

Kaitseministri 21. detsembri 2007. a määruse nr 35  
 ”Kaadrikaitseväelase füüsilise ettevalmistuse nõuded”  
 Lisa  
 (Kaitseministri 07.03.2011.a määruse nr 4 sõnastuses)

[RT I, 15.03.2011,2 – jõust. 18.03.2011]

**Füüsilise ettevalmistuse katsete punktitable**

<b>Mehed/naised käte kõverdamine toenglamangus</b>										
<b>Kordused</b>	<b>Vanus</b>								<b>* naised</b>	
	<b>17–30</b>	<b>17–25*</b>	<b>31–35</b>	<b>26–30*</b>	<b>36–40</b>	<b>31–35*</b>	<b>41–50</b>	<b>36–40*</b>	<b>51+</b>	<b>41+*</b>
82	100									
81	99									
80	98									
79	97									
78	96									
77	95									
76	94									
75	93									
74	92									
73	91		100							
72	90		99		100					
71	89		98		99					
70	88		97		98					
69	87		96		97					
68	86		95		96					
67	85		94		95					
66	84		93		94		100			
65	83		92		93		99			
64	82		91		92		98			
63	81		90		91		97			
62	80		89		90		96			
61	79		88		89		95			
60	78		87		88		94			

59	77		86		87		93			
58	76	100*	85		86		92			
57	75	99	84		85		91			
56	74	98	83		84		90		100	
55	73	97	82		83		89		99	
54	72	96	81		82		88		98	
53	71	95	80		81		87		97	
52	70	94	79	100*	80		86		96	
51	69	93	78	99	79		85		95	
50	68	92	77	98	78		84		94	
49	67	91	76	97	77		83		93	
48	66	90	75	96	76	100*	82		92	
47	65	89	74	95	75	99	81		91	
46	64	88	73	94	74	98	80		90	
45	63	87	72	93	73	97	79	100*	89	
44	62	86	71	92	72	96	78	99	88	
43	61	85	70	91	71	95	77	98	87	
42	60	84	69	90	70	94	76	97	86	
41	59	83	68	89	69	93	75	96	85	
40	58	82	67	88	68	92	74	95	84	100*
39	57	81	66	87	67	91	73	94	83	99
38	56	80	65	86	66	90	72	93	82	98
37	55	79	64	85	65	89	71	92	81	97
36	54	78	63	84	64	88	70	91	80	96
35	53	77	62	83	63	87	69	90	79	95
34	52	76	61	82	62	86	68	89	78	94
33	51	75	60	81	61	85	67	88	77	93
32	50	74	59	80	60	84	66	87	76	92
31	49	73	58	79	59	83	65	86	75	91
30	48	72	57	78	58	82	64	85	74	90
29	47	71	56	77	57	81	63	84	73	89
28	46	70	55	76	56	80	62	83	72	88
27	45	69	54	75	55	79	61	82	71	87
26	44	68	53	74	54	78	60	81	70	86
25	43	67	52	73	53	77	59	80	69	85

24	42	66	51	72	52	76	58	79	68	84
23	41	65	50	71	51	75	57	78	67	83
22	40	64	48	70	50	74	56	77	66	82
21	39	63	46	69	48	73	55	76	65	81
20	38	62	44	68	46	72	54	75	64	80
19	37	61	42	67	44	71	52	74	63	79
18	36	60	40	66	42	70	50	72	62	78
17	34	58	38	65	40	68	48	70	61	77
16	32	56	36	64	38	66	46	68	60	76
15	30	54	34	62	36	64	44	66	57	75
14	28	52	32	60	34	62	42	64	54	74
13	26	50	30	58	32	60	39	62	51	72
12	24	48	28	56	30	58	36	60	48	70
11	22	44	26	54	28	56	33	58	44	68
10	20	40	24	52	26	54	30	56	40	64
9	18	36	22	50	24	52	27	54	36	60
8	16	32	20	45	22	50	24	52	32	56
7	14	28	18	40	20	44	21	50	28	52
6	12	24	16	35	18	38	18	43	24	48
5	10	20	14	30	15	32	16	36	20	40
4	8	16	12	24	12	26	12	29	16	32
3	6	12	9	18	9	20	9	22	12	24
2	4	8	6	12	6	14	6	15	8	16
1	2	4	3	6	3	7	3	8	4	8

[RT I, 15.03.2011,2 – jõust. 18.03.2011]

Mehed/naised tõus istesse selili lamangust										
Tulemus	Vanus									
	17–30	17–25*	31–35	26–30*	36–40	31–35*	41–50	36–40*	51+	* naised
92	100									
91	99									
90	98	100*								
89	97	99								
88	96	98								
87	95	97								
86	94	96								
85	93	95								
84	92	94								
83	91	93								
82	90	92								
81	89	91								
80	88	90								
79	87	89								
78	86	88	100							
77	85	87	99							
76	84	86	98							
75	83	85	97	100						
74	82	84	96	99						
73	81	83	95	98	100					
72	80	82	94	97	99					
71	79	81	93	96	98					
70	78	80	92	95	97	100				
69	77	79	91	94	96	99	100			
68	76	78	90	93	95	98	99			
67	75	77	89	92	94	97	98	100		
66	74	76	88	91	93	96	97	99	100	
65	73	75	87	90	92	95	96	98	99	
64	72	74	86	89	91	94	95	97	98	
63	71	73	85	88	90	93	94	96	97	
62	70	72	84	87	89	92	93	95	96	100
61	69	71	83	86	88	91	92	94	96	99
60	68	70	82	85	87	90	91	93	94	98
59	67	69	81	84	86	89	90	92	93	97
58	66	68	80	83	85	88	89	91	92	96
57	65	67	79	82	84	87	88	90	91	95
56	64	66	78	81	83	86	87	89	90	94

55	63	65	77	80	82	85	86	88	89	93
54	62	64	76	79	81	84	85	87	88	92
53	61	63	75	78	80	83	84	86	87	91
52	60	62	74	77	79	82	83	85	86	90
51	59	61	73	76	78	81	82	84	85	89
50	58	60	72	75	77	80	81	83	54	88
49	57	59	71	74	76	79	80	82	83	87
48	56	58	70	73	75	78	79	81	82	86
47	55	57	69	72	74	77	78	80	81	85
46	54	56	68	71	73	76	77	79	80	84
45	53	55	67	70	72	75	76	78	79	83
44	52	54	66	69	71	74	75	77	78	82
43	51	53	65	68	70	73	74	76	77	81
42	50	52	64	67	69	72	73	75	76	80
41	49	51	63	66	68	71	72	74	75	79
40	48	50	62	65	67	70	71	73	74	78
39	47	49	61	64	66	69	70	72	73	77
38	46	48	50	63	65	68	69	71	72	76
37	45	47	59	62	64	67	68	70	71	75
36	44	46	58	61	63	66	67	69	70	74
35	43	45	57	60	62	65	66	68	69	73
34	42	44	56	59	61	64	65	67	68	72
33	41	43	55	58	60	63	64	66	67	71
32	40	42	54	57	59	62	63	65	66	70
31	39	41	53	56	58	61	62	64	65	69
30	38	40	52	55	57	60	61	63	64	68
29	37	39	51	54	56	58	60	62	63	67
28	36	38	50	53	55	56	58	61	62	66
27	35	37	49	52	54	54	56	60	61	65
26	34	36	48	51	52	52	54	58	60	64
25	33	35	47	50	50	50	52	56	58	63
24	32	34	46	48	48	48	50	54	56	62
23	31	33	45	46	46	46	48	52	54	61
22	30	32	44	44	44	44	46	50	52	60
21	29	31	42	42	42	42	44	48	50	58
20	28	30	40	40	40	40	42	46	48	56
19	27	29	38	38	38	38	40	44	46	54
18	26	28	36	36	36	36	38	42	44	52
17	25	27	34	34	34	34	36	40	42	50
16	24	26	32	32	32	32	34	38	40	48
15	23	25	30	30	30	30	32	36	38	45
14	22	24	28	28	28	28	30	34	35	42
13	21	23	26	26	26	26	28	32	34	39
12	20	22	24	24	24	24	26	30	32	36
11	19	21	22	22	22	22	24	28	30	33
10	18	20	20	20	20	20	22	26	28	30
9	17	18	18	18	18	18	20	24	26	27
8	15	15	16	16	16	16	18	22	24	24
7	14	14	14	14	14	14	16	20	21	21
6	12	12	12	12	12	12	14	18	18	18
5	10	10	10	10	10	10	12	15	15	15

4	8	8	8	8	8	8	10	12	12	12
3	6	6	6	6	6	6	8	8	8	8
2	4	4	4	4	4	4	6	6	6	6
1	2	2	2	2	2	2	3	3	3	3

3200 m jooks										
Aeg	Vanus							* naised		
	17-30	17-25*	31-35	26-30*	36-40	31-35*	41-50	36-40*	51+	41+*
11:54	100									
12:00	99									
12:06	98									
12:12	97									
12:18	96									
12:24	95									
12:30	94									
12:36	93									
12:42	92									
12:48	91									
12:54	90									
13:00	89									
13:06	88									
13:12	87									
13:18	86									
13:24	85									
13:30	84									
13:36	83									
13:42	82									
13:48	81									
13:54	80									
14:00	79		100							
14:06	78		99							
14:12	77		98							
14:18	76		97							
14:24	75		96							
14:30	74		95							
14:36	73		94							
14:42	72		93		100					
14:48	71		92		99					
14:54	70	100	91		98					
15:00	69	99	90		97					
15:06	68	98	89		96		100			
15:12	67	97	88		95		99			
15:18	66	96	87		94		98			
15:24	65	95	86		93		97			
15:30	64	94	85		92		96			
15:36	63	93	84		91		95			
15:42	62	92	83		90		94			
15:48	61	91	82		89		93			
15:54	60	90	81		88		92			
16:00	59	89	80		87		91		100	

16:06	58	88	79		86		90		99	
16:12	57	87	78		85		89		98	
16:18	56	86	77		84		88		97	
16:24	55	85	76		83		87		96	
16:30	54	84	75		82		86		95	
16:36	53	83	74		81		85		94	
16:42	52	82	73		80		84		93	
16:48	51	81	72		79		83		92	
16:54	50	80	71		78		82		91	
17:00	48	79	70		77		81		90	
17:06	46	78	69		76		80		89	
17:12	44	77	68		75		79		88	
17:18	42	76	67		74		78		87	
17:24	40	75	66		73		77		86	
17:30	38	74	65		72		76		85	
17:36	36	73	64		71		75		84	
17:42	34	72	63		70		74		83	
17:48	32	71	62		69		73		82	
17:54	30	70	61		68		72		81	
18:00	28	69	60		67		71		80	
18:06	26	68	59		66		70		79	
18:12	24	67	58		65		69		78	
18:18	22	66	57		64		68		77	
18:24	20	65	56		63		67		76	
18:30	18	64	55		62		66		75	
18:36	16	63	54	100	61		65		74	
18:42	14	62	53	99	60		64		73	
18:48	12	61	52	98	58		63		72	
18:54	10	60	51	97	56		62		71	
19:00	8	59	50	96	54		61		70	
19:06	6	58	48	95	52		60		69	
19:12	4	57	46	94	50		58		68	
19:18	2	56	44	93	48		56		67	
19:24		55	42	92	46		54		66	
19:30		54	40	91	44		52		65	
19:36		53	38	90	42	100	50		64	
19:42		52	36	89	40	99	48		63	
19:48		51	34	88	38	98	46		62	
19:54		50	32	87	36	97	44		61	
20:00		48	30	86	34	96	42	100	60	
20:06		46	28	85	32	95	40	99	58	
20:12		44	26	84	30	94	38	98	56	
20:18		42	24	83	28	93	36	97	54	
20:24		40	22	82	26	92	34	96	52	
20:30		38	20	81	24	91	32	95	50	
20:36		36	18	80	22	90	30	94	48	
20:42		34	16	79	20	89	28	93	46	
20:48		32	14	78	18	88	26	92	44	
20:54		30	12	77	16	87	24	91	42	
21:00		28	10	76	14	86	22	90	40	100
21:06		26	8	75	12	85	20	89	38	99

21:12		24	6	74	10	84	18	88	36	98
21:18		22	4	73	8	83	16	87	34	97
21:24		20	2	72	6	82	14	86	32	96
21:30		18		71	4	81	12	85	30	95
21:36		16		70	2	80	10	84	28	94
21:42		14		69		79	8	83	26	93
21:48		12		68		78	6	82	24	92
21:54		10		67		77	4	81	22	91
22:00		8		66		76	2	80	20	90
22:06		6		65		75		79	18	89
22:12		4		64		74		78	16	88
22:18		2		63		73		77	14	87
22:24				62		72		76	12	86
22:30				61		71		75	10	85
22:36				60		70		74	8	84
22:42				59		69		73	6	83
22:48				58		68		72	4	82
22:54				57		67		71	2	81
23:00				56		66		70		80
23:06				55		65		69		79
23:12				54		64		68		78
23:18				53		63		67		77
23:24				52		62		66		76
23:30				51		61		65		75
23:36				50		60		64		74
23:42				48		58		63		73
23:48				46		56		62		72
23:54				44		54		61		71
24:00				42		52		60		70
24:06				40		50		58		69
24:12				38		48		56		68
24:18				36		46		54		67
24:24				34		44		52		66
24:30				32		42		50		65
24:36				30		40		48		64
24:42				28		38		46		63
24:48				26		36		44		62
24:54				24		34		42		61
25:00				22		32		40		60
25:06				20		30		38		58
25:12				18		28		36		56
25:18				16		26		34		54
25:24				14		24		32		52
25:30				12		22		30		50
25:36				10		20		28		48
25:42				8		18		26		46
25:48				6		16		24		44
25:54				4		14		22		42
26:00				2		12		20		40
26:06						10		18		38
26:12						8		16		36



26:18						6		14		34
26:24						4		12		32
26:30						2		10		30
26:36								8		28
26:42								6		26
26:48								4		24
26:54								2		22
27:00										20
27:06										18
27:12										16
27:18										14
27:24										12
27:30										10
27:36										8
27:42										6
27:48										4
27:54										2

10 km suusatamine klassikalises tehnikas										
Aeg	Vanus									
	17–30	17–25*	31–35	26–30*	36–40	31–35*	41–50	36–40*	51+	* naised
00:35:00	100									
00:35:18	99									
00:35:36	98									
00:35:54	97		100							
00:36:12	96		99							
00:36:30	95		98							
00:36:48	94		97							
00:37:06	93	100	96		100					
00:37:24	92	99	95		99					
00:37:42	91	98	94		98					
00:38:00	90	97	93	100	97					
00:38:18	89	96	92	99	96					
00:38:36	88	95	91	98	95					
00:38:54	87	94	90	97	94					
00:39:12	86	93	89	96	93		100			
00:39:30	85	92	88	95	92		99			
00:39:48	84	91	87	94	91		98			
00:40:06	83	90	86	93	90	100	97			
00:40:24	82	89	85	92	89	99	96			
00:40:42	81	88	84	91	88	98	95			
00:41:00	80	87	83	90	87	97	94		100	
00:41:18	79	86	82	89	86	96	93		99	
00:41:36	78	85	81	88	85	95	92		98	
00:41:54	77	84	80	87	84	94	91	100	97	
00:42:12	76	83	79	86	83	93	90	99	96	
00:42:30	75	82	78	85	82	92	89	98	95	
00:42:48	74	81	77	84	81	91	88	97	94	
00:43:06	73	80	76	83	80	90	87	96	93	
00:43:24	72	79	75	82	79	89	86	95	92	

00:43:42	71	78	74	81	78	88	85	94	91	
00:44:00	70	77	73	80	77	87	84	93	90	100
00:44:18	69	76	72	79	76	86	83	92	89	99
00:44:36	68	75	71	78	75	85	82	91	88	98
00:44:54	67	74	70	77	74	84	81	90	87	97
00:45:12	66	73	69	76	73	83	80	89	86	96
00:45:30	65	72	68	75	72	82	79	88	85	95
00:45:48	64	71	67	74	71	81	78	87	84	94
00:46:06	63	70	66	73	70	80	77	86	83	93
00:46:24	62	69	65	72	69	79	76	85	82	92
00:46:42	61	68	64	71	68	78	75	84	81	91
00:47:00	60	67	63	70	67	77	74	83	80	90
00:47:18	59	66	62	69	66	76	73	82	79	89
00:47:36	58	65	61	68	65	75	72	81	78	88
00:47:54	57	64	60	67	64	74	71	80	77	87
00:48:12	56	63	59	66	63	73	70	79	76	86
00:48:30	55	62	58	65	62	72	69	78	75	85
00:48:48	54	61	57	64	61	71	68	77	74	84
00:49:06	53	60	56	63	60	70	67	76	73	83
00:49:24	52	59	55	62	59	69	66	75	72	82
00:49:42	51	58	54	61	58	68	65	74	71	81
00:50:00	50	57	53	60	57	67	64	73	70	80
00:50:18	48	56	52	59	56	66	63	72	69	79
00:50:36	46	55	51	58	55	65	62	71	68	78
00:50:54	44	54	50	57	54	64	61	70	67	77
00:51:12	42	53	48	56	53	63	60	69	66	76
00:51:30	40	52	46	55	52	62	59	68	65	75
00:51:48	38	51	44	54	51	61	58	67	64	74
00:52:06	36	50	42	53	50	60	57	66	63	73
00:52:24	34	48	40	52	49	59	56	65	62	72
00:52:42	32	46	38	51	48	58	55	64	61	71
00:53:00	30	44	36	50	47	57	54	63	60	70
00:53:18	28	42	34	49	46	56	53	62	59	69
00:53:36	26	40	32	48	45	55	52	61	58	68
00:53:54	24	38	30	47	44	54	51	60	57	67
00:54:12	22	36	28	46	43	53	50	59	56	66
00:54:30	20	34	26	45	42	52	49	58	55	65
00:54:48	18	32	24	44	41	51	48	57	54	64
00:55:06	16	30	22	43	40	50	47	56	53	63
00:55:24	14	28	20	42	39	49	46	55	52	62
00:55:42	12	26	18	41	38	48	45	54	51	61
00:56:00	10	24	16	40	37	47	44	53	50	60
00:56:18	8	22	14	39	36	46	43	52	49	59
00:56:36	6	20	12	38	35	45	42	51	48	58
00:56:54	4	18	10	37	34	44	41	50	47	57
00:57:12	2	16	8	36	33	43	40	49	46	56
00:57:30		14	6	35	32	42	39	48	45	55
00:57:48		12	4	34	31	41	38	47	44	54
00:58:06		10	2	33	30	40	37	46	43	53
00:58:24		8		32	29	39	36	45	42	52
00:58:42		6		31	28	38	35	44	41	51



20 km maanteejalgratta sõit

Aeg	Vanus									
	17–30	17–25*	31–35	26–30*	36–40	31–35*	41–50	36–40*	51+	* naised
00:34:00	100									
00:34:18	99									
00:34:36	98									
00:34:54	97		100							
00:35:12	96		99							
00:35:30	95		98							
00:35:48	94		97							
00:36:06	93	100	96		100					
00:36:24	92	99	95		99					
00:36:42	91	98	94		98					
00:37:00	90	97	93	100	97					
00:37:18	89	96	92	99	96					
00:37:36	88	95	91	98	95					
00:37:54	87	94	90	97	94					
00:38:12	86	93	89	96	93		100			
00:38:30	85	92	88	95	92		99			
00:38:48	84	91	87	94	91		98			
00:39:06	83	90	86	93	90	100	97			
00:39:24	82	89	85	92	89	99	96			
00:39:42	81	88	84	91	88	98	95			
00:40:00	80	87	83	90	87	97	94		100	
00:40:18	79	86	82	89	86	96	93		99	
00:40:36	78	85	81	88	85	95	92		98	
00:40:54	77	84	80	87	84	94	91	100	97	
00:41:12	76	83	79	86	83	93	90	99	96	
00:41:30	75	82	78	85	82	92	89	98	95	
00:41:48	74	81	77	84	81	91	88	97	94	
00:42:06	73	80	76	83	80	90	87	96	93	
00:42:24	72	79	75	82	79	89	86	95	92	
00:42:42	71	78	74	81	78	88	85	94	91	
00:43:00	70	77	73	80	77	87	84	93	90	100
00:43:18	69	76	72	79	76	86	83	92	89	99
00:43:36	68	75	71	78	75	85	82	91	88	98
00:43:54	67	74	70	77	74	84	81	90	87	97
00:44:12	66	73	69	76	73	83	80	89	86	96
00:44:30	65	72	68	75	72	82	79	88	85	95
00:44:48	64	71	67	74	71	81	78	87	84	94
00:45:06	63	70	66	73	70	80	77	86	83	93
00:45:24	62	69	65	72	69	79	76	85	82	92
00:45:42	61	68	64	71	68	78	75	84	81	91
00:46:00	60	67	63	70	67	77	74	83	80	90
00:46:18	59	66	62	69	66	76	73	82	79	89
00:46:36	58	65	61	68	65	75	72	81	78	88
00:46:54	57	64	60	67	64	74	71	80	77	87
00:47:12	56	63	59	66	63	73	70	79	76	86
00:47:30	55	62	58	65	62	72	69	78	75	85
00:47:48	54	61	57	64	61	71	68	77	74	84
00:48:06	53	60	56	63	60	70	67	76	73	83

00:48:24	52	59	55	62	59	69	66	75	72	82
00:48:42	51	58	54	61	58	68	65	74	71	81
00:49:00	50	57	53	60	57	67	64	73	70	80
00:49:18	48	56	52	59	56	66	63	72	69	79
00:49:36	46	55	51	58	55	65	62	71	68	78
00:49:54	44	54	50	57	54	64	61	70	67	77
00:50:12	42	53	48	56	53	63	60	69	66	76
00:50:30	40	52	46	55	52	62	59	68	65	75
00:50:48	38	51	44	54	51	61	58	67	64	74
00:51:06	36	50	42	53	50	60	57	66	63	73
00:51:24	34	48	40	52	49	59	56	65	62	72
00:51:42	32	46	38	51	48	58	55	64	61	71
00:52:00	30	44	36	50	47	57	54	63	60	70
00:52:18	28	42	34	49	46	56	53	62	59	69
00:52:36	26	40	32	48	45	55	52	61	58	68
00:52:54	24	38	30	47	44	54	51	60	57	67
00:53:12	22	36	28	46	43	53	50	59	56	66
00:53:30	20	34	26	45	42	52	49	58	55	65
00:53:48	18	32	24	44	41	51	48	57	54	64
00:54:06	16	30	22	43	40	50	47	56	53	63
00:54:24	14	28	20	42	39	49	46	55	52	62
00:54:42	12	26	18	41	38	48	45	54	51	61
00:55:00	10	24	16	40	37	47	44	53	50	60
00:55:18	8	22	14	39	36	46	43	52	49	59
00:55:36	6	20	12	38	35	45	42	51	48	58
00:55:54	4	18	10	37	34	44	41	50	47	57
00:56:12	2	16	8	36	33	43	40	49	46	56
00:56:30		14	6	35	32	42	39	48	45	55
00:56:48		12	4	34	31	41	38	47	44	54
00:57:06		10	2	33	30	40	37	46	43	53
00:57:24		8		32	29	39	36	45	42	52
00:57:42		6		31	28	38	35	44	41	51
00:58:00		4		30	27	37	34	43	40	50
00:58:18		2		29	26	36	33	42	39	49
00:58:36				28	25	35	32	41	38	48
00:58:54				27	24	34	31	40	37	47
00:59:12				26	23	33	30	39	36	46
00:59:30				25	22	32	29	38	35	45
00:59:48				24	21	31	28	37	34	44
01:00:06				23	20	30	27	36	33	43
01:00:24				22	19	29	26	35	32	42
01:00:42				21	18	28	25	34	31	41
01:01:00				20	17	27	24	33	30	40
01:01:18				19	16	26	23	32	29	39
01:01:36				18	15	25	22	31	28	38
01:01:54				17	14	24	21	30	27	37
01:02:12				16	13	23	20	29	26	36
01:02:30				15	12	22	19	28	25	35
01:02:48				14	11	21	18	27	24	34
01:03:06				13	10	20	17	26	23	33
01:03:24				12	9	19	16	25	22	32

01:03:42				11	8	18	15	24	21	31
01:04:00				10	7	17	14	23	20	30
01:04:18				9	6	16	13	22	19	29
01:04:36				8	5	15	12	21	18	28
01:04:54				7	4	14	11	20	17	27
01:05:12				6	3	13	10	19	16	26
01:05:30				5	2	12	9	18	15	25
01:05:48				4		11	8	17	14	24
01:06:06				3		10	7	16	13	23
01:06:24				2		9	6	15	12	22
01:06:42						8	5	14	11	21
01:07:00						7	4	13	10	20
01:07:18						6	3	12	9	19
01:07:36						5	2	11	8	18
01:07:54						4		10	7	17
01:08:12						3		9	6	16
01:08:30						2		8	5	15
01:08:48								7	4	14
01:09:06								6	3	13
01:09:24								5	2	12
01:09:42								4		11
01:10:00								3		10
01:10:18								2		9
01:10:36										8
01:10:54										7
01:11:12										6
01:11:30										5
01:11:48										4
01:12:06										3
01:12:24										2

Ujumine 500 m rinnuli										
Aeg	Vanus									
	17-30	17-25*	31-35	26-30*	36-40	31-35*	41-50	36-40*	51+	41+*
00:08:40	100									
00:08:45	99									
00:08:50	98									
00:08:55	97									
00:09:00	96		100							
00:09:05	95		99							
00:09:10	94		98							
00:09:15	93		97							
00:09:20	92		96		100					
00:09:25	91		95		99					
00:09:30	90	100	94		98					
00:09:35	89	99	93		97					
00:09:40	88	98	92		96		100			
00:09:45	87	97	91		95		99			
00:09:50	86	96	90		94		98			
00:09:55	85	95	89	100	93		97			

00:10:00	84	94	88	99	92		96		100	
00:10:05	83	93	87	98	91		95		99	
00:10:10	82	92	86	97	90		94		98	
00:10:15	81	91	85	96	89		93		97	
00:10:20	80	90	84	95	88		92		96	
00:10:25	79	89	83	94	87		91		95	
00:10:30	78	88	82	93	86	100	90		94	
00:10:35	77	87	81	92	85	99	89		93	
00:10:40	76	86	80	91	84	98	88		92	
00:10:45	75	85	79	90	83	97	87		91	
00:10:50	74	84	78	89	82	96	86	100	90	
00:10:55	73	83	77	88	81	95	85	99	89	
00:11:00	72	82	76	87	80	94	84	98	88	
00:11:05	71	81	75	86	79	93	83	97	87	
00:11:10	70	80	74	85	78	92	82	96	86	
00:11:15	69	79	73	84	77	91	81	95	85	
00:11:20	68	78	72	83	76	90	80	94	84	100
00:11:25	67	77	71	82	75	89	79	93	83	99
00:11:30	66	76	70	81	74	88	78	92	82	98
00:11:35	65	75	69	80	73	87	77	91	81	97
00:11:40	64	74	68	79	72	86	76	90	80	96
00:11:45	63	73	67	78	71	85	75	89	79	95
00:11:50	62	72	66	77	70	84	74	88	78	94
00:11:55	61	71	65	76	69	83	73	87	77	93
00:12:00	60	70	64	75	68	82	72	86	76	92
00:12:05	59	69	63	74	67	81	71	85	75	91
00:12:10	58	68	62	73	66	80	70	84	74	90
00:12:15	57	67	61	72	65	79	69	83	73	89
00:12:20	56	66	60	71	64	78	68	82	72	88
00:12:25	55	65	59	70	63	77	67	81	71	87
00:12:30	54	64	58	69	62	76	66	80	70	86
00:12:35	53	63	57	68	61	75	65	79	69	85
00:12:40	52	62	56	67	60	74	64	78	68	84
00:12:45	51	61	55	66	59	73	63	77	67	83
00:12:50	50	60	54	65	58	72	62	76	66	82
00:12:55	48	59	53	64	57	71	61	75	65	81
00:13:00	46	58	52	63	56	70	60	74	64	80
00:13:05	44	57	51	62	55	69	59	73	63	79
00:13:10	42	56	50	61	54	68	58	72	62	78
00:13:15	40	55	48	60	53	67	57	71	61	77
00:13:20	38	54	46	59	52	66	56	70	60	76
00:13:25	36	53	44	58	51	65	55	69	59	75
00:13:30	34	52	42	57	50	64	54	68	58	74
00:13:35	32	51	40	56	49	63	53	67	57	73
00:13:40	30	50	38	55	48	62	52	66	56	72
00:13:45	28	48	36	54	47	61	51	65	55	71
00:13:50	26	46	34	53	46	60	50	64	54	70
00:13:55	24	44	32	52	45	59	49	63	53	69
00:14:00	22	42	30	51	44	58	48	62	52	68
00:14:05	20	40	28	50	43	57	47	61	51	67
00:14:10	18	38	26	49	42	56	46	60	50	66

00:14:15	16	36	24	48	41	55	45	59	49	65
00:14:20	14	34	22	47	40	54	44	58	48	64
00:14:25	12	32	20	46	39	53	43	57	47	63
00:14:30	10	30	18	45	38	52	42	56	46	62
00:14:35	8	28	16	44	37	51	41	55	45	61
00:14:40	6	26	14	43	36	50	40	54	44	60
00:14:45	4	24	12	42	35	49	39	53	43	59
00:14:50	2	22	10	41	34	48	38	52	42	58
00:14:55		20	8	40	33	47	37	51	41	57
00:15:00		18	6	39	32	46	36	50	40	56
00:15:05		16	4	38	31	45	35	49	39	55
00:15:10		14	2	37	30	44	34	48	38	54
00:15:15		12		36	29	43	33	47	37	53
00:15:20		10		35	28	42	32	46	36	52
00:15:25		8		34	27	41	31	45	35	51
00:15:30		6		33	26	40	30	44	34	50
00:15:35		4		32	25	39	29	43	33	49
00:15:40		2		31	24	38	28	42	32	48
00:15:45				30	23	37	27	41	31	47
00:15:50				29	22	36	26	40	30	46
00:15:55				28	21	35	25	39	29	45
00:16:00				27	20	34	24	38	28	44
00:16:05				26	19	33	23	37	27	43
00:16:10				25	18	32	22	36	26	42
00:16:15				24	17	31	21	35	25	41
00:16:20				23	16	30	20	34	24	40
00:16:25				22	15	29	19	33	23	39
00:16:30				21	14	28	18	32	22	38
00:16:35				20	13	27	17	31	21	37
00:16:40				19	12	26	16	30	20	36
00:16:45				18	11	25	15	29	19	35
00:16:50				17	10	24	14	28	18	34
00:16:55				16	9	23	13	27	17	33
00:17:00				15	8	22	12	26	16	32
00:17:05				14	7	21	11	25	15	31
00:17:10				13	6	20	10	24	14	30
00:17:15				12	5	19	9	23	13	29
00:17:20				11	4	18	8	22	12	28
00:17:25				10	3	17	7	21	11	27
00:17:30				9	2	16	6	20	10	26
00:17:35				8		15	5	19	9	25
00:17:40				7		14	4	18	8	24
00:17:45				6		13	3	17	7	23
00:17:50				5		12	2	16	6	22
00:17:55				4		11		15	5	21
00:18:00				3		10		14	4	20
00:18:05				2		9		13	3	19
00:18:10						8		12	2	18
00:18:15						7		11		17
00:18:20						6		10		16
00:18:25						5		9		15



00:18:30						4		8		14
00:18:35						3		7		13
00:18:40						2		6		12
00:18:45								5		11
00:18:50								4		10
00:18:55								3		9
00:19:00								2		8
00:19:05										7
00:19:10										6
00:19:15										5
00:19:20										4
00:19:25										3
00:19:30										2

Ujumine 500 m vabalt										
Aeg	Vanus									
	17–30	17–25*	31–35	26–30*	36–40	31–35*	41–50	36–40*	51+	* naised 41+*
00:07:10	100									
00:07:15	99									
00:07:20	98									
00:07:25	97									
00:07:30	96		100							
00:07:35	95		99							
00:07:40	94		98							
00:07:45	93		97							
00:07:50	92		96		100					
00:07:55	91		95		99					
00:08:00	90	100	94		98					
00:08:05	89	99	93		97					
00:08:10	88	98	92		96		100			
00:08:15	87	97	91		95		99			
00:08:20	86	96	90		94		98			
00:08:25	85	95	89	100	93		97			
00:08:30	84	94	88	99	92		96		100	
00:08:35	83	93	87	98	91		95		99	
00:08:40	82	92	86	97	90		94		98	
00:08:45	81	91	85	96	89		93		97	
00:08:50	80	90	84	95	88		92		96	
00:08:55	79	89	83	94	87		91		95	
00:09:00	78	88	82	93	86	100	90		94	
00:09:05	77	87	81	92	85	99	89		93	
00:09:10	76	86	80	91	84	98	88		92	
00:09:15	75	85	79	90	83	97	87		91	
00:09:20	74	84	78	89	82	96	86	100	90	
00:09:25	73	83	77	88	81	95	85	99	89	
00:09:30	72	82	76	87	80	94	84	98	88	
00:09:35	71	81	75	86	79	93	83	97	87	
00:09:40	70	80	74	85	78	92	82	96	86	
00:09:45	69	79	73	84	77	91	81	95	85	
00:09:50	68	78	72	83	76	90	80	94	84	100

00:09:55	67	77	71	82	75	89	79	93	83	99
00:10:00	66	76	70	81	74	88	78	92	82	98
00:10:05	65	75	69	80	73	87	77	91	81	97
00:10:10	64	74	68	79	72	86	76	90	80	96
00:10:15	63	73	67	78	71	85	75	89	79	95
00:10:20	62	72	66	77	70	84	74	88	78	94
00:10:25	61	71	65	76	69	83	73	87	77	93
00:10:30	60	70	64	75	68	82	72	86	76	92
00:10:35	59	69	63	74	67	81	71	85	75	91
00:10:40	58	68	62	73	66	80	70	84	74	90
00:10:45	57	67	61	72	65	79	69	83	73	89
00:10:50	56	66	60	71	64	78	68	82	72	88
00:10:55	55	65	59	70	63	77	67	81	71	87
00:11:00	54	64	58	69	62	76	66	80	70	86
00:11:05	53	63	57	68	61	75	65	79	69	85
00:11:10	52	62	56	67	60	74	64	78	68	84
00:11:15	51	61	55	66	59	73	63	77	67	83
00:11:20	50	60	54	65	58	72	62	76	66	82
00:11:25	48	59	53	64	57	71	61	75	65	81
00:11:30	46	58	52	63	56	70	60	74	64	80
00:11:35	44	57	51	62	55	69	59	73	63	79
00:11:40	42	56	50	61	54	68	58	72	62	78
00:11:45	40	55	48	60	53	67	57	71	61	77
00:11:50	38	54	46	59	52	66	56	70	60	76
00:11:55	36	53	44	58	51	65	55	69	59	75
00:12:00	34	52	42	57	50	64	54	68	58	74
00:12:05	32	51	40	56	49	63	53	67	57	73
00:12:10	30	50	38	55	48	62	52	66	56	72
00:12:15	28	48	36	54	47	61	51	65	55	71
00:12:20	26	46	34	53	46	60	50	64	54	70
00:12:25	24	44	32	52	45	59	49	63	53	69
00:12:30	22	42	30	51	44	58	48	62	52	68
00:12:35	20	40	28	50	43	57	47	61	51	67
00:12:40	18	38	26	49	42	56	46	60	50	66
00:12:45	16	36	24	48	41	55	45	59	49	65
00:12:50	14	34	22	47	40	54	44	58	48	64
00:12:55	12	32	20	46	39	53	43	57	47	63
00:13:00	10	30	18	45	38	52	42	56	46	62
00:13:05	8	28	16	44	37	51	41	55	45	61
00:13:10	6	26	14	43	36	50	40	54	44	60
00:13:15	4	24	12	42	35	49	39	53	43	59
00:13:20	2	22	10	41	34	48	38	52	42	58
00:13:25		20	8	40	33	47	37	51	41	57
00:13:30		18	6	39	32	46	36	50	40	56
00:13:35		16	4	38	31	45	35	49	39	55
00:13:40		14	2	37	30	44	34	48	38	54
00:13:45		12		36	29	43	33	47	37	53
00:13:50		10		35	28	42	32	46	36	52
00:13:55		8		34	27	41	31	45	35	51
00:14:00		6		33	26	40	30	44	34	50
00:14:05		4		32	25	39	29	43	33	49

