

KEHALISE ETTEVALMISTUSE HINDAMISE NORMATIIVID

Tabel 1: Toenglamangus käte kõverdamine (MEHED)

Korduste arv	vanus										Korduste arv
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
75			100								75
74			99								74
73		100	98	100							73
72		99	97	99							72
71		98	96	98							71
70		97	95	97	100						70
69	100	95	94	96	99						69
68	99	94	93	95	98						68
67	97	93	92	94	97						67
66	96	92	91	93	96						66
65	94	91	89	92	95						65
64	93	90	88	91	94	100					64
63	92	89	87	90	93	99					63
62	90	87	86	89	92	98					62
61	89	86	85	88	91	97					61
60	88	85	84	87	90	96					60
59	86	84	83	86	89	94					59
58	85	83	82	85	88	93					58
57	83	82	81	84	87	92	100				57
56	82	81	80	83	86	91	99				56
55	81	79	79	82	85	90	98				55
54	79	78	78	81	84	89	96	100			54
53	78	77	77	80	83	88	95	99			53
52	77	76	76	79	82	87	94	98			52
51	75	75	75	78	81	86	93	97	100		51
50	74	74	74	77	79	84	92	96	99		50
49	72	73	73	76	78	83	91	95	98		49
48	71	71	72	75	77	82	89	94	97	100	48
47	70	70	71	74	76	81	88	93	95	99	47
46	68	69	69	73	75	80	87	92	94	98	46
45	67	68	68	72	74	79	86	91	93	96	45
44	66	67	67	71	73	78	85	90	92	95	44
43	64	66	66	70	72	77	84	89	91	94	43
42	63	65	65	69	71	76	82	88	90	93	42
41	61	63	64	68	70	75	81	87	89	92	41
40	60	62	63	67	69	74	80	86	87	91	40
39	59	61	62	66	68	73	79	85	86	89	39
38	58	60	61	65	67	72	78	84	85	88	38
37	57	59	60	64	66	71	76	83	84	87	37
36	56	58	59	63	65	70	75	82	83	86	36
35	55	57	58	62	64	69	74	81	82	85	35
34	54	56	57	61	63	68	73	80	81	84	34
33	53	55	56	60	62	67	72	79	79	82	33
32	52	54	55	59	61	66	71	78	78	81	32
31	51	53	54	58	60	65	69	77	77	80	31
Korduste arv	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	Korduste arv

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Korduste arv	vanus										Korduste arv
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
30	50	52	53	57	59	64	68	76	76	79	30
29	49	51	52	56	58	63	67	75	75	78	29
28	48	50	51	55	57	62	66	73	74	76	28
27	47	49	50	54	56	61	65	72	73	75	27
26	46	48	49	53	55	60	64	71	72	74	26
25	45	47	48	52	54	58	62	70	71	73	25
24	44	46	47	51	53	56	61	69	70	72	24
23	43	45	46	50	52	54	60	68	69	71	23
22	42	44	45	48	51	52	58	67	68	70	22
21	41	43	44	46	50	50	56	66	67	69	21
20	40	42	43	44	48	48	54	65	66	68	20
19	38	41	42	42	46	46	52	63	65	67	19
18	36	40	41	40	44	44	50	62	64	66	18
17	34	38	40	38	42	42	48	61	63	65	17
16	32	36	38	36	40	40	46	60	62	64	16
15	30	34	36	34	38	38	44	58	61	63	15
14	28	32	34	32	36	36	42	56	60	62	14
13	26	30	32	30	34	34	40	54	58	61	13
12	24	28	30	28	32	32	38	52	56	60	12
11	22	26	28	26	30	30	36	50	54	58	11
10	20	24	26	24	28	28	34	48	52	56	10
Korduste arv	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	Korduste arv

Tabel 2: Toenglamangus käte kõverdamine (NAISED)

Korduste arv	vanus										Korduste arv
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
50			100								50
49			99								49
48			98								48
47			96								47
46		100	95								46
45		99	94	100							45
44		97	93	99							44
43		96	92	97							43
42	100	94	90	96							42
41	99	93	89	95							41
40	97	92	88	93	100						40
39	95	90	87	92	99						39
38	93	89	85	91	97						38
37	91	88	84	89	96	100					37
36	90	86	83	88	94	98					36
35	88	85	82	87	93	97					35
34	86	83	81	85	91	95	100				34
33	84	82	80	84	90	94	98				33
32	83	81	79	83	88	92	97				32
31	81	79	78	81	87	90	95	100			31
30	79	78	77	80	85	89	93	98			30
29	77	77	76	79	84	87	92	96			29
28	76	75	75	78	82	86	90	95	100		28
27	74	74	74	77	81	84	88	93	98		27
26	72	72	73	76	79	82	87	91	96		26
25	70	71	72	75	78	81	85	89	94	100	25
24	69	70	71	73	76	79	83	87	92	98	24
23	67	68	70	72	75	78	82	85	90	96	23
22	66	67	68	71	73	76	80	84	88	93	22
21	65	66	67	70	72	74	79	82	86	91	21
20	63	64	66	69	71	73	77	80	84	89	20
19	62	63	65	67	70	71	75	78	82	87	19
18	60	61	64	65	69	70	73	76	81	84	18
17	57	60	63	64	67	68	72	75	80	82	17
16	55	57	62	63	65	67	70	73	78	80	16
15	53	55	61	62	64	66	68	71	76	78	15
14	51	53	60	61	63	65	67	69	74	76	14
13	48	51	58	60	61	64	65	67	72	73	13
12	45	48	55	58	60	63	63	65	70	71	12
11	42	45	52	55	58	62	62	64	68	69	11
10	39	42	49	52	55	61	61	62	66	67	10
9	36	39	46	49	52	60	60	61	64	64	9
8	33	36	43	46	49	57	57	60	62	62	8
7	30	33	40	43	46	54	55	57	60	60	7
6	27	30	37	40	43	51	52	55	57	58	6
5	24	27	34	37	40	48	50	53	55	56	5
Korduste arv	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	Korduste arv

Tabel 3: Istesse tõus selililamangust käed kukla taga sõrmseongus (MEHED/NAISED)

Korduste arv	vanus										Korduste arv
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
80			100								80
79			99								79
78		100	98								78
77		99	97								77
76	100	97	96								76
75	98	96	95								75
74	97	95	95	100							74
73	95	93	94	99							73
72	94	92	93	98							72
71	93	91	92	97	100						71
70	91	89	91	96	99						70
69	90	88	90	95	98						69
68	88	87	89	94	97						68
67	87	84	88	93	96	100					67
66	85	84	87	92	95	99					66
65	84	83	86	91	94	98	100				65
64	83	81	85	90	93	97	99				64
63	81	80	84	89	92	96	98	100			63
62	80	79	83	88	91	95	97	99			62
61	78	77	82	87	90	94	96	98	100		61
60	77	76	81	86	89	93	95	97	99		60
59	75	75	80	85	88	92	94	96	98	100	59
58	74	73	79	84	87	91	93	95	97	99	58
57	73	72	78	83	86	90	92	94	96	98	57
56	71	71	77	82	85	89	91	93	95	97	56
55	70	69	76	81	84	88	90	92	94	96	55
54	68	68	75	80	83	87	89	91	93	95	54
53	67	67	74	79	82	86	88	90	92	94	53
52	66	65	73	78	81	85	87	89	91	93	52
51	65	64	72	77	80	84	86	88	90	92	51
50	64	63	71	76	79	83	85	87	89	91	50
49	63	62	70	75	78	82	84	86	88	90	49
48	62	60	69	74	77	81	83	85	87	89	48
47	61	59	68	73	76	80	82	84	86	88	47
46	60	58	67	72	75	79	81	83	85	87	46
45	58	57	66	71	74	78	80	82	84	86	45
44	57	56	65	70	73	77	79	81	83	85	44
43	56	55	64	69	72	76	78	80	82	84	43
42	55	54	63	68	71	75	77	79	81	83	42
41	54	53	62	67	70	74	76	78	80	82	41
40	53	52	61	66	69	73	75	77	79	81	40
39	51	51	60	65	68	72	74	76	78	80	39
38	50	50	59	64	67	71	73	75	77	79	38
37	49	49	58	63	66	70	72	74	76	78	37
36	48	48	57	62	65	69	71	73	75	77	36
Korduste arv	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	Korduste arv

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Korduste arv	vanus										Korduste arv
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
35	47	47	56	61	64	68	70	72	74	76	35
34	46	46	55	60	63	67	69	71	73	75	34
33	45	45	54	59	62	66	68	70	72	74	33
32	44	44	53	58	61	65	67	69	71	73	32
31	43	43	52	57	60	64	66	68	70	72	31
30	42	42	51	56	58	63	65	67	69	71	30
29	41	41	50	55	57	62	64	66	68	70	29
28	40	40	49	54	56	61	63	65	67	69	28
27	39	39	48	53	55	60	62	64	66	68	27
26	38	38	47	52	54	59	61	63	65	67	26
25	37	37	46	51	53	58	60	62	64	66	25
24	36	36	45	50	52	57	59	61	63	65	24
23	35	35	44	49	51	56	58	60	62	64	23
22	34	34	43	48	50	55	57	59	61	63	22
21	33	33	42	47	49	54	56	58	60	62	21
20	32	32	41	46	48	53	55	57	59	61	20
19	31	31	40	45	47	52	54	56	55	60	19
18	30	30	39	43	46	51	53	55	54	59	18
17	29	29	38	41	45	50	52	54	53	55	17
16	28	28	37	39	43	48	50	53	52	54	16
15	27	27	36	37	41	46	48	52	50	53	15
14	26	26	34	35	39	44	46	50	48	52	14
13	25	25	32	33	37	42	44	48	46	50	13
12	24	24	30	31	35	40	42	46	44	48	12
11	23	23	28	29	33	38	40	44	42	46	11
10	22	22	26	27	31	36	38	42	40	44	10
Korduste arv	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	Korduste arv

Tabel 4: 3200 meetri jooks (MEHED)

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
13:00	100	100									13:00
13:06	99	99									13:06
13:12	97	98									13:12
13:18	96	97	100								13:18
13:24	94	96	99								13:24
13:30	93	94	98								13:30
13:36	92	93	97								13:36
13:42	90	92	96								13:42
13:48	89	91	95								13:48
13:54	88	90	94								13:54
14:00	86	89	92	100							14:00
14:06	85	88	91	99							14:06
14:12	83	87	90	98							14:12
14:18	82	86	89	97							14:18
14:24	81	84	88	96							14:24
14:30	79	83	87	95							14:30
14:36	78	82	86	94							14:36
14:42	77	81	85	93	100						14:42
14:48	75	80	84	92	99						14:48
14:54	74	79	83	91	98						14:54
15:00	72	78	82	90	97						15:00
15:06	71	77	81	89	96	100					15:06
15:12	70	76	79	88	95	99					15:12
15:18	68	74	78	87	94	98					15:18
15:24	67	73	77	86	93	97					15:24
15:30	66	72	76	85	92	96	100				15:30
15:36	64	71	75	84	91	95	99				15:36
15:42	63	70	74	83	90	94	98				15:42
15:48	61	69	73	82	89	93	97				15:48
15:54	60	68	72	81	88	92	96				15:54
16:00	59	67	71	80	87	91	95	100			16:00
16:06	57	66	70	79	86	90	94	99			16:06
16:12	56	64	69	78	85	89	93	98	100		16:12
16:18	54	63	68	77	84	88	92	97	99		16:18
16:24	53	62	66	76	83	87	91	96	98	100	16:24
16:30	52	61	65	75	82	86	90	95	97	99	16:30
16:36	50	60	64	74	81	85	89	94	96	98	16:36
16:42	49	59	63	73	80	84	88	93	95	97	16:42
16:48	48	58	62	72	79	83	87	92	94	96	16:48
16:54	46	57	61	71	78	82	86	91	93	95	16:54
17:00	45	56	60	70	77	81	85	90	92	94	17:00
17:06	43	54	59	69	76	80	84	89	91	93	17:06
17:12	42	53	58	68	75	79	83	88	90	92	17:12
17:18	41	52	57	67	74	78	82	87	89	91	17:18
17:24	39	51	56	66	73	77	81	86	88	90	17:24
17:30	38	50	55	65	72	76	80	85	87	89	17:30
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

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AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
17:36	37	49	54	64	71	75	79	84	86	88	17:36
17:42	35	48	52	63	70	74	78	83	85	87	17:42
17:48	34	47	51	62	69	73	77	82	84	86	17:48
17:54	32	46	50	61	68	72	76	81	83	85	17:54
18:00	31	44	49	60	67	71	75	80	82	84	18:00
18:06	30	43	48	59	66	70	74	79	81	83	18:06
18:12	28	42	47	58	65	69	73	78	80	82	18:12
18:18	27	41	46	57	64	68	72	77	79	81	18:18
18:24	26	40	45	55	63	67	71	76	78	80	18:24
18:30	24	39	44	54	62	66	70	75	77	79	18:30
18:36	23	37	43	53	61	65	69	74	76	78	18:36
18:42	21	35	42	52	60	64	68	73	75	77	18:42
18:48	20	33	41	51	59	63	67	72	74	76	18:48
18:54	19	31	39	50	58	62	66	71	73	75	18:54
19:00	17	29	38	49	57	61	65	70	72	74	19:00
19:06	16	27	37	48	55	60	64	69	71	73	19:06
19:12	14	25	36	47	54	59	63	68	70	72	19:12
19:18	13	23	35	46	53	58	62	67	69	71	19:18
19:24	12	21	33	45	52	57	61	66	68	70	19:24
19:30	10	19	31	44	51	56	60	65	67	69	19:30
19:36	9	17	29	43	50	55	59	64	66	68	19:36
19:42	8	15	27	42	49	54	58	63	65	67	19:42
19:48	6	13	25	41	48	53	57	62	64	66	19:48
19:54	5	11	23	40	47	52	56	61	63	65	19:54
20:00	3	10	21	39	46	51	55	60	62	64	20:00
20:06	2	9	19	37	45	50	54	59	61	63	20:06
20:12	1	8	17	35	44	49	53	58	60	62	20:12
20:18		7	15	33	43	48	52	57	59	61	20:18
20:24		6	13	31	41	47	51	56	58	60	20:24
20:30		5	11	29	39	45	50	55	57	59	20:30
20:36		4	10	27	37	43	49	54	56	58	20:36
20:42		3	9	25	35	41	47	53	55	57	20:42
20:48		2	8	23	33	39	45	52	54	56	20:48
20:54		1	7	21	31	37	43	51	53	55	20:54
21:00			6	19	29	35	41	49	52	54	21:00
21:06			5	17	27	33	39	47	51	53	21:06
21:12			4	15	25	31	37	45	50	52	21:12
21:18			3	13	23	29	35	43	49	50	21:18
21:24			2	11	21	27	33	41	48	49	21:24
21:30			1	10	19	25	31	39	47	48	21:30
21:36				9	17	23	29	37	45	47	21:36
21:42				8	15	21	27	35	43	46	21:42
21:48				7	13	19	25	33	41	45	21:48
21:54				6	11	17	23	31	39	44	21:54
22:00				5	10	15	21	29	37	43	22:00
22:06				4	9	13	19	27	35	42	22:06
22:12				3	8	11	17	25	33	40	22:12
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

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AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
22:18				2	7	10	15	23	31	39	22:18
22:24				1	6	9	13	21	29	37	22:24
22:30					5	8	11	19	27	35	22:30
22:36					4	7	10	17	25	33	22:36
22:42					3	6	9	15	23	31	22:42
22:48					2	5	8	13	21	29	22:48
22:54					1	4	7	11	19	27	22:54
23:00						3	6	10	17	25	23:00
23:06						3	5	9	15	23	23:06
23:12						2	4	8	13	21	23:12
23:18						1	3	7	11	19	23:18
23:24							3	6	10	17	23:24
23:30							2	5	9	15	23:30
23:36							1	4	8	13	23:36
23:42								3	7	11	23:42
23:48								3	6	10	23:48
23:54								2	5	9	23:54
24:00								1	4	8	24:00
24:06									3	7	24:06
24:12									3	6	24:12
24:18									2	5	24:18
24:24									1	4	24:24
24:30										3	24:30
24:36										3	24:36
24:42										2	24:42
24:48										1	24:48
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

Tabel 5: 3200 meetri jooks (NAISED)

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
15:36	100										15:36
15:42	99										15:42
15:48	98										15:48
15:54	96										15:54
16:00	95										16:00
16:06	94	100									16:06
16:12	93	99									16:12
16:18	92	98									16:18
16:24	90	97									16:24
16:30	89	96									16:30
16:36	88	90									16:36
16:42	87	89									16:42
16:48	85	88									16:48
16:54	84	87									16:54
17:00	83	86									17:00
17:06	82	85									17:06
17:12	81	84									17:12
17:18	79	83									17:18
17:24	78	82									17:24
17:30	77	81	100								17:30
17:36	76	80	99								17:36
17:42	75	79	98								17:42
17:48	74	78	97								17:48
17:54	72	77	96								17:54
18:00	71	76	95								18:00
18:06	70	75	94								18:06
18:12	68	74	93								18:12
18:18	67	73	92								18:18
18:24	66	72	91								18:24
18:30	65	71	90	100							18:30
18:36	64	70	90	99							18:36
18:42	62	69	89	98							18:42
18:48	61	68	88	97							18:48
18:54	60	67	87	96							18:54
19:00	59	66	86	95							19:00
19:06	58	65	85	94							19:06
19:12	56	64	84	93							19:12
19:18	55	63	83	92							19:18
19:24	54	62	82	91							19:24
19:30	53	61	81	90	100						19:30
19:36	52	60	80	90	99						19:36
19:42	50	59	80	89	98						19:42
19:48	49	58	79	88	97						19:48
19:54	48	57	78	87	96						19:54
20:00	47	56	77	86	95						20:00
20:06	45	55	76	85	94						20:06
20:12	44	54	75	84	93						20:12
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

KEHALISE ETTEVALMISTUSE HINDAMISE NORMATIIVID

AEG (min/sek)	vanus										AEG (min/sek)	
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+		
20:18	43	53	74	83	92							20:18
20:24	41	52	73	82	91							20:24
20:30	39	51	72	81	90	100						20:30
20:36	37	50	71	80	89	99						20:36
20:42	35	49	70	80	88	98	100					20:42
20:48	33	47	70	79	87	97	99					20:48
20:54	31	45	69	78	86	96	98	100				20:54
21:00	29	43	68	77	85	94	97	99				21:00
21:06	27	41	67	76	84	93	96	98	100			21:06
21:12	25	39	66	75	83	92	94	97	99			21:12
21:18	23	37	65	75	82	91	93	96	98	100		21:18
21:24	21	35	64	74	81	90	92	94	97	99		21:24
21:30	19	33	63	73	80	89	91	93	96	98		21:30
21:36	17	31	62	72	79	88	90	92	94	97		21:36
21:42	15	29	61	71	78	87	89	91	93	96		21:42
21:48	13	27	60	70	77	86	88	90	92	94		21:48
21:54	11	25	59	70	76	84	87	89	91	93		21:54
22:00	10	23	58	69	75	83	86	88	90	92		22:00
22:06	9	21	57	68	74	82	84	87	89	91		22:06
22:12	8	19	56	67	73	81	83	86	88	90		22:12
22:18	7	17	55	66	72	80	82	84	87	89		22:18
22:24	6	15	54	65	71	79	81	83	86	88		22:24
22:30	5	13	53	65	70	78	80	82	84	87		22:30
22:36	4	11	52	64	69	77	79	81	83	86		22:36
22:42	3	10	51	63	68	76	78	80	82	84		22:42
22:48	2	9	50	62	67	74	77	79	81	83		22:48
22:54	1	8	49	61	66	73	76	78	80	82		22:54
23:00		7	48	60	65	72	74	77	79	81		23:00
23:06		6	47	59	64	71	73	76	78	80		23:06
23:12		5	45	58	63	70	72	74	77	79		23:12
23:18		4	43	57	62	69	71	73	76	78		23:18
23:24		3	41	55	61	68	70	72	74	77		23:24
23:30		2	39	53	60	67	69	71	73	76		23:30
23:36		1	37	51	58	66	68	70	72	74		23:36
23:42			35	49	56	64	67	69	71	73		23:42
23:48			33	47	54	63	66	68	70	72		23:48
23:54			31	45	52	61	64	67	69	71		23:54
24:00			29	43	50	60	63	66	68	70		24:00
24:06			27	41	48	58	61	64	67	69		24:06
24:12			25	39	46	56	60	63	66	68		24:12
24:18			23	37	44	54	58	61	64	67		24:18
24:24			21	35	42	52	56	60	63	66		24:24
24:30			19	33	40	50	54	58	61	64		24:30
24:36			17	30	38	48	52	56	60	63		24:36
24:42			15	27	36	46	50	54	58	61		24:42
24:48			13	24	34	44	48	52	56	60		24:48
24:54			11	21	32	42	46	50	54	58		24:54
25:00			10	18	30	40	44	48	52	56		25:00
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG	

KEHALISE ETTEVALMISTUSE HINDAMISE NORMATIIVID

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
25:06			9	15	28	39	42	46	50	54	25:06
25:12			8	13	26	37	40	44	48	52	25:12
25:18			7	11	24	35	39	42	46	50	25:18
25:24			6	10	22	33	37	40	44	48	25:24
25:30			5	9	20	31	35	39	42	46	25:30
25:36			4	8	18	29	33	37	40	44	25:36
25:42			3	7	16	27	31	35	39	42	25:42
25:48			2	6	14	25	29	33	37	40	25:48
25:54			1	5	12	23	27	31	35	39	25:54
26:00				4	10	21	25	29	33	37	26:00
26:06				3	9	19	23	27	31	35	26:06
26:12				2	8	17	21	25	29	33	26:12
26:18				1	7	15	19	23	27	31	26:18
26:24					6	13	17	21	25	29	26:24
26:30					5	11	15	19	23	27	26:30
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

Tabel 6: Istesse tõus selililamangust käed risti rinnal (MEHED/NAISED)

Korduste arv	vanus										Korduste arv
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
90			100								90
89			99								89
88		100	98								88
87		99	97								87
86	100	97	96								86
85	98	96	95								85
84	97	95	95	100							84
83	95	93	94	99							83
82	94	92	93	98							82
81	93	91	92	97	100						81
80	91	89	91	96	99						80
79	90	88	90	95	98						79
78	88	87	89	94	97						78
77	87	84	88	93	96	100					77
76	85	84	87	92	95	99					76
75	84	83	86	91	94	98	100				75
74	83	81	85	90	93	97	99				74
73	81	80	84	89	92	96	98	100			73
72	80	79	83	88	91	95	97	99			72
71	78	77	82	87	90	94	96	98	100		71
70	77	76	81	86	89	93	95	97	99		70
69	75	75	80	85	88	92	94	96	98	100	69
68	74	73	79	84	87	91	93	95	97	99	68
67	73	72	78	83	86	90	92	94	96	98	67
66	71	71	77	82	85	89	91	93	95	97	66
65	70	69	76	81	84	88	90	92	94	96	65
64	68	68	75	80	83	87	89	91	93	95	64
63	67	67	74	79	82	86	88	90	92	94	63
62	66	65	73	78	81	85	87	89	91	93	62
61	65	64	72	77	80	84	86	88	90	92	61
60	64	63	71	76	79	83	85	87	89	91	60
59	63	62	70	75	78	82	84	86	88	90	59
58	62	60	69	74	77	81	83	85	87	89	58
57	61	59	68	73	76	80	82	84	86	88	57
56	60	58	67	72	75	79	81	83	85	87	56
55	58	57	66	71	74	78	80	82	84	86	55
54	57	56	65	70	73	77	79	81	83	85	54
53	56	55	64	69	72	76	78	80	82	84	53
52	55	54	63	68	71	75	77	79	81	83	52
51	54	53	62	67	70	74	76	78	80	82	51
50	53	52	61	66	69	73	75	77	79	81	50
49	51	51	60	65	68	72	74	76	78	80	49
48	50	50	59	64	67	71	73	75	77	79	48
47	49	49	58	63	66	70	72	74	76	78	47
46	48	48	57	62	65	69	71	73	75	77	46
Korduste arv	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	Korduste arv

Korduste arv	vanus										Korduste arv
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
45	47	47	56	61	64	68	70	72	74	76	45
44	46	46	55	60	63	67	69	71	73	75	44
43	45	45	54	59	62	66	68	70	72	74	43
42	44	44	53	58	61	65	67	69	71	73	42
41	43	43	52	57	60	64	66	68	70	72	41
40	42	42	51	56	59	63	65	67	69	71	40
39	41	41	50	55	58	62	64	66	68	70	39
38	40	40	49	54	57	61	63	65	67	69	38
37	39	39	48	53	56	60	62	64	66	68	37
36	38	38	47	52	55	59	61	63	65	67	36
35	37	37	46	51	54	58	60	62	64	66	35
34	36	36	45	50	53	57	59	61	63	65	34
33	35	35	44	49	52	56	58	60	62	64	33
32	34	34	43	48	51	55	57	59	61	63	32
31	33	33	42	47	50	54	56	58	60	62	31
30	32	32	41	46	49	53	55	57	59	61	30
29	31	31	40	45	48	52	54	56	55	60	29
28	30	30	39	44	47	51	53	55	54	59	28
27	29	29	38	43	46	50	52	54	53	55	27
26	28	28	37	42	45	48	50	53	52	54	26
25	27	27	36	41	44	46	48	52	50	53	25
24	26	26	34	40	43	44	46	50	48	52	24
23	25	25	32	38	42	42	44	48	46	50	23
22	24	24	30	36	41	40	42	46	44	48	22
21	23	23	28	34	40	38	40	44	42	46	21
20	22	22	26	32	38	36	38	42	40	44	20
19	21	21	25	30	36	34	36	40	38	42	19
18	20	20	24	28	34	32	34	38	36	40	18
17	18	18	22	26	32	30	32	36	34	38	17
16	17	17	20	24	30	28	30	34	32	36	16
15	15	15	18	22	28	26	28	32	30	34	15
14	13	13	16	20	26	24	26	30	28	32	14
13	11	11	15	18	24	22	24	28	26	30	13
12	9	9	14	16	22	20	22	26	24	28	12
11	7	7	12	14	20	18	20	24	22	26	11
10	5	5	10	12	18	16	18	22	20	24	10
Korduste arv	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	Korduste arv

Tabel 7: 500 meetri rinnuli ujumine (MEHED)

AEG (min/sek)	vanus										AEG (min/sek)	
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+		
8:40	100	100										8:40
8:45	99	99										8:45
8:50	97	98										8:50
8:55	96	97	100									8:55
9:00	94	96	99									9:00
9:05	93	94	98									9:05
9:10	92	93	97									9:10
9:15	90	92	96									9:15
9:20	89	91	95									9:20
9:25	88	90	94									9:25
9:30	86	89	92	100								9:30
9:35	85	88	91	99								9:35
9:40	83	87	90	98								9:40
9:45	82	86	89	97								9:45
9:50	81	84	88	96								9:50
9:55	79	83	87	95								9:55
10:00	78	82	86	94								10:00
10:05	77	81	85	93	100							10:05
10:10	75	80	84	92	99							10:10
10:15	74	79	83	91	98							10:15
10:20	72	78	82	90	97							10:20
10:25	71	77	81	89	96	100						10:25
10:30	70	76	79	88	95	99						10:30
10:35	68	74	78	87	94	98						10:35
10:40	67	73	77	86	93	97						10:40
10:45	66	72	76	85	92	96	100					10:45
10:50	64	71	75	84	91	95	99					10:50
10:55	63	70	74	83	90	94	98					10:55
11:00	61	69	73	82	89	93	97					11:00
11:05	60	68	72	81	88	92	96					11:05
11:10	59	67	71	80	87	91	95	100				11:10
11:15	57	66	70	79	86	90	94	99				11:15
11:20	56	64	69	78	85	89	93	98	100			11:20
11:25	54	63	68	77	84	88	92	97	99			11:25
11:30	53	62	66	76	83	87	91	96	98	100		11:30
11:35	52	61	65	75	82	86	90	95	97	99		11:35
11:40	50	60	64	74	81	85	89	94	96	98		11:40
11:45	49	59	63	73	80	84	88	93	95	97		11:45
11:50	48	58	62	72	79	83	87	92	94	96		11:50
11:55	46	57	61	71	78	82	86	91	93	95		11:55
12:00	45	56	60	70	77	81	85	90	92	94		12:00
12:05	43	54	59	69	76	80	84	89	91	93		12:05
12:10	42	53	58	68	75	79	83	88	90	92		12:10
12:15	41	52	57	67	74	78	82	87	89	91		12:15
12:20	39	51	56	66	73	77	81	86	88	90		12:20
12:25	38	50	55	65	72	76	80	85	87	89		12:25
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+		AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
12:30	37	49	54	64	71	75	79	84	86	88	12:30
12:35	35	48	52	63	70	74	78	83	85	87	12:35
12:40	34	47	51	62	69	73	77	82	84	86	12:40
12:45	32	46	50	61	68	72	76	81	83	85	12:45
12:50	31	44	49	60	67	71	75	80	82	84	12:50
12:55	30	43	48	59	66	70	74	79	81	83	12:55
13:00	28	42	47	58	65	69	73	78	80	82	13:00
13:05	27	41	46	57	64	68	72	77	79	81	13:05
13:10	26	40	45	55	63	67	71	76	78	80	13:10
13:15	24	39	44	54	62	66	70	75	77	79	13:15
13:20	23	37	43	53	61	65	69	74	76	78	13:20
13:25	21	35	42	52	60	64	68	73	75	77	13:25
13:30	20	33	41	51	59	63	67	72	74	76	13:30
13:35	19	31	39	50	58	62	66	71	73	75	13:35
13:40	17	29	38	49	57	61	65	70	72	74	13:40
13:45	16	27	37	48	55	60	64	69	71	73	13:45
13:50	14	25	36	47	54	59	63	68	70	72	13:50
13:55	13	23	35	46	53	58	62	67	69	71	13:55
14:00	12	21	33	45	52	57	61	66	68	70	14:00
14:05	10	19	31	44	51	56	60	65	67	69	14:05
14:10	9	17	29	43	50	55	59	64	66	68	14:10
14:15	8	15	27	42	49	54	58	63	65	67	14:15
14:20	6	13	25	41	48	53	57	62	64	66	14:20
14:25	5	11	23	40	47	52	56	61	63	65	14:25
14:30	3	10	21	39	46	51	55	60	62	64	14:30
14:35	2	9	19	37	45	50	54	59	61	63	14:35
14:40	1	8	17	35	44	49	53	58	60	62	14:40
14:45		7	15	33	43	48	52	57	59	61	14:45
14:50		6	13	31	41	47	51	56	58	60	14:50
14:55		5	11	29	39	45	50	55	57	59	14:55
15:00		4	10	27	37	43	49	54	56	58	15:00
15:05		3	9	25	35	41	47	53	55	57	15:05
15:10		2	8	23	33	39	45	52	54	56	15:10
15:15		1	7	21	31	37	43	51	53	55	15:15
15:20			6	19	29	35	41	49	52	54	15:20
15:25			5	17	27	33	39	47	51	53	15:25
15:30			4	15	25	31	37	45	50	52	15:30
15:35			3	13	23	29	35	43	49	50	15:35
15:40			2	11	21	27	33	41	48	49	15:40
15:45			1	10	19	25	31	39	47	48	15:45
15:50				9	17	23	29	37	45	47	15:50
15:55				8	15	21	27	35	43	46	15:55
16:00				7	13	19	25	33	41	45	16:00
16:05				6	11	17	23	31	39	44	16:05
16:10				5	10	15	21	29	37	43	16:10
16:15				4	9	13	19	27	35	42	16:15
16:20				3	8	11	17	25	33	40	16:20
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
16:25				2	7	10	15	23	31	39	16:25
16:30				1	6	9	13	21	29	37	16:30
16:35					5	8	11	19	27	35	16:35
16:40					4	7	10	17	25	33	16:40
16:45					3	6	9	15	23	31	16:45
16:50					2	5	8	13	21	29	16:50
16:55					1	4	7	11	19	27	16:55
17:00						3	6	10	17	25	17:00
17:05						3	5	9	15	23	17:05
17:10						2	4	8	13	21	17:10
17:15						1	3	7	11	19	17:15
17:20							3	6	10	17	17:20
17:25							2	5	9	15	17:25
17:30							1	4	8	13	17:30
17:35								3	7	11	17:35
17:40								3	6	10	17:40
17:45								2	5	9	17:45
17:50								1	4	8	17:50
17:55									3	7	17:55
18:00									3	6	18:00
18:05									2	5	18:05
18:10									1	4	18:10
18:15										3	18:15
18:20										3	18:20
18:25										2	18:25
18:30										1	18:30
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

Tabel 8: 500 meetri rinnuli ujumine (NAISED)

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
9:30	100	100									9:30
9:35	99	99									9:35
9:40	98	98									9:40
9:45	97	97									9:45
9:50	96	96									9:50
9:55	95	95	100								9:55
10:00	94	94	99								10:00
10:05	93	93	98								10:05
10:10	92	92	97								10:10
10:15	91	91	96								10:15
10:20	90	90	95								10:20
10:25	89	89	94								10:25
10:30	88	88	93	100							10:30
10:35	87	87	92	99							10:35
10:40	86	86	91	98							10:40
10:45	85	85	90	97							10:45
10:50	84	84	89	96	100						10:50
10:55	83	83	88	95	99						10:55
11:00	82	82	87	94	98						11:00
11:05	81	81	86	93	97						11:05
11:10	80	80	85	92	96						11:10
11:15	79	79	84	91	95						11:15
11:20	78	78	83	90	94	100					11:20
11:25	77	77	82	89	93	99					11:25
11:30	76	76	81	88	92	98					11:30
11:35	75	75	80	87	91	97					11:35
11:40	74	74	79	86	90	96	100				11:40
11:45	73	73	78	85	89	95	99				11:45
11:50	72	72	77	84	88	94	98				11:50
11:55	71	71	76	83	87	93	97				11:55
12:00	70	70	75	82	86	92	96	100			12:00
12:05	69	69	74	81	85	91	95	99			12:05
12:10	68	68	73	80	84	90	94	98			12:10
12:15	67	67	72	79	83	89	93	97			12:15
12:20	66	66	71	78	82	88	92	96	100		12:20
12:25	65	65	70	77	81	87	91	95	99		12:25
12:30	64	64	69	76	80	86	90	94	98		12:30
12:35	63	63	68	75	79	85	89	93	97		12:35
12:40	62	62	67	74	78	84	88	92	96	100	12:40
12:45	61	61	66	73	77	83	87	91	95	99	12:45
12:50	60	60	65	72	76	82	86	90	94	98	12:50
12:55	59	59	64	71	75	81	85	89	93	97	12:55
13:00	58	58	63	70	74	80	84	88	92	96	13:00
13:05	57	57	62	69	73	79	83	87	91	95	13:05
13:10	56	56	61	68	72	78	82	86	90	94	13:10
13:15	55	55	60	67	71	77	81	85	89	93	13:15
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
13:20	54	54	59	66	70	76	80	84	88	92	13:20
13:25	53	53	58	65	69	75	79	83	87	91	13:25
13:30	52	52	57	64	68	74	78	82	86	90	13:30
13:35	51	51	56	63	67	73	77	81	85	89	13:35
13:40	50	50	55	62	66	72	76	80	84	88	13:40
13:45	49	49	54	61	65	71	75	79	83	87	13:45
13:50	47	48	53	60	64	70	74	78	82	86	13:50
13:55	45	47	52	59	63	69	73	77	81	85	13:55
14:00	43	46	51	58	62	68	72	76	80	84	14:00
14:05	41	45	50	57	61	67	71	75	79	83	14:05
14:10	39	44	49	56	60	66	70	74	78	82	14:10
14:15	37	43	48	55	59	65	69	73	77	81	14:15
14:20	35	42	47	54	58	64	68	72	76	80	14:20
14:25	33	41	46	53	57	63	67	71	75	79	14:25
14:30	31	39	45	52	56	62	66	70	74	78	14:30
14:35	29	37	44	51	55	61	65	69	73	77	14:35
14:40	27	35	43	50	54	60	64	68	72	76	14:40
14:45	25	33	42	49	53	59	63	67	71	75	14:45
14:50	23	31	41	48	52	58	62	66	70	74	14:50
14:55	21	29	40	47	51	57	61	65	69	73	14:55
15:00	19	27	39	46	50	56	60	64	68	72	15:00
15:05	17	25	38	45	49	55	59	63	67	71	15:05
15:10	15	23	37	44	48	54	58	62	66	70	15:10
15:15	13	21	36	43	47	53	57	61	65	69	15:15
15:20	11	19	35	42	46	52	56	60	64	68	15:20
15:25	10	17	34	41	45	51	55	59	63	67	15:25
15:30	9	15	33	40	44	50	54	58	62	66	15:30
15:35	8	13	31	39	43	49	53	57	61	65	15:35
15:40	7	11	29	38	42	48	52	56	60	64	15:40
15:45	5	10	27	37	41	47	51	55	59	63	15:45
15:50	4	9	25	36	40	46	50	54	58	62	15:50
15:55	3	8	23	35	39	45	49	53	57	61	15:55
16:00	2	7	21	34	38	44	48	52	56	60	16:00
16:05	1	5	19	33	37	43	47	51	55	59	16:05
16:10		4	17	32	36	42	46	50	54	58	16:10
16:15		3	15	31	35	41	45	49	53	57	16:15
16:20		2	13	30	34	40	44	48	52	56	16:20
16:25		1	11	29	33	39	43	47	51	55	16:25
16:30			10	28	32	38	42	46	50	54	16:30
16:35			9	27	31	37	41	45	49	53	16:35
16:40			8	26	30	36	40	44	48	52	16:40
16:45			7	25	29	35	39	43	47	51	16:45
16:50			5	23	28	34	38	42	46	50	16:50
16:55			4	21	27	33	37	41	45	49	16:55
17:00			3	19	26	32	36	40	44	47	17:00
17:05			2	17	25	31	35	39	43	45	17:05
17:10			1	15	24	30	34	38	41	43	17:10
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
17:15				13	23	29	33	37	39	41	15:45
17:20				11	22	28	32	35	37	39	15:50
17:25				10	21	27	31	33	35	37	15:55
17:30				9	19	25	29	31	33	35	16:00
17:35				8	17	23	27	29	31	33	16:05
17:40				7	15	21	25	27	29	31	16:10
17:45				5	13	19	23	25	27	29	16:15
17:50				4	11	17	21	23	25	27	16:20
17:55				3	10	15	19	21	23	25	16:25
18:00				2	9	13	17	19	21	23	16:30
18:05				1	8	11	15	17	19	21	16:35
18:10					7	10	13	15	17	19	16:40
18:15					5	9	11	13	15	17	16:45
18:20					4	8	10	11	13	15	16:50
18:25					3	7	9	10	11	13	16:55
18:30					2	5	8	9	10	11	17:00
18:35					1	4	7	8	9	10	17:05
18:40						3	5	7	8	9	17:10
18:45						2	4	5	7	8	17:15
18:50						1	3	4	5	7	17:20
18:55							2	3	4	5	17:25
19:00							1	2	3	4	17:30
19:05								1	2	3	17:35
19:10									1	2	17:40
19:15										1	17:45
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

Tabel 9: 500 meetri vabalt ujumine (MEHED)

AEG (min/sek)	vanus										AEG (min/sek)	
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+		
7:10	100	100										7:10
7:15	99	99										7:15
7:20	98	98										7:20
7:25	97	97	100									7:25
7:30	96	96	99	100								7:30
7:35	95	95	98	99								7:35
7:40	94	94	97	98								7:40
7:45	93	93	96	97								7:45
7:50	92	92	95	96	100							7:50
7:55	91	91	94	95	99							7:55
8:00	90	90	93	94	98							8:00
8:05	89	89	92	93	97							8:05
8:10	88	88	91	92	96	100						8:10
8:15	87	87	90	91	95	99						8:15
8:20	86	86	89	90	94	98						8:20
8:25	85	85	88	89	93	97	100					8:25
8:30	84	84	87	88	92	96	99					8:30
8:35	83	83	86	87	91	95	98					8:35
8:40	82	82	85	86	90	94	97	100				8:40
8:45	81	81	84	85	89	93	96	99				8:45
8:50	80	80	83	85	88	92	95	98				8:50
8:55	79	79	82	84	87	91	95	97				8:55
9:00	78	78	81	83	86	90	94	96				9:00
9:05	77	77	80	82	86	90	93	95	100			9:05
9:10	76	76	79	81	85	89	92	95	99			9:10
9:15	75	75	78	80	84	88	91	94	98			9:15
9:20	74	74	77	79	83	87	91	93	97			9:20
9:25	73	73	76	78	82	86	90	92	97	100		9:25
9:30	72	72	75	77	81	85	89	91	96	99		9:30
9:35	71	71	74	76	80	84	88	91	95	98		9:35
9:40	70	70	73	75	80	83	87	90	94	97		9:40
9:45	69	69	72	75	79	83	87	89	93	96		9:45
9:50	68	68	71	74	78	82	86	88	92	95		9:50
9:55	67	67	70	73	77	81	85	87	91	94		9:55
10:00	66	66	69	72	76	80	84	87	90	93		10:00
10:05	65	65	68	71	75	79	84	86	89	93		10:05
10:10	64	64	67	70	74	78	83	85	89	92		10:10
10:15	63	63	66	69	74	77	82	84	88	91		10:15
10:20	62	62	65	68	73	77	81	84	87	90		10:20
10:25	61	61	64	67	72	76	80	83	86	89		10:25
10:30	60	60	63	66	71	75	80	82	85	88		10:30
10:35	58	59	62	65	70	74	79	81	84	87		10:35
10:40	56	58	61	65	69	73	78	80	83	86		10:40
10:45	54	57	60	64	69	72	77	80	83	85		10:45
10:50	52	56	59	63	68	71	76	79	82	84		10:50
10:55	50	55	58	62	67	70	76	78	81	83		10:55
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+		AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
11:00	48	54	57	61	66	70	75	77	80	82	11:00
11:05	46	52	56	60	65	69	74	76	79	81	11:05
11:10	44	50	55	59	64	68	73	76	78	80	11:10
11:15	42	48	54	58	63	67	73	75	77	80	11:15
11:20	40	46	52	56	63	66	72	74	77	79	11:20
11:25	38	44	50	55	62	65	71	73	76	78	11:25
11:30	36	42	48	54	61	64	70	73	75	77	11:30
11:35	34	40	46	52	60	63	69	72	74	76	11:35
11:40	32	38	44	50	59	63	69	71	73	75	11:40
11:45	30	36	42	48	58	62	68	70	72	74	11:45
11:50	28	34	40	46	57	61	67	69	71	73	11:50
11:55	26	32	38	44	56	60	66	69	70	72	11:55
12:00	24	30	36	42	55	59	65	68	70	71	12:00
12:05	22	28	34	40	54	58	65	67	69	70	12:05
12:10	20	26	32	38	53	57	64	66	68	69	12:10
12:15	18	24	30	36	52	56	63	65	67	68	12:15
12:20	16	22	28	34	51	55	62	65	66	67	12:20
12:25	14	20	26	32	50	54	62	64	65	67	12:25
12:30	12	18	24	30	49	53	61	63	64	66	12:30
12:35	10	16	22	28	48	52	60	62	63	65	12:35
12:40	9	14	20	26	47	51	59	92	63	64	12:40
12:45	8	12	18	24	46	50	58	61	62	63	12:45
12:50	7	10	16	22	45	49	57	60	61	62	12:50
12:55	6	9	14	20	44	48	56	59	60	61	12:55
13:00	5	8	12	18	43	47	55	58	59	60	13:00
13:05	4	7	10	16	42	46	54	57	58	59	13:05
13:10	3	6	9	14	41	45	53	56	57	58	13:10
13:15	2	5	8	12	40	44	52	55	56	57	13:15
13:20	1	4	7	10	39	43	51	54	55	56	13:20
13:25		3	6	9	38	42	50	53	54	55	13:25
13:30		2	5	8	37	41	49	52	53	54	13:30
13:35		1	4	7	36	40	48	51	52	53	13:35
13:40			3	6	35	39	47	50	51	52	13:40
13:45			2	5	34	38	46	49	50	51	13:45
13:50			1	4	33	37	45	48	49	50	13:50
13:55				3	32	36	44	47	48	49	13:55
14:00				2	31	35	43	46	47	48	14:00
14:05				1	30	34	42	45	46	47	14:05
14:10					29	33	41	44	45	46	14:10
14:15					28	32	40	43	44	45	14:15
14:20					27	31	39	42	43	44	14:20
14:25					26	30	38	41	42	43	14:25
14:30					25	29	37	40	41	42	14:30
14:35					24	28	36	39	40	41	14:35
14:40					23	27	35	38	39	40	14:40
14:45					22	26	34	37	38	39	14:45
14:50					21	25	33	36	37	38	14:50
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
15:00					19	23	32	35	36	37	15:00
15:05					17	22	31	34	35	36	15:05
15:10					15	21	30	33	34	35	15:10
15:15					13	20	29	32	33	34	15:15
15:20					11	19	27	31	32	33	15:20
15:25					10	18	25	29	31	32	15:25
15:30					9	17	23	27	30	31	15:30
15:35					8	15	21	25	29	30	15:35
15:40					7	14	19	23	27	29	15:40
15:45					6	13	17	21	25	28	15:45
15:50					5	12	15	19	23	27	15:50
15:55					4	10	13	17	21	25	15:55
16:00					3	9	11	15	19	23	16:00
16:05					2	8	10	13	17	21	16:05
16:10					1	7	9	11	15	19	16:10
16:15						6	8	10	13	17	16:15
16:20						5	7	9	11	15	16:20
16:25						4	6	8	10	13	16:25
16:30						3	5	7	9	11	16:30
16:35						2	4	6	8	10	16:35
16:40						1	3	5	7	9	16:40
16:45							2	4	6	8	16:45
16:50							1	3	5	7	16:50
16:55								2	4	6	16:55
17:00								1	3	5	17:00
17:05									2	4	17:05
17:10									1	3	17:10
17:15										2	17:15
17:20										1	17:20
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

Tabel 10: 500 meetri vabalt ujumine (NAISED)

AEG (min/sek)	vanus										AEG (min/sek)	
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+		
8:00	100	100										8:00
8:05	99	99										8:05
8:10	98	98										8:10
8:15	97	97										8:15
8:20	96	96										8:20
8:25	95	95	100									8:25
8:30	94	94	99									8:30
8:35	93	93	98									8:35
8:40	92	92	97									8:40
8:45	91	91	96									8:45
8:50	90	90	95									8:50
8:55	89	89	94									8:55
9:00	88	88	93	100								9:00
9:05	87	87	92	99								9:05
9:10	86	86	91	98								9:10
9:15	85	85	90	97								9:15
9:20	84	84	89	96	100							9:20
9:25	83	83	88	95	99							9:25
9:30	82	82	87	94	98							9:30
9:35	81	81	86	93	97							9:35
9:40	80	80	85	92	96							9:40
9:45	79	79	84	91	95							9:45
9:50	78	78	83	90	94	100						9:50
9:55	77	77	82	89	93	99						9:55
10:00	76	76	81	88	92	98						10:00
10:05	75	75	80	87	91	97						10:05
10:10	74	74	79	86	90	96	100					10:10
10:15	73	73	78	85	89	95	99					10:15
10:20	72	72	77	84	88	94	98					10:20
10:25	71	71	76	83	87	93	97					10:25
10:30	70	70	75	82	86	92	96	100				10:30
10:35	69	69	74	81	85	91	95	99				10:35
10:40	68	68	73	80	84	90	94	98				10:40
10:45	67	67	72	79	83	89	93	97				10:45
10:50	66	66	71	78	82	88	92	96	100			10:50
10:55	65	65	70	77	81	87	91	95	99			10:55
11:00	64	64	69	76	80	86	90	94	98			11:00
11:05	63	63	68	75	79	85	89	93	97			11:05
11:10	62	62	67	74	78	84	88	92	96	100		11:10
11:15	61	61	66	73	77	83	87	91	95	99		11:15
11:20	60	60	65	72	76	82	86	90	94	98		11:20
11:25	59	59	64	71	75	81	85	89	93	97		11:25
11:30	58	58	63	70	74	80	84	88	92	96		11:30
11:35	57	57	62	69	73	79	83	87	91	95		11:35
11:40	56	56	61	68	72	78	82	86	90	94		11:40
11:45	55	55	60	67	71	77	81	85	89	93		11:45
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG	

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
11:50	54	54	59	66	70	76	80	84	88	92	11:50
11:55	53	53	58	65	69	75	79	83	87	91	11:55
12:00	52	52	57	64	68	74	78	82	86	90	12:00
12:05	51	51	56	63	67	73	77	81	85	89	12:05
12:10	50	50	55	62	66	72	76	80	84	88	12:10
12:15	49	49	54	61	65	71	75	79	83	87	12:15
12:20	47	48	53	60	64	70	74	78	82	86	12:20
12:25	45	47	52	59	63	69	73	77	81	85	12:25
12:30	43	46	51	58	62	68	72	76	80	84	12:30
12:35	41	45	50	57	61	67	71	75	79	83	12:35
12:40	39	44	49	56	60	66	70	74	78	82	12:40
12:45	37	43	48	55	59	65	69	73	77	81	12:45
12:50	35	42	47	54	58	64	68	72	76	80	12:50
12:55	33	41	46	53	57	63	67	71	75	79	12:55
13:00	31	39	45	52	56	62	66	70	74	78	13:00
13:05	29	37	44	51	55	61	65	69	73	77	13:05
13:10	27	35	43	50	54	60	64	68	72	76	13:10
13:15	25	33	42	49	53	59	63	67	71	75	13:15
13:20	23	31	41	48	52	58	62	66	70	74	13:20
13:25	21	29	40	47	51	57	61	65	69	73	13:25
13:30	19	27	39	46	50	56	60	64	68	72	13:30
13:35	17	25	38	45	49	55	59	63	67	71	13:35
13:40	15	23	37	44	48	54	58	62	66	70	13:40
13:45	13	21	36	43	47	53	57	61	65	69	13:45
13:50	11	19	35	42	46	52	56	60	64	68	13:50
13:55	10	17	34	41	45	51	55	59	63	67	13:55
14:00	9	15	33	40	44	50	54	58	62	66	14:00
14:05	8	13	31	39	43	49	53	57	61	65	14:05
14:10	7	11	29	38	42	48	52	56	60	64	14:10
14:15	5	10	27	37	41	47	51	55	59	63	14:15
14:20	4	9	25	36	40	46	50	54	58	62	14:20
14:25	3	8	23	35	39	45	49	53	57	61	14:25
14:30	2	7	21	34	38	44	48	52	56	60	14:30
14:35	1	5	19	33	37	43	47	51	55	59	14:35
14:40		4	17	32	36	42	46	50	54	58	14:40
14:45		3	15	31	35	41	45	49	53	57	14:45
14:50		2	13	30	34	40	44	48	52	56	14:50
14:55		1	11	29	33	39	43	47	51	55	14:55
15:00			10	28	32	38	42	46	50	54	15:00
15:05			9	27	31	37	41	45	49	53	15:05
15:10			8	26	30	36	40	44	48	52	15:10
15:15			7	25	29	35	39	43	47	51	15:15
15:20			5	23	28	34	38	42	46	50	15:20
15:25			4	21	27	33	37	41	45	49	15:25
15:30			3	19	26	32	36	40	44	47	15:30
15:35			2	17	25	31	35	39	43	45	15:35
15:40			1	15	24	30	34	38	41	43	15:40
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
15:45				13	23	29	33	37	39	41	15:45
15:50				11	22	28	32	35	37	39	15:50
15:55				10	21	27	31	33	35	37	15:55
16:00				9	19	25	29	31	33	35	16:00
16:05				8	17	23	27	29	31	33	16:05
16:10				7	15	21	25	27	29	31	16:10
16:15				5	13	19	23	25	27	29	16:15
16:20				4	11	17	21	23	25	27	16:20
16:25				3	10	15	19	21	23	25	16:25
16:30				2	9	13	17	19	21	23	16:30
16:35				1	8	11	15	17	19	21	16:35
16:40					7	10	13	15	17	19	16:40
16:45					5	9	11	13	15	17	16:45
16:50					4	8	10	11	13	15	16:50
16:55					3	7	9	10	11	13	16:55
17:00					2	5	8	9	10	11	17:00
17:05					1	4	7	8	9	10	17:05
17:10						3	5	7	8	9	17:10
17:15						2	4	5	7	8	17:15
17:20						1	3	4	5	7	17:20
17:25							2	3	4	5	17:25
17:30							1	2	3	4	17:30
17:35								1	2	3	17:35
17:40									1	2	17:40
17:45										1	17:45
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

Tabel 11: 20 kilomeetri maanteerattasõit (MEHED)

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
0:34:00	100	100									0:34:00
0:34:18	99	99									0:34:18
0:34:36	98	98									0:34:36
0:34:54	97	97	100								0:34:54
0:35:12	96	96	99	100							0:35:12
0:35:30	95	95	98	99							0:35:30
0:35:48	94	94	97	98							0:35:48
0:36:06	93	93	96	97							0:36:06
0:36:24	92	92	95	96	100						0:36:24
0:36:42	91	91	94	95	99						0:36:42
0:37:00	90	90	93	94	98						0:37:00
0:37:18	89	89	92	93	97						0:37:18
0:37:36	88	88	91	92	96	100					0:37:36
0:37:54	87	87	90	91	95	99					0:37:54
0:38:12	86	86	89	90	94	98					0:38:12
0:38:30	85	85	88	89	93	97	100				0:38:30
0:38:48	84	84	87	88	92	96	99				0:38:48
0:39:06	83	83	86	87	91	95	98				0:39:06
0:39:24	82	82	85	86	90	94	97	100			0:39:24
0:39:42	81	81	84	85	89	93	96	99			0:39:42
0:40:00	80	80	83	85	88	92	95	98			0:40:00
0:40:18	79	79	82	84	87	91	95	97			0:40:18
0:40:36	78	78	81	83	86	90	94	96			0:40:36
0:40:54	77	77	80	82	86	90	93	95	100		0:40:54
0:41:12	76	76	79	81	85	89	92	95	99		0:41:12
0:41:30	75	75	78	80	84	88	91	94	98		0:41:30
0:41:48	74	74	77	79	83	87	91	93	97		0:41:48
0:42:06	73	73	76	78	82	86	90	92	97	100	0:42:06
0:42:24	72	72	75	77	81	85	89	91	96	99	0:42:24
0:42:42	71	71	74	76	80	84	88	91	95	98	0:42:42
0:43:00	70	70	73	75	80	83	87	90	94	97	0:43:00
0:43:18	69	69	72	75	79	83	87	89	93	96	0:43:18
0:43:36	68	68	71	74	78	82	86	88	92	95	0:43:36
0:43:54	67	67	70	73	77	81	85	87	91	94	0:43:54
0:44:12	66	66	69	72	76	80	84	87	90	93	0:44:12
0:44:30	65	65	68	71	75	79	84	86	89	93	0:44:30
0:44:48	64	64	67	70	74	78	83	85	89	92	0:44:48
0:45:06	63	63	66	69	74	77	82	84	88	91	0:45:06
0:45:24	62	62	65	68	73	77	81	84	87	90	0:45:24
0:45:42	61	61	64	67	72	76	80	83	86	89	0:45:42
0:46:00	60	60	63	66	71	75	80	82	85	88	0:46:00
0:46:18	58	59	62	65	70	74	79	81	84	87	0:46:18
0:46:36	56	58	61	65	69	73	78	80	83	86	0:46:36
0:46:54	54	57	60	64	69	72	77	80	83	85	0:46:54
0:47:12	52	56	59	63	68	71	76	79	82	84	0:47:12
0:47:30	50	55	58	62	67	70	76	78	81	83	0:47:30
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
0:47:48	48	54	57	61	66	70	75	77	80	82	0:47:48
0:48:06	46	52	56	60	65	69	74	76	79	81	0:48:06
0:48:24	44	50	55	59	64	68	73	76	78	80	0:48:24
0:48:42	42	48	54	58	63	67	73	75	77	80	0:48:42
0:49:00	40	46	52	56	63	66	72	74	77	79	0:49:00
0:49:18	38	44	50	55	62	65	71	73	76	78	0:49:18
0:49:36	36	42	48	54	61	64	70	73	75	77	0:49:36
0:49:54	34	40	46	52	60	63	69	72	74	76	0:49:54
0:50:12	32	38	44	50	59	63	69	71	73	75	0:50:12
0:50:30	30	36	42	48	58	62	68	70	72	74	0:50:30
0:50:48	28	34	40	46	57	61	67	69	71	73	0:50:48
0:51:06	26	32	38	44	56	60	66	69	70	72	0:51:06
0:51:24	24	30	36	42	55	59	65	68	70	71	0:51:24
0:51:42	22	28	34	40	54	58	65	67	69	70	0:51:42
0:52:00	20	26	32	38	53	57	64	66	68	69	0:52:00
0:52:18	18	24	30	36	52	56	63	65	67	68	0:52:18
0:52:36	16	22	28	34	51	55	62	65	66	67	0:52:36
0:52:54	14	20	26	32	50	54	62	64	65	67	0:52:54
0:53:12	12	18	24	30	49	53	61	63	64	66	0:53:12
0:53:30	10	16	22	28	48	52	60	62	63	65	0:53:30
0:53:48	9	14	20	26	47	51	59	92	63	64	0:53:48
0:54:06	8	12	18	24	46	50	58	61	62	63	0:54:06
0:54:24	7	10	16	22	45	49	57	60	61	62	0:54:24
0:54:42	6	9	14	20	44	48	56	59	60	61	0:54:42
0:55:00	5	8	12	18	43	47	55	58	59	60	0:55:00
0:55:18	4	7	10	16	42	46	54	57	58	59	0:55:18
0:55:36	3	6	9	14	41	45	53	56	57	58	0:55:36
0:55:54	2	5	8	12	40	44	52	55	56	57	0:55:54
0:56:12	1	4	7	10	39	43	51	54	55	56	0:56:12
0:56:30		3	6	9	38	42	50	53	54	55	0:56:30
0:56:48		2	5	8	37	41	49	52	53	54	0:56:48
0:57:06		1	4	7	36	40	48	51	52	53	0:57:06
0:57:24			3	6	35	39	47	50	51	52	0:57:24
0:57:42			2	5	34	38	46	49	50	51	0:57:42
0:58:00			1	4	33	37	45	48	49	50	0:58:00
0:58:18				3	32	36	44	47	48	49	0:58:18
0:58:36				2	31	35	43	46	47	48	0:58:36
0:58:54				1	30	34	42	45	46	47	0:58:54
0:59:12					29	33	41	44	45	46	0:59:12
0:59:30					28	32	40	43	44	45	0:59:30
0:59:48					27	31	39	42	43	44	0:59:48
1:00:06					26	30	38	41	42	43	1:00:06
1:00:24					25	29	37	40	41	42	1:00:24
1:00:42					24	28	36	39	40	41	1:00:42
1:01:00					23	27	35	38	39	40	1:01:00
1:01:18					22	26	34	37	38	39	1:01:18
1:01:36					21	25	33	36	37	38	1:01:36
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
1:01:36					19	23	32	35	36	37	1:01:36
1:01:54					17	22	31	34	35	36	1:01:54
1:02:12					15	21	30	33	34	35	1:02:12
1:02:30					13	20	29	32	33	34	1:02:30
1:02:48					11	19	27	31	32	33	1:02:48
1:03:06					10	18	25	29	31	32	1:03:06
1:03:24					9	17	23	27	30	31	1:03:24
1:03:42					8	15	21	25	29	30	1:03:42
1:04:00					7	14	19	23	27	29	1:04:00
1:04:18					6	13	17	21	25	28	1:04:18
1:04:36					5	12	15	19	23	27	1:04:36
1:04:54					4	10	13	17	21	25	1:04:54
1:05:12					3	9	11	15	19	23	1:05:12
1:05:30					2	8	10	13	17	21	1:05:30
1:05:48					1	7	9	11	15	19	1:05:48
1:06:06						6	8	10	13	17	1:06:06
1:06:24						5	7	9	11	15	1:06:24
1:06:42						4	6	8	10	13	1:06:42
1:07:00						3	5	7	9	11	1:07:00
1:07:18						2	4	6	8	10	1:07:18
1:07:36						1	3	5	7	9	1:07:36
1:07:54							2	4	6	8	1:07:54
1:08:12							1	3	5	7	1:08:12
1:08:30								2	4	6	1:08:30
1:08:48								1	3	5	1:08:48
1:09:06									2	4	1:09:06
1:09:24									1	3	1:09:24
1:09:42										2	1:09:42
1:10:00										1	1:10:00
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

Tabel 12: 20 kilomeetri maanteerattasõit (NAISED)

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
0:36:06	100	100									0:36:06
0:36:24	99	99									0:36:24
0:36:42	98	98									0:36:42
0:37:00	97	97									0:37:00
0:37:18	96	96									0:37:18
0:37:36	95	95	100								0:37:36
0:37:54	94	94	99								0:37:54
0:38:12	93	93	98								0:38:12
0:38:30	92	92	97								0:38:30
0:38:48	91	91	96								0:38:48
0:39:06	90	90	95								0:39:06
0:39:24	89	89	94								0:39:24
0:39:42	88	88	93	100							0:39:42
0:40:00	87	87	92	99							0:40:00
0:40:18	86	86	91	98							0:40:18
0:40:36	85	85	90	97							0:40:36
0:40:54	84	84	89	96	100						0:40:54
0:41:12	83	83	88	95	99						0:41:12
0:41:30	82	82	87	94	98						0:41:30
0:41:48	81	81	86	93	97						0:41:48
0:42:06	80	80	85	92	96						0:42:06
0:42:24	79	79	84	91	95						0:42:24
0:42:42	78	78	83	90	94	100					0:42:42
0:43:00	77	77	82	89	93	99					0:43:00
0:43:18	76	76	81	88	92	98					0:43:18
0:43:36	75	75	80	87	91	97					0:43:36
0:43:54	74	74	79	86	90	96	100				0:43:54
0:44:12	73	73	78	85	89	95	99				0:44:12
0:44:30	72	72	77	84	88	94	98				0:44:30
0:44:48	71	71	76	83	87	93	97				0:44:48
0:45:06	70	70	75	82	86	92	96	100			0:45:06
0:45:24	69	69	74	81	85	91	95	99			0:45:24
0:45:42	68	68	73	80	84	90	94	98			0:45:42
0:46:00	67	67	72	79	83	89	93	97			0:46:00
0:46:18	66	66	71	78	82	88	92	96	100		0:46:18
0:46:36	65	65	70	77	81	87	91	95	99		0:46:36
0:46:54	64	64	69	76	80	86	90	94	98		0:46:54
0:47:12	63	63	68	75	79	85	89	93	97		0:47:12
0:47:30	62	62	67	74	78	84	88	92	96	100	0:47:30
0:47:48	61	61	66	73	77	83	87	91	95	99	0:47:48
0:48:06	60	60	65	72	76	82	86	90	94	98	0:48:06
0:48:24	59	59	64	71	75	81	85	89	93	97	0:48:24
0:48:42	58	58	63	70	74	80	84	88	92	96	0:48:42
0:49:00	57	57	62	69	73	79	83	87	91	95	0:49:00
0:49:18	56	56	61	68	72	78	82	86	90	94	0:49:18
0:49:36	55	55	60	67	71	77	81	85	89	93	0:49:36
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
0:49:54	54	54	59	66	70	76	80	84	88	92	0:49:54
0:50:12	53	53	58	65	69	75	79	83	87	91	0:50:12
0:50:30	52	52	57	64	68	74	78	82	86	90	0:50:30
0:50:48	51	51	56	63	67	73	77	81	85	89	0:50:48
0:51:06	50	50	55	62	66	72	76	80	84	88	0:51:06
0:51:24	49	49	54	61	65	71	75	79	83	87	0:51:24
0:51:42	47	48	53	60	64	70	74	78	82	86	0:51:42
0:52:00	45	47	52	59	63	69	73	77	81	85	0:52:00
0:52:18	43	46	51	58	62	68	72	76	80	84	0:52:18
0:52:36	41	45	50	57	61	67	71	75	79	83	0:52:36
0:52:54	39	44	49	56	60	66	70	74	78	82	0:52:54
0:53:12	37	43	48	55	59	65	69	73	77	81	0:53:12
0:53:30	35	42	47	54	58	64	68	72	76	80	0:53:30
0:53:48	33	41	46	53	57	63	67	71	75	79	0:53:48
0:54:06	31	39	45	52	56	62	66	70	74	78	0:54:06
0:54:24	29	37	44	51	55	61	65	69	73	77	0:54:24
0:54:42	27	35	43	50	54	60	64	68	72	76	0:54:42
0:55:00	25	33	42	49	53	59	63	67	71	75	0:55:00
0:55:18	23	31	41	48	52	58	62	66	70	74	0:55:18
0:55:36	21	29	40	47	51	57	61	65	69	73	0:55:36
0:55:54	19	27	39	46	50	56	60	64	68	72	0:55:54
0:56:12	17	25	38	45	49	55	59	63	67	71	0:56:12
0:56:30	15	23	37	44	48	54	58	62	66	70	0:56:30
0:56:48	13	21	36	43	47	53	57	61	65	69	0:56:48
0:57:06	11	19	35	42	46	52	56	60	64	68	0:57:06
0:57:24	10	17	34	41	45	51	55	59	63	67	0:57:24
0:57:42	9	15	33	40	44	50	54	58	62	66	0:57:42
0:58:00	8	13	31	39	43	49	53	57	61	65	0:58:00
0:58:18	7	11	29	38	42	48	52	56	60	64	0:58:18
0:58:36	5	10	27	37	41	47	51	55	59	63	0:58:36
0:58:54	4	9	25	36	40	46	50	54	58	62	0:58:54
0:59:12	3	8	23	35	39	45	49	53	57	61	0:59:12
0:59:30	2	7	21	34	38	44	48	52	56	60	0:59:30
0:59:48	1	5	19	33	37	43	47	51	55	59	0:59:48
1:00:06		4	17	32	36	42	46	50	54	58	1:00:06
1:00:24		3	15	31	35	41	45	49	53	57	1:00:24
1:00:42		2	13	30	34	40	44	48	52	56	1:00:42
1:01:00		1	11	29	33	39	43	47	51	55	1:01:00
1:01:18			10	28	32	38	42	46	50	54	1:01:18
1:01:36			9	27	31	37	41	45	49	53	1:01:36
1:01:54			8	26	30	36	40	44	48	52	1:01:54
1:02:12			7	25	29	35	39	43	47	51	1:02:12
1:02:30			5	23	28	34	38	42	46	50	1:02:30
1:02:48			4	21	27	33	37	41	45	49	1:02:48
1:03:06			3	19	26	32	36	40	44	47	1:03:06
1:03:24			2	17	25	31	35	39	43	45	1:03:24
1:03:42			1	15	24	30	34	38	41	43	1:03:42
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
1:04:00				13	23	29	33	37	39	41	15:45
1:04:18				11	22	28	32	35	37	39	15:50
1:04:36				10	21	27	31	33	35	37	15:55
1:04:54				9	19	25	29	31	33	35	16:00
1:05:12				8	17	23	27	29	31	33	16:05
1:05:30				7	15	21	25	27	29	31	16:10
1:05:48				5	13	19	23	25	27	29	16:15
1:06:06				4	11	17	21	23	25	27	16:20
1:06:24				3	10	15	19	21	23	25	16:25
1:06:42				2	9	13	17	19	21	23	16:30
1:07:00				1	8	11	15	17	19	21	16:35
1:07:18					7	10	13	15	17	19	16:40
1:07:36					5	9	11	13	15	17	16:45
1:07:54					4	8	10	11	13	15	16:50
1:08:12					3	7	9	10	11	13	16:55
1:08:30					2	5	8	9	10	11	17:00
1:08:48					1	4	7	8	9	10	17:05
1:09:06						3	5	7	8	9	17:10
1:09:24						2	4	5	7	8	17:15
1:09:42						1	3	4	5	7	17:20
1:10:00							2	3	4	5	17:25
1:10:18							1	2	3	4	17:30
1:10:36								1	2	3	17:35
1:10:54									1	2	17:40
1:11:12										1	17:45
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

Tabel 13: 10 kilomeetri murdmaasuusatamine klassikalise tehnikas (MEHED)

AEG (min/sek)	vanus										AEG (min/sek)	
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+		
0:35:00	100	100										0:35:00
0:35:18	99	99										0:35:18
0:35:36	98	98										0:35:36
0:35:54	97	97	100									0:35:54
0:36:12	96	96	99	100								0:36:12
0:36:30	95	95	98	99								0:36:30
0:36:48	94	94	97	98								0:36:48
0:37:06	93	93	96	97								0:37:06
0:37:24	92	92	95	96	100							0:37:24
0:37:42	91	91	94	95	99							0:37:42
0:38:00	90	90	93	94	98							0:38:00
0:38:18	89	89	92	93	97							0:38:18
0:38:36	88	88	91	92	96	100						0:38:36
0:38:54	87	87	90	91	95	99						0:38:54
0:39:12	86	86	89	90	94	98						0:39:12
0:39:30	85	85	88	89	93	97	100					0:39:30
0:39:48	84	84	87	88	92	96	99					0:39:48
0:40:06	83	83	86	87	91	95	98					0:40:06
0:40:24	82	82	85	86	90	94	97	100				0:40:24
0:40:42	81	81	84	85	89	93	96	99				0:40:42
0:41:00	80	80	83	85	88	92	95	98				0:41:00
0:41:18	79	79	82	84	87	91	95	97				0:41:18
0:41:36	78	78	81	83	86	90	94	96				0:41:36
0:41:54	77	77	80	82	86	90	93	95	100			0:41:54
0:42:12	76	76	79	81	85	89	92	95	99			0:42:12
0:42:30	75	75	78	80	84	88	91	94	98			0:42:30
0:42:48	74	74	77	79	83	87	91	93	97			0:42:48
0:43:06	73	73	76	78	82	86	90	92	97	100		0:43:06
0:43:24	72	72	75	77	81	85	89	91	96	99		0:43:24
0:43:42	71	71	74	76	80	84	88	91	95	98		0:43:42
0:44:00	70	70	73	75	80	83	87	90	94	97		0:44:00
0:44:18	69	69	72	75	79	83	87	89	93	96		0:44:18
0:44:36	68	68	71	74	78	82	86	88	92	95		0:44:36
0:44:54	67	67	70	73	77	81	85	87	91	94		0:44:54
0:45:12	66	66	69	72	76	80	84	87	90	93		0:45:12
0:45:30	65	65	68	71	75	79	84	86	89	93		0:45:30
0:45:48	64	64	67	70	74	78	83	85	89	92		0:45:48
0:46:06	63	63	66	69	74	77	82	84	88	91		0:46:06
0:46:24	62	62	65	68	73	77	81	84	87	90		0:46:24
0:46:42	61	61	64	67	72	76	80	83	86	89		0:46:42
0:47:00	60	60	63	66	71	75	80	82	85	88		0:47:00
0:47:18	58	59	62	65	70	74	79	81	84	87		0:47:18
0:47:36	56	58	61	65	69	73	78	80	83	86		0:47:36
0:47:54	54	57	60	64	69	72	77	80	83	85		0:47:54
0:48:12	52	56	59	63	68	71	76	79	82	84		0:48:12
0:48:30	50	55	58	62	67	70	76	78	81	83		0:48:30
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG	

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
0:48:48	48	54	57	61	66	70	75	77	80	82	0:48:48
0:49:06	46	52	56	60	65	69	74	76	79	81	0:49:06
0:49:24	44	50	55	59	64	68	73	76	78	80	0:49:24
0:49:42	42	48	54	58	63	67	73	75	77	80	0:49:42
0:50:00	40	46	52	56	63	66	72	74	77	79	0:50:00
0:50:18	38	44	50	55	62	65	71	73	76	78	0:50:18
0:50:36	36	42	48	54	61	64	70	73	75	77	0:50:36
0:50:54	34	40	46	52	60	63	69	72	74	76	0:50:54
0:51:12	32	38	44	50	59	63	69	71	73	75	0:51:12
0:51:30	30	36	42	48	58	62	68	70	72	74	0:51:30
0:51:48	28	34	40	46	57	61	67	69	71	73	0:51:48
0:52:06	26	32	38	44	56	60	66	69	70	72	0:52:06
0:52:24	24	30	36	42	55	59	65	68	70	71	0:52:24
0:52:42	22	28	34	40	54	58	65	67	69	70	0:52:42
0:53:00	20	26	32	38	53	57	64	66	68	69	0:53:00
0:53:18	18	24	30	36	52	56	63	65	67	68	0:53:18
0:53:36	16	22	28	34	51	55	62	65	66	67	0:53:36
0:53:54	14	20	26	32	50	54	62	64	65	67	0:53:54
0:54:12	12	18	24	30	49	53	61	63	64	66	0:54:12
0:54:30	10	16	22	28	48	52	60	62	63	65	0:54:30
0:54:48	9	14	20	26	47	51	59	92	63	64	0:54:48
0:55:06	8	12	18	24	46	50	58	61	62	63	0:55:06
0:55:24	7	10	16	22	45	49	57	60	61	62	0:55:24
0:55:42	6	9	14	20	44	48	56	59	60	61	0:55:42
0:56:00	5	8	12	18	43	47	55	58	59	60	0:56:00
0:56:18	4	7	10	16	42	46	54	57	58	59	0:56:18
0:56:36	3	6	9	14	41	45	53	56	57	58	0:56:36
0:56:54	2	5	8	12	40	44	52	55	56	57	0:56:54
0:57:12	1	4	7	10	39	43	51	54	55	56	0:57:12
0:57:30		3	6	9	38	42	50	53	54	55	0:57:30
0:57:48		2	5	8	37	41	49	52	53	54	0:57:48
0:58:06		1	4	7	36	40	48	51	52	53	0:58:06
0:58:24			3	6	35	39	47	50	51	52	0:58:24
0:58:42			2	5	34	38	46	49	50	51	0:58:42
0:59:00			1	4	33	37	45	48	49	50	0:59:00
0:59:18				3	32	36	44	47	48	49	0:59:18
0:59:36				2	31	35	43	46	47	48	0:59:36
0:59:54				1	30	34	42	45	46	47	0:59:54
1:00:12					29	33	41	44	45	46	1:00:12
1:00:30					28	32	40	43	44	45	1:00:30
1:00:48					27	31	39	42	43	44	1:00:48
1:01:06					26	30	38	41	42	43	1:01:06
1:01:24					25	29	37	40	41	42	1:01:24
1:01:42					24	28	36	39	40	41	1:01:42
1:02:00					23	27	35	38	39	40	1:02:00
1:02:18					22	26	34	37	38	39	1:02:18
1:02:36					21	25	33	36	37	38	1:02:36
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
1:02:54					19	23	32	35	36	37	1:02:54
1:03:12					17	22	31	34	35	36	1:03:12
1:03:30					15	21	30	33	34	35	1:03:30
1:03:48					13	20	29	32	33	34	1:03:48
1:04:06					11	19	27	31	32	33	1:04:06
1:04:24					10	18	25	29	31	32	1:04:24
1:04:42					9	17	23	27	30	31	1:04:42
1:05:00					8	15	21	25	29	30	1:05:00
1:05:18					7	14	19	23	27	29	1:05:18
1:05:36					6	13	17	21	25	28	1:05:36
1:05:54					5	12	15	19	23	27	1:05:54
1:06:12					4	10	13	17	21	25	1:06:12
1:06:30					3	9	11	15	19	23	1:06:30
1:06:48					2	8	10	13	17	21	1:06:48
1:07:06					1	7	9	11	15	19	1:07:06
1:07:24						6	8	10	13	17	1:07:24
1:07:42						5	7	9	11	15	1:07:42
1:08:00						4	6	8	10	13	1:08:00
1:08:18						3	5	7	9	11	1:08:18
1:08:36						2	4	6	8	10	1:08:36
1:08:54						1	3	5	7	9	1:08:54
1:09:12							2	4	6	8	1:09:12
1:09:30							1	3	5	7	1:09:30
1:09:48								2	4	6	1:09:48
1:10:06								1	3	5	1:10:06
1:10:24									2	4	1:10:24
1:10:42									1	3	1:10:42
1:11:00										2	1:11:00
1:11:18										1	1:11:18
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

Tabel 14: 10 kilomeetri murdmaasuusatamine klassikalise tehnikas (NAISED)

AEG (min/sek)	vanus										AEG (min/sek)	
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+		
0:37:06	100	100										0:37:06
0:37:24	99	99										0:37:24
0:37:42	98	98										0:37:42
0:38:00	97	97										0:38:00
0:38:18	96	96										0:38:18
0:38:36	95	95	100									0:38:36
0:38:54	94	94	99									0:38:54
0:39:12	93	93	98									0:39:12
0:39:30	92	92	97									0:39:30
0:39:48	91	91	96									0:39:48
0:40:06	90	90	95									0:40:06
0:40:24	89	89	94									0:40:24
0:40:42	88	88	93	100								0:40:42
0:41:00	87	87	92	99								0:41:00
0:41:18	86	86	91	98								0:41:18
0:41:36	85	85	90	97								0:41:36
0:41:54	84	84	89	96	100							0:41:54
0:42:12	83	83	88	95	99							0:42:12
0:42:30	82	82	87	94	98							0:42:30
0:42:48	81	81	86	93	97							0:42:48
0:43:06	80	80	85	92	96							0:43:06
0:43:24	79	79	84	91	95							0:43:24
0:43:42	78	78	83	90	94	100						0:43:42
0:44:00	77	77	82	89	93	99						0:44:00
0:44:18	76	76	81	88	92	98						0:44:18
0:44:36	75	75	80	87	91	97						0:44:36
0:44:54	74	74	79	86	90	96	100					0:44:54
0:45:12	73	73	78	85	89	95	99					0:45:12
0:45:30	72	72	77	84	88	94	98					0:45:30
0:45:48	71	71	76	83	87	93	97					0:45:48
0:46:06	70	70	75	82	86	92	96	100				0:46:06
0:46:24	69	69	74	81	85	91	95	99				0:46:24
0:46:42	68	68	73	80	84	90	94	98				0:46:42
0:47:00	67	67	72	79	83	89	93	97				0:47:00
0:47:18	66	66	71	78	82	88	92	96	100			0:47:18
0:47:36	65	65	70	77	81	87	91	95	99			0:47:36
0:47:54	64	64	69	76	80	86	90	94	98			0:47:54
0:48:12	63	63	68	75	79	85	89	93	97			0:48:12
0:48:30	62	62	67	74	78	84	88	92	96	100		0:48:30
0:48:48	61	61	66	73	77	83	87	91	95	99		0:48:48
0:49:06	60	60	65	72	76	82	86	90	94	98		0:49:06
0:49:24	59	59	64	71	75	81	85	89	93	97		0:49:24
0:49:42	58	58	63	70	74	80	84	88	92	96		0:49:42
0:50:00	57	57	62	69	73	79	83	87	91	95		0:50:00
0:50:18	56	56	61	68	72	78	82	86	90	94		0:50:18
0:50:36	55	55	60	67	71	77	81	85	89	93		0:50:36
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG	

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
0:50:54	54	54	59	66	70	76	80	84	88	92	0:50:54
0:51:12	53	53	58	65	69	75	79	83	87	91	0:51:12
0:51:30	52	52	57	64	68	74	78	82	86	90	0:51:30
0:51:48	51	51	56	63	67	73	77	81	85	89	0:51:48
0:52:06	50	50	55	62	66	72	76	80	84	88	0:52:06
0:52:24	49	49	54	61	65	71	75	79	83	87	0:52:24
0:52:42	47	48	53	60	64	70	74	78	82	86	0:52:42
0:53:00	45	47	52	59	63	69	73	77	81	85	0:53:00
0:53:18	43	46	51	58	62	68	72	76	80	84	0:53:18
0:53:36	41	45	50	57	61	67	71	75	79	83	0:53:36
0:53:54	39	44	49	56	60	66	70	74	78	82	0:53:54
0:54:12	37	43	48	55	59	65	69	73	77	81	0:54:12
0:54:30	35	42	47	54	58	64	68	72	76	80	0:54:30
0:54:48	33	41	46	53	57	63	67	71	75	79	0:54:48
0:55:06	31	39	45	52	56	62	66	70	74	78	0:55:06
0:55:24	29	37	44	51	55	61	65	69	73	77	0:55:24
0:55:42	27	35	43	50	54	60	64	68	72	76	0:55:42
0:56:00	25	33	42	49	53	59	63	67	71	75	0:56:00
0:56:18	23	31	41	48	52	58	62	66	70	74	0:56:18
0:56:36	21	29	40	47	51	57	61	65	69	73	0:56:36
0:56:54	19	27	39	46	50	56	60	64	68	72	0:56:54
0:57:12	17	25	38	45	49	55	59	63	67	71	0:57:12
0:57:30	15	23	37	44	48	54	58	62	66	70	0:57:30
0:57:48	13	21	36	43	47	53	57	61	65	69	0:57:48
0:58:06	11	19	35	42	46	52	56	60	64	68	0:58:06
0:58:24	10	17	34	41	45	51	55	59	63	67	0:58:24
0:58:42	9	15	33	40	44	50	54	58	62	66	0:58:42
0:59:00	8	13	31	39	43	49	53	57	61	65	0:59:00
0:59:18	7	11	29	38	42	48	52	56	60	64	0:59:18
0:59:36	5	10	27	37	41	47	51	55	59	63	0:59:36
0:59:54	4	9	25	36	40	46	50	54	58	62	0:59:54
1:00:12	3	8	23	35	39	45	49	53	57	61	1:00:12
1:00:30	2	7	21	34	38	44	48	52	56	60	1:00:30
1:00:48	1	5	19	33	37	43	47	51	55	59	1:00:48
1:01:06		4	17	32	36	42	46	50	54	58	1:01:06
1:01:24		3	15	31	35	41	45	49	53	57	1:01:24
1:01:42		2	13	30	34	40	44	48	52	56	1:01:42
1:02:00		1	11	29	33	39	43	47	51	55	1:02:00
1:02:18			10	28	32	38	42	46	50	54	1:02:18
1:02:36			9	27	31	37	41	45	49	53	1:02:36
1:02:54			8	26	30	36	40	44	48	52	1:02:54
1:03:12			7	25	29	35	39	43	47	51	1:03:12
1:03:30			5	23	28	34	38	42	46	50	1:03:30
1:03:48			4	21	27	33	37	41	45	49	1:03:48
1:04:06			3	19	26	32	36	40	44	47	1:04:06
1:04:24			2	17	25	31	35	39	43	45	1:04:24
1:04:42			1	15	24	30	34	38	41	43	1:04:42
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG

AEG (min/sek)	vanus										AEG (min/sek)
	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
1:05:00				13	23	29	33	37	39	41	15:45
1:05:18				11	22	28	32	35	37	39	15:50
1:05:36				10	21	27	31	33	35	37	15:55
1:05:54				9	19	25	29	31	33	35	16:00
1:06:12				8	17	23	27	29	31	33	16:05
1:06:30				7	15	21	25	27	29	31	16:10
1:06:48				5	13	19	23	25	27	29	16:15
1:07:06				4	11	17	21	23	25	27	16:20
1:07:24				3	10	15	19	21	23	25	16:25
1:07:42				2	9	13	17	19	21	23	16:30
1:08:00				1	8	11	15	17	19	21	16:35
1:08:18					7	10	13	15	17	19	16:40
1:08:36					5	9	11	13	15	17	16:45
1:08:54					4	8	10	11	13	15	16:50
1:09:12					3	7	9	10	11	13	16:55
1:09:30					2	5	8	9	10	11	17:00
1:09:48					1	4	7	8	9	10	17:05
1:10:06						3	5	7	8	9	17:10
1:10:24						2	4	5	7	8	17:15
1:10:42						1	3	4	5	7	17:20
1:11:00							2	3	4	5	17:25
1:11:18							1	2	3	4	17:30
1:11:36								1	2	3	17:35
1:11:54									1	2	17:40
1:12:12										1	17:45
AEG	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	AEG