POLITIA LOCALA SACELE

PROBELE, NORMELE SI BAREMELE PENTRU VERIFICARILE DE SOLICITARE FIZICA SUNT URMATOARELE:

PROBE - BAIETI

VITEZA - 50 METRI

perf.	NOTE / GRUPE DE VARSTA					
timp	I	II	III	IV	V	VI
7"00	10					
7"10	9.5					
7"20	9					
7"30	8.5					
7"40	8					
7"50	7.5	10				
7"60	7	9.5				
7"70	6.5	9				
7"80	6	8.5				
7"90	5.5	8				
8"00	5	7.5	10			
8"10		7	9.5			
8"20		6.5	9			
8"30		6	8.5			
8"40		5.5	8			
8"50		5	7.5	10		
8"60			7	9.5		
8"70			6.5	9		
8"80			6	8.5		
8"90			5.5	8		
9"00			5	7.5	10	
9"10				7	9.5	
9"20				6.5	9	
9"30				6	8.5	
9"40				5.5	8	
9"50				5	7.5	10
9"60					7	9.5
9"70					6.5	9
9"80					6	8.5
9"90					5.5	8
10"00					5	7.5
10"10						7
10"20						6.5
10"30						6
10"40						5.5
10"50						5

REZISTENTA - 1000 METRI

perf.	NOTE / GRUPE DE VARSTA					
timp	I	II	III	IV	V	VI
4"00	10					
4"05	9.5					
4"10	9					
4"15	8.5					
4"20	8					
4"25	7.5	10				
4"30	7	9.5				
4"35	6.5	9				
4"40	6	8.5				
4"45	5.5	8				
4"50	5	7.5	10			
4"55		7	9.5			
5"00		6.5	9			
5"05		6	8.5			
5"10		5.5	8			
5"15		5	7.5	10		
5"20			7	9.5		
5"25			6.5	9		
5"30			6	8.5		
5"35			5.5	8		
5"40			5	7.5	10	
5"45				7	9.5	
5"50				6.5	9	
5"55				6	8.5	
6"00				5.5	8	
6"05				5	7.5	10
6"10					7	9.5
6"15					6.5	9
6"20					6	8.5
6"25					5.5	8
6"30					5	7.5
6"35						7
6"40						6.5
6"45						6
6"50						5.5
6"55						5

FLOTARI

perf.	NOTE / GRUPE DE VARSTA					
numar	I	II	III	IV	V	VI
45	10					
44	9.5					
43	9					
42	8.5					
41	8					
40	7.5	10				
39	7	9.5				
38	6.5	9				
37	6	8.5				
36	5.5	8				
35	5	7.5	10			
34		7	9.5			
33		6.5	9			
32		6	8.5			
31		5.5	8			
30		5	7.5	10		
29			7	9.5		
28			6.5	9		
27			6	8.5		
26			5.5	8		
25			5	7.5	10	
24				7	9.5	
23				6.5	9	
22				6	8.5	
21				5.5	8	
20				5	7.5	10
19					7	9.5
18					6.5	9
17					6	8.5
16					5.5	8
15					5	7.5
14						7
13						6.5
12						6
11						5.5
10						5

I	PANA IN 30 DE ANI
II	INTRE 31 - 35 ANI INCLUSIV
III	INTRE 36 - 40 ANI INCLUSIV
IV	INTRE 41 - 45 ANI INCLUSIV
V	INTRE 46 - 50 ANI INCLUSIV
VI	PESTE 51 ANI