15.9	16	-	35
34	3.28,0	229	32	-	-	-	13	34	4.12,0	203	-	-	16	-	25	34
33	3.29,0	228	-	-	13.7	-	-	33	4.14,0	201	-	9.8	16.1	-	-	33
32	3.31,0	227	31	8.7	-	13	-	32	4.16,0	199	28	-	16.2	15	24	32
31	3.33,0	226	-	-	13.8	-	-	31	4.18,0	197	-	9.9	16.3	-	-	31
30	3.35,0	225	30	8.8	-	12	12	30	4.20,0	195	27	-	16.4	-	23	30
29	3.37,0	224	-	-	13.9	-	-	29	4.23,0	193	-	10	16.5	14	-	29
28	3.39,0	223	29	8.9	-	11	-	28	4.26,0	191	26	-	16.6	-	22	28
27	3.41,0	222	-	-	14	-	-	27	4.29,0	189	-	10.1	16.7	-	-	27
26	3.43,0	221	28	9	-	10	11	26	4.32,0	187	25	10.2	16.8	13	21	26
25	3.45,0	220	-	-	14.1	-	-	25	4.35,0	185	-	10.3	16.9	-	-	25
24	3.47,0	218	27	9.1	14.2	9	-	24	4.38,0	183	24	10.4	17	12	20	24
23	3.50,0	216	-	-	14.3	-	-	23	4.41,0	181	-	10.5	17.1	-	-	23
22	3.53,0	214	26	9.2	14.4	8	10	22	4.44,0	179	23	10.6	17.2	11	19	22
21	3.56,0	212	-	-	14.5	-	-	21	4.47,0	177	-	10.7	17.3	-	-	21
20	3.59,0	210	25	9.3	14.6	7	-	20	4.50,0	175	22	10.8	17.4	10	18	20
19	4.02,0	208	-	-	14.7	-	-	19	4.53,0	173	-	10.9	17.5	-	-	19
18	4.05,0	206	24	9.4	14.8	6	9	18	4.56,0	171	21	11	17.7	9	17	18
17	4.08,0	204	23	-	14.9	-	-	17	4.59,0	169	-	11.1	17.9	-	-	17
16	4.11,0	202	22	9.5	15	5	-	16	5.02,0	167	20	11.2	18.1	8	16	16
15	4.15,0	200	21	-	15.1	-	8	15	5.05,0	165	19	11.3	18.3	-	-	15
14	4.19,0	198	20	9.6	15.2	4	-	14	5.09,0	163	18	11.4	18.5	7	15	14
13	4.23,0	196	19	-	15.3	-	-	13	5.13,0	161	17	11.5	18.7	-	-	13
12	4.27,0	194	18	9.7	15.4	3	7	12	5.17,0	159	16	11.6	18.9	6	14	12
11	4.31,0	192	17	-	15.6	-	-	11	5.21,0	157	15	11.7	19.1	-	-	11
10	4.35,0	190	16	9.8	15.8	2	-	10	5.25,0	155	14	11.8	19.3	5	13	10
9	4.39,0	188	15	9.9	16	-	6	9	5.29,0	153	13	11.9	19.6	-	12	9
8	4.43,0	186	14	10	16.2	1	-	8	5.33,0	151	12	12	19.9	4	11	8
7	4.47,0	183	13	10.1	16.4	-	-	7	5.37,0	149	11	12.1	20.2	3	10	7
6	4.51,0	180	12	10.2	16.6	0	5	6	5.41,0	147	10	12.2	20.5	2	9	6
5	4.55,0	177	11	10.3	16.9	-1	-	5	5.45,0	144	9	12.3	20.8	1	8	5
4	5.00,0	174	10	10.4	17.2	-2	-	4	5.50,0	141	8	12.4	21.1	0	7	4
3	5.05,0	171	9	10.6	17.5	-3	4	3	5.55,0	138	7	12.5	21.4	-1	6	3
2	5.10,0	168	8	10.8	17.7	-4	-	2	6.00,0	135	6	12.6	21.7	-2	5	2
1	5.15,0	165	7	11	18	-5	3	1	6.05,0	132	5	12.7	22	-3	4	1