

Bodové hodnoty výsledků testů všeobecné tělesné připravenosti

Chlapci a dívky 9 let

Plavání VZ 50 m		Sprint 50 m		Skok daleký z místa - snožmo		Běh 500 m	
(min:sek)	body	(sec)	body	(cm)	body	(min:sek)	body
01:30,0	0	12,5	0	130	0	02:35,0	0
00:29,0	2	12,4	2	131	2	02:34,0	2
01:28,0	4	12,3	4	132	4	02:33,0	4
01:27,0	6	12,2	6	133	6	02:32,0	6
01:26,0	8	12,1	8	134	8	02:31,0	8
01:25,0	10	12,0	10	135	10	02:30,0	10
01:24,0	12	11,9	12	136	12	02:29,0	12
01:23,0	14	11,8	14	137	14	02:28,0	14
01:22,0	16	11,7	16	138	16	02:27,0	16
01:21,0	18	11,6	18	139	18	02:26,0	18
01:20,0	20	11,5	20	140	20	02:25,0	20
00:19,0	22	11,4	22	141	22	02:24,0	22
01:18,0	24	11,3	24	142	24	02:23,0	24
01:17,0	26	11,2	26	143	26	02:22,0	26
01:16,0	28	11,1	28	144	28	02:21,0	28
01:15,0	30	11,0	30	145	30	02:20,0	30
01:14,0	32	10,9	32	146	32	02:19,0	32
01:13,0	34	10,8	34	147	34	02:18,0	34
01:12,0	36	10,7	36	148	36	02:17,0	36
01:11,0	38	10,6	38	149	38	02:16,0	38
01:10,0	40	10,5	40	150	40	02:15,0	40
00:09,0	42	10,4	42	151	42	02:14,0	42
01:08,0	44	10,3	44	152	44	02:13,0	44
01:07,0	46	10,2	46	153	46	02:12,0	46
01:06,0	48	10,1	48	154	48	02:11,0	48
01:05,0	50	10,0	50	155	50	02:10,0	50
01:04,0	52	9,9	52	156	52	02:09,0	52
01:03,0	54	9,8	54	157	54	02:08,0	54
01:02,0	56	9,7	56	158	56	02:07,0	56
01:01,0	58	9,6	58	159	58	02:06,0	58
01:00,0	60	9,5	60	160	60	02:05,0	60
00:59,0	62	9,4	62	161	62	02:04,0	62
00:58,0	64	9,3	64	162	64	02:03,0	64
00:57,0	66	9,2	66	163	66	02:02,0	66
00:56,0	68	9,1	68	164	68	02:01,0	68
00:55,0	70	9,0	70	165	70	02:00,0	70
00:54,0	72	8,9	72	166	72	01:59,0	72
00:53,0	74	8,8	74	167	74	01:58,0	74
00:52,0	76	8,7	76	168	76	01:57,0	76
00:51,0	78	8,6	78	169	78	01:56,0	78
00:50,0	80	8,5	80	170	80	01:55,0	80
00:49,0	82	8,4	82	171	82	01:54,0	82
00:48,0	84	8,3	84	172	84	01:53,0	84
00:47,0	86	8,2	86	173	86	01:52,0	86
00:46,0	88	8,1	88	174	88	01:51,0	88
00:45,0	90	8,0	90	175	90	01:50,0	90
00:44,0	92	7,9	92	176	92	01:49,0	92
00:43,0	94	7,8	94	177	94	01:48,0	94
00:42,0	96	7,7	96	178	96	01:47,0	96
00:41,0	98	7,6	98	179	98	01:45,0	98
00:40,0	100	7,5	100	180	100	01:45,0	100

Chlapci a dívky 10 - 11 let

Plavání VZ 100 m		Sprint 60 m		Skok daleký z místa - snožmo		Běh 1 000 m	
(min:sek)	body	(sec)	body	(cm)	body	(min:sek)	body
02:14,0	0	13,0	0	140	0	04:30,0	0
02:13,0	2	12,9	2	141	2	04:29,0	2
02:12,0	4	12,8	4	142	4	04:28,0	4
02:11,0	6	12,7	6	143	6	04:27,0	6
02:10,0	8	12,6	8	144	8	04:26,0	8
02:09,0	10	12,5	10	145	10	04:25,0	10
02:08,0	12	12,4	12	146	12	04:24,0	12
02:07,0	14	12,3	14	147	14	04:23,0	14
02:06,0	16	12,2	16	148	16	04:22,0	16
02:05,0	18	12,1	18	149	18	04:21,0	18
02:04,0	20	13,0	20	150	20	04:20,0	20
02:03,0	22	12,9	22	151	22	04:19,0	22
02:02,0	24	12,8	24	152	24	04:18,0	24
02:01,0	26	12,7	26	153	26	04:17,0	26
02:00,0	28	12,5	28	154	28	04:16,0	28
01:59,0	30	12,0	30	155	30	04:15,0	30
01:58,0	32	11,9	32	156	32	04:14,0	32
01:57,0	34	11,8	34	157	34	04:13,0	34
01:56,0	36	11,7	36	158	36	04:12,0	36
01:55,0	38	11,6	38	159	38	04:11,0	38
01:50,0	40	11,5	40	160	40	04:10,0	40
01:49,0	42	11,4	42	161	42	04:09,0	42
01:48,0	44	11,3	44	162	44	04:08,0	44
01:47,0	46	11,2	46	163	46	04:07,0	46
01:46,0	48	11,1	48	164	48	04:06,0	48
01:45,0	50	11,0	50	165	50	04:05,0	50
01:44,0	52	10,9	52	166	52	04:04,0	52
01:43,0	54	10,8	54	167	54	04:03,0	54
01:42,0	56	10,7	56	168	56	04:02,0	56
01:41,0	58	10,6	58	169	58	04:01,0	58
01:40,0	60	10,5	60	170	60	04:00,0	60
01:39,0	62	10,4	62	171	62	03:59,0	62
01:38,0	64	10,3	64	172	64	03:58,0	64
01:37,0	66	10,2	66	173	66	03:57,0	66
01:36,0	68	10,1	68	174	68	03:56,0	68
01:35,0	70	10,0	70	175	70	03:55,0	70
01:34,0	72	9,9	72	176	72	03:54,0	72
01:33,0	74	9,8	74	177	74	03:53,0	74
01:32,0	76	9,7	76	178	76	03:52,0	76
01:31,0	78	9,6	78	179	78	03:51,0	78
01:30,0	80	9,5	80	180	80	03:50,0	80
01:29,0	82	9,4	82	181	82	03:49,0	82
01:28,0	84	9,3	84	182	84	03:48,0	84
01:27,0	86	9,2	86	183	86	03:47,0	86
01:26,0	88	9,1	88	184	88	03:46,0	88
01:25,0	90	9,0	90	185	90	03:45,0	90
01:24,0	92	8,9	92	186	92	03:44,0	92
01:23,0	94	8,8	94	187	94	03:43,0	94
01:22,0	96	8,7	96	188	96	03:42,0	96
01:21,0	98	8,6	98	189	98	03:41,0	98
01:20,0	100	8,5	100	190	100	03:40,0	100

Bodové hodnoty výsledků testů všeobecné tělesné připravenosti

Dívky 12 - 13 let

Plavání VZ 200 m		Sprint 60 m		Skok daleký z místa - snožmo		Hod 2 kg medicinbalem obouruč přes hlavu vzad		Běh 1000 m	
(min:sek)	body	(sec)	body	(cm)	body	(m,cm)	body	(min:sek)	body
03:18,0	0	14,5	0	150	0	4,00	0	04:25,0	0
03:17,0	2	14,4	2	151	2	4,10	2	04:24,0	2
03:16,0	4	14,3	4	152	4	4,20	4	04:23,0	4
03:15,0	6	14,2	6	153	6	4,30	6	04:22,0	6
03:14,0	8	14,1	8	154	8	4,40	8	04:21,0	8
03:13,0	10	14,0	10	155	10	4,50	10	04:20,0	10
03:12,0	12	13,9	12	156	12	4,60	12	04:19,0	12
03:11,0	14	13,8	14	157	14	4,70	14	04:18,0	14
03:10,0	16	13,7	16	158	16	4,80	16	04:17,0	16
03:09,0	18	13,6	18	159	18	4,90	18	04:16,0	18
03:08,0	20	13,5	20	160	20	5,00	20	04:15,0	20
03:07,0	22	13,4	22	161	22	5,10	22	04:14,0	22
03:06,0	24	13,3	24	162	24	5,20	24	04:13,0	24
03:05,0	26	13,2	26	163	26	5,30	26	04:12,0	26
03:04,0	28	13,1	28	164	28	5,40	28	04:11,0	28
03:03,0	30	13,0	30	165	30	5,50	30	04:10,0	30
03:02,0	32	12,9	32	166	32	5,60	32	04:09,0	32
03:01,0	34	12,8	34	167	34	5,70	34	04:08,0	34
03:00,0	36	12,7	36	168	36	5,80	36	04:07,0	36
02:59,0	38	12,6	38	169	38	5,90	38	04:06,0	38
02:58,0	40	12,5	40	170	40	6,00	40	04:05,0	40
02:57,0	42	12,4	42	171	42	6,10	42	04:04,0	42
02:56,0	44	12,3	44	172	44	6,20	44	04:03,0	44
02:55,0	46	12,2	46	173	46	6,30	46	04:02,0	46
02:54,0	48	12,1	48	174	48	6,40	48	04:01,0	48
02:53,0	50	12,0	50	175	50	6,50	50	04:00,0	50
02:52,0	52	11,9	52	176	52	6,60	52	03:59,0	52
02:51,0	54	11,8	54	177	54	6,70	54	03:58,0	54
02:50,0	56	11,7	56	178	56	6,80	56	03:57,0	56
02:49,0	58	11,6	58	179	58	6,90	58	03:56,0	58
02:48,0	60	11,5	60	180	60	7,00	60	03:55,0	60
02:47,0	62	11,4	62	181	62	7,10	62	03:54,0	62
02:46,0	64	11,3	64	182	64	7,20	64	03:53,0	64
02:45,0	66	11,2	66	183	66	7,30	66	03:52,0	66
02:44,0	68	11,1	68	184	68	7,40	68	03:51,0	68
02:43,0	70	11,0	70	185	70	7,50	70	03:50,0	70
02:42,0	72	10,9	72	186	72	7,60	72	03:49,0	72
02:41,0	74	10,8	74	187	74	7,70	74	03:48,0	74
02:40,0	76	10,7	76	188	76	7,80	76	03:47,0	76
02:39,0	78	10,6	78	189	78	7,90	78	03:46,0	78
02:38,0	80	10,5	80	190	80	8,00	80	03:45,0	80
02:37,0	82	10,4	82	191	82	8,10	82	03:44,0	82
02:36,0	84	10,3	84	192	84	8,20	84	03:43,0	84
02:35,0	86	10,2	86	193	86	8,30	86	03:42,0	86
02:34,0	88	10,1	88	194	88	8,40	88	03:41,0	88
02:33,0	90	10,0	90	195	90	8,50	90	03:40,0	90
02:32,0	92	9,9	92	196	92	8,60	92	03:39,0	92
02:31,0	94	9,8	94	197	94	8,70	94	03:38,0	94
02:30,0	96	9,7	96	198	96	8,80	96	03:37,0	96
02:29,0	98	9,6	98	199	98	8,90	98	03:36,0	98
02:28,0	100	9,5	100	200	100	9,00	100	03:35,0	100

Chlapci 12 - 13 let

Plavání VZ 200 m		Sprint 60 m		Skok daleký z místa - snožmo		Hod 2 kg medicinbalem obouruč přes hlavu vzad		Běh 1000 m	
(min:sek)	body	(sec)	body	(cm)	body	(m,cm)	body	(min:sek)	body
03:13,0	0	13,5	0	160	0	5,00	0	04:15,0	0
03:12,0	2	13,4	2	161	2	5,10	2	04:14,0	2
03:11,0	4	13,3	4	162	4	5,20	4	04:13,0	4
03:10,0	6	13,2	6	163	6	5,30	6	04:12,0	6
03:09,0	8	13,1	8	164	8	5,40	8	04:11,0	8
03:08,0	10	13,0	10	165	10	5,50	10	04:10,0	10
03:07,0	12	12,9	12	166	12	5,60	12	04:09,0	12
03:06,0	14	12,8	14	167	14	5,70	14	04:08,0	14
03:05,0	16	12,7	16	168	16	5,80	16	04:07,0	16
03:04,0	18	12,6	18	169	18	5,90	18	04:06,0	18
03:03,0	20	12,5	20	170	20	6,00	20	04:05,0	20
03:02,0	22	12,4	22	171	22	6,10	22	04:04,0	22
03:01,0	24	12,3	24	172	24	6,20	24	04:03,0	24
03:00,0	26	12,2	26	173	26	6,30	26	04:02,0	26
02:59,0	28	12,1	28	174	28	6,40	28	04:01,0	28
02:58,0	30	12,0	30	175	30	6,50	30	04:00,0	30
02:57,0	32	11,9	32	176	32	6,60	32	03:59,0	32
02:56,0	34	11,8	34	177	34	6,70	34	03:58,0	34
02:55,0	36	11,7	36	178	36	6,80	36	03:57,0	36
02:54,0	38	11,6	38	179	38	6,90	38	03:56,0	38
02:53,0	40	11,5	40	180	40	7,00	40	03:55,0	40
02:52,0	42	11,4	42	181	42	7,10	42	03:54,0	42
02:51,0	44	11,3	44	182	44	7,20	44	03:53,0	44
02:50,0	46	11,2	46	183	46	7,30	46	03:52,0	46
02:49,0	48	11,1	48	184	48	7,40	48	03:51,0	48
02:48,0	50	11,0	50	185	50	7,50	50	03:50,0	50
02:47,0	52	10,9	52	186	52	7,60	52	03:49,0	52
02:46,0	54	10,8	54	187	54	7,70	54	03:48,0	54
02:45,0	56	10,7	56	188	56	7,80	56	03:47,0	56
02:44,0	58	10,6	58	189	58	7,90	58	03:46,0	58
02:43,0	60	10,5	60	190	60	8,00	60	03:45,0	60
02:42,0	62	10,4	62	191	62	8,10	62	03:44,0	62
02:41,0	64	10,3	64	192	64	8,20	64	03:43,0	64
02:40,0	66	10,2	66	193	66	8,30	66	03:42,0	66
02:39,0	68	10,1	68	194	68	8,40	68	03:41,0	68
02:38,0	70	10,0	70	195	70	8,50	70	03:40,0	70
02:37,0	72	9,9	72	196	72	8,60	72	03:39,0	72
02:36,0	74	9,8	74	197	74	8,70	74	03:38,0	74
02:35,0	76	9,7	76	198	76	8,80	76	03:37,0	76
02:34,0	78	9,6	78	199	78	8,90	78	03:36,0	78
02:33,0	80	9,5	80	200	80	9,00	80	03:35,0	80
02:32,0	82	9,4	82	201	82	9,10	82	03:34,0	82
02:31,0	84	9,3	84	202	84	9,20	84	03:33,0	84
02:30,0	86	9,2	86	203	86	9,30	86	03:32,0	86
02:29,0	88	9,1	88	204	88	9,40	88	03:31,0	88
02:28,0	90	9,0	90	205	90	9,50	90	03:30,0	90
02:27,0	92	8,9	92	206	92	9,60	92	03:29,0	92
02:26,0	94	8,8	94	207	94	9,70	94	03:28,0	94
02:25,0	96	8,7	96	208	96	9,80	96	03:27,0	96
02:24,0	98	8,6	98	209	98	9,90	98	03:26,0	98
02:23,0	100	8,5	100	210	100	10,00	100	03:25,0	100

Bodové hodnoty výsledků testů všeobecné tělesné připravenosti

Dívky 14 - 15 let

Plavání VZ 400 m		Sprint 100 m		Skok daleký z místa - snožmo		Hod 2 kg medicinbalem obouruč přes hlavu vzad		Běh 2000 m	
(min:sek)	body	(sec)	body	(cm)	body	(m,cm)	body	(min:sek)	body
05:40,0	0	20,5	0	160	0	5,00	0	08:00,0	0
05:39,0	2	20,4	2	161	2	5,10	2	07:59,0	2
05:38,0	4	20,3	4	162	4	5,20	4	07:58,0	4
05:37,0	6	20,2	6	163	6	5,30	6	07:57,0	6
05:36,0	8	20,1	8	164	8	5,40	8	07:56,0	8
05:35,0	10	20,0	10	165	10	5,50	10	07:55,0	10
05:34,0	12	19,9	12	166	12	5,60	12	07:54,0	12
05:33,0	14	19,8	14	167	14	5,70	14	07:53,0	14
05:32,0	16	19,7	16	168	16	5,80	16	07:52,0	16
05:31,0	18	19,6	18	169	18	5,90	18	07:51,0	18
05:30,0	20	19,5	20	170	20	6,00	20	07:50,0	20
05:29,0	22	19,4	22	171	22	6,10	22	07:49,0	22
05:28,0	24	19,3	24	172	24	6,20	24	07:48,0	24
05:27,0	26	19,2	26	173	26	6,30	26	07:47,0	26
05:26,0	28	19,1	28	174	28	6,40	28	07:46,0	28
05:25,0	30	19,0	30	175	30	6,50	30	07:45,0	30
05:24,0	32	18,9	32	176	32	6,60	32	07:44,0	32
05:23,0	34	18,8	34	177	34	6,70	34	07:43,0	34
05:22,0	36	18,7	36	178	36	6,80	36	07:42,0	36
05:21,0	38	18,6	38	179	38	6,90	38	07:41,0	38
05:20,0	40	18,5	40	180	40	7,00	40	07:40,0	40
05:19,0	42	18,4	42	181	42	7,10	42	07:39,0	42
05:18,0	44	18,3	44	182	44	7,20	44	07:38,0	44
05:17,0	46	18,2	46	183	46	7,30	46	07:37,0	46
05:16,0	48	18,1	48	184	48	7,40	48	07:36,0	48
05:15,0	50	18,0	50	185	50	7,50	50	07:35,0	50
05:14,0	52	17,9	52	186	52	7,60	52	07:34,0	52
05:13,0	54	17,8	54	187	54	7,70	54	07:33,0	54
05:12,0	56	17,7	56	188	56	7,80	56	07:32,0	56
05:13,0	58	17,6	58	189	58	7,90	58	07:31,0	58
05:12,0	60	17,5	60	190	60	8,00	60	07:30,0	60
05:11,0	62	17,4	62	191	62	8,10	62	07:29,0	62
05:10,0	64	17,3	64	192	64	8,20	64	07:28,0	64
05:09,0	66	17,2	66	193	66	8,30	66	07:27,0	66
05:08,0	68	17,1	68	194	68	8,40	68	07:26,0	68
05:07,0	70	17,0	70	195	70	8,50	70	07:25,0	70
05:06,0	72	16,9	72	196	72	8,60	72	07:24,0	72
05:05,0	74	16,8	74	197	74	8,70	74	07:23,0	74
05:04,0	76	16,7	76	198	76	8,80	76	07:22,0	76
05:03,0	78	16,6	78	199	78	8,90	78	07:21,0	78
05:02,0	80	16,5	80	200	80	9,00	80	07:20,0	80
05:01,0	82	16,4	82	201	82	9,10	82	07:19,0	82
05:00,0	84	16,3	84	202	84	9,20	84	07:18,0	84
04:59,0	86	16,2	86	203	86	9,30	86	07:17,0	86
04:58,0	88	16,1	88	204	88	9,40	88	07:16,0	88
04:57,0	90	16,0	90	205	90	9,50	90	07:15,0	90
04:56,0	92	15,9	92	206	92	9,60	92	07:14,0	92
04:55,0	94	15,8	94	207	94	9,70	94	07:13,0	94
04:54,0	96	15,7	96	208	96	9,80	96	07:12,0	96
04:53,0	98	15,6	98	209	98	9,90	98	07:11,0	98
04:52,0	100	15,5	100	210	100	10,00	100	07:10,0	100

Chlapci 14 - 15 let

Plavání VZ 400 m		Sprint 100 m		Skok daleký z místa - snožmo		Hod 2 kg medicinbalem obouruč přes hlavu vzad		Běh 2000 m	
(min:sek)	body	(sec)	body	(cm)	body	(m,cm)	body	(min:sek)	body
05:33,0	0	18,5	0	170	0	6,00	0	07:35,0	0
05:32,0	2	18,4	2	171	2	6,10	2	07:34,0	2
05:31,0	4	18,3	4	172	4	6,20	4	07:33,0	4
05:30,0	6	18,2	6	173	6	6,30	6	07:32,0	6
05:29,0	8	18,1	8	174	8	6,40	8	07:31,0	8
05:28,0	10	18,0	10	175	10	6,50	10	07:30,0	10
05:27,0	12	17,9	12	176	12	6,60	12	07:29,0	12
05:26,0	14	17,8	14	177	14	6,70	14	07:28,0	14
05:25,0	16	17,7	16	178	16	6,80	16	07:27,0	16
05:24,0	18	17,6	18	179	18	6,90	18	07:26,0	18
05:23,0	20	17,5	20	180	20	7,00	20	07:25,0	20
05:22,0	22	17,4	22	181	22	7,10	22	07:24,0	22
05:21,0	24	17,3	24	182	24	7,20	24	07:23,0	24
05:20,0	26	17,2	26	183	26	7,30	26	07:22,0	26
05:19,0	28	17,1	28	184	28	7,40	28	07:21,0	28
05:18,0	30	17,0	30	185	30	7,50	30	07:20,0	30
05:17,0	32	16,9	32	186	32	7,60	32	07:19,0	32
05:16,0	34	16,8	34	187	34	7,70	34	07:18,0	34
05:15,0	36	16,7	36	188	36	7,80	36	07:17,0	36
05:14,0	38	16,6	38	189	38	7,90	38	07:16,0	38
05:13,0	40	16,5	40	190	40	8,00	40	07:15,0	40
05:12,0	42	16,4	42	191	42	8,10	42	07:14,0	42
05:13,0	44	16,3	44	192	44	8,20	44	07:13,0	44
05:12,0	46	16,2	46	193	46	8,30	46	07:12,0	46
05:11,0	48	16,1	48	194	48	8,40	48	07:11,0	48
05:10,0	50	16,0	50	195	50	8,50	50	07:10,0	50
05:09,0	52	15,9	52	196	52	8,60	52	07:09,0	52
05:08,0	54	15,8	54	197	54	8,70	54	07:08,0	54
05:07,0	56	15,7	56	198	56	8,80	56	07:07,0	56
05:06,0	58	15,6	58	199	58	8,90	58	07:06,0	58
05:05,0	60	15,5	60	200	60	9,00	60	07:05,0	60
05:04,0	62	15,4	62	201	62	9,10	62	07:04,0	62
05:03,0	64	15,3	64	202	64	9,20	64	07:03,0	64
05:02,0	66	15,2	66	203	66	9,30	66	07:02,0	66
05:01,0	68	15,1	68	204	68	9,40	68	07:01,0	68
05:00,0	70	15,0	70	205	70	9,50	70	07:00,0	70
04:59,0	72	14,9	72	206	72	9,60	72	06:59,0	72
04:58,0	74	14,8	74	207	74	9,70	74	06:58,0	74
04:57,0	76	14,7	76	208	76	9,80	76	06:57,0	76
04:56,0	78	14,6	78	209	78	9,90	78	06:56,0	78
04:55,0	80	14,5	80	210	80	10,00	80	06:55,0	80
04:54,0	82	14,4	82	211	82	10,10	82	06:54,0	82
04:53,0	84	14,3	84	212	84	10,20	84	06:53,0	84
04:52,0	86	14,2	86	213	86	10,30	86	06:52,0	86
04:51,0	88	14,1	88	214	88	10,40	88	00:51,0	88
04:50,0	90	14,0	90	215	90	10,50	90	06:50,0	90
04:49,0	92	13,9	92	216	92	10,60	92	06:49,0	92
04:48,0	94	13,8	94	217	94	10,70	94	06:48,0	94
04:47,0	96	13,7	96	218	96	10,80	96	06:47,0	96
04:46,0	98	13,6	98	219	98	10,90	98	06:46,0	98
04:45,0	100	13,5	100	220	100	11,00	100	06:45,0	100