

Primer ejercicio		Segundo ejercicio	
Tiempo-puntos		Flexiones-puntos	Tiempo-puntos
(Hombres)	(Mujeres)	(Hombres)	(Mujeres)
11,7" o + " = 0	12,8" o + " = 0	0 a 3 = 0	0 a 21" = 0
11,6 a 11,5" = 1	12,7 a 12,6" = 1	4 = 1	22 a 26" = 1
11,4 a 11,3" = 2	12,5 a 12,4" = 2	5 = 2	27 a 31" = 2
11,2 a 11,0" = 3	12,3 a 12,1" = 3	6 = 3	32 a 36" = 3
10,9 a 10,6" = 4	12,0 a 11,7" = 4	7 = 4	37 a 43" = 4
10,5 a 10,2" = 5	11,6 a 11,3" = 5	8 = 5	44 a 51" = 5
10,1 a 9,8" = 6	11,2 a 10,9" = 6	9 = 6	52 a 60" = 6
9,7 a 9,4" = 7	10,8 a 10,4" = 7	10 = 7	61 a 70" = 7
9,3 a 8,9" = 8	10,3 a 9,9" = 8	12 = 8	71 a 82" = 8
8,8 a 8,3" = 9	9,8 a 9,4" = 9	14 = 9	83 a 94" = 9
8,2" o - " = 10	9,3" o - " = 10	17 = 10	95 o + " = 10

Tercer ejercicio		Cuarto ejercicio	
Centímetros-puntos		Tiempo-puntos	
(Hombres)	(Mujeres)	(Hombres)	(Mujeres)
0 a 43 = 0	0 a 33 = 0	8,45' o + ' = 0	5,00' o + ' = 0
44 a 45 = 1	34 a 35 = 1	8,44 a 8,35' = 1	4,59 a 4,54' = 1
46 a 47 = 2	36 a 37 = 2	8,34 a 8,25' = 2	4,53 a 4,48' = 2
48 a 49 = 3	38 a 39 = 3	8,24 a 8,15' = 3	4,47 a 4,38' = 3
50 a 52 = 4	40 a 41 = 4	8,14 a 8,05' = 4	4,37 a 4,28' = 4
53 a 56 = 5	42 a 44 = 5	8,04 a 7,51' = 5	4,27 a 4,18' = 5
57 a 60 = 6	45 a 47 = 6	7,50 a 7,36' = 6	4,17 a 4,08' = 6
61 a 64 = 7	48 a 50 = 7	7,35 a 7,16' = 7	4,07 a 3,57' = 7
65 a 69 = 8	51 a 54 = 8	7,15 a 6,56' = 8	3,56 a 3,42' = 8
70 a 75 = 9	55 a 59 = 9	6,55 a 6,31' = 9	3,41 a 3,27' = 9
76 o + = 10	60 o + = 10	6,30' o - ' = 10	3,26' o - ' = 10