FiZiKi YETERLiLiK TESTi STANDARTLARI (TABL0-2)

|  |  |  |  |
| --- | --- | --- | --- |
| **BARFiKS** | **MEKiK(2 dakika)****(2 Dakikada Yap1hr)** | **INAV (2 dakika)****(2 Dakikada Yap1hr)** | **2400 M. KO U** |
| TEKRAR | **PUAN** | TEKRAR | **PUAN** | TEKRAR | **PUAN** | SORE | **PUAN** | SORE | **PUAN** |
| 10 | **100** | 50 | **100** | 40 | **100** | 12:30:00 | **100** | 13:45:00 | **50** |
| 49 | **98** | 39 | **98** | 12:31:30 | **99** | 13:46:30 | **49** |
| 48 | **96** | 38 | **96** | 12:33:00 | **98** | 13:48:00 | **48** |
| 9 | **90** | 47 | **94** | 37 | **94** | 12:34:30 | **97** | 13:49:30 | **47** |
| 46 | **92** | 36 | **92** | 12:36:00 | **96** | 13:51:00 | **46** |
| 45 | **90** | 35 | **90** | 12:37:30 | **95** | 13:52:30 | **45** |
| 8 | **80** | 44 | **88** | 34 | **88** | 12:39:00 | **94** | 13:54:00 | **44** |
| 43 | **86** | 33 | **86** | 12:40:30 | **93** | 13:55:30 | **43** |
| 42 | **84** | 32 | **84** | 12:42:00 | **92** | 13:57:00 | **42** |
| 7 | **70** | 41 | **82** | 31 | **82** | 12:43:30 | **91** | 13:58:30 | **41** |
| 40 | **80** | 30 | **80** | 12:45:00 | **90** | 14:00:00 | **40** |
| 39 | **78** | 29 | **78** | 12:46:30 | **89** | 14:01:30 | **39** |
| 6 | **60** | 38 | **76** | 28 | **76** | 12:48:00 | **88** | 14:03:00 | **38** |
| 37 | **74** | 27 | **74** | 12:49:30 | **87** | 14:04:30 | **37** |
| 36 | **72** | 26 | **72** | 12:51:00 | **86** | 14:06:00 | **36** |
| 5 | **50** | 35 | **70** | 25 | **70** | 12:52:30 | **85** | 14:07:30 | **35** |
| 34 | **68** | 24 | **68** | 12:54:00 | **84** | 14:09:00 | **34** |
| 33 | **66** | 23 | **66** | 12:55:30 | **83** | 14:10:30 | **33** |
| 4 | **40** | 32 | **64** | 22 | **64** | 12:57:00 | **82** | 14:12:00 | **32** |
| 31 | **62** | 21 | **62** | 12:58:30 | **81** | 14:13:30 | **31** |
| 30 | **60** | 20 | **60** | 13:00:00 | **80** | 14:15:00 | **30** |
| 3 | **30** | 29 | **58** | 19 | **58** | 13:01:30 | **79** | 14:16:30 | **29** |
| 28 | **56** | 18 | **56** | 13:03:00 | **78** | 14:18:00 | **28** |
| 27 | **54** | 17 | **54** | 13:04:30 | **77** | 14:19:30 | **27** |
| 2 | **20** | 26 | **52** | 16 | **52** | 13:06:00 | **76** | 14:21:00 | **26** |
| 25 | **50** | 15 | **50** | 13:07:30 | **75** | 14:22:30 | **25** |
| 24 | **48** | 14 | **48** | 13:09:00 | **74** | 14:24:00 | **24** |
| 1 | **10** | 23 | **46** | 13 | **46** | 13:10:30 | **73** | 14:25:30 | **23** |
| 22 | **44** | 12 | **44** | 13:12:00 | **72** | 14:27:00 | **22** |
| 21 | **42** | 11 | **42** | 13:13:30 | **71** | 14:28:30 | **21** |
| 0 | **0** | 20 | **40** | 10 | **40** | 13:15:00 | **70** | 14:30:00 | **20** |
| 19 | **35** | 9 | **35** | 13:16:30 | **69** | 14:31:30 | **19** |
|  |  | 18 | **30** | 8 | **30** | 13:18:00 | **68** | 14:33:00 | **18** |
|  |  | 17 | **20** | 7 | **20** | 13:19:30 | **67** | 14:34:30 | **17** |
|  |  | 16 | **10** | 6 | **10** | 13:21:00 | **66** | 14:36:00 | **16** |
|  |  | 15 | **1** | 5 | **1** | 13:22:30 | **65** | 14:37:30 | **15** |
|  |  | 14 | **0** | 4 | **0** | 13:24:00 | **64** | 14:39:00 | **14** |
|  |  |  |  |  |  | 13:25:30 | **63** | 14:40:30 | **13** |
|  |  |  |  |  |  | 13:27:00 | **62** | 14:42:00 | **12** |
|  |  |  |  |  |  | 13:28:30 | **61** | 14:43:30 | **11** |
|  |  |  |  |  |  | 13:30:00 | **60** | 14:45:00 | **10** |
|  |  |  |  |  |  | 13:31:30 | **59** | 14:46:30 | **9** |
|  |  |  |  |  |  | 13:33:00 | **58** | 14:48:00 | **8** |
|  |  |  |  |  |  | 13:34:30 | **57** | 14:49:30 | **7** |
|  |  |  |  |  |  | 13:36:00 | **56** | 14:51:00 | **6** |
|  |  |  |  |  |  | 13:37:30 | **55** | 14:52:30 | **5** |
|  |  |  |  |  |  | 13:39:00 | **54** | 14:54:00 | **4** |
|  |  |  |  |  |  | 13:40:30 | **53** | 14:55:30 | **3** |
|  |  |  |  |  |  | 13:42:00 | **52** | 14:57:00 | **2** |
|  |  |  |  |  |  | 13:43:30 | **51** | 14:58:30 | **1** |
|  |  |  |  |  |  |  |  | 15:00:00 | **0** |

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