|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Рокпорт тест  (мл/кг/хв) | | згин. розг. рук в упорі лежачі  (к-ть разів) | | Присідання  за 30 с  (к-ть разів) | | Підніманні ніг до кута 90֠ лежачі на спині  (к-ть разів) | |
|  | до | після | до | після | до | після | до | після |
| 1 | 37,60 | 39,20 | 0 | 10 | 30 | 30 | 20 | 30 | |
| 2 | 26,70 | 32,40 | 7 | 15 | 27 | 30 | 20 | 29 | |
| 3 | 27,30 | 30,70 | 10 | 18 | 30 | 30 | 21 | 29 | |
| 4 | 28,80 | 29,00 | 22 | 25 | 25 | 30 | 40 | 40 | |
| 5 | 25,60 | 26,90 | 22 | 25 | 28 | 30 | 40 | 40 | |
| 6 | 31,80 | 33,00 | 22 | 25 | 24 | 30 | 40 | 40 | |
| 7 | 42,00 | 42,00 | 22 | 25 | 26 | 30 | 35 | 40 | |
| 8 | 34,50 | 33,60 | 15 | 22 | 19 | 28 | 25 | 33 | |
| 9 | 41,20 | 41,50 | 16 | 22 | 15 | 26 | 25 | 35 | |
| 10 | 24,50 | 27,30 | 12 | 19 | 16 | 25 | 20 | 31 | |
| 11 | 27,40 | 30,70 | 15 | 20 | 20 | 25 | 20 | 32 | |
| 12 | 39,30 | 39,80 | 14 | 20 | 15 | 21 | 20 | 30 | |
| 13 | 44,30 | 44,30 | 22 | 25 | 22 | 28 | 30 | 38 | |
| 14 | 17,10 | 23,30 | 20 | 25 | 25 | 30 | 28 | 38 | |
| 15 | 22,20 | 23,80 | 10 | 20 | 30 | 30 | 24 | 30 | |
| 16 | 39,20 | 39,80 | 9 | 17 | 30 | 30 | 20 | 29 | |
| 17 | 32,50 | 33,00 | 11 | 17 | 15 | 20 | 23 | 32 | |
| 18 | 21,80 | 21,90 | 22 | 22 | 30 | 30 | 40 | 40 | |
| 19 | 43,60 | 43,60 | 20 | 22 | 17 | 22 | 40 | 40 | |
| 20 | 46,80 | 46,80 | 11 | 19 | 16 | 22 | 24 | 35 | |
| 21 | 26,70 | 32,40 | 13 | 20 | 15 | 21 | 23 | 31 | |
| 22 | 27,30 | 30,70 | 22 | 22 | 30 | 30 | 40 | 40 | |
| 23 | 28,80 | 30,30 | 14 | 22 | 15 | 19 | 25 | 34 | |
| 24 | 25,60 | 25,90 | 18 | 25 | 18 | 23 | 20 | 33 | |
| 25 | 31,80 | 32,00 | 13 | 20 | 18 | 24 | 21 | 31 | |
| 26 | 26,70 | 32,40 | 10 | 17 | 15 | 23 | 20 | 28 | |
| 27 | 27,30 | 30,70 | 10 | 16 | 15 | 21 | 21 | 29 | |
| 28 | 28,80 | 30,30 | 0 | 11 | 30 | 30 | 20 | 32 | |
| 29 | 25,60 | 25,90 | 7 | 11 | 27 | 30 | 20 | 30 | |
| 30 | 31,80 | 33,00 | 10 | 17 | 30 | 30 | 21 | 33 | |
| 31 | 24,50 | 24,40 | 22 | 25 | 25 | 29 | 40 | 40 | |
| 32 | 27,40 | 30,70 | 22 | 24 | 28 | 30 | 40 | 40 | |
| 33 | 39,30 | 39,80 | 22 | 23 | 24 | 29 | 40 | 40 | |
| 34 | 24,50 | 24,50 | 22 | 23 | 26 | 30 | 35 | 40 | |
| 35 | 27,40 | 27,40 | 15 | 20 | 19 | 27 | 25 | 35 | |
| 36 | 39,30 | 40,00 | 16 | 21 | 15 | 21 | 25 | 32 | |
| 37 | 22,20 | 23,10 | 12 | 19 | 16 | 21 | 20 | 32 | |
| 38 | 39,20 | 40,60 | 15 | 19 | 20 | 27 | 20 | 29 | |
| 39 | 32,50 | 32,70 | 14 | 18 | 15 | 20 | 20 | 30 | |
| 40 | 21,80 | 23,10 | 22 | 23 | 22 | 28 | 30 | 38 | |
| 41 | 22,20 | 23,10 | 20 | 25 | 25 | 30 | 28 | 36 | |
| 42 | 39,20 | 40,60 | 10 | 16 | 30 | 30 | 24 | 36 | |
| 43 | 32,50 | 32,70 | 9 | 16 | 30 | 30 | 20 | 31 | |
| 44 | 21,80 | 22,40 | 11 | 18 | 15 | 26 | 23 | 31 | |
| 45 | 37,60 | 39,20 | 22 | 22 | 30 | 30 | 40 | 40 | |
| 46 | 26,70 | 32,40 | 20 | 22 | 17 | 23 | 40 | 40 | |
| 47 | 27,30 | 30,70 | 11 | 19 | 16 | 23 | 24 | 30 | |
| 48 | 28,80 | 30,40 | 13 | 17 | 15 | 21 | 23 | 30 | |
| 49 | 25,60 | 26,90 | 22 | 22 | 30 | 30 | 40 | 40 | |
| 50 | 31,80 | 33,00 | 14 | 20 | 15 | 22 | 25 | 36 | |
| 51 | 42,00 | 42,00 | 18 | 21 | 18 | 24 | 20 | 34 | |
| 52 | 34,50 | 33,60 | 13 | 20 | 18 | 25 | 21 | 30 | |
| 53 | 41,20 | 41,50 | 10 | 16 | 15 | 23 | 20 | 31 | |
| 54 | 24,50 | 24,40 | 10 | 18 | 15 | 21 | 21 | 34 | |