ESHKAK ESHISH BOʻYICHA KASBIY (IJODIY) IMTIXONLARNING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI

(kunduzgi, sirtqi ta'lim erkaklar va ayollar uchun) Jismoniy tayyorgarlik boʻyicha maksimal ball 63

Ball	Yotgan shtangani daqiqada	tortish 2	qoygan ho turish 2	ii yelkaga olda otirib daqiqada rta)	Yotgan holda shtangani ko'taris 2 daqiqada (marta		
	Erkaklar 35 kg	Ayollar 25 kg	Erkaklar 35 kg	Ayollar 25 kg	Erkaklar 30 kg	Ayollar	
21	75	65	65	55 55	75	20 kg 65	
20	74	64	64	54	74	64	
19	73	63	63	53	73	63	
18	72	62	62	52	72	62	
17	71	61	61	51	71	61	
16	70	60	60	50	70	60	
15	69	59	59	49	69	59	
14	68	58	58	48	68	58	
13	67	57	57	47	67	57	
12	66	56	56	46	66	56	
11	65	55	55	45	65	55	
10	64	54	54	44	64	54	
9	63	53	53	43	63		
8	62	52	52	42	62	53	
7	61	51	51	41	61	52	
6	60	50	50	40	60	51	
5	59	49	49	39	59		
4	58	48	48	38	58	49	
3	57	47	47	37	57	48	
2	56	46	46	36	56		
1	55	45	45	35	55	46	

IZOH: Yotgan holda shtangani tortish – grifni taxtaga tekkazib bajariladi. Shtangani yelkaga qoygan holda toliq utrib turish harakati bajarilishi kerak. Yotgan holda shtangani ko'tarishda qo'llar to'g'ri bo'lishi kerak.

Kafedra mudiri

A. Chaf-

X.Matnazarov

ESHKAK ESHISH BOʻYICHA KASBIY (IJODIY) IMTIXONLARNING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI

(kunduzgi, sirtqi ta'lim erkaklar va ayollar uchun) Ixtisoslik boʻyicha maksimal ball 93

AKADEMIK ESHKAK ESHISH (M1X va W1X)

	Ball	82	81	80	79	78	77	76	75
	E	7:50,0	7:51,0	7:52,0	7:53,0	7:54,0	7:55,0	7:56,0	7:57,0
	A	8:55,0	8:56,0	8:57,0	8:58,0	8:59,0	9:00,0	9:01,0	9:02,0
	Ball	74	73	72	71	70	69	68	67
	E	7:58,0	7:59,0	8:00,0	8:01,0	8:02,0	8:03,0	8:04,0	8:05,0
	A	9:03,0	9:04,0	9:05,0	9:06,0	9:07,0	9:08,0	9:09,0	9:10,0
	Ball	66	65	64	63	62	61	60	59
	E	8:06,0	8:07,0	8:08,0	8:09,0	8:10,0	8:11,0	8:12,0	8:13,0
	A	9:11,0	9:12,0	9:13,0	9:14,0	9:15,0	9:16,0	9:17,0	9:18,0
	Ball	58	57	56	55	54	53	52	51
	E	8:14,0	8:15,0	8:16,0	8:17,0	8:18,0	8:19,0	8:20,0	8:21,0
	A	9:19,0	9:20,0	9:21,0	9:22,0	9:23,0	9:24,0	9:25,0	9:26,0
	Ball	50	49	48	47	46	45	44	43
	E	8:22,0	8:23,0	8:24,0	8:25,0	8:26,0	8:27,0	8:28,0	8:29,0
	A	9:27,0	9:28,0	9:29,0	9:30,0	9:31,0	9:32,0	9:33,0	9:34,0
2000	Ball	42	41	40	39	38	37	36	35
m	E	8:30,0	8:31,0	8:32,0	8:33,0	8:34,0	8:35,0	8:36,0	8:37,0
	A	9:35,0	9:36,0	9:37,0	9:38,0	9:39,0	9:40,0	9:41,0	9:42,0
	Ball	34	33	32	31	30	29	28	27
	E	8:38,0	8:39,0	8:40,0	8:41,0	8:42,0	8:43,0	8:44,0	8:45,0
	A	9:43,0	9:44,0	9:45,0	9:46,0	9:47,0	9:48,0	9:49,0	9:50,0
	Ball	26	25	24	23	22	21	20	19
	E	8:46,0	8:47,0	8:48,0	8:49,0	8:50,0	8:51,0	8:52,0	8:53,0
	Α	9:51,0	9:52,0	9:53,0	9:54,0	9:55,0	9:56,0	9:57,0	9:58,0
	Ball	18	17	16	15	14	13	12	11
	E	8:54,0	8:55,0	8:56,0	8:57,0	8:58,0	8:59,0	9:00,0	9:01,0
	A	9:59,0	10:00,0	10:01,0	10:02,0	10:03,0	10:04,0	10:05,0	10:06,0
	Ball	10	9	8	7	6	5	4	3
	E	9:02,0	9:03,0	9:04,0	9:05,0	9:06,0	9:07,0	9:08,0	9:09,0
	A	10:07,0	10:08,0	10:09,0	10:10,0	10:11,0	10:12,0	10:13,0	10:14,0
	Ball	2	1	-	-	•	-	-	-
	E	9:10,0	9:11,0	-	-	-	-	-	-
	A	10:15,0	10:16,0	-	-	-	-	-	-
0	b-have	o sharoit	larini his	obga olib	ekspert	bahosi 11	- ballgac	ha texnik	aga

IZOH: Masofadagi natijalar daqiqa va soniyalarda baholanadi, eshkak eshish texnikasi ballarda.

AKADEMIK ESHKAK ESHISH (M2+ va W2+)

	E A Ball	8:08,0	8:09,0	80	79	78			
		0.500		8:10,0	8:11,0	8:12,0	8:13,0	8:14,0	8:15,0
	Rall	8:58,0	8:59,0	9:00,0	9:01,0	9:02,0	9:03,0	9:04,0	9:05,0
	Dan	74	73	72	71	70	69	68	67
	E	8:16,0	8:17,0	8:18,0	8:19,0	8:20,0	8:21,0	8:22,0	8:23,0
	A	9:06,0	9:07,0	9:08,0	9:09,0	9:10,0	9:11,0	9:12,0	9:13,0
	Ball	66	65	64	63	62	61	60	59
	E	8:24,0	8:25,0	8:26,0	8:27,0	8:28,0	8:29,0	8:30,0	8:31,0
	A	9:14,0	9:15,0	9:16,0	9:17,0	9:18,0	9:19,0	9:20,0	9:21,0
	Ball	58	57	56	55	54	53	52	51
	E	8:32,0	8:33,0	8:34,0	8:35,0	8:36,0	8:37,0	8:38,0	8:39,0
-	A	9:22,0	9:23,0	9:24,0	9:25,0	9:26,0	9:27,0	9:28,0	9:29,0
	Ball	50	49	48	47	46	45	44	43
	E	8:40,0	8:41,0	8:42,0	8:43,0	8:44,0	8:45,0	8:46,0	8:47,0
	A	9:30,0	9:31,0	9:32,0	9:33,0	9:34,0	9:35,0	9:36,0	9:37,0
2000	Ball	42	41	40	39	38	37	36	35
m	E	8:48,0	8:49,0	8:50,0	8:51,0	8:52,0	8:53,0	8:54,0	8:55,0
	A	9:38,0	9:39,0	9:40,0	9:41,0	9:42,0	9:43,0	9:44,0	9:45,0
]	Ball	34	33	32	31	30	29	28	27
	E	8:56,0	8:57,0	8:58,0	8:59,0	9:00,0	9:01,0	9:02,0	9:03,0
	A	9:46,0	9:47,0	9:48,0	9:49,0	9:50,0	9:51,0	9:52,0	9:53,0
1	Ball	26	25	24	23	22	21	20	19
	E	9:04,0	9:05,0	9:06,0	9:07,0	9:08,0	9:09,0	9:10,0	9:11,0
	A	9:54,0	9:55,0	9:56,0	9:57,0	9:58,0	9:59,0	10:00,0	10:01,0
1	Ball	18	17	16	15	14	13	12	11
	E	9:12,0	9:13,0	9:14,0	9:15,0	9:16,0	9:17,0	9:18,0	9:19,0
	A	10:02,0	10:03,0	10:04,0	10:05,0	10:06,0	10:07,0	10:08,0	10:09,0
I	Ball	10	9	8	7	6	5	4	3
	E	9:20,0	9:21,0	9:22,0	9:23,0	9:24,0	9:25,0	9:26,0	9:27,0
	A	10:10,0	10:11,0	10:12,0	10:13,0	10:14,0	10:15,0	10:16,0	10:17,0
F	Ball	2	1	-	-	-	-	-	-
	E	9:28,0	9:29,0	-	-	-	-	-	-
	A	10:18,0	10:19,0	-	-	-	-	-	-
Ob-		b!4	larini hic	obga olih	ekspert	hahosi 11	- hallgae	ha texnik	900

IZOH:1. Masofadagi natijalar daqiqa va soniyalarda baholanadi, eshkak eshish texnikasi ballarda .M2+ va W2+ qayiq boshqaruvchisi (рулевой) vazni erkaklarda 55kg dan kam bolmasligi, ayollarda esa 50kg dan kam bolmasligi kerak. Agar boshqaruvchining vazni kórsatilgan meyordan kam bólsa qoshimcha yuk olib chiqilishi shart.

BAYDARKADA ESHKAK ESHISH (K-1)

		DAIDE	MAINTAN	LOHIM	AV EQUI	DII (N-1)		
	Ball	41	40	39	38	37	36	35
	E	3:56,0	3:56,5	3:57,0	3:57,5	3:58,0	3:58,5	3:59,0
	Ball	34	33	32	31	30	29	28
	E	3:59,5	4:00,0	4:00,5	4:01,0	4:01,5	4:02,0	4:02,5
	Ball	27	26	25	24	23	22	21
1000	E	4:03,0	4:03,5	4:04,0	4:04,5	4:05,0	4:05,5	4:06,0
1000 м	Ball	20	19	18	17	16	15	14
	E	4:06,5	4:07,0	4:07,5	4:08,0	4:08,5	4:09,0	4:09,5
	Ball	13	12	11	10	9	8	7
	E	4:10,0	4:10,5	4:11,0	4:11,5	4:12,0	4:12,5	4:13,0
	Ball	6	5	4	3	2	1	-
	E	4:13,5	4:14,0	4:14,5	4:15,0	4:15,5	4:16,0	-
	Ball	41	40	39	38	37	36	35
	E	1:56,0	1:56,5	1:57,0	1:57,5		1:58,5	1:59,0
	A	2:06,0	2:06,5	2:07,0	2:07,5	2:08,0	2:08,5	2:09,0
	Ball	34	33	32	31	30	29	28
T T	E	1:59,5	2:00,0	2:00,5	2:01,0	2:01,5	2:02,0	2:02,5
	A	2:09,5	2:10,0	2:10,5	2:11,0	2:11,5	2:12,0	2:12,5
	Ball	27	26	25	24	23	22	21
	E	2:03,0	2:03,5	2:04,0	2:04,5	2:05,0	2:05,5	2:06,0
	A	2:13,0	2:13,5	2:14,0	2:14,5	2:15,0	2:15,5	2:16,0
500 м	Ball	20	19	18	17	16	15	14
	E	2:06,5	2:07,0	2:07,5	2:08,0	2:08,5	2:09,0	2:09,5
	A	2:16,5	2:17,0	2:17,5	2:18,0	2:18,5	2:19,0	2:19,5
	Ball	13	12	11	10	9	8	7
	E	2:10,0	2:10,5	2:11,0	2:11,5	2:12,0	2:12,5	2:13,0
	A	2:20,0	2:20,5	2:21,0	2:21,5		2:22,5	2:23,0
t	Ball	6	5	4	3	2	1	2.23,0
	E	2:13,5	2:14,0	2:14,5	2:15,0	2:15,5	2:16,0	_
	A	2:23,5	2:24,0	2:24,5	2:25,0	2:25,5	2:26,0	
	Ball	41	40	39	38	37	36	35
	A	47,0	47,5	48,0	48,5	49,0	49,5	50,0
200 m	Ball	34	33	32	31	30	29	28
	A	50,5	51,0	51,5	52,0	52,5	53,0	53,5
	Ball	27	26	25	24	23	22	21
	A	54,0	54,5	55,0	55,5	56,0	56,5	57,0
	Ball	20	19	18	17	16	15	14
	A	57,5	58,0	58,5	59,0	59,5	1:00,0	1:00,5
	Ball	13	12	11	10	9	8	7
+	A	1:01,0	1:01,5	1:02,0				
	Ball	6	5	1:02,0	1:02,5	1:03,0	1:03,5	1:04,0
	A							-
OR HAVO		1:04,5 Arini hisoi	1:05,0	1:05,5	1:06,0	1:06,5	1:07,0	OI ANADI

KANOEDA ESHKAK ESHISH (C-1)

E 2:06,0 2:06,5 2:07,0 2:07,5 2:08,0 2:08,5 2:09,0 A 2:20,0 2:20,5 2:21,0 2:21,5 2:22,0 2:22,5 2:23,0 Ball 34 33 32 31 30 29 28 E 2:09,5 2:10,0 2:10,5 2:11,0 2:11,5 2:12,0 2:12,5 A 2:23,5 2:24,0 2:24,5 2:25,0 2:25,5 2:26,0 2:26,5 Ball 27 26 25 24 23 22 21 E 2:13,0 2:13,5 2:14,0 2:14,5 2:15,0 2:15,5 2:16,0 A 2:27,0 2:27,5 2:28,0 2:28,5 2:29,0 2:29,5 2:30,0 Ball 20 19 18 17 16 15 14 E 2:16,5 2:17,0 2:17,5 2:18,0 2:18,5 2:19,0 2:19,5 A 2:30,5 2:31,0 2:31,5 2:32,0 2:32,5 2:33,0 2:33,5 Ball 13 12 11 10 9 8 7						1		
Name								
Ball 34 33 32 31 30 29 28	E							
E 2:09,5 2:10,0 2:10,5 2:11,0 2:11,5 2:12,0 2:12,5 A 2:23,5 2:24,0 2:24,5 2:25,0 2:25,5 2:26,0 2:26,5 E 2:13,0 2:13,5 2:14,0 2:14,5 2:15,0 2:15,5 2:16,0 A 2:27,0 2:27,5 2:28,0 2:28,5 2:29,0 2:29,5 2:30,0 Ball 20 19 18 17 16 15 14 E 2:16,5 2:17,0 2:17,5 2:18,0 2:18,5 2:19,0 2:19,5 A 2:30,5 2:31,0 2:31,5 2:32,0 2:32,5 2:33,0 2:33,5 Ball 13 12 11 10 9 8 7 E 2:20,0 2:20,5 2:21,0 2:21,5 2:22,0 2:22,5 2:23,0 A 2:34,0 2:34,5 2:35,0 2:35,5 2:36,0 2:36,5 2:37,0 Ball 6 5 4 3 2 1 -	A	2:20,0	2:20,5	2:21,0				2:23,0
South A	Ball	34	33	32	31		29	
Solid Soli	E	2:09,5	2:10,0	2:10,5	2:11,0	2:11,5	2:12,0	2:12,5
Solid matrix Soli	A	2:23,5	2:24,0	2:24,5	2:25,0	2:25,5	2:26,0	2:26,5
A 2:27,0 2:27,5 2:28,0 2:28,5 2:29,0 2:29,5 2:30,0 Ball 20 19 18 17 16 15 14 E 2:16,5 2:17,0 2:17,5 2:18,0 2:18,5 2:19,0 2:19,5 A 2:30,5 2:31,0 2:31,5 2:32,0 2:32,5 2:33,0 2:33,5 Ball 13 12 11 10 9 8 E 2:20,0 2:20,5 2:21,0 2:21,5 2:22,0 2:22,5 2:33,0 A 2:34,0 2:34,5 2:35,0 2:35,5 2:36,0 2:36,5 2:37,0 Ball 6 5 4 3 2 1 E 2:23,5 2:24,0 2:24,5 2:25,0 2:25,5 2:26,0 A 2:37,5 2:38,0 2:38,5 2:39,0 2:39,5 2:40,0 A 2:37,5 2:38,0 2:38,5 2:39,0 2:39,5 2:40,0 A 2:37,5 2:38,0 2:38,5 2:39,0 2:39,5 2:40,0 E 4:15,0 4:15,5 4:16,0 4:16,5 4:17,0 4:17,5 4:18,0 E 4:18,5 4:19,0 4:19,5 4:20,0 4:20,5 4:21,0 4:21,5 Ball 27 26 25 24 23 22 21 E 4:22,0 4:22,5 4:23,0 4:23,5 4:24,0 4:24,5 4:25,6 Ball 20 19 18 17 16 15 14 E 4:25,5 4:26,0 4:26,5 4:27,0 4:27,5 4:28,0 4:28,5 Ball 13 12 11 10 9 8 7 E 4:32,5 4:33,0 4:33,5 4:34,0 4:34,5 4:35,0 Ball 34 33 32 31 30 29 28 Ball 41 40 39 38 37 36 35 E 4:32,5 4:33,0 4:33,5 4:34,0 4:34,5 4:35,0 Ball 34 33 32 31 30 29 28 Ball 41 40 39 38 37 36 35 E 4:32,5 4:33,0 4:33,5 4:34,0 4:34,5 4:35,0 Ball 34 33 32 31 30 29 28 A 55,5 56,0 56,5 57,0 57,5 58,0 58,5 Ball 27 26 25 24 23 22 21 A 59,0 59,5 1:00,0 1:00,5 0:01,0 1:01,5 1:02,0 Ball 20 19 18 17 16 15 14 A 1:06,0 1:06,5 1:07,0 1:07,5 1:08,0 1:08,5 1:09,0 Ball 6 5 4 3 2 1 A 1:06,0 1:06,5 1:07,0 1:07,5 1:08,0 1:08,5 1:09,0 1:05,5 Ball 6 5 4 3 2 1 A 1:06,0 1:06,5 1:07,0 1:07,5 1:08,0 1:08,5 1:09,0 1:	Ball	27	26	25	24	23	22	21
Ball 20 19 18 17 16 15 14 E 2:16,5 2:17,0 2:17,5 2:18,0 2:18,5 2:19,0 2:19,5 A 2:30,5 2:31,0 2:31,5 2:32,0 2:32,5 2:33,0 2:33,5 Ball 13 12 11 10 9 8 7 E 2:20,0 2:20,5 2:21,0 2:21,5 2:22,0 2:22,5 2:23,6 A 2:34,0 2:34,5 2:35,0 2:35,5 2:36,0 2:36,5 2:37,6 Ball 6 5 4 3 2 1 -	E	2:13,0	2:13,5	2:14,0	2:14,5	2:15,0	2:15,5	2:16,0
Ball 20	A	2:27,0	2:27,5	2:28,0	2:28,5	2:29,0	2:29,5	2:30,0
Rail	Ball	20		18	17	16	15	14
Rall	E	2:16,5	2:17,0	2:17,5	2:18,0	2:18,5	2:19,0	2:19,5
Ball	A				2:32,0	2:32,5	2:33,0	2:33,5
E 2:20,0 2:20,5 2:21,0 2:21,5 2:22,0 2:22,5 2:23,0 A 2:34,0 2:34,5 2:35,0 2:35,5 2:36,0 2:36,5 2:37,0 E 2:23,5 2:24,0 2:24,5 2:25,0 2:25,5 2:26,0 - A 2:37,5 2:38,0 2:38,5 2:39,0 2:39,5 2:40,0 - A 2:37,5 2:38,0 2:38,5 2:39,0 2:39,5 2:40,0 - A 2:37,5 2:38,0 2:38,5 2:39,0 2:39,5 2:40,0 - A 40 39 38 37 36 35 E 4:15,0 4:15,5 4:16,0 4:16,5 4:17,0 4:17,5 4:18,0 Ball 34 33 32 31 30 29 28 E 4:18,5 4:19,0 4:19,5 4:20,0 4:20,5 4:21,0 4:21,5 Ball 27 26 25 24 23 22 21 E 4:22,0 4:22,5 4:23,0 4:23,5 4:24,0 4:24,5 4:25,0 Ball 20 19 18 17 16 15 14 E 4:25,5 4:26,0 4:26,5 4:27,0 4:27,5 4:28,0 4:28,5 Ball 13 12 11 10 9 8 7 E 4:29,0 4:29,5 4:30,0 4:30,5 4:31,0 4:31,5 4:32,0 Ball 6 5 4 3 2 1 -						9	8	7
A 2:34,0 2:34,5 2:35,0 2:35,5 2:36,0 2:36,5 2:37,0 Ball 6		2:20.0	2:20.5	2:21.0	2:21.5	2:22,0	2:22,5	2:23,0
Ball 6								2:37,0
E 2:23,5 2:24,0 2:24,5 2:25,0 2:25,5 2:26,0 - A 2:37,5 2:38,0 2:38,5 2:39,0 2:39,5 2:40,0 - Ball 41 40 39 38 37 36 35 E 4:15,0 4:15,5 4:16,0 4:16,5 4:17,0 4:17,5 4:18,0 Ball 34 33 32 31 30 29 28 E 4:18,5 4:19,0 4:19,5 4:20,0 4:20,5 4:21,0 4:21,5 Ball 27 26 25 24 23 22 21 E 4:22,0 4:22,5 4:23,0 4:23,5 4:24,0 4:24,5 4:25,0 Ball 20 19 18 17 16 15 14 E 4:25,5 4:26,0 4:26,5 4:27,0 4:27,5 4:28,0 4:28,5 Ball 13 12 11 10 9 8 7 E 4:32,5 4:33,0 4:33,5 4:34,0 4:34,5 4:35,0 - E 4:32,5 4:33,0 4:33,5 4:34,0 4:34,5 4:35,0 - Ball 41 40 39 38 37 36 35 A 52,0 52,5 53,0 53,5 54,0 54,5 55,0 Ball 34 33 32 31 30 29 28 A 59,0 59,5 1:00,0 1:00,5 0:01,0 1:01,5 1:02,0 Ball 13 12 11 10 9 8 7 A 1:02,5 1:03,0 1:03,3 1:04,0 1:04,5 1:05,0 1:05,5 Ball 13 12 11 10 9 8 7 A 1:06,0 1:06,5 1:07,0 1:07,5 1:08,0 1:08,5 1:09,0 Ball 6 5 4 3 2 1 - A 1:09,5 1:10,0 1:10,5 1:11,0 1:11,5 1:12,0 -								
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Izoh: Masofadagi natijalar daqiqa va soniyalarda baholanadi, eshkak eshish texnikasi ballarda.

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (K-1)

	Ball	42				ARUCE	-	/
		42	41	40	39	38	37	36
1	E	1,05	1,05,5	1,06	1,06,5	1,07	1,07,5	1,08
	A	1,15	1,15,5	1,16	1,16,5	1,17	1,17,5	1,18
A X	Ball	35	34	33	32	31	30	29
	E	1,08,5	1,09	1,09,5	1,10,	1,10,5	1,11	1,11,5
	A	1,18,5	1,19	1,19,5	1,20	1,20,5	1,21	1,21,5
The second second	Ball	28	27	26	25	24	23	22
	E	1,12	1,12,5	1,13	1,13,5	1,14	1,14,5	1,15
	A	1,22	1,22,5	1,23	1,23,5	1,24	1,24,5	1,25
	Ball	21	20	19	18	17	16	15
	E	1,15,5	1,16	1,16,5	1,17	1,17,5	1,18	1,18,5
	A	1,25,5	1,26	1,26,5	1,27	1,27,5	1,28	1,28,5
	Ball	14	13	12	11	10	9	8
	E	1,19	1,19,5	1,20	1,20,5	1,21	1,21,5	1,22
	A	1,29	1,29,5	1,30	1,30,5	1,31	1,31,5	1,32
	Ball	7	6	5	4	3	2	1
	E	1,22,5	1,23	1,23,5	1,24	1,24,5	1,25	1,25,5
	A	1,32,5	1.33	1.33.5	1 34	1 34 5	1 35	1 35 5
4V	O SHAROITL	ARINI HISO	BGA OLIB EI	KSPERT BAH	OSI 11-BALI	GACHA TEX	NIKA BAHO	LANADI

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (C-1)

	Ball	42	41	40	39	38	37	36
	E	1,15	1,15,5	1,16	1,16,5	1,17	1,17,5	1,18
	A	1,25	1,25,5	1,26	1,26,5	1,27	1,27,5	1,28
	Ball	35	34	33	32	31	30	29
1	E	1,18,5	1,19	1,19,5	1,20	1,20,5	1,21	1,21,5
4	A	1,28,5	1,29	1,29,5	1,30	1,30,5	1,31	1,31,5
K	Ball	28	27	26	25	24	23	22
5	E	1,22	1,22,5	1,23	1,23,5	1,24	1,24,5	1,25
J	A	1,32	1,32,5	1,33	1,33,5	1,34	1,34,5	1,35
	Ball	21	20	19	18	17	16	15
1	E	1,25,5	1,26	1,26,5	1,27	1,27,5	1,28	1,28,5
1	A	1,35,5	1,36	1,36,5	1,37	1,37,5	1,38	1,38,5
3	Ball	14	13	12	11	10	9	8
)	E	1,29	1,29,5	1,30	1,30,5	1,31	1,31,5	1,32
7	A	1,39	1,39,5	1,40	1,40,5	1,41	1,41,5	1,42
	Ball	7	6	5	4	3	2	1
	E	1,32,5	1,33	1,33,5	1,34	1,34,5	1,35	1,35,5
	A	1,42,5	143	1,43,5	1,44	1,44,5	1,45	1,45,5

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (K-1)

			JI L LOIL	TO THE LO		ILAN CC	TION (N-	')
	Ball	40	39	38	37	36	35	34
	E	35,0	35,05	36,0	36,05	37,0	37,05	38,0
	A	45,0	45,05	46,0	46,05	47,0	47,05	48,0
	Ball	33	32	31	30	29	28	27
	E	38,05	39,0	39,05	40,0	40,05	41,0	41,05
	A	48,05	49,0	49,05	50,0	50,05	51,0	51,05
100 M	Ball	26	25	24	23	22	21	20
	E	42,0	42,05	43,0	43,05	44,0	44,05	45,0
	A	52,0	52,05	53,0	53,05	54,0	54,05	55,0
	Ball	19	18	17	16	15	14	13
	E	45,05	46,0	46,05	47,0	47,05	48,0	48,05
	A	55,05	56,0	56,05	57,0	57,05	58,0	58,05
	Ball	12	11	10	9	8	7	6
	\mathbf{E}	49,0	49,05	50,0	50,05	51,0	51,05	52,0
	A	59,0	59,05	1,00	1,0,5	1,01	1,01,05	1,02
	Ball	5	4	3	2	1	, , , , , ,	-,
	E	52,05	53,0	53,05	54,0	54,05		
	A	1,02,05	1,03	1,03,05	1,04	1,04,05		

SUV SLALOMIDA ESHKAK ESHLIVCHILAR LICHUN (C-1)

JO V BLI	LOMID	A LOIIN	AK ESH	UVCHIL	AR UCE	1UN (C-1)	,
Ball	40	39	38	37	36	35	34
E	40,0	40,05	41,0	41,05	42,0	42,05	43,0
A	50,0	50,05	51,0	51,05	52,0		53,0
Ball	33	32	31	30	29	28	27
E	43,05	44,0	44,05	45,0	45,05	46,0	46,05
A	53,05	54,0	54,05	55,0	55,05		56,05
Ball	26	25	24	23	22		20
E	47,0	47,05	48,0	48,05	49,0		50,0
A	57,0	57,05	58,0	58,05	59,0		1,00
Ball	19	18	17	16	15		13
E	50,05	51,0	51,05	52,0	52,05		53,05
A	1.0,5	1,01	1,01,05	1,02,0			1,03,05
Ball	12	11	10	9	8	7	6
E	54,0	54,05	55,0	55,05	56,0	56,05	57,0
A	1,04,0	1,04,05	1,05,0	1,05,05	1,06,0		1,07,0
Ball	5	4	3	2	1	, , , , ,	-,0,,0
E	57,05	58,0	58,05	59,0	59,05		
A	1,07,05	1,08,0	1,08,05	1,09,0	1,09,05		
	Ball E A Ball E	Ball 40 E 40,0 A 50,0 Ball 33 E 43,05 A 53,05 Ball 26 E 47,0 A 57,0 Ball 19 E 50,05 A 1.0,5 Ball 12 E 54,0 A 1,04,0 Ball 5 E 57,05	Ball 40 39 E 40,0 40,05 A 50,0 50,05 Ball 33 32 E 43,05 44,0 A 53,05 54,0 Ball 26 25 E 47,0 47,05 A 57,0 57,05 Ball 19 18 E 50,05 51,0 A 1.0,5 1,01 Ball 12 11 E 54,0 54,05 A 1,04,0 1,04,05 Ball 5 4 E 57,05 58,0	Ball 40 39 38 E 40,0 40,05 41,0 A 50,0 50,05 51,0 Ball 33 32 31 E 43,05 44,0 44,05 A 53,05 54,0 54,05 Ball 26 25 24 E 47,0 47,05 48,0 A 57,0 57,05 58,0 Ball 19 18 17 E 50,05 51,0 51,05 A 1.0,5 1,01 1,01,05 Ball 12 11 10 E 54,0 54,05 55,0 A 1,04,0 1,04,05 1,05,0 Ball 5 4 3 E 57,05 58,0 58,05	Ball 40 39 38 37 E 40,0 40,05 41,0 41,05 A 50,0 50,05 51,0 51,05 Ball 33 32 31 30 E 43,05 44,0 44,05 45,0 A 53,05 54,0 54,05 55,0 Ball 26 25 24 23 E 47,0 47,05 48,0 48,05 A 57,0 57,05 58,0 58,05 Ball 19 18 17 16 E 50,05 51,0 51,05 52,0 A 1.0,5 1,01 1,01,05 1,02,0 Ball 12 11 10 9 E 54,0 54,05 55,0 55,05 A 1,04,0 1,04,05 1,05,0 1,05,05 Ball 5 4 3 2 E 57,05 58,0 58,05 59,0 Ball 5 4	Ball 40 39 38 37 36 E 40,0 40,05 41,0 41,05 42,0 A 50,0 50,05 51,0 51,05 52,0 Ball 33 32 31 30 29 E 43,05 44,0 44,05 45,0 45,05 A 53,05 54,0 54,05 55,0 55,05 Ball 26 25 24 23 22 E 47,0 47,05 48,0 48,05 49,0 A 57,0 57,05 58,0 58,05 59,0 Ball 19 18 17 16 15 E 50,05 51,0 51,05 52,0 52,05 A 1.0,5 1,01 1,01,05 1,02,0 1,02,05 Ball 12 11 10 9 8 E 54,0 54,05 55,0 55,05 56,0 A 1,04,0 1,04,05 1,05,0 1,05,05 1,06,0	E 40,0 40,05 41,0 41,05 42,0 42,05 A 50,0 50,05 51,0 51,05 52,0 52,05 Ball 33 32 31 30 29 28 E 43,05 44,0 44,05 45,0 45,05 46,0 A 53,05 54,0 54,05 55,0 55,05 56,0 Ball 26 25 24 23 22 21 E 47,0 47,05 48,0 48,05 49,0 49,05 A 57,0 57,05 58,0 58,05 59,0 59,05 Ball 19 18 17 16 15 14 E 50,05 51,0 51,05 52,0 52,05 53,0 A 1.0,5 1,01 1,01,05 1,02,0 1,02,05 1,03,0 Ball 12 11 10 9 8 7 E 54,0 54,05 55,0 55,05 56,0 56,05

IZOH:

- 1.Masofadagi natijalar daqiqa va soniyalarda baholanadi, eshkak eshish texnikasi ballarda.
- 2.Suv slalomida eshkak eshishda start oldidan "eskimoscha aylanish" mashqini ko'rsatish shart. Aks holda abiturient imtihonga qo'yilmaydi.

Kafedra mudiri

Jr. aref.

X.Matnazarov