

Barème des Points

						Hommes	Femmes	Mixte	Relai						
Points	Cross (F)	Cross (H)	Cyclisme (F)	Cyclisme (H)	Natation	Sprint (F)	Sprint (H)	Longueur	Poids	Haltères	Corde (F)	Corde (H)	Bal/Pét	Relai 4*400	Points
1100	08:21	17:15	13:39	0:21:50	01:05,3	8,54s	10,47s	7,47m	15,96m	1,69	2,12s	4,78s	30	03:11.92	1100
1050	08:34	17:44	14:03	0:22:28	01:07,9	8,68s	10,65s	7,24m	15,39m	1,63	2,48s	5,60s	29	03:17.28	1050
1000	08:50	18:20	14:34	0:23:18	01:11,1	8,85s	10,87s	6,97m	14,72m	1,57	2,93s	6,61s	28	03:23.88	1000
950	09:10	19:02	15:11	0:24:17	01:15,0	9,06s	11,14s	6,67m	13,99m	1,49	3,46s	7,82s	27	03:31.76	950
900	09:33	19:51	15:54	0:25:26	01:19,4	9,30s	11,45s	6,36m	13,20m	1,42	4,08s	9,22s	-	03:40.96	900
850	09:59	20:48	16:42	0:26:43	01:24,5	9,58s	11,80s	6,03m	12,39m	1,34	4,78s	10,82s	-	03:51.40	850
800	10:28	21:51	17:37	0:28:11	01:30,1	9,89s	12,19s	5,71m	11,56m	1,25	5,57s	12,61s	-	04:03.16	800
750	11:00	23:01	18:38	0:29:48	01:36,4	10,24s	12,63s	5,38m	10,74m	1,17	6,45s	14,60s	-	04:16.20	750
700	11:36	24:18:00	19:44	0:31:34	01:43,4	10,62s	13,11s	5,06m	9,94m	1,09	7,41s	16,78s	20	04:30.48	700
650	12:14	25:42:00	20:57	0:33:31	01:50,9	11,03s	13,64s	4,74m	9,16m	1,01	8,46s	19,16s	-	04:46.08	650
600	12:56	27:12:00	22:15	0:35:36	01:59,1	11,47s	14,20s	4,45m	8,42m	0,94	9,60s	21,74s	-	05:02.92	600
550	13:41	28:50:00	23:40	0:37:52	02:07,9	11,96s	14,81s	4,16m	7,70m	0,87	10,82s	24,51s	-	05:21.08	550
500	14:29	30:34:00	25:10:00	0:40:16	02:17,3	12,47s	15,47s	3,89m	7,03m	0,8	12,13s	27,48s	-	05:40.52	500
450	15:20	32:25:00	26:47:00	0:42:51	02:27,3	13,02s	16,16s	3,64m	6,40m	0,74	13,52s	30,64s	-	06:01.20	450
400	16:15	34:24:00	28:29:00	0:45:34	02:38,0	13,60s	16,90s	3,40m	5,80m	0,68	15,00s	34,00s	10	06:23.20	400
350	17:13	36:28:00	30:17:00	0:48:27	02:49,2	14,22s	17,68s	3,18m	5,24m	0,62	16,57s	37,55s	-	06:46.48	350
300	18:14	38:40:00	32:12:00	0:51:31	03:01,2	14,87s	18,51s	2,97m	4,72m	0,57	18,22s	41,30s	-	07:11.00	300
250	19:18	41:00:00	34:12:00	0:54:43	03:13,7	15,55s	19,38s	2,78m	4,24m	0,52	19,96s	53,73s	5	07:36.84	250
200	20:25	43:25:00	36:18:00	0:58:04	03:26,8	16,27s	20,29s	2,59m	3,79m	0,48	21,79s	10m-1'	4	08:03.96	200
150	21:35	45:58:00	38:30:00	1:01:36	03:40,6	17,02s	21,24s	2,43m	3,37m	0,44	23,70s	8,5m	3	08:32.36	150
100	22:49	48:38:00	40:48:00	1:05:16	03:54,9	17,81s	22,24s	2,27m	2,98m	0,4	5m-30s	5m	2	09:02.04	100
50	24:06	51:24:00	43:12:00	1:09:07	04:09,9	18,62s	23,28s	2,13m	2,61m	0,36	3,5m	3,5m	1	09:33.00	50
10	25:09	53:42:00	45:12:00	1:12:19	04:22,4	19,30s	24,14s	2,02m	2,34m	0,34	-	-	-	-	10
0	30:00	59:59:00	00:00	1:36:00	05:00,0	60,00s	60,00s	0,00m	0,00m	0	0m	0m	0	00:00	0