

**ESHKAK ESHISH BO'YICHA KASBIY (IJODIY) IMTIXONLARNING
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**
(kunduzgi, sirtqi ta'lim erkaklar va ayollar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

Ball	Yotgan holda shtangani tortish 2 daqiqada (marta)		Shtangani yelkaga qoygan holda otirib turish 2 daqiqada (marta)		Yotgan holda shtangani ko'tarish 2 daqiqada (marta)	
	Erkaklar 35 kg	Ayollar 25 kg	Erkaklar 35 kg	Ayollar 25 kg	Erkaklar 30 kg	Ayollar 20 kg
21	75	65	65	55	75	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	53
8	62	52	52	42	62	52
7	61	51	51	41	61	51
6	60	50	50	40	60	50
5	59	49	49	39	59	49
4	58	48	48	38	58	48
3	57	47	47	37	57	47
2	56	46	46	36	56	46
1	55	45	45	35	55	45

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

P. Qaf

X. Matnazarov

**ESHKAK ESHISH BO'YICHA KASBIY (IJODIY) IMTIXONLARNING
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

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

Ixtisoslik bo'yicha maksimal ball 93

AKADEMIK ESHKAK ESHISH (MIX va WIX)

2000 m	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
	Ball	42	41	40	39	38	37	36	35
	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
	A	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	-	-	-	-	-	-	

Ob-havo sharoitlarini hisobga olib ekspert bahosi 11- ballgacha texnikaga

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

AKADEMIK ESHKAK ESHISH (M2+ va W2+)

2000 m	Ball	82	81	80	79	78	77	76	75
	E	8:08,0	8:09,0	8:10,0	8:11,0	8:12,0	8:13,0	8:14,0	8:15,0
	A	8:58,0	8:59,0	9:00,0	9:01,0	9:02,0	9:03,0	9:04,0	9:05,0
	Ball	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
	Ball	42	41	40	39	38	37	36	35
	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
	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
	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
	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	
Ball	2	1	-	-	-	-	-	-	
E	9:28,0	9:29,0	-	-	-	-	-	-	
A	10:18,0	10:19,0	-	-	-	-	-	-	

Ob-havo sharoitlarini hisobga olib ekspert bahosi 11- ballgacha texnikaga

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)

1000 M	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
	E	4:03,0	4:03,5	4:04,0	4:04,5	4:05,0	4:05,5	4:06,0
	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	-	
500 M	Ball	41	40	39	38	37	36	35
	E	1:56,0	1:56,5	1:57,0	1:57,5	1:58,0	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
	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
	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	2:22,0	2:22,5	2:23,0
	Ball	6	5	4	3	2	1	-
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	-	
200 m	Ball	41	40	39	38	37	36	35
	A	47,0	47,5	48,0	48,5	49,0	49,5	50,0
	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	1:02,5	1:03,0	1:03,5	1:04,0
Ball	6	5	4	3	2	1	-	
A	1:04,5	1:05,0	1:05,5	1:06,0	1:06,5	1:07,0	-	

OB-HAVO SHAROITLARINI HISOBGA OLIB EKSPERT BAHOSI 11-BALLGACHA TEXNIKA BAHOLANADI

KANOEDA ESHKAK ESHISH (C-1)

500 m	Ball	41	40	39	38	37	36	35	
	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	
	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	
	1000 m	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		4:29,0	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	-	
E		4:32,5	4:33,0	4:33,5	4:34,0	4:34,5	4:35,0	-	
200 m		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	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	1:02,5	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	-	

OB-HAVO SHAROITLARINI HISOBGA OLIB EKSPERT BAHOSI 11-BALLGACHA TEXNIKA BAHOLANADI

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

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (K-1)

M A X S U M A S O F A	Ball	42	41	40	39	38	37	36
	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
	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
	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
OB-HAVO SHAROITLARINI HISOBGA OLIB EKSPERT BAHOSI 11-BALLGACHA TEXNIKA BAHOLANADI								

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (C-1)

M A X S U M A S O F A	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
	E	1,18,5	1,19	1,19,5	1,20	1,20,5	1,21	1,21,5
	A	1,28,5	1,29	1,29,5	1,30	1,30,5	1,31	1,31,5
	Ball	28	27	26	25	24	23	22
	E	1,22	1,22,5	1,23	1,23,5	1,24	1,24,5	1,25
	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
	E	1,25,5	1,26	1,26,5	1,27	1,27,5	1,28	1,28,5-
	A	1,35,5	1,36	1,36,5	1,37	1,37,5	1,38	1,38,5
	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
	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	1,43	1,43,5	1,44	1,44,5	1,45	1,45,5
OB-HAVO SHAROITLARINI HISOBGA OLIB EKSPERT BAHOSI 11-BALLGACHA TEXNIKA BAHOLANADI								

SUV SLALOMIDA ESHKAK ESHUVCHILAR UCHUN (K-1)

100 M	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
	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
	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 ESHUVCHILAR UCHUN (C-1)

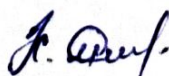
100 M	Ball	40	39	38	37	36	35	34
	E	40,0	40,05	41,0	41,05	42,0	42,05	43,0
	A	50,0	50,05	51,0	51,05	52,0	52,05	53,0
	Ball	33	32	31	30	29	28	27
	E	43,05	44,0	44,05	45,0	45,05	46,0	46,05
	A	53,05	54,0	54,05	55,0	55,05	56,0	56,05
	Ball	26	25	24	23	22	21	20
	E	47,0	47,05	48,0	48,05	49,0	49,05	50,0
	A	57,0	57,05	58,0	58,05	59,0	59,05	1,00
	Ball	19	18	17	16	15	14	13
	E	50,05	51,0	51,05	52,0	52,05	53,0	53,05
	A	1,0,5	1,01	1,01,05	1,02,0	1,02,05	1,03,0	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	1,06,05	1,07,0
	Ball	5	4	3	2	1		
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			

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 abituriyent imtihonga qo’yilmaydi.

Kafedra mudiri



X. Matnazarov