

## Tabela Punktowa

Pływanie - 100 m z przeszkodami (dla kobiet odjąć 10 sek.)

**1 sekunda = 5 pkt**

<b>2'19</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>0.5</b> <b>1.0</b> <b>1.5</b> <b>2.0</b> <b>2.5</b> <b>3.0</b> <b>3.5</b> <b>4.0</b> <b>4.5</b> <b>5.0</b>	<b>2'12</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>35.5</b> <b>36.0</b> <b>36.5</b> <b>37.0</b> <b>37.5</b> <b>38.0</b> <b>38.5</b> <b>39.0</b> <b>39.5</b> <b>40.0</b>	<b>2'05</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>70.5</b> <b>71.0</b> <b>71.5</b> <b>72.0</b> <b>72.5</b> <b>73.0</b> <b>73.5</b> <b>74.0</b> <b>74.5</b> <b>75.0</b>	<b>1'58</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>105.5</b> <b>106.0</b> <b>106.5</b> <b>107.0</b> <b>107.5</b> <b>108.0</b> <b>108.5</b> <b>109.0</b> <b>109.5</b> <b>110.0</b>	<b>1'51</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>140.5</b> <b>141.0</b> <b>141.5</b> <b>142.0</b> <b>142.5</b> <b>143.0</b> <b>143.5</b> <b>144.0</b> <b>144.5</b> <b>145.0</b>	<b>1'44</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>175.5</b> <b>176.0</b> <b>176.5</b> <b>177.0</b> <b>177.5</b> <b>178.0</b> <b>178.5</b> <b>179.0</b> <b>179.5</b> <b>180.0</b>
<b>2'18</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>5.5</b> <b>6.0</b> <b>6.5</b> <b>7.0</b> <b>7.5</b> <b>8.0</b> <b>8.5</b> <b>9.0</b> <b>9.5</b> <b>10.0</b>	<b>2'11</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>40.5</b> <b>41.0</b> <b>41.5</b> <b>42.0</b> <b>42.5</b> <b>43.0</b> <b>43.5</b> <b>44.0</b> <b>44.5</b> <b>45.0</b>	<b>2'04</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>75.5</b> <b>76.0</b> <b>76.5</b> <b>77.0</b> <b>77.5</b> <b>78.0</b> <b>78.5</b> <b>79.0</b> <b>79.5</b> <b>80.0</b>	<b>1'57</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>110.5</b> <b>111.0</b> <b>111.5</b> <b>112.0</b> <b>112.5</b> <b>113.0</b> <b>113.5</b> <b>114.0</b> <b>114.5</b> <b>115.0</b>	<b>1'50</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>145.5</b> <b>146.0</b> <b>146.5</b> <b>147.0</b> <b>147.5</b> <b>148.0</b> <b>148.5</b> <b>149.0</b> <b>149.5</b> <b>150.0</b>	<b>1'43</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>180.5</b> <b>181.0</b> <b>181.5</b> <b>182.0</b> <b>182.5</b> <b>183.0</b> <b>183.5</b> <b>184.0</b> <b>184.5</b> <b>185.0</b>
<b>2'17</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>10.5</b> <b>11.0</b> <b>11.5</b> <b>12.0</b> <b>12.5</b> <b>13.0</b> <b>13.5</b> <b>14.0</b> <b>14.5</b> <b>15.0</b>	<b>2'10</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>45.5</b> <b>46.0</b> <b>46.5</b> <b>47.0</b> <b>47.5</b> <b>48.0</b> <b>48.5</b> <b>49.0</b> <b>49.5</b> <b>50.0</b>	<b>2'03</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>80.5</b> <b>81.0</b> <b>81.5</b> <b>82.0</b> <b>82.5</b> <b>83.0</b> <b>83.5</b> <b>84.0</b> <b>84.5</b> <b>85.0</b>	<b>1'56</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>115.5</b> <b>116.0</b> <b>116.5</b> <b>117.0</b> <b>117.5</b> <b>118.0</b> <b>118.5</b> <b>119.0</b> <b>119.5</b> <b>120.0</b>	<b>1'49</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>150.5</b> <b>151.0</b> <b>151.5</b> <b>152.0</b> <b>152.5</b> <b>153.0</b> <b>153.5</b> <b>154.0</b> <b>154.5</b> <b>155.0</b>	<b>1'42</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>185.5</b> <b>186.0</b> <b>186.5</b> <b>187.0</b> <b>187.5</b> <b>188.0</b> <b>188.5</b> <b>189.0</b> <b>189.5</b> <b>190.0</b>
<b>2'16</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>15.5</b> <b>16.0</b> <b>16.5</b> <b>17.0</b> <b>17.5</b> <b>18.0</b> <b>18.5</b> <b>19.0</b> <b>19.5</b> <b>20.0</b>	<b>2'09</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>50.5</b> <b>51.0</b> <b>51.5</b> <b>52.0</b> <b>52.5</b> <b>53.0</b> <b>53.5</b> <b>54.0</b> <b>54.5</b> <b>55.0</b>	<b>2'02</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>85.5</b> <b>86.0</b> <b>86.5</b> <b>87.0</b> <b>87.5</b> <b>88.0</b> <b>88.5</b> <b>89.0</b> <b>89.5</b> <b>90.0</b>	<b>1'55</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>120.5</b> <b>121.0</b> <b>121.5</b> <b>122.0</b> <b>122.5</b> <b>123.0</b> <b>123.5</b> <b>124.0</b> <b>124.5</b> <b>125.0</b>	<b>1'48</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>155.5</b> <b>156.0</b> <b>156.5</b> <b>157.0</b> <b>157.5</b> <b>158.0</b> <b>158.5</b> <b>159.0</b> <b>159.5</b> <b>160.0</b>	<b>1'41</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>190.5</b> <b>191.0</b> <b>191.5</b> <b>192.0</b> <b>192.5</b> <b>193.0</b> <b>193.5</b> <b>194.0</b> <b>194.5</b> <b>195.0</b>
<b>2'15</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>20.5</b> <b>21.0</b> <b>21.5</b> <b>22.0</b> <b>22.5</b> <b>23.0</b> <b>23.5</b> <b>24.0</b> <b>24.5</b> <b>25.0</b>	<b>2'08</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>55.5</b> <b>56.0</b> <b>56.5</b> <b>57.0</b> <b>57.5</b> <b>58.0</b> <b>58.5</b> <b>59.0</b> <b>59.5</b> <b>60.0</b>	<b>2'01</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>90.5</b> <b>91.0</b> <b>91.5</b> <b>92.0</b> <b>92.5</b> <b>93.0</b> <b>93.5</b> <b>94.0</b> <b>94.5</b> <b>95.0</b>	<b>1'54</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>125.5</b> <b>126.0</b> <b>126.5</b> <b>127.0</b> <b>127.5</b> <b>128.0</b> <b>128.5</b> <b>129.0</b> <b>129.5</b> <b>130.0</b>	<b>1'47</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>160.5</b> <b>161.0</b> <b>161.5</b> <b>162.0</b> <b>162.5</b> <b>163.0</b> <b>163.5</b> <b>164.0</b> <b>164.5</b> <b>165.0</b>	<b>1'40</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>195.5</b> <b>196.0</b> <b>196.5</b> <b>197.0</b> <b>197.5</b> <b>198.0</b> <b>198.5</b> <b>199.0</b> <b>199.5</b> <b>200.0</b>
<b>2'14</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>25.5</b> <b>26.0</b> <b>26.5</b> <b>27.0</b> <b>27.5</b> <b>28.0</b> <b>28.5</b> <b>29.0</b> <b>29.5</b> <b>30.0</b>	<b>2'07</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>60.5</b> <b>61.0</b> <b>61.5</b> <b>62.0</b> <b>62.5</b> <b>63.0</b> <b>63.5</b> <b>64.0</b> <b>64.5</b> <b>65.0</b>	<b>2'00</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>95.5</b> <b>96.0</b> <b>96.5</b> <b>97.0</b> <b>97.5</b> <b>98.0</b> <b>98.5</b> <b>99.0</b> <b>99.5</b> <b>100.0</b>	<b>1'53</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>130.5</b> <b>131.0</b> <b>131.5</b> <b>132.0</b> <b>132.5</b> <b>133.0</b> <b>133.5</b> <b>134.0</b> <b>134.5</b> <b>135.0</b>	<b>1'46</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>165.5</b> <b>166.0</b> <b>166.5</b> <b>167.0</b> <b>167.5</b> <b>168.0</b> <b>168.5</b> <b>169.0</b> <b>169.5</b> <b>170.0</b>	<b>1'39</b>	0.9 0.8 0.7 0.6 0.5 0.4 0.3 0.2 0.1 0.0	<b>200.5</b> <b>201.0</b> <b>201.5</b> <b>202.0</b> <b>202.5</b> <b>203.0</b> <b>203.5</b> <b>204.0</b> <b>204.5</b> <b>205.0</b>
<b>2'13</b>	0.9 0.8 0.7 0.6	<b>30.5</b> <b>31.0</b> <b>31.5</b> <b>32.0</b>	<b>2'06</b>	0.9 0.8 0.7 0.6	<b>65.5</b> <b>66.0</b> <b>66.5</b> <b>67.0</b>	<b>1'59</b>	0.9 0.8 0.7 0.6	<b>100.5</b> <b>101.0</b> <b>101.5</b> <b>102.0</b>	<b>1'52</b>	0.9 0.8 0.7 0.6	<b>135.5</b> <b>136.0</b> <b>136.5</b> <b>137.0</b>	<b>1'45</b>	0.9 0.8 0.7 0.6	<b>170.5</b> <b>171.0</b> <b>171.5</b> <b>172.0</b>	<b>1'38</b>	0.9 0.8 0.7 0.6	<b>205.5</b> <b>206.0</b> <b>206.5</b> <b>207.0</b>

0.5	32.5	0.5	67.5	0.5	102.5	0.5	137.5	0.5	172.5	0.5	207.5
0.4	33.0	0.4	68.0	0.4	103.0	0.4	138.0	0.4	173.0	0.4	208.0
0.3	33.5	0.3	68.5	0.3	103.5	0.3	138.5	0.3	173.5	0.3	208.5
0.2	34.0	0.2	69.0	0.2	104.0	0.2	139.0	0.2	174.0	0.2	209.0
0.1	34.5	0.1	69.5	0.1	104.5	0.1	139.5	0.1	174.5	0.1	209.5
0.0	35.0	0.0	70.0	0.0	105.0	0.0	140.0	0.0	175.0	0.0	210.0

## Tabela Punktowa

Pływanie - 100 m z przeszkodami (dla kobiet odjąć 10 sek.)

1 sekunda = 5 pkt

Wynik	Pkt	Wynik	Pkt	Wynik	Pkt	Wynik	Pkt	Wynik	Pkt	Wynik	Pkt
<b>1'37</b>	0.9 210.5	<b>1'30</b>	0.9 245.5	<b>1'23</b>	0.9 280.5	<b>1'16</b>	0.9 315.5	<b>1'09</b>	0.9 350.5	<b>1'02</b>	0.9 385.5
	0.8 211.0		0.8 246.0		0.8 281.0		0.8 316.0		0.8 351.0		0.8 386.0
	0.7 211.5		0.7 246.5		0.7 281.5		0.7 316.5		0.7 351.5		0.7 386.5
	0.6 212.0		0.6 247.0		0.6 282.0		0.6 317.0		0.6 352.0		0.6 387.0
	0.5 212.5		0.5 247.5		0.5 282.5		0.5 317.5		0.5 352.5		0.5 387.5
	0.4 213.0		0.4 248.0		0.4 283.0		0.4 318.0		0.4 353.0		0.4 388.0
	0.3 213.5		0.3 248.5		0.3 283.5		0.3 318.5		0.3 353.5		0.3 388.5
	0.2 214.0		0.2 249.0		0.2 284.0		0.2 319.0		0.2 354.0		0.2 389.0
	0.1 214.5		0.1 249.5		0.1 284.5		0.1 319.5		0.1 354.5		0.1 389.5
	0.0 215.0		0.0 250.0		0.0 285.0		0.0 320.0		0.0 355.0		0.0 390.0
<b>1'36</b>	0.9 215.5	<b>1'29</b>	0.9 250.5	<b>1'22</b>	0.9 285.5	<b>1'15</b>	0.9 320.5	<b>1'08</b>	0.9 355.5	<b>1'01</b>	0.9 390.5
	0.8 216.0		0.8 251.0		0.8 286.0		0.8 321.0		0.8 356.0		0.8 391.0
	0.7 216.5		0.7 251.5		0.7 286.5		0.7 321.5		0.7 356.5		0.7 391.5
	0.6 217.0		0.6 252.0		0.6 287.0		0.6 322.0		0.6 357.0		0.6 392.0
	0.5 217.5		0.5 252.5		0.5 287.5		0.5 322.5		0.5 357.5		0.5 392.5
	0.4 218.0		0.4 253.0		0.4 288.0		0.4 323.0		0.4 358.0		0.4 393.0
	0.3 218.5		0.3 253.5		0.3 288.5		0.3 323.5		0.3 358.5		0.3 393.5
	0.2 219.0		0.2 254.0		0.2 289.0		0.2 324.0		0.2 359.0		0.2 394.0
	0.1 219.5		0.1 254.5		0.1 289.5		0.1 324.5		0.1 359.5		0.1 394.5
	0.0 220.0		0.0 255.0		0.0 290.0		0.0 325.0		0.0 360.0		0.0 395.0
<b>1'35</b>	0.9 220.5	<b>1'28</b>	0.9 255.5	<b>1'21</b>	0.9 290.5	<b>1'14</b>	0.9 325.5	<b>1'07</b>	0.9 360.5	<b>1'00</b>	0.9 395.5
	0.8 221.0		0.8 256.0		0.8 291.0		0.8 326.0		0.8 361.0		0.8 396.0
	0.7 221.5		0.7 256.5		0.7 291.5		0.7 326.5		0.7 361.5		0.7 396.5
	0.6 222.0		0.6 257.0		0.6 292.0		0.6 327.0		0.6 362.0		0.6 397.0
	0.5 222.5		0.5 257.5		0.5 292.5		0.5 327.5		0.5 362.5		0.5 397.5
	0.4 223.0		0.4 258.0		0.4 293.0		0.4 328.0		0.4 363.0		0.4 398.0
	0.3 223.5		0.3 258.5		0.3 293.5		0.3 328.5		0.3 363.5		0.3 398.5
	0.2 224.0		0.2 259.0		0.2 294.0		0.2 329.0		0.2 364.0		0.2 399.0
	0.1 224.5		0.1 259.5		0.1 294.5		0.1 329.5		0.1 364.5		0.1 399.5
	0.0 225.0		0.0 260.0		0.0 295.0		0.0 330.0		0.0 365.0		0.0 400.0
<b>1'34</b>	0.9 225.5	<b>1'27</b>	0.9 260.5	<b>1'20</b>	0.9 295.5	<b>1'13</b>	0.9 330.5	<b>1'06</b>	0.9 365.5		
	0.8 226.0		0.8 261.0		0.8 296.0		0.8 331.0		0.8 366.0		
	0.7 226.5		0.7 261.5		0.7 296.5		0.7 331.5		0.7 366.5		
	0.6 227.0		0.6 262.0		0.6 297.0		0.6 332.0		0.6 367.0		
	0.5 227.5		0.5 262.5		0.5 297.5		0.5 332.5		0.5 367.5		
	0.4 228.0		0.4 263.0		0.4 298.0		0.4 333.0		0.4 368.0		
	0.3 228.5		0.3 263.5		0.3 298.5		0.3 333.5		0.3 368.5		
	0.2 229.0		0.2 264.0		0.2 299.0		0.2 334.0		0.2 369.0		
	0.1 229.5		0.1 264.5		0.1 299.5		0.1 334.5		0.1 369.5		
	0.0 230.0		0.0 265.0		0.0 300.0		0.0 335.0		0.0 370.0		
<b>1'33</b>	0.9 230.5	<b>1'26</b>	0.9 265.5	<b>1'19</b>	0.9 300.5	<b>1'12</b>	0.9 335.5	<b>1'05</b>	0.9 370.5		
	0.8 231.0		0.8 266.0		0.8 301.0		0.8 336.0		0.8 371.0		
	0.7 231.5		0.7 266.5		0.7 301.5		0.7 336.5		0.7 371.5		
	0.6 232.0		0.6 267.0		0.6 302.0		0.6 337.0		0.6 372.0		
	0.5 232.5		0.5 267.5		0.5 302.5		0.5 337.5		0.5 372.5		
	0.4 233.0		0.4 268.0		0.4 303.0		0.4 338.0		0.4 373.0		
	0.3 233.5		0.3 268.5		0.3 303.5		0.3 338.5		0.3 373.5		
	0.2 234.0		0.2 269.0		0.2 304.0		0.2 339.0		0.2 374.0		
	0.1 234.5		0.1 269.5		0.1 304.5		0.1 339.5		0.1 374.5		
	0.0 235.0		0.0 270.0		0.0 305.0		0.0 340.0		0.0 375.0		
<b>1'32</b>	0.9 235.5	<b>1'25</b>	0.9 270.5	<b>1'18</b>	0.9 305.5	<b>1'11</b>	0.9 340.5	<b>1'04</b>	0.9 375.5		
	0.8 236.0		0.8 271.0		0.8 306.0		0.8 341.0		0.8 376.0		
	0.7 236.5		0.7 271.5		0.7 306.5		0.7 341.5		0.7 376.5		
	0.6 237.0		0.6 272.0		0.6 307.0		0.6 342.0		0.6 377.0		
	0.5 237.5		0.5 272.5		0.5 307.5		0.5 342.5		0.5 377.5		
	0.4 238.0		0.4 273.0		0.4 308.0		0.4 343.0		0.4 378.0		

0.3	238.5
0.2	239.0
0.1	239.5
0.0	240.0
<b>1'31</b>	0.9 240.5
	0.8 241.0
	0.7 241.5
	0.6 242.0
	0.5 242.5
	0.4 243.0
	0.3 243.5
	0.2 244.0
	0.1 244.5
	0.0 245.0

0.3	273.5
0.2	274.0
0.1	274.5
0.0	275.0
<b>1'24</b>	0.9 275.5
	0.8 276.0
	0.7 276.5
	0.6 277.0
	0.5 277.5
	0.4 278.0
	0.3 278.5
	0.2 279.0
	0.1 279.5
	0.0 280.0

0.3	308.5
0.2	309.0
0.1	309.5
0.0	310.0
<b>1'17</b>	0.9 310.5
	0.8 311.0
	0.7 311.5
	0.6 312.0
	0.5 312.5
	0.4 313.0
	0.3 313.5
	0.2 314.0
	0.1 314.5
	0.0 315.0

0.3	343.5
0.2	344.0
0.1	344.5
0.0	345.0
<b>1'10</b>	0.9 345.5
	0.8 346.0
	0.7 346.5
	0.6 347.0
	0.5 347.5
	0.4 348.0
	0.3 348.5
	0.2 349.0
	0.1 349.5
	0.0 350.0

0.3	378.5
0.2	379.0
0.1	379.5
0.0	380.0
<b>1'03</b>	0.9 380.5
	0.8 381.0
	0.7 381.5
	0.6 382.0
	0.5 382.5
	0.4 383.0
	0.3 383.5
	0.2 384.0
	0.1 384.5
	0.0 385.0


**Tabela Punktowa**  
**Rzut rzutką koszową** (dla kobiet dodać 5 m)

**1 metr = 20 pkt**

Wynik	Pkt	Wynik	Pkt	Wynik	Pkt	Wynik	Pkt	Wynik	Pkt					
<b>10</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>0</b> <b>2</b> <b>4</b> <b>6</b> <b>8</b> <b>10</b> <b>12</b> <b>14</b> <b>16</b> <b>18</b>	<b>15</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>100</b> <b>102</b> <b>104</b> <b>106</b> <b>108</b> <b>110</b> <b>112</b> <b>114</b> <b>116</b> <b>118</b>	<b>20</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>200</b> <b>202</b> <b>204</b> <b>206</b> <b>208</b> <b>210</b> <b>212</b> <b>214</b> <b>216</b> <b>218</b>	<b>25</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>300</b> <b>302</b> <b>304</b> <b>306</b> <b>308</b> <b>310</b> <b>312</b> <b>314</b> <b>316</b> <b>318</b>	<b>30</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>400</b> <b>402</b> <b>404</b> <b>406</b> <b>408</b> <b>410</b> <b>412</b> <b>414</b> <b>416</b> <b>418</b>
<b>11</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>20</b> <b>22</b> <b>24</b> <b>26</b> <b>28</b> <b>30</b> <b>32</b> <b>34</b> <b>36</b> <b>38</b>	<b>16</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>120</b> <b>122</b> <b>124</b> <b>126</b> <b>128</b> <b>130</b> <b>132</b> <b>134</b> <b>136</b> <b>138</b>	<b>21</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>220</b> <b>222</b> <b>224</b> <b>226</b> <b>228</b> <b>230</b> <b>232</b> <b>234</b> <b>236</b> <b>238</b>	<b>26</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>320</b> <b>322</b> <b>324</b> <b>326</b> <b>328</b> <b>330</b> <b>332</b> <b>334</b> <b>336</b> <b>338</b>	<b>31</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>420</b> <b>422</b> <b>424</b> <b>426</b> <b>428</b> <b>430</b> <b>432</b> <b>434</b> <b>436</b> <b>438</b>
<b>12</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>40</b> <b>42</b> <b>44</b> <b>46</b> <b>48</b> <b>50</b> <b>52</b> <b>54</b> <b>56</b> <b>58</b>	<b>17</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>140</b> <b>142</b> <b>144</b> <b>146</b> <b>148</b> <b>150</b> <b>152</b> <b>154</b> <b>156</b> <b>158</b>	<b>22</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>240</b> <b>242</b> <b>244</b> <b>246</b> <b>248</b> <b>250</b> <b>252</b> <b>254</b> <b>256</b> <b>258</b>	<b>27</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>340</b> <b>342</b> <b>344</b> <b>346</b> <b>348</b> <b>350</b> <b>352</b> <b>354</b> <b>356</b> <b>358</b>	<b>32</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>440</b> <b>442</b> <b>444</b> <b>446</b> <b>448</b> <b>450</b> <b>452</b> <b>454</b> <b>456</b> <b>458</b>
<b>13</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>60</b> <b>62</b> <b>64</b> <b>66</b> <b>68</b> <b>70</b> <b>72</b> <b>74</b> <b>76</b> <b>78</b>	<b>18</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>160</b> <b>162</b> <b>164</b> <b>166</b> <b>168</b> <b>170</b> <b>172</b> <b>174</b> <b>176</b> <b>178</b>	<b>23</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>260</b> <b>262</b> <b>264</b> <b>266</b> <b>268</b> <b>270</b> <b>272</b> <b>274</b> <b>276</b> <b>278</b>	<b>28</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>360</b> <b>362</b> <b>364</b> <b>366</b> <b>368</b> <b>370</b> <b>372</b> <b>374</b> <b>376</b> <b>378</b>	<b>33</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6 0.7 0.8 0.9	<b>460</b> <b>462</b> <b>464</b> <b>466</b> <b>468</b> <b>470</b> <b>472</b> <b>474</b> <b>476</b> <b>478</b>
<b>14</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6	<b>80</b> <b>82</b> <b>84</b> <b>86</b> <b>88</b> <b>90</b> <b>92</b>	<b>19</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6	<b>180</b> <b>182</b> <b>184</b> <b>186</b> <b>188</b> <b>190</b> <b>192</b>	<b>24</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6	<b>280</b> <b>282</b> <b>284</b> <b>286</b> <b>288</b> <b>290</b> <b>292</b>	<b>29</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6	<b>380</b> <b>382</b> <b>384</b> <b>386</b> <b>388</b> <b>390</b> <b>392</b>	<b>34</b>	0.0 0.1 0.2 0.3 0.4 0.5 0.6	<b>480</b> <b>482</b> <b>484</b> <b>486</b> <b>488</b> <b>490</b> <b>492</b>

0.7	<b>94</b>
0.8	<b>96</b>
0.9	<b>98</b>

0.7	<b>194</b>
0.8	<b>196</b>
0.9	<b>198</b>

0.7	<b>294</b>
0.8	<b>296</b>
0.9	<b>298</b>

0.7	<b>394</b>
0.8	<b>396</b>
0.9	<b>398</b>

0.7	<b>494</b>
0.8	<b>496</b>
0.9	<b>498</b>

**Tabela Punktowa**  
**Holowanie manekina - 50 m** (dla kobiet odjąć 10 sek.)

**1 sekunada = 8 pkt**

Wynik	Pkt	Wynik	Pkt	Wynik	Pkt	Wynik	Pkt	Wynik	Pkt
<b>1'19</b> 0.9	<b>0.8</b>	<b>1'14</b> 0.9	<b>40.8</b>	<b>1'09</b> 0.9	<b>80.8</b>	<b>1'04</b> 0.9	<b>120.8</b>	<b>0'59</b> 0.9	<b>160.8</b>
0.8	1.6	0.8	41.6	0.8	81.6	0.8	121.6	0.8	161.6
0.7	2.4	0.7	42.4	0.7	82.4	0.7	122.4	0.7	162.4
0.6	3.2	0.6	43.2	0.6	83.2	0.6	123.2	0.6	163.2
0.5	4.0	0.5	44.0	0.5	84.0	0.5	124.0	0.5	164.0
0.4	4.8	0.4	44.8	0.4	84.8	0.4	124.8	0.4	164.8
0.3	5.6	0.3	45.6	0.3	85.6	0.3	125.6	0.3	165.6
0.2	6.4	0.2	46.4	0.2	86.4	0.2	126.4	0.2	166.4
0.1	7.2	0.1	47.2	0.1	87.2	0.1	127.2	0.1	167.2
0.0	8.0	0.0	48.0	0.0	88.0	0.0	128.0	0.0	168.0
<b>1'18</b> 0.9	<b>8.8</b>	<b>1'13</b> 0.9	<b>48.8</b>	<b>1'08</b> 0.9	<b>88.8</b>	<b>1'03</b> 0.9	<b>128.8</b>	<b>0'58</b> 0.9	<b>168.8</b>
0.8	9.6	0.8	49.6	0.8	89.6	0.8	129.6	0.8	169.6
0.7	10.4	0.7	50.4	0.7	90.4	0.7	130.4	0.7	170.4
0.6	11.2	0.6	51.2	0.6	91.2	0.6	131.2	0.6	171.2
0.5	12.0	0.5	52.0	0.5	92.0	0.5	132.0	0.5	172.0
0.4	12.8	0.4	52.8	0.4	92.8	0.4	132.8	0.4	172.8
0.3	13.6	0.3	53.6	0.3	93.6	0.3	133.6	0.3	173.6
0.2	14.4	0.2	54.4	0.2	94.4	0.2	134.4	0.2	174.4
0.1	15.2	0.1	55.2	0.1	95.2	0.1	135.2	0.1	175.2
0.0	16.0	0.0	56.0	0.0	96.0	0.0	136.0	0.0	176.0
<b>1'17</b> 0.9	<b>16.8</b>	<b>1'12</b> 0.9	<b>56.8</b>	<b>1'07</b> 0.9	<b>96.8</b>	<b>1'02</b> 0.9	<b>136.8</b>	<b>0'57</b> 0.9	<b>176.8</b>
0.8	17.6	0.8	57.6	0.8	97.6	0.8	137.6	0.8	177.6
0.7	18.4	0.7	58.4	0.7	98.4	0.7	138.4	0.7	178.4
0.6	19.2	0.6	59.2	0.6	99.2	0.6	139.2	0.6	179.2
0.5	20.0	0.5	60.0	0.5	100.0	0.5	140.0	0.5	180.0
0.4	20.8	0.4	60.8	0.4	100.8	0.4	140.8	0.4	180.8
0.3	21.6	0.3	61.6	0.3	101.6	0.3	141.6	0.3	181.6
0.2	22.4	0.2	62.4	0.2	102.4	0.2	142.4	0.2	182.4
0.1	23.2	0.1	63.2	0.1	103.2	0.1	143.2	0.1	183.2
0.0	24.0	0.0	64.0	0.0	104.0	0.0	144.0	0.0	184.0
<b>1'16</b> 0.9	<b>24.8</b>	<b>1'11</b> 0.9	<b>64.8</b>	<b>1'06</b> 0.9	<b>104.8</b>	<b>1'01</b> 0.9	<b>144.8</b>	<b>0'56</b> 0.9	<b>184.8</b>
0.8	25.6	0.8	65.6	0.8	105.6	0.8	145.6	0.8	185.6
0.7	26.4	0.7	66.4	0.7	106.4	0.7	146.4	0.7	186.4
0.6	27.2	0.6	67.2	0.6	107.2	0.6	147.2	0.6	187.2
0.5	28.0	0.5	68.0	0.5	108.0	0.5	148.0	0.5	188.0
0.4	28.8	0.4	68.8	0.4	108.8	0.4	148.8	0.4	188.8
0.3	29.6	0.3	69.6	0.3	109.6	0.3	149.6	0.3	189.6
0.2	30.4	0.2	70.4	0.2	110.4	0.2	150.4	0.2	190.4
0.1	31.2	0.1	71.2	0.1	111.2	0.1	151.2	0.1	191.2
0.0	32.0	0.0	72.0	0.0	112.0	0.0	152.0	0.0	192.0
<b>1'15</b> 0.9	<b>32.8</b>	<b>1'10</b> 0.9	<b>72.8</b>	<b>1'05</b> 0.9	<b>112.8</b>	<b>1'00</b> 0.9	<b>152.8</b>	<b>0'55</b> 0.9	<b>192.8</b>
0.8	33.6	0.8	73.6	0.8	113.6	0.8	153.6	0.8	193.6
0.7	34.4	0.7	74.4	0.7	114.4	0.7	154.4	0.7	194.4
0.6	35.2	0.6	75.2	0.6	115.2	0.6	155.2	0.6	195.2
0.5	36.0	0.5	76.0	0.5	116.0	0.5	156.0	0.5	196.0
0.4	36.8	0.4	76.8	0.4	116.8	0.4	156.8	0.4	196.8
0.3	37.6	0.3	77.6	0.3	117.6	0.3	157.6	0.3	197.6

0.2	<b>38.4</b>	0.2	<b>78.4</b>	0.2	<b>118.4</b>	0.2	<b>158.4</b>	0.2	<b>198.4</b>
0.1	<b>39.2</b>	0.1	<b>79.2</b>	0.1	<b>119.2</b>	0.1	<b>159.2</b>	0.1	<b>199.2</b>
0.0	<b>40.0</b>	0.0	<b>80.0</b>	0.0	<b>120.0</b>	0.0	<b>160.0</b>	0.0	<b>200.0</b>

**Tabela Punktowa**  
**Holowanie manekina - 50 m** (dla kobiet odjąć 10 sek.)

**1 sekunada = 8 pkt**

<b>Wynik</b>	<b>Pkt</b>	<b>Wynik</b>	<b>Pkt</b>	<b>Wynik</b>	<b>Pkt</b>	<b>Wynik</b>	<b>Pkt</b>	<b>Wynik</b>	<b>Pkt</b>
<b>0'54</b>	0.9 <b>200.8</b>	<b>0'49</b>	0.9 <b>240.8</b>	<b>0'44</b>	0.9 <b>280.8</b>	<b>0'39</b>	0.9 <b>320.8</b>	<b>0'34</b>	0.9 <b>360.8</b>
	0.8 <b>201.6</b>		0.8 <b>241.6</b>		0.8 <b>281.6</b>		0.8 <b>321.6</b>		0.8 <b>361.6</b>
	0.7 <b>202.4</b>		0.7 <b>242.4</b>		0.7 <b>282.4</b>		0.7 <b>322.4</b>		0.7 <b>362.4</b>
	0.6 <b>203.2</b>		0.6 <b>243.2</b>		0.6 <b>283.2</b>		0.6 <b>323.2</b>		0.6 <b>363.2</b>
	0.5 <b>204.0</b>		0.5 <b>244.0</b>		0.5 <b>284.0</b>		0.5 <b>324.0</b>		0.5 <b>364.0</b>
	0.4 <b>204.8</b>		0.4 <b>244.8</b>		0.4 <b>284.8</b>		0.4 <b>324.8</b>		0.4 <b>364.8</b>
	0.3 <b>205.6</b>		0.3 <b>245.6</b>		0.3 <b>285.6</b>		0.3 <b>325.6</b>		0.3 <b>365.6</b>
	0.2 <b>206.4</b>		0.2 <b>246.4</b>		0.2 <b>286.4</b>		0.2 <b>326.4</b>		0.2 <b>366.4</b>
	0.1 <b>207.2</b>		0.1 <b>247.2</b>		0.1 <b>287.2</b>		0.1 <b>327.2</b>		0.1 <b>367.2</b>
	0.0 <b>208.0</b>		0.0 <b>248.0</b>		0.0 <b>288.0</b>		0.0 <b>328.0</b>		0.0 <b>368.0</b>
<b>0'53</b>	0.9 <b>208.8</b>	<b>0'48</b>	0.9 <b>248.8</b>	<b>0'43</b>	0.9 <b>288.8</b>	<b>0'38</b>	0.9 <b>328.8</b>	<b>0'33</b>	0.9 <b>368.8</b>
	0.8 <b>209.6</b>		0.8 <b>249.6</b>		0.8 <b>289.6</b>		0.8 <b>329.6</b>		0.8 <b>369.6</b>
	0.7 <b>210.4</b>		0.7 <b>250.4</b>		0.7 <b>290.4</b>		0.7 <b>330.4</b>		0.7 <b>370.4</b>
	0.6 <b>211.2</b>		0.6 <b>251.2</b>		0.6 <b>291.2</b>		0.6 <b>331.2</b>		0.6 <b>371.2</b>
	0.5 <b>212.0</b>		0.5 <b>252.0</b>		0.5 <b>292.0</b>		0.5 <b>332.0</b>		0.5 <b>372.0</b>
	0.4 <b>212.8</b>		0.4 <b>252.8</b>		0.4 <b>292.8</b>		0.4 <b>332.8</b>		0.4 <b>372.8</b>
	0.3 <b>213.6</b>		0.3 <b>253.6</b>		0.3 <b>293.6</b>		0.3 <b>333.6</b>		0.3 <b>373.6</b>
	0.2 <b>214.4</b>		0.2 <b>254.4</b>		0.2 <b>294.4</b>		0.2 <b>334.4</b>		0.2 <b>374.4</b>
	0.1 <b>215.2</b>		0.1 <b>255.2</b>		0.1 <b>295.2</b>		0.1 <b>335.2</b>		0.1 <b>375.2</b>
	0.0 <b>216.0</b>		0.0 <b>256.0</b>		0.0 <b>296.0</b>		0.0 <b>336.0</b>		0.0 <b>376.0</b>
<b>0'52</b>	0.9 <b>216.8</b>	<b>0'47</b>	0.9 <b>256.8</b>	<b>0'42</b>	0.9 <b>296.8</b>	<b>0'37</b>	0.9 <b>336.8</b>	<b>0'32</b>	0.9 <b>376.8</b>
	0.8 <b>217.6</b>		0.8 <b>257.6</b>		0.8 <b>297.6</b>		0.8 <b>337.6</b>		0.8 <b>377.6</b>
	0.7 <b>218.4</b>		0.7 <b>258.4</b>		0.7 <b>298.4</b>		0.7 <b>338.4</b>		0.7 <b>378.4</b>
	0.6 <b>219.2</b>		0.6 <b>259.2</b>		0.6 <b>299.2</b>		0.6 <b>339.2</b>		0.6 <b>379.2</b>
	0.5 <b>220.0</b>		0.5 <b>260.0</b>		0.5 <b>300.0</b>		0.5 <b>340.0</b>		0.5 <b>380.0</b>
	0.4 <b>220.8</b>		0.4 <b>260.8</b>		0.4 <b>300.8</b>		0.4 <b>340.8</b>		0.4 <b>380.8</b>
	0.3 <b>221.6</b>		0.3 <b>261.6</b>		0.3 <b>301.6</b>		0.3 <b>341.6</b>		0.3 <b>381.6</b>
	0.2 <b>222.4</b>		0.2 <b>262.4</b>		0.2 <b>302.4</b>		0.2 <b>342.4</b>		0.2 <b>382.4</b>
	0.1 <b>223.2</b>		0.1 <b>263.2</b>		0.1 <b>303.2</b>		0.1 <b>343.2</b>		0.1 <b>383.2</b>
	0.0 <b>224.0</b>		0.0 <b>264.0</b>		0.0 <b>304.0</b>		0.0 <b>344.0</b>		0.0 <b>384.0</b>
<b>0'51</b>	0.9 <b>224.8</b>	<b>0'46</b>	0.9 <b>264.8</b>	<b>0'41</b>	0.9 <b>304.8</b>	<b>0'36</b>	0.9 <b>344.8</b>	<b>0'31</b>	0.9 <b>384.8</b>
	0.8 <b>225.6</b>		0.8 <b>265.6</b>		0.8 <b>305.6</b>		0.8 <b>345.6</b>		0.8 <b>385.6</b>
	0.7 <b>226.4</b>		0.7 <b>266.4</b>		0.7 <b>306.4</b>		0.7 <b>346.4</b>		0.7 <b>386.4</b>
	0.6 <b>227.2</b>		0.6 <b>267.2</b>		0.6 <b>307.2</b>		0.6 <b>347.2</b>		0.6 <b>387.2</b>
	0.5 <b>228.0</b>		0.5 <b>268.0</b>		0.5 <b>308.0</b>		0.5 <b>348.0</b>		0.5 <b>388.0</b>
	0.4 <b>228.8</b>		0.4 <b>268.8</b>		0.4 <b>308.8</b>		0.4 <b>348.8</b>		0.4 <b>388.8</b>
	0.3 <b>229.6</b>		0.3 <b>269.6</b>		0.3 <b>309.6</b>		0.3 <b>349.6</b>		0.3 <b>389.6</b>
	0.2 <b>230.4</b>		0.2 <b>270.4</b>		0.2 <b>310.4</b>		0.2 <b>350.4</b>		0.2 <b>390.4</b>
	0.1 <b>231.2</b>		0.1 <b>271.2</b>		0.1 <b>311.2</b>		0.1 <b>351.2</b>		0.1 <b>391.2</b>
	0.0 <b>232.0</b>		0.0 <b>272.0</b>		0.0 <b>312.0</b>		0.0 <b>352.0</b>		0.0 <b>392.0</b>
<b>0'50</b>	0.9 <b>232.8</b>	<b>0'45</b>	0.9 <b>272.8</b>	<b>0'40</b>	0.9 <b>312.8</b>	<b>0'35</b>	0.9 <b>352.8</b>	<b>0'30</b>	0.9 <b>392.8</b>
	0.8 <b>233.6</b>		0.8 <b>273.6</b>		0.8 <b>313.6</b>		0.8 <b>353.6</b>		0.8 <b>393.6</b>
	0.7 <b>234.4</b>		0.7 <b>274.4</b>		0.7 <b>314.4</b>		0.7 <b>354.4</b>		0.7 <b>394.4</b>

0.6	<b>235.2</b>
0.5	<b>236.0</b>
0.4	<b>236.8</b>
0.3	<b>237.6</b>
0.2	<b>238.4</b>
0.1	<b>239.2</b>
0.0	<b>240.0</b>

0.6	<b>275.2</b>
0.5	<b>276.0</b>
0.4	<b>276.8</b>
0.3	<b>277.6</b>
0.2	<b>278.4</b>
0.1	<b>279.2</b>
0.0	<b>280.0</b>

0.6	<b>315.2</b>
0.5	<b>316.0</b>
0.4	<b>316.8</b>
0.3	<b>317.6</b>
0.2	<b>318.4</b>
0.1	<b>319.2</b>
0.0	<b>320.0</b>

0.6	<b>355.2</b>
0.5	<b>356.0</b>
0.4	<b>356.8</b>
0.3	<b>357.6</b>
0.2	<b>358.4</b>
0.1	<b>359.2</b>
0.0	<b>360.0</b>

0.6	<b>395.2</b>
0.5	<b>396.0</b>
0.4	<b>396.8</b>
0.3	<b>397.6</b>
0.2	<b>398.4</b>
0.1	<b>399.2</b>
0.0	<b>400.0</b>



## Tabela Punktowa

### Reanimacja (kobiety i mężczyźni)

**1 % = 5 pkt**

Opis	Krażenie		Wentylacja	
	Wynik	Punkty	Wynik	Punkty
<p><b>1% = 5 pkt</b></p> <p>punkty liczy się dopiero od <b>61%</b> skutecznej reanimacji</p> <p>łącznie jest do zdobycia 400 pkt</p>	60%	<b>0</b>	60%	<b>0</b>
	61%	<b>5</b>	61%	<b>5</b>
	62%	<b>10</b>	62%	<b>10</b>
	63%	<b>15</b>	63%	<b>15</b>
	64%	<b>20</b>	64%	<b>20</b>
	65%	<b>25</b>	65%	<b>25</b>
	66%	<b>30</b>	66%	<b>30</b>
	67%	<b>35</b>	67%	<b>35</b>
	68%	<b>40</b>	68%	<b>40</b>
	69%	<b>45</b>	69%	<b>45</b>
	70%	<b>50</b>	70%	<b>50</b>
	71%	<b>55</b>	71%	<b>55</b>
	72%	<b>60</b>	72%	<b>60</b>
	73%	<b>65</b>	73%	<b>65</b>
	74%	<b>70</b>	74%	<b>70</b>
	75%	<b>75</b>	75%	<b>75</b>
	76%	<b>80</b>	76%	<b>80</b>
	77%	<b>85</b>	77%	<b>85</b>
	78%	<b>90</b>	78%	<b>90</b>
	79%	<b>95</b>	79%	<b>95</b>
	80%	<b>100</b>	80%	<b>100</b>
	81%	<b>105</b>	81%	<b>105</b>
	82%	<b>110</b>	82%	<b>110</b>
	83%	<b>115</b>	83%	<b>115</b>
	84%	<b>120</b>	84%	<b>120</b>
	85%	<b>125</b>	85%	<b>125</b>
	86%	<b>130</b>	86%	<b>130</b>
	87%	<b>135</b>	87%	<b>135</b>
	88%	<b>140</b>	88%	<b>140</b>
	89%	<b>145</b>	89%	<b>145</b>
90%	<b>150</b>	90%	<b>150</b>	
91%	<b>155</b>	91%	<b>155</b>	
92%	<b>160</b>	92%	<b>160</b>	
93%	<b>165</b>	93%	<b>165</b>	
94%	<b>170</b>	94%	<b>170</b>	
95%	<b>175</b>	95%	<b>175</b>	
96%	<b>180</b>	96%	<b>180</b>	
97%	<b>185</b>	97%	<b>185</b>	
98%	<b>190</b>	98%	<b>190</b>	
99%	<b>195</b>	99%	<b>195</b>	
100%	<b>200</b>	100%	<b>200</b>	

# Punkty zgodnie ze schematem

*Rzut rzutką rękawową*



