Ord. FAP 35-49
ANEXO "E"

PRUEBAS Y TABLAS DE PUNTUACIÓN A EMPLEAR PARA EL EXAMEN DE ESFUERZO FÍSICO

DISCIPLINAS								PUNTOS
1500 mts Planos		Barras	Planchas	25 m. Natación (segundos)		Abdominales (1 minuto)		
Masc.	Fem.	Masc.	Fem.	Masc.	Fem.	Masc.	Fem.	
6.15'	7.15'	15	25	16.00"	20.00"	70	60	20.00
6.17'	7.19'			16.20"	20.30"	69	59	19.90
6.19'	7.23'		24	16.40"	20.60"	68	58	19.80
6.21'	7.27'	14		16.60"	20.90"	67	57	19.70
6.23'	7.31'		23	16.90"	21.20"	66	56	19.60
6.26'	7.35'			17.10"	21.50"	65	55	19.50
6.28'	7.39'	13	22	17.30"	21.80"	64	54	19.40
6.30'	7.43'			17.50"	22.10"	63	53	19.30
6.32'	7.47'		21	17.80"	22.40"	62	52	19.20
6.34'	7.51'	12		18.00"	22.70"	61	51	19.10
6.36'	7.55'		20	18.20"	23.00"	60	50	19.00
6.39'	7.59'			18.50"	23.30"	59	49	18.90
6.41'	7.63'	11	19	18.70"	23.60"	58	48	18.80
6.43'	7.67'			18.90"	23.90"	57	47	18.70
6.45'	7.71'		18	19.10""	24.20"	56	46	18.60
6.47'	7.75'	10		19.40"	24.50"	55	45	18.50
6.49'	7.79'		17	19.60"	24.80"	54	44	18.40
6.52'	7.83'			19.80""	25.10"	53	43	18.30
6.54'	7.87'		16	20.10"	25.40"	52	42	18.20
6.56'	7.91'			20.30"	25.70"	51	41	18.10
6.58'	7.95'		15	20.50"	26.00"	50	40	18.00
7.00'	7.99'	8		20.70"	26.30"	49	39	17.90
7.02'	8.03'		14	21.00"	26.60"	48	38	17.80
7.05'	8.07'			21.20"	26.90"	47	37	17.70
7.07'	8.11'	7	13	21.40"	27.20"	46	36	17.60
7.09'	8.15'			21.70°	27.50"	45	35	17.50
7.11'	8.19'		12	21.90°	27.80"	44	34	17.40
7.13'	8.23'	6		22.10"	28.10"	43	33	17.30
7.15'	8.27'		11	22.30"	28.40"	42	32	17.20
7.18'	8.31'			22.60"	28.70"	41	31	17.10
7.20	8.35'	5	10	22.80"	29.00"	40	30	17.00
7.22'	8.39'			23.00"	29.30"	39	29	16.90
7.24'	8.43'			23.30"	29.60"	38	28	16.80
7.26'	8.47'		9	23.50"	29.90"	37	27	16.70
7.28'	8.51'			23.70"	30.20"	36	26	16.60
7.30'	8.55'	4		24.00"	30.50"	35	25	16.50
7.32'	8.59'		8	24.20"	30.80"	34	24	16.40
7.34'	8.63'			24.40"	31.10"	33	23	16.30
7.37'	8.67'			24.60"	31.40"	32	22	16.20
7.39'	8.71'			24.90'	31.70"	31	21	16.10
7.42'	8.75'	3	7	25.10"	32.00"	30	20	16.00
7.44'	8.79'			25.30"	32.30"	29	19	15.90
7.46'	8.83'			25.50"	32.60"	28	18	15.80
7.49'	8.87'		6	25.80"	32.90"	27	17	15.70
7.51'	8.91'			26.00r'	33.20"	26	16	15.60
7.54'	8.95'			26.20"	33.50"	25	15	15.50
7.56'	8.99'		5	26.40"	33.80"	24	14	15.40
7.58'	9.03'	2		26.70"	34.10"	23	13	15.30
8.01'	9.07'			26.90"	34.40"	22	12	15.20
8.03'	9.11'		4	27.10'	34.70"	21	11	15.10
8.06'	9.15'			27.40"	35.00"	20	10	15.00
8.08'	9.19'			27.60 '	35.30"	19	9	14.90
8.10'	9.23'		3	27.90"	35.60"	18	8	14.80
8.13'	9.27'			28.20"	35.90"	17	7	14.70
8.15'	9.31'			28.40"	36.20"	16	6	14.60
8.17'	9.35'	1	2	28.70"	36.50"	15	5	14.50
8.20'	9.39'			29.00"	36.80-	14	4	14.40
8.22'	9.43'			29.30"	37.10"	13	3	14.30
8.25'	9.47'		1	29.50"	37.40"	12	2	14.20
8.27'	9.51'			29.70"	37.70"	11	1	14.10
8.30'	9.55'	0	0	30.00"	38.00"	10	0	14.00