

TRIATLON 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	«Pistolet» (marta)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		22-23	24-25	26-27	28-29	30-31	32-33	34-35	36-37	38-39	40
2	Cho'p bilan qo'lni oldinga - orgaga aylantirish (kenglik o'lchami sm)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		70-68sm	67-66sm	65-64sm	63-62sm	61-60sm	59-58sm	57-56sm	55-54sm	53-52sm	51-50 sm
3	Turgan joyidan uzunlikka sakrash (sm)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		180-184sm	185-189sm	190-194sm	195-199sm	200-204sm	205-209sm	210-214sm	215-219sm	220-224sm	225-230sm

Ayollar

1	«Pistolet» (marta)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28
2	Cho'p bilan qo'lni oldinga - orgaga aylantirish (kenglik o'lchami sm)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		80-78sm	77-76sm	75-74sm	73-72sm	71-70sm	69-68sm	67-66sm	65-64sm	63-62sm	61-60sm
3	Turgan joyidan uzunlikka sakrash (sm)	3 ball	5 ball	7 ball	9 ball	11 ball	13 ball	15 ball	17 ball	19 ball	21 ball
		150-154sm	155-159sm	160-164sm	165-169sm	170-174sm	175-179sm	180-184sm	185-189sm	190-194sm	195-200sm

Izoh: Belgilangan sahifa ko'rsatkichidan past natija qayd etilgan bo'lsa "0" ball beriladi, belgilangan sahifa ko'rsatkichidan yuqori natija qayd etgan bo'lsa eng yuqori ball beriladi.

Izoh: "Cho'p bilan qo'lni oldinga - orgaga aylantirish" mashqida toyoq tutqichi santimetrda qancha kam bo'lsa, ballar shuncha yuqori baholanadi va "uzunlikka sakrash" mashqlari (santimetrda) sakrash uzunligi qancha uzog bo'lsa, ballar ko'rsatkichi shunchalik yuqori bo'ladi. Ushbu mezonlar "O'zbekiston Respublikasining triatlon bo'yicha yagona sport tashkili" asosida ishlab chiqilgan.

**Murakkab-texnik sport turlari nazariyasi
va uslubiyati kafedراسi mudiri**

I.I.Karimov

**TRIATLON 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

Erkaklar												
1	Suzish 300 m (daqqa, soniya)	3 ball	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball	30 ball
		5:21,0- 5:30,0	5:11,0- 5:20,0	5:01,0- 5:10,0	4:51,0- 5:00,0	4:41,0- 4:50,0	4:31,0- 4:40,0	4:21,0- 4:30,0	4:11,0- 4:20,0	4:01,0- 4:10,0	4:00,0	
2	Velosiped haydash 8 km (daqqa, soniya)	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball	33 ball	30 ball
		16:21,0- 16:30,0	16:11,0- 16:20,0	16:01,0- 16:10,0	15:51,0- 16:00,0	15:41,0- 15:50,0	15:31,0- 15:40,0	15:21,0- 15:30,0	15:11,0- 15:20,0	15:01,0- 15:10,0	15:00,0	
3	Yugurish 2 km (daqqa, soniya)	3 ball	6 ball	9 ball	12 ball	15 ball	18 ball	21 ball	24 ball	27 ball	30 ball	30 ball
		7:51,0- 8:00,0	7:41,0- 7:50,0	7:31,0- 7:40,0	7:21,0- 7:30,0	7:11,0- 7:20,0	7:01,0- 7:10,0	6:51,0- 7:00,0	6:41,0- 6:50,0	6:31,0- 6:40,0	6:30,0	
Ayollar												
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*Izoh: Belgilangan sahifa ko'rsatkichidan past natija qayd etilgan bo'lsa "0" ball beriladi, belgilangan sahifa ko'rsatkichidan yuqori natija qayd etgan bo'lsa eng yuqori ball beriladi.
Ushbu mezonlar "O'zbekiston Respublikasining triatlon bo'yicha yagona sport tasnifi" asosida ishlab chiqilgan. Kirish imtihonlarida qatnashish uchun abituriyentlar o'zlarini bilan sport formasini (suzish ko'zoynagi, suzish shapkasi, yugurish va velosipedda harakatlanish uchun sport formasi) va o'z velosipedlarini olib kelishlari kerak.*

**Murakkab-texnik sport turlari nazariyasi va uslubiyati
kafedrasini mudiri**



I.I. Karimov