

DZIEWCZĘTA

LEKKOATLETYCZNE TABELLE PUNKTOWE

• Czwórbój lekkoatletyczny

R - pomiar ręczny

| PKT | 60 m | 60 R | 600 m | skok wzwyż | skok w dal | piłka palant. | PKT |
|------------------|------------------|------------------|-----------------|----------------|----------------|-----------------|------------------|
| Powyżej 200 pkt. | 1 pkt. za 0,01 s | 10 pkt. za 0,1 s | 1 pkt. za 0,2 s | 2 pkt. za 1 cm | 1 pkt. za 2 cm | 2 pkt. za 0,5 m | Powyżej 200 pkt. |
| 200 | 7.38 | 7.1 | 1:32.11 | 1.79 | 5.93 | 77.0 | 200 |
| 199 | 7.39 | | 1:32.29 | 1.78 | 5.91 | 76.5 | 199 |
| 198 | 7.40 | | 1:32.48 | 1.77 | 5.90 | | 198 |
| 197 | 7.42 | | 1:32.67 | | 5.88 | 76.0 | 197 |
| 196 | 7.43 | | 1:32.86 | 1.76 | 5.87 | | 196 |
| 195 | 7.44 | 7.2 | 1:33.05 | | 5.85 | 75.5 | 195 |
| 194 | 7.46 | | 1:33.24 | 1.75 | 5.84 | | 194 |
| 193 | 7.47 | | 1:33.43 | | 5.83 | 75.0 | 193 |
| 192 | 7.48 | | 1:33.62 | 1.74 | 5.81 | 74.5 | 192 |
| 191 | 7.50 | | 1:33.81 | | 5.80 | | 191 |
| 190 | 7.51 | | 1:34.00 | | 5.78 | 74.0 | 190 |
| 189 | 7.52 | | 1:34.19 | 1.73 | 5.77 | | 189 |
| 188 | 7.54 | | 1:34.39 | | 5.76 | 73.5 | 188 |
| 187 | 7.55 | 7.3 | 1:34.58 | 1.72 | 5.74 | | 187 |
| 186 | 7.56 | | 1:34.77 | | 5.73 | 73.0 | 186 |
| 185 | 7.58 | | 1:34.97 | 1.71 | 5.71 | 72.5 | 185 |
| 184 | 7.59 | | 1:35.17 | | 5.70 | | 184 |
| 183 | 7.60 | | 1:35.36 | 1.70 | 5.68 | 72.0 | 183 |
| 182 | 7.61 | | 1:35.56 | | 5.67 | | 182 |
| 181 | 7.62 | | 1:35.76 | 1.69 | 5.65 | 71.5 | 181 |
| 180 | 7.63 | 7.4 | 1:35.95 | | 5.64 | 71.0 | 180 |
| 179 | 7.64 | | 1:36.15 | 1.68 | 5.63 | | 179 |
| 178 | 7.65 | | 1:36.35 | | 5.61 | 70.5 | 178 |
| 177 | 7.66 | | 1:36.55 | 1.67 | 5.60 | | 177 |
| 176 | 7.67 | | 1:36.75 | | 5.58 | 70.0 | 176 |
| 175 | 7.68 | | 1:36.95 | | 5.57 | 69.5 | 175 |
| 174 | 7.69 | | 1:37.16 | 1.66 | 5.55 | | 174 |
| 173 | 7.70 | | 1:37.36 | | 5.54 | 69.0 | 173 |
| 172 | 7.71 | | 1:37.56 | 1.65 | 5.52 | | 172 |
| 171 | 7.72 | | 1:37.77 | | 5.51 | 68.5 | 171 |
| 170 | 7.73 | 7.5 | 1:37.97 | 1.64 | 5.49 | 68.0 | 170 |
| 169 | 7.74 | | 1:38.18 | | 5.48 | | 169 |
| 168 | 7.75 | | 1:38.46 | 1.63 | 5.47 | 67.5 | 168 |
| 167 | 7.76 | | 1:38.74 | | 5.46 | | 167 |
| 166 | 7.77 | | 1:38.98 | 1.62 | 5.45 | 67.0 | 166 |
| 165 | 7.78 | | 1:39.26 | | 5.44 | | 165 |
| 164 | 7.79 | | 1:39.54 | 1.61 | 5.43 | 66.5 | 164 |
| 163 | 7.80 | | 1:39.82 | | 5.42 | 66.0 | 163 |
| 162 | 7.81 | | 1:40.10 | 1.60 | 5.41 | | 162 |
| 161 | 7.82 | | 1:40.38 | | 5.39 | 65.5 | 161 |
| 160 | 7.83 | 7.6 | 1:40.66 | | 5.38 | | 160 |
| 159 | 7.84 | | 1:40.94 | 1.59 | 5.36 | 65.0 | 159 |
| 158 | 7.85 | | 1:41.22 | | 5.34 | 64.5 | 158 |
| 157 | 7.86 | | 1:41.50 | 1.58 | 5.32 | | 157 |
| 156 | 7.87 | | 1:41.78 | | 5.30 | 64.0 | 156 |
| 155 | 7.88 | | 1:42.06 | 1.57 | 5.27 | | 155 |
| 154 | 7.89 | | 1:42.34 | | 5.24 | 63.5 | 154 |
| 153 | 7.90 | | 1:42.62 | 1.56 | 5.21 | 63.0 | 153 |
| 152 | 7.91 | | 1:42.80 | | 5.19 | | 152 |
| 152 | 7.92 | | 1:42.95 | | 5.18 | | 152 |
| 150 | 7.93 | 7.7 | 1:43.10 | 1.55 | 5.17 | 62.5 | 150 |
| 149 | 7.94 | | 1:43.25 | | 5.16 | | 149 |
| 148 | 7.95 | | 1:43.40 | 1.54 | 5.15 | | 148 |

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|-----|------|-----|---------|------|------|------|-----|
| 147 | 7.96 | | 1:43.55 | | 5.14 | 62.0 | 147 |
| 146 | 7.97 | | 1:43.70 | 1.53 | 5.13 | | 146 |
| 145 | 7.98 | | 1:43.80 | | 5.12 | | 145 |
| 144 | 7.99 | | 1:43.90 | 1.52 | | 61.5 | 144 |
| 143 | 8.00 | | 1:44.00 | | 5.11 | | 143 |
| 142 | 8.01 | | 1:44.10 | | 5.10 | | 142 |
| 141 | 8.02 | | 1:44.20 | 1.51 | 5.09 | 61.0 | 141 |
| 140 | 8.03 | 7.8 | 1:44.30 | | | | 140 |
| 139 | 8.05 | | 1:44.40 | | 5.08 | 60.5 | 139 |
| 138 | 8.06 | | 1:44.50 | 1.50 | 5.07 | | 138 |
| 137 | 8.07 | | 1:44.60 | | 5.06 | 60.0 | 137 |
| 136 | 8.09 | | 1:44.70 | | | | 136 |
| 135 | 8.10 | | 1:44.80 | 1.49 | 5.05 | 59.5 | 135 |
| 134 | 8.12 | | 1:44.90 | | 5.04 | | 134 |
| 133 | 8.13 | 7.9 | 1:45.00 | | 5.03 | 59.0 | 133 |
| 132 | 8.14 | | 1:45.10 | 1.48 | | | 132 |
| 131 | 8.15 | | 1:45.20 | | 5.02 | 58.5 | 131 |
| 130 | 8.16 | | 1:45.30 | | 5.01 | | 130 |
| 129 | 8.18 | | 1:45.40 | 1.47 | 5.00 | 58.0 | 129 |
| 128 | 8.19 | | 1:45.50 | | | | 128 |
| 127 | 8.20 | | 1:45.60 | | 4.99 | 57.5 | 127 |
| 126 | 8.21 | | 1:45.70 | 1.46 | 4.98 | | 126 |
| 125 | 8.22 | | 1:45.80 | | 4.97 | 57.0 | 125 |
| 124 | 8.23 | 8.0 | 1:45.90 | | | | 124 |
| 123 | 8.24 | | 1:46.00 | 1.45 | 4.96 | 56.5 | 123 |
| 122 | 8.25 | | 1:46.10 | | 4.95 | | 122 |
| 121 | 8.26 | | 1:46.20 | | 4.94 | 56.0 | 121 |
| 120 | 8.27 | | 1:46.30 | 1.44 | | | 120 |
| 119 | 8.28 | | 1:46.40 | | 4.93 | 55.5 | 119 |
| 118 | 8.29 | | 1:46.50 | | 4.92 | | 118 |
| 117 | 8.30 | | 1:46.60 | 1.43 | 4.91 | 55.0 | 117 |
| 116 | 8.31 | | 1:46.70 | | | | 116 |
| 115 | 8.32 | | 1:46.80 | | 4.90 | 54.5 | 115 |
| 114 | 8.33 | 8.1 | 1:46.90 | 1.42 | 4.89 | | 114 |
| 113 | 8.34 | | 1:47.00 | | 4.88 | 54.0 | 113 |
| 112 | 8.35 | | 1:47.10 | | | | 112 |
| 111 | 8.36 | | 1:47.20 | 1.41 | 4.87 | 53.5 | 111 |
| 110 | 8.37 | | 1:47.30 | | 4.86 | | 110 |
| 109 | 8.38 | | 1:47.40 | | 4.85 | 53.0 | 109 |
| 108 | 8.39 | | 1:47.50 | 1.40 | | 52.5 | 108 |
| 107 | 8.40 | | 1:47.60 | | 4.84 | | 107 |
| 106 | 8.41 | | 1:47.70 | | 4.83 | 52.0 | 106 |
| 105 | 8.42 | | 1:47.80 | 1.39 | 4.82 | | 105 |
| 104 | 8.43 | 8.2 | 1:47.90 | | 4.81 | 51.5 | 104 |
| 103 | 8.45 | | 1:47.99 | | 4.80 | 51.0 | 103 |
| 102 | 8.47 | | 1:48.08 | 1.38 | 4.79 | | 102 |
| 101 | 8.48 | | 1:48.20 | | 4.78 | 50.5 | 101 |
| 100 | 8.49 | | 1:48.40 | | 4.77 | 50.0 | 100 |
| 99 | 8.50 | | 1:48.60 | 1.37 | 4.76 | | 99 |
| 98 | 8.52 | | 1:48.90 | | 4.75 | 49.5 | 98 |
| 97 | 8.54 | 8.3 | 1:49.20 | | 4.74 | 49.0 | 97 |
| 96 | 8.56 | | 1:49.50 | 1.36 | 4.73 | | 96 |
| 95 | 8.58 | | 1:49.80 | | 4.72 | 48.5 | 95 |
| 94 | 8.60 | | 1:50.15 | | 4.71 | 48.0 | 94 |
| 93 | 8.62 | | 1:50.50 | 1.35 | 4.70 | 47.5 | 93 |
| 92 | 8.64 | 8.4 | 1:50.90 | | 4.69 | | 92 |
| 91 | 8.66 | | 1:51.30 | | 4.68 | 47.0 | 91 |
| 90 | 8.69 | | 1:51.75 | 1.34 | 4.67 | 46.5 | 90 |
| 89 | 8.72 | | 1:52.20 | | 4.66 | 46.0 | 89 |
| 88 | 8.75 | 8.5 | 1:52.70 | | 4.64 | | 88 |
| 87 | 8.78 | | 1:53.20 | 1.33 | 4.63 | 45.5 | 87 |
| 86 | 8.81 | | 1:53.75 | | 4.62 | 45.0 | 86 |
| 85 | 8.84 | 8.6 | 1:54.35 | | 4.61 | 44.5 | 85 |
| 84 | 8.87 | | 1:54.95 | 1.32 | 4.59 | | 84 |
| 83 | 8.89 | | 1:55.55 | | 4.58 | 44.0 | 83 |
| 82 | 8.91 | | 1:56.15 | | 4.56 | 43.5 | 82 |

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|----|-------|------|---------|------|------|------|----|
| 81 | 8.93 | | 1:56.75 | 1.31 | 4.55 | 43.0 | 81 |
| 80 | 8.95 | 8.7 | 1:57.30 | | 4.53 | | 80 |
| 79 | 8.97 | | 1:57.85 | | 4.51 | 42.5 | 79 |
| 78 | 9.00 | | 1:58.35 | 1.30 | 4.49 | 42.0 | 78 |
| 77 | 9.02 | | 1:58.85 | | 4.47 | 41.5 | 77 |
| 76 | 9.05 | 8.8 | 1:59.35 | | 4.45 | | 76 |
| 75 | 9.07 | | 1:59.85 | 1.29 | 4.42 | 41.0 | 75 |
| 74 | 9.10 | | 2:00.35 | | 4.39 | 40.5 | 74 |
| 73 | 9.13 | 8.9 | 2:00.85 | | 4.37 | 40.0 | 73 |
| 72 | 9.16 | | 2:01.35 | 1.28 | 4.35 | | 72 |
| 71 | 9.20 | | 2:01.85 | | 4.33 | 39.5 | 71 |
| 70 | 9.23 | 9.0 | 2:02.35 | | 4.31 | 39.0 | 70 |
| 69 | 9.26 | | 2:02.85 | 1.27 | 4.29 | 38.5 | 69 |
| 68 | 9.28 | | 2:03.40 | | 4.27 | | 68 |
| 67 | 9.30 | | 2:03.95 | | 4.25 | 38.0 | 67 |
| 66 | 9.32 | | 2:04.50 | 1.26 | 4.23 | 37.5 | 66 |
| 65 | 9.35 | 9.1 | 2:05.05 | | 4.21 | 37.0 | 65 |
| 64 | 9.39 | | 2:05.60 | | 4.19 | | 64 |
| 63 | 9.43 | 9.2 | 2:06.15 | 1.25 | 4.17 | 36.5 | 63 |
| 62 | 9.47 | | 2:06.70 | | 4.15 | 36.0 | 62 |
| 61 | 9.51 | | 2:07.25 | 1.24 | 4.13 | 35.5 | 61 |
| 60 | 9.55 | 9.3 | 2:07.80 | | 4.11 | | 60 |
| 59 | 9.59 | | 2:08.35 | 1.23 | 4.09 | 35.0 | 59 |
| 58 | 9.63 | 9.4 | 2:08.90 | | 4.07 | 34.5 | 58 |
| 57 | 9.67 | | 2:09.45 | 1.22 | 4.05 | 34.0 | 57 |
| 56 | 9.71 | | 2:10.00 | | 4.03 | 33.5 | 56 |
| 55 | 9.75 | 9.5 | 2:10.55 | 1.21 | 4.01 | | 55 |
| 54 | 9.79 | | 2:11.10 | | 3.99 | 33.0 | 54 |
| 53 | 9.83 | 9.6 | 2:11.65 | 1.20 | 3.97 | 32.5 | 53 |
| 52 | 9.87 | | 2:12.20 | | 3.94 | 32.0 | 52 |
| 51 | 9.91 | | 2:12.75 | 1.19 | 3.91 | 31.5 | 51 |
| 50 | 9.95 | 9.7 | 2:13.30 | | 3.88 | | 50 |
| 49 | 9.99 | | 2:13.85 | 1.18 | 3.85 | 31.0 | 49 |
| 48 | 10.03 | 9.8 | 2:14.40 | | 3.82 | 30.5 | 48 |
| 47 | 10.07 | | 2:14.95 | 1.17 | 3.79 | 30.0 | 47 |
| 46 | 10.11 | | 2:15.50 | | 3.76 | | 46 |
| 45 | 10.15 | 9.9 | 2:16.05 | 1.16 | 3.73 | 29.5 | 45 |
| 44 | 10.19 | | 2:16.60 | | 3.70 | 29.0 | 44 |
| 43 | 10.23 | 10.0 | 2:17.15 | 1.15 | 3.67 | 28.5 | 43 |
| 42 | 10.27 | | 2:17.70 | | 3.64 | | 42 |
| 41 | 10.31 | | 2:18.25 | 1.14 | 3.61 | 28.0 | 41 |
| 40 | 10.35 | 10.1 | 2:18.80 | | 3.58 | 27.5 | 40 |
| 39 | 10.39 | | 2:19.35 | 1.13 | 3.55 | 27.0 | 39 |
| 38 | 10.43 | 10.2 | 2:19.90 | | 3.52 | | 38 |
| 37 | 10.47 | | 2:20.45 | 1.12 | 3.49 | 26.5 | 37 |
| 36 | 10.51 | | 2:21.00 | | 3.46 | 26.0 | 36 |
| 35 | 10.55 | 10.3 | 2:21.55 | 1.11 | 3.43 | 25.5 | 35 |
| 34 | 10.59 | | 2:22.10 | | 3.40 | 25.0 | 34 |
| 33 | 10.63 | 10.4 | 2:22.65 | 1.10 | 3.37 | 24.5 | 33 |
| 32 | 10.67 | | 2:23.20 | | 3.34 | 24.0 | 32 |
| 31 | 10.71 | | 2:23.75 | 1.09 | 3.31 | 23.5 | 31 |
| 30 | 10.75 | 10.5 | 2:24.30 | | 3.28 | 23.0 | 30 |
| 29 | 10.79 | | 2:24.85 | 1.08 | 3.25 | 22.5 | 29 |
| 28 | 10.83 | 10.6 | 2:25.40 | 1.07 | 3.22 | 22.0 | 28 |
| 27 | 10.87 | | 2:25.95 | | 3.19 | 21.5 | 27 |
| 26 | 10.91 | | 2:26.50 | 1.06 | 3.16 | 21.0 | 26 |
| 25 | 10.95 | 10.7 | 2:27.10 | 1.05 | 3.13 | 20.5 | 25 |
| 24 | 10.99 | | 2:27.70 | | 3.10 | 20.0 | 24 |
| 23 | 11.04 | 10.8 | 2:28.30 | 1.04 | 3.07 | 19.5 | 23 |
| 22 | 11.09 | | 2:28.95 | 1.03 | 3.04 | 19.0 | 22 |
| 21 | 11.14 | 10.9 | 2:29.65 | | 3.01 | 18.5 | 21 |
| 20 | 11.19 | | 2:30.35 | 1.02 | 2.98 | 18.0 | 20 |
| 19 | 11.25 | 11.0 | 2:31.05 | 1.01 | 2.95 | 17.5 | 19 |
| 18 | 11.31 | 11.1 | 2:31.75 | 1.00 | 2.92 | 17.0 | 18 |
| 17 | 11.37 | | 2:32.45 | | 2.89 | 16.5 | 17 |
| 16 | 11.43 | 11.2 | 2:33.15 | 0.99 | 2.86 | 16.0 | 16 |

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|----|-------|------|---------|------|------|------|----|
| 15 | 11.49 | | 2:33.85 | 0.98 | 2.83 | 15.5 | 15 |
| 14 | 11.56 | 11.3 | 2:34.65 | 0.97 | 2.80 | 15.0 | 14 |
| 13 | 11.64 | 11.4 | 2:35.45 | 0.96 | 2.77 | 14.5 | 13 |
| 12 | 11.72 | 11.5 | 2:36.25 | 0.95 | 2.74 | 14.0 | 12 |
| 11 | 11.80 | 11.6 | 2:37.05 | 0.94 | 2.71 | 13.5 | 11 |
| 10 | 11.88 | 11.7 | 2:37.85 | 0.93 | 2.67 | 13.0 | 10 |
| 9 | 11.96 | | 2:38.65 | 0.92 | 2.63 | 12.5 | 9 |
| 8 | 12.04 | 11.8 | 2:39.45 | 0.91 | 2.59 | 12.0 | 8 |
| 7 | 12.12 | 11.9 | 2:40.25 | 0.90 | 2.55 | 11.5 | 7 |
| 6 | 12.20 | 12.0 | 2:41.05 | 0.88 | 2.50 | 11.0 | 6 |
| 5 | 12.30 | 12.1 | 2:41.85 | 0.87 | 2.45 | 10.5 | 5 |
| 4 | 12.40 | 12.2 | 2:42.65 | 0.85 | 2.40 | 10.0 | 4 |
| 3 | 12.50 | 12.3 | 2:43.35 | 0.84 | 2.35 | 9.5 | 3 |
| 2 | 12.62 | 12.4 | 2:44.35 | 0.82 | 2.25 | 9.0 | 2 |
| 1 | 12.75 | 12.5 | 2:45.35 | 0.80 | 2.10 | 8.0 | 1 |