

B) Sistema de Calificación

Primer ejercicio

Tiempo-Puntos	
Hombres	Mujeres
11,7" o + " = 0	12,8" o + " = 0
11,6" a 11,5" = 1	12,7" a 12,6" = 1
11,4" a 11,3" = 2	12,5" a 12,4" = 2
11,2" a 11,0" = 3	12,3" a 12,1" = 3
10,9" a 10,6" = 4	12,0" a 11,7" = 4
10,5" a 10,2" = 5	11,6" a 11,3" = 5
10,1" a 9,8" = 6	11,2" a 10,9" = 6
9,7" a 9,4" = 7	10,8" a 10,4" = 7
9,3" a 8,9" = 8	10,3" a 9,9" = 8
8,8" a 8,3" = 9	9,8" a 9,4" = 9
8,2" o - " = 10	9,3" o - " = 10

Segundo ejercicio

Flexiones-Puntos	Tiempo-Puntos	
Hombres	Mujeres	
0 a 4 = 0	0" a 35" =	0
5 = 1	36" a 40" =	1
6 = 2	41" a 45" =	2
7 = 3	46" a 51" =	3
8 y 9 = 4	52" a 56" =	4
10 y 11 = 5	57" a 62" =	5
12 y 13 = 6	63" a 69" =	6
14 = 7	70" a 77" =	7
15 = 8	78" a 85" =	8
16 = 9	86" a 94" =	9
17 = 10	95" o + " =	10

Tercer ejercicio

Tiempo-Puntos	
Hombres	Mujeres
3,49' o + ' = 0	4,46' o + ' = 0
3,48' a 3,43' = 1	4,45' a 4,37' = 1
3,42' a 3,37' = 2	4,36' a 4,28' = 2
3,36' a 3,31' = 3	4,27' a 4,19' = 3
3,30' a 3,25' = 4	4,18' a 4,10' = 4
3,24' a 3,19' = 5	4,09' a 4,01' = 5
3,18' a 3,13' = 6	4,00' a 3,52' = 6
3,12' a 3,07' = 7	3,51' a 3,43' = 7
3,06' a 3,01' = 8	3,42' a 3,34' = 8
3,00' a 2,55' = 9	3,33' a 3,25' = 9
2,54' o - ' = 10	3,24' o - ' = 10