| Баллы | Подтягивание на перекладине | Бег на 100 м | Бег на 3 км |
|-------|-----------------------------|--------------|-------------|
| 100 | 30 | 11.8 | 10:30 |
| 99 | - | - | 10:32 |
| 98 | 29 | 11.9 | 10:34 |
| 97 | - | - | 10:35 |
| 96 | 28 | 12.0 | 10:38 |
| 95 | - | - | 10:40 |
| 94 | 27 | 12.1 | 10:42 |
| 93 | - | - | 10:44 |
| 92 | 26 | 12.2 | 10:46 |
| 91 | - | - | 10:48 |
| 90 | 25 | 12.3 | 10:50 |
| 89 | - | - | 10:52 |
| 88 | 24 | 12.4 | 10:54 |
| 87 | - | - | 10:56 |
| 86 | 23 | 12.5 | 10:58 |
| 85 | - | - | 11:00 |
| 84 | 22 | 12.6 | 11:04 |
| 83 | - | - | 11:08 |
| 82 | 21 | 12.7 | 11:12 |
| 81 | - | - | 11:16 |
| 80 | 20 | 12.8 | 11:20 |
| 79 | - | - | 11:24 |
| 78 | 19 | 12.9 | 11:28 |
| 77 | - | - | 11:32 |
| 76 | 18 | 13.0 | 11:36 |
| 75 | - | - | 11:40 |
| 74 | 17 | 13.1 | 11:44 |
| 73 | - | - | 11:48 |
| 72 | 16 | 13.2 | 11:52 |
| 71 | - | - | 11:56 |
| 70 | 15 | 13.3 | 12:00 |
| 69 | - | - | 12:04 |
| 68 | 14 | 13.4 | 12:08 |
| 67 | - | - 13.4 | 12:108 |
| 66 | 13 | 13.5 | 12:12 |
| 65 | | | 12:16 |
| 64 | - 12 | - 12.6 | |
| 63 | 12 | 13.6 | 12:24 |
| | - | - 12.7 | 12:28 |
| 62 | 11 | 13.7 | 12:32 |
| 61 | - | - 12.0 | 12:36 |
| 60 | 10 | 13.8 | 12:40 |
| 59 | - | - 12.0 | 12:44 |
| 58 | 9 | 13.9 | 12:48 |
| 57 | - | - | 12:52 |
| 56 | 8 | 14.0 | 12:56 |
| 55 | - | - | 13:00 |
| 54 | 7 | 14.1 | 13:04 |
| 53 | - | - | 13:08 |
| 52 | 6 | 14.2 | 13:12 |
| 51 | | - | 13:16 |
| 50 | 5 | 14.3 | 13:20 |
| 49 | - | - | 13:24 |
| 48 | 4 | 14.4 | 13:28 |
| 47 | - | - | 13:32 |
| 46 | 3 | 14.5 | 13:36 |
| 45 | - | = | 13:40 |
| 44 | 2 | 14.6 | 13:44 |
| 43 | - | - | 13:48 |
| 42 | 1 | 14.7 | 13:52 |
| 41 | - | - | 13:56 |
| 40 | 0 | 14.8 | 14:00 |
| | | | |