POLITIA LOCALA SACELE

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

PROBE - FETE

VITEZA - 50 METRI							REZISTENTA - 800 METRI							ABDOMENE						
perf.	NOTE / GRUPE DE VARSTA						perf.	NOTE / GRUPE DE VARSTA						perf.	NOTE / GRUPE DE VARSTA					
timp	I	II	III	IV	V	VI	timp	I	II	III	IV	V	VI	numar	I	II	III	IV	V	VI
8"60	10						4"00	10						36	10					
8"70	9.5						4"05	9.5						35	9.5					
8"80	9						4"10	9						34	9					
8"90	8.5						4"15	8.5						33	8.5					
9"00	8						4"20	8						32	8					
9"10	7.5	10					4"25	7.5	10					31	7.5	10				
9"20	7	9.5					4"30	7	9.5					30	7	9.5				
9"30	6.5	9					4"35	6.5	9					29	6.5	9				
9"40	6	8.5					4"40	6	8.5					28	6	8.5				
9"50	5.5	8					4"45	5.5	8					27	5.5	8				
9"60	5	7.5	10				4"50	5	7.5	10				26	5	7.5	10			
9"70		7	9.5				4"55		7	9.5				25		7	9.5			
9"80		6.5	9				5"00		6.5	9				24		6.5	9			
9"90		6	8.5				5"05		6	8.5				23		6	8.5			
10"00		5.5	8				5"10		5.5	8				22		5.5	8			
10"10		5	7.5	10			5"15		5	7.5	10			21		5	7.5	10		
10"20			7	9.5			5"20			7	9.5			20			7	9.5		
10"30			6.5	9			5"25			6.5	9			19			6.5	9		
10"40			6	8.5			5"30			6	8.5			18			6	8.5		
10"50			5.5	8			5"35			5.5	8			17			5.5	8		
10"60			5	7.5	10		5"40			5	7.5	10		16			5	7.5	10	
10"70				7	9.5		5"45				7	9.5		15				7	9.5	
10"80				6.5	9		5"50				6.5	9		14				6.5	9	
10"90				6	8.5		5"55				6	8.5		13				6	8.5	
11"00				5.5	8		6"00				5.5	8		12				5.5	8	
11"10				5	7.5	10	6"05				5	7.5	10	11				5	7.5	10
11"20					7	9.5	6"10					7	9.5	10					7	9.5
11"30					6.5	9	6"15					6.5	9	9					6.5	9
11"40					6	8.5	6"20					6	8.5	8					6	8.5
11"50					5.5	8	6"25					5.5	8	7					5.5	8
11"60					5	7.5	6"30					5	7.5	6					5	7.5
11"70						7	6"35						7	5						7
11"80						6.5	6"40						6.5	4						6.5
11"90						6	6"45						6	3						6
12"00						5.5	6"50						5.5	2						5.5
12"10						5	6"55						5	1						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