

Poengscore 3000M Løp

20:30.00	1	19:59.00	32	18:59.00	92	17:59.00	152	16:59.00	212	15:59.00	272	14:59.00	332
20:29.00	2	19:58.00	33	18:58.00	93	17:58.00	153	16:58.00	213	15:58.00	273	14:58.00	333
20:28.00	3	19:57.00	34	18:57.00	94	17:57.00	154	16:57.00	214	15:57.05	274	14:57.05	334
20:27.00	4	19:56.00	35	18:56.00	95	17:56.00	155	16:56.00	215	15:56.00	275	14:56.00	335
20:26.00	5	19:55.00	36	18:55.00	96	17:55.00	156	16:55.00	216	15:55.00	276	14:55.00	336
20:25.00	6	19:54.00	37	18:54.00	97	17:54.00	157	16:54.00	217	15:54.00	277	14:54.00	337
20:24.00	7	19:53.00	38	18:53.00	98	17:53.00	158	16:53.00	218	15:53.00	278	14:53.00	338
20:23.00	8	19:52.00	39	18:52.00	99	17:52.00	159	16:52.00	219	15:52.00	279	14:52.00	339
20:22.00	9	19:51.00	40	18:51.00	100	17:51.00	160	16:51.00	220	15:51.00	280	14:51.00	340
20:21.00	10	19:50.00	41	18:50.00	101	17:50.00	161	16:50.00	221	15:50.00	281	14:50.00	341
20:20.00	11	19:49.00	42	18:49.00	102	17:49.00	162	16:49.00	222	15:49.00	282	14:49.00	342
20:19.00	12	19:48.00	43	18:48.00	103	17:48.00	163	16:48.00	223	15:48.00	283	14:48.00	343
20:18.00	13	19:47.00	44	18:47.00	104	17:47.00	164	16:47.00	224	15:47.00	284	14:47.00	344
20:17.00	14	19:46.00	45	18:46.00	105	17:46.00	165	16:46.00	225	15:46.00	285	14:46.00	345
20:16.00	15	19:45.00	46	18:45.00	106	17:45.00	166	16:45.00	226	15:45.00	286	14:45.00	346
20:15.00	16	19:44.00	47	18:44.00	107	17:44.00	167	16:44.00	227	15:44.00	287	14:44.00	347
20:14.00	17	19:43.00	48	18:43.00	108	17:43.00	168	16:43.00	228	15:43.00	288	14:43.00	348
20:13.00	18	19:42.00	49	18:42.00	109	17:42.00	169	16:42.00	229	15:42.00	289	14:42.00	349
20:12.00	19	19:41.00	50	18:41.00	110	17:41.00	170	16:41.00	230	15:41.00	290	14:41.00	350
20:11.00	20	19:40.00	51	18:40.00	111	17:40.00	171	16:40.00	231	15:40.00	291	14:40.00	351
20:10.00	21	19:39.00	52	18:39.00	112	17:39.00	172	16:39.00	232	15:39.00	292	14:39.00	352
20:09.00	22	19:38.00	53	18:38.00	113	17:38.00	173	16:38.00	233	15:38.00	293	14:38.00	353
20:08.00	23	19:37.00	54	18:37.00	114	17:37.00	174	16:37.00	234	15:37.00	294	14:37.00	354
20:07.00	24	19:36.00	55	18:36.00	115	17:36.00	175	16:36.00	235	15:36.00	295	14:36.00	355
20:06.00	25	19:35.00	56	18:35.00	116	17:35.00	176	16:35.00	236	15:35.00	296	14:35.00	356
20:05.00	26	19:34.00	57	18:34.00	117	17:34.00	177	16:34.00	237	15:34.00	297	14:34.00	357
20:04.00	27	19:33.00	58	18:33.00	118	17:33.00	178	16:33.00	238	15:33.00	298	14:33.00	358
20:03.00	28	19:32.00	59	18:32.00	119	17:32.00	179	16:32.00	239	15:32.00	299	14:32.00	359
20:02.00	29	19:31.00	60	18:31.00	120	17:31.00	180	16:31.00	240	15:31.00	300	14:31.00	360
20:01.00	30	19:30.00	61	18:30.00	121	17:30.00	181	16:30.00	241	15:30.00	301	14:30.00	361
20:00.00	31	19:29.00	62	18:29.00	122	17:29.00	182	16:29.00	242	15:29.00	302	14:29.00	362
		19:28.00	63	18:28.00	123	17:28.00	183	16:28.00	243	15:28.00	303	14:28.00	363
		19:27.00	64	18:27.00	124	17:27.00	184	16:27.00	244	15:27.00	304	14:27.00	364
		19:26.00	65	18:26.00	125	17:26.00	185	16:26.00	245	15:26.00	305	14:26.00	365
		19:25.00	66	18:25.00	126	17:25.00	186	16:25.00	246	15:25.00	306	14:25.00	366
		19:24.00	67	18:24.00	127	17:24.00	187	16:24.00	247	15:24.00	307	14:24.00	367
		19:23.00	68	18:23.00	128	17:23.00	188	16:23.00	248	15:23.00	308	14:23.00	368
		19:22.00	69	18:22.00	129	17:22.00	189	16:22.00	249	15:22.00	309	14:22.00	369
		19:21.00	70	18:21.00	130	17:21.00	190	16:21.00	250	15:21.00	310	14:21.00	370
		19:20.00	71	18:20.00	131	17:20.00	191	16:20.00	251	15:20.00	311	14:20.00	371
		19:19.00	72	18:19.00	132	17:19.00	192	16:19.00	252	15:19.00	312	14:19.00	372
		19:18.00	73	18:18.00	133	17:18.00	193	16:18.00	253	15:18.00	313	14:18.00	373
		19:17.00	74	18:17.00	134	17:17.00	194	16:17.00	254	15:17.00	314	14:17.00	374
		19:16.00	75	18:16.00	135	17:16.00	195	16:16.00	255	15:16.00	315	14:16.00	375
		19:15.00	76	18:15.00	136	17:15.00	196	16:15.00	256	15:15.00	316	14:15.00	376
		19:14.00	77	18:14.00	137	17:14.00	197	16:14.00	257	15:14.00	317	14:14.00	377
		19:13.00	78	18:13.00	138	17:13.00	198	16:13.00	258	15:13.00	318	14:13.00	378
		19:12.00	79	18:12.00	139	17:12.00	199	16:12.00	259	15:12.00	319	14:12.00	379
		19:11.00	80	18:11.00	140	17:11.00	200	16:11.00	260	15:11.00	320	14:11.00	380
		19:10.00	81	18:10.00	141	17:10.00	201	16:10.00	261	15:10.00	321	14:10.00	381
		19:09.00	82	18:09.00	142	17:09.00	202	16:09.00	262	15:09.00	322	14:09.00	382
		19:08.00	83	18:08.00	143	17:08.00	203	16:08.00	263	15:08.00	323	14:08.00	383
		19:07.00	84	18:07.00	144	17:07.00	204	16:07.00	264	15:07.00	324	14:07.00	384
		19:06.00	85	18:06.00	145	17:06.00	205	16:06.00	265	15:06.00	325	14:06.00	385
		19:05.00	86	18:05.00	146	17:05.00	206	16:05.00	266	15:05.00	326	14:05.00	386
		19:04.00	87	18:04.00	147	17:04.00	207	16:04.00	267	15:04.00	327	14:04.00	387
		19:03.00	88	18:03.00	148	17:03.00	208	16:03.00	268	15:03.00	328	14:03.00	388
		19:02.00	89	18:02.00	149	17:02.00	209	16:02.00	269	15:02.00	329	14:02.00	389
		19:01.00	90	18:01.00	150	17:01.00	210	16:01.00	270	15:01.00	330	14:01.00	390
		19:00.00	91	18:00.00	151	17:00.00	211	16:00.00	271	15:00.00	331	14:00.00	391

13:59.00	392	12:59.00	452	11:59.00	512	10:59.00	572	09:59.00	632
13:58.00	393	12:58.00	453	11:58.00	513	10:58.00	573	09:58.00	633
13:57.05	394	12:57.05	454	11:57.05	514	10:57.05	574	09:57.05	634
13:56.00	395	12:56.00	455	11:56.00	515	10:56.00	575	09:56.00	635
13:55.00	396	12:55.00	456	11:55.00	516	10:55.00	576	09:55.00	636
13:54.00	397	12:54.00	457	11:54.00	517	10:54.00	577	09:54.00	637
13:53.00	398	12:53.00	458	11:53.00	518	10:53.00	578	09:53.00	638
13:52.00	399	12:52.00	459	11:52.00	519	10:52.00	579	09:52.00	639
13:51.00	400	12:51.00	460	11:51.00	520	10:51.00	580	09:51.00	640
13:50.00	401	12:50.00	461	11:50.00	521	10:50.00	581	09:50.00	641
13:49.00	402	12:49.00	462	11:49.00	522	10:49.00	582	09:49.00	642
13:48.00	403	12:48.00	463	11:48.00	523	10:48.00	583	09:48.00	643
13:47.00	404	12:47.00	464	11:47.00	524	10:47.00	584	09:47.00	644
13:46.00	405	12:46.00	465	11:46.00	525	10:46.00	585	09:46.00	645
13:45.00	406	12:45.00	466	11:45.00	526	10:45.00	586	09:45.00	646
13:44.00	407	12:44.00	467	11:44.00	527	10:44.00	587	09:44.00	647
13:43.00	408	12:43.00	468	11:43.00	528	10:43.00	588	09:43.00	648
13:42.00	409	12:42.00	469	11:42.00	529	10:42.00	589	09:42.00	649
13:41.00	410	12:41.00	470	11:41.00	530	10:41.00	590	09:41.00	650
13:40.00	411	12:40.00	471	11:40.00	531	10:40.00	591	09:40.00	651
13:39.00	412	12:39.00	472	11:39.00	532	10:39.00	592	09:39.00	652
13:38.00	413	12:38.00	473	11:38.00	533	10:38.00	593	09:38.00	653
13:37.00	414	12:37.00	474	11:37.00	534	10:37.00	594	09:37.00	654
13:36.00	415	12:36.00	475	11:36.00	535	10:36.00	595	09:36.00	655
13:35.00	416	12:35.00	476	11:35.00	536	10:35.00	596	09:35.00	656
13:34.00	417	12:34.00	477	11:34.00	537	10:34.00	597	09:34.00	657
13:33.00	418	12:33.00	478	11:33.00	538	10:33.00	598	09:33.00	658
13:32.00	419	12:32.00	479	11:32.00	539	10:32.00	599	09:32.00	659
13:31.00	420	12:31.00	480	11:31.00	540	10:31.00	600	09:31.00	660
13:30.00	421	12:30.00	481	11:30.00	541	10:30.00	601	09:30.00	661
13:29.00	422	12:29.00	482	11:29.00	542	10:29.00	602	09:29.00	662
13:28.00	423	12:28.00	483	11:28.00	543	10:28.00	603	09:28.00	663
13:27.00	424	12:27.00	484	11:27.00	544	10:27.00	604	09:27.00	664
13:26.00	425	12:26.00	485	11:26.00	545	10:26.00	605	09:26.00	665
13:25.00	426	12:25.00	486	11:25.00	546	10:25.00	606	09:25.00	666
13:24.00	427	12:24.00	487	11:24.00	547	10:24.00	607	09:24.00	667
13:23.00	428	12:23.00	488	11:23.00	548	10:23.00	608	09:23.00	668
13:22.00	429	12:22.00	489	11:22.00	549	10:22.00	609	09:22.00	669
13:21.00	430	12:21.00	490	11:21.00	550	10:21.00	610	09:21.00	670
13:20.00	431	12:20.00	491	11:20.00	551	10:20.00	611	09:20.00	671
13:19.00	432	12:19.00	492	11:19.00	552	10:19.00	612	09:19.00	672
13:18.00	433	12:18.00	493	11:18.00	553	10:18.00	613	09:18.00	673
13:17.00	434	12:17.00	494	11:17.00	554	10:17.00	614	09:17.00	674
13:16.00	435	12:16.00	495	11:16.00	555	10:16.00	615	09:16.00	675
13:15.00	436	12:15.00	496	11:15.00	556	10:15.00	616	09:15.00	676
13:14.00	437	12:14.00	497	11:14.00	557	10:14.00	617	09:14.00	677
13:13.00	438	12:13.00	498	11:13.00	558	10:13.00	618	09:13.00	678
13:12.00	439	12:12.00	499	11:12.00	559	10:12.00	619	09:12.00	679
13:11.00	440	12:11.00	500	11:11.00	560	10:11.00	620	09:11.00	680
13:10.00	441	12:10.00	501	11:10.00	561	10:10.00	621	09:10.00	681
13:09.00	442	12:09.00	502	11:09.00	562	10:09.00	622	09:09.00	682
13:08.00	443	12:08.00	503	11:08.00	563	10:08.00	623	09:08.00	683
13:07.00	444	12:07.00	504	11:07.00	564	10:07.00	624	09:07.00	684
13:06.00	445	12:06.00	505	11:06.00	565	10:06.00	625	09:06.00	685
13:05.00	446	12:05.00	506	11:05.00	566	10:05.00	626	09:05.00	686
13:04.00	447	12:04.00	507	11:04.00	567	10:04.00	627	09:04.00	687
13:03.00	448	12:03.00	508	11:03.00	568	10:03.00	628	09:03.00	688
13:02.00	449	12:02.00	509	11:02.00	569	10:02.00	629	09:02.00	689
13:01.00	450	12:01.00	510	11:01.00	570	10:01.00	630	09:01.00	690
13:00.00	451	12:00.00	511	11:00.00	571	10:00.00	631	09:00.00	691

Poengscore Hinder/Hexagonal Obstacle

00:20.30	1	00:16.90	217	00:12.90	457
00:20.20	11	00:16.80	223	00:12.80	463
00:20.10	21	00:16.70	229	00:12.70	469
00:20.00	31	00:16.60	235	00:12.60	475
		00:16.50	241	00:12.50	481
00:19.90	37	00:16.40	247	00:12.40	487
00:19.80	43	00:16.30	253	00:12.30	493
00:19.70	49	00:16.20	259	00:12.20	499
00:19.60	55	00:16.10	265	00:12.10	505
00:19.50	61	00:16.00	271	00:12.00	511
00:19.40	67				
00:19.30	73	00:15.90	277	00:11.90	517
00:19.20	79	00:15.80	283	00:11.80	523
00:19.10	85	00:15.70	289	00:11.70	529
00:19.00	91	00:15.60	295	00:11.60	535
		00:15.50	301	00:11.50	541
00:18.90	97	00:15.40	307	00:11.40	547
00:18.80	103	00:15.30	313	00:11.30	553
00:18.70	109	00:15.20	319	00:11.20	559
00:18.60	115	00:15.10	325	00:11.10	565
00:18.50	121	00:15.00	331	00:11.00	571
00:18.40	127				
00:18.30	133	00:14.90	337	00:10.90	577
00:18.20	139	00:14.80	343	00:10.80	583
00:18.10	145	00:14.70	349	00:10.70	589
00:18.00	151	00:14.60	355	00:10.60	595
		00:14.50	361	00:10.50	601
00:17.90	157	00:14.40	367	00:10.40	607
00:17.80	163	00:14.30	373	00:10.30	613
00:17.70	169	00:14.20	379	00:10.20	619
00:17.60	175	00:14.10	385	00:10.10	625
00:17.50	181	00:14.00	391	00:10.00	631
00:17.40	187				
00:17.30	193	00:13.90	397	00:09.90	637
00:17.20	199	00:13.80	403	00:09.80	643
00:17.10	205	00:13.70	409	00:09.70	649
00:17.00	211	00:13.60	415	00:09.60	655
		00:13.50	421	00:09.50	661
		00:13.40	427	00:09.40	667
		00:13.30	433	00:09.30	673
		00:13.20	439	00:09.20	679
		00:13.10	445	00:09.10	685
		00:13.00	451	00:09.00	691

Lengde uten tilløp score:

1cm = 1poeng

181cm = 181poeng

Knebøy Score

rep	score
5	6
6	8
7	10
8	12
9	14
10	20
11	26
12	32
13	38
14	44
15	50
16	56
17	62
18	68
19	74
20	80
21	86
22	92
23	98
24	104
25	110
26	117
27	124
28	131
29	138
30	145
31	152
32	159
33	166
34	173
35	180
36	187
37	194
38	201
39	208
40	215
41	222
42	229
43	236
44	243
45	250
46	257
47	264
48	271
49	278
50	285
51	292

Pushups score

rep	score
5	6
6	8
7	10
8	12
9	14
10	20
11	26
12	32
13	38
14	44
15	50
16	56
17	62
18	68
19	74
20	80
21	86
22	92
23	98
24	104
25	110
26	117
27	124
28	131
29	138
30	145
31	152
32	159
33	166
34	173
35	180
36	187
37	194
38	201
39	208
40	215
41	222
42	229
43	236
44	243
45	250
46	257
47	264
48	271
49	278
50	285
51	292

Chins score

rep.	score
1	9
2	18
3	27
4	36
5	45
6	54
7	63
8	72
9	81
10	90
11	99
12	108
13	117
14	126
15	135
16	144
17	153
18	162
19	171
20	180
21	189
22	198
23	207
24	216
25	225
26	234
27	243
28	252
29	261
30	270

Situps Score

rep	score
5	6
6	8
7	10
8	12
9	14
10	20
11	26
12	32
13	38
14	44
15	50
16	56
17	62
18	68
19	74
20	80
21	86
22	92
23	98
24	104
25	110
26	117
27	124
28	131
29	138
30	145
31	152
32	159
33	166
34	173
35	180
36	187
37	194
38	201
39	208
40	215
41	222
42	229
43	236
44	243
45	250
46	257
47	264
48	271
49	278
50	285
51	292

Kassehopp, 90 sekund ant repetisjoner

rep.	score	rep.	score	rep.	score
20	3	65	216	110	486
21	6	66	222	111	492
22	9	67	228	112	498
23	12	68	234	113	504
24	15	69	240	114	510
25	18	70	246	115	516
26	21	71	252	116	522
27	24	72	258	117	528
28	27	73	264	118	534
29	30	74	270	119	540
30	34	75	276	120	546
31	38	76	282	121	552
32	42	77	288	122	558
33	46	78	294	123	564
34	50	79	300	124	570
35	54	80	306	125	576
36	58	81	312	126	582
37	62	82	318	127	588
38	66	83	324	128	594
39	70	84	330	129	600
40	75	85	336	130	606
41	80	86	342	131	612
42	85	87	348		
43	90	88	354		
44	95	89	360		
45	100	90	366		
46	105	91	372		
47	110	92	378		
48	115	93	384		
49	120	94	390		
50	126	95	396		
51	132	96	402		
52	138	97	408		
53	144	98	414		
54	150	99	420		
55	156	100	426		
56	162	101	432		
57	168	102	438		
58	174	103	444		
59	180	104	450		
60	186	105	456		
61	192	106	462		
62	198	107	468		
63	204	108	474		
64	210	109	480		