

# BIATLON BO'YICHA KASBIY (JODIY) IMTIXONLARNING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI

(kunduzgi, sirtqi ta'lim erkaklar va ayollar uchun)

Ixtisoslik bo'yicha maksimal ball 93

Erkaklar																								
1	Erkaklar yugurish 3000 m (daqiq, soniya)	3 ball	8 ball	13 ball	18 ball	23 ball	28 ball	33 ball	38 ball	43 ball	48 ball	53 ball	58 ball	63 ball	68 ball	73 ball	78 ball	83 ball	88 ball	93 ball				
		16:46 17:00	16:31 16:45	16:16 16:30	16:01 16:15	15:46 16:00	15:31 15:45	15:16 15:30	15:01 15:15	14:46 15:00	14:31 14:45	14:16 14:30	14:01 14:15	13:46 14:00	13:31 13:45	13:14 13:30	13:01 13:15	12:46 13:00	12:31 12:45	12:16 12:30	12:01 12:15	11:46 12:00	11:31 11:45	11:16 11:30
Ayollar																								
2	Ayollar yugurish 2000 m (daqiq, soniya)	3 ball	8 ball	13 ball	18 ball	23 ball	28 ball	33 ball	38 ball	43 ball	48 ball	53 ball	58 ball	63 ball	68 ball	73 ball	78 ball	83 ball	88 ball	93 ball				
		15:31 15:45	15:16 15:30	15:00 15:15	14:31 14:45	14:16 14:30	14:01 14:15	13:46 14:00	13:31 13:45	13:16 13:30	13:01 13:15	12:46 13:00	12:31 12:45	12:16 12:30	12:01 12:15	11:46 12:00	11:31 11:45	11:16 11:30	11:01 11:15	11:00				

**Izoh:** 2 holatda o'q otish: 1- yotgan holatda, 2-turgan holatda, har ikkala holatda 5 tadan o'q otish, har bir nishonga tegmagan o'q uchun + 30 soniya umumiy vaqtga qo'shiladi.

Murakkab-texnik sport turlari nazariyasi  
va uslubiyati kafedra mudiri

I.I.Karimov

# BIATLON BO'YICHA KASBIY (JODIY) IMTIXONLARNING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI

(kunduzgi, sirtqi ta'lim erkaklar va ayollar uchun)

Jismoniy tayyorgarlik bo'yicha maksimal ball 63

		Erkaklar									
1	100 metr masofaga yugurish	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		13:91 14:10	13:71 13:90	13:51 13:70	13:31 13:50	13:11 13:30	13:01 13:10	12:71 13:00	12:51 12:70	12:31 12:50	12:30
2	Joydan uzunlikka sakrash	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		169 sm 160 sm	170 sm 179 sm	180 sm 189 sm	190 sm 199 sm	200 sm 209 sm	210 sm 219 sm	220 sm 229 sm	230 sm 239 sm	240 sm 249 sm	250 sm
3	Turnikda tortilish	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		9	10	11	12	13	14	15	16	17	18
Ayollar											
1	100 metr masofaga yugurish	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		16:81 17:00	16:61 16:80	16:41 16:60	16:21 16:40	16:01 16:20	15:81 16:00	15:61 15:80	15:41 15:60	15:21 15:40	15:20
2	Joydan uzunlikka sakrash	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		130 sm 139 sm	140 sm 149 sm	150 sm 159 sm	160 sm 169 sm	170 sm 179 sm	180 sm 189 sm	190 sm 199 sm	200 sm 209 sm	210 sm 219 sm	220 sm
3	Qo'llarni bukish va yozish	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		9	10	11	12	13	14	15	16	17	18

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