

2025/2026 O'QUV YILI UCHUN TRIATLON IXTISOSLIGIDAN KASBIY (JODIY) IMTIHONLARINING ME'YORIY TALABLARI VA

BAHOLASH MEZONLARI

(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar uchun

|               |                                                  | 3 ball                        | 6 ball                        | 9 ball                         | 12 ball                        | 15 ball                        | 18 ball                        | 21 ball                        | 24 ball                        | 27 ball                        | 30 ball            |
|---------------|--------------------------------------------------|-------------------------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------|
| 1             | Suzish 300 m<br>(daqiqqa, soniya)                | 5:21,0-<br>5:30,0             | 5:11,0-<br>5:20,0             | 5:01,0-<br>5:10,0              | 4:51,0-<br>5:00,0              | 4:41,0-<br>4:50,0              | 4:31,0-<br>4:40,0              | 4:21,0-<br>4:30,0              | 4:11,0-<br>4:20,0              | 4:01,0-<br>4:10,0              | 4:00,0             |
| 2             | Velosiped haydash<br>8000 m<br>(daqiqqa, soniya) | 6 ball<br>16:21,0-<br>16:30,0 | 9 ball<br>16:11,0-<br>16:20,0 | 12 ball<br>16:01,0-<br>16:10,0 | 15 ball<br>15:51,0-<br>16:00,0 | 18 ball<br>15:41,0-<br>15:50,0 | 21 ball<br>15:31,0-<br>15:40,0 | 24 ball<br>15:21,0-<br>15:30,0 | 27 ball<br>15:11,0-<br>15:20,0 | 30 ball<br>15:01,0-<br>15:10,0 | 33 ball<br>15:00,0 |
| 3             | Yugurish 2000 m<br>(daqiqqa, soniya)             | 3 ball<br>7:51,0-<br>8:00,0   | 6 ball<br>7:41,0-<br>7:50,0   | 9 ball<br>7:31,0-<br>7:40,0    | 12 ball<br>7:21,0-<br>7:30,0   | 15 ball<br>7:11,0-<br>7:20,0   | 18 ball<br>7:01,0-<br>7:10,0   | 21 ball<br>6:51,0-<br>7:00,0   | 24 ball<br>6:41,0-<br>6:50,0   | 27 ball<br>6:31,0-<br>6:40,0   | 30 ball<br>6:30,0  |
| Ayollar uchun |                                                  |                               |                               |                                |                                |                                |                                |                                |                                |                                |                    |
| 1             | Suzish 300 m<br>(daqiqqa, soniya)                | 3 ball<br>5:51,0-<br>6:00,0   | 6 ball<br>5:41,0-<br>5:50,0   | 9 ball<br>5:31,0-<br>5:40,0    | 12 ball<br>5:21,0-<br>5:30,0   | 15 ball<br>5:11,0-<br>5:20,0   | 18 ball<br>5:01,0-<br>5:10,0   | 21 ball<br>4:51,0-<br>5:00,0   | 24 ball<br>4:41,0-<br>4:50,0   | 27 ball<br>4:31,0-<br>4:40,0   | 30 ball<br>4:30,0  |
| 2             | Velosiped haydash<br>8000 m<br>(daqiqqa, soniya) | 6 ball<br>17:51,0-<br>18:00,0 | 9 ball<br>17:41,0-<br>17:50,0 | 12 ball<br>17:31,0-<br>17:40,0 | 15 ball<br>17:21,0-<br>17:30,0 | 18 ball<br>17:11,0-<br>17:20,0 | 21 ball<br>17:01,0-<br>17:10,0 | 24 ball<br>16:51,0-<br>17:00,0 | 27 ball<br>16:41,0-<br>16:50,0 | 30 ball<br>16:31,0-<br>16:40,0 | 33 ball<br>16:30,0 |
| 3             | Yugurish 2000 m<br>(daqiqqa, soniya)             | 3 ball<br>9:51,0-<br>10:00,0  | 6 ball<br>9:41,0-<br>9:50,0   | 9 ball<br>9:31,0-<br>9:40,0    | 12 ball<br>9:21,0-<br>9:30,0   | 15 ball<br>9:11,0-<br>9:20,0   | 18 ball<br>9:01,0-<br>9:10,0   | 21 ball<br>8:51,0-<br>9:00,0   | 24 ball<br>8:41,0-<br>8:50,0   | 27 ball<br>8:31,0-<br>8:40,0   | 30 ball<br>8:30,0  |

Izoh: Belgilangan sahifa ko'rsatkichidan (past yoki yuqori) natija qayd etilgan bo'lsa, keyingi sahifadagi natija ko'rsatkichlari inobatga olinadi. Ushbu mezonlar "O'zbekiston Respublikasining triatlon bo'yicha yagona sport tasnifi" asosida ishlab chiqilgan. Kirish imtihonlarida qatnashish uchun abituriyentlar o'zlari bilan sport formasini (suzish ko'zoynagi, suzish shapkasi, yugurish va velosipedda harakatlanish uchun sport formasini) va o'z velosipedlarini olib kelishlari kerak.

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BAHOLASH MEZONLARI

(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)

Erkaklar va ayollar uchun

| Erkaklar uchun |                                                                             |                       |                       |                       |                       |                       |                       |                   |                   |                   |                   |  |  |
|----------------|-----------------------------------------------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------|-------------------|-------------------|-------------------|--|--|
| 1              | «Pistolet» (marta)                                                          | 3<br>ball             | 5<br>ball             | 7<br>ball             | 9<br>ball             | 11<br>ball            | 13<br>ball            | 15<br>ball        | 17<br>ball        | 19<br>ball        | 21<br>ball        |  |  |
| 2              | Cho'p bilan qo'lni oldinga<br>- orqaga aylantirish<br>(kenglik o'lchami sm) | 11-12<br>ball         | 13-14<br>ball         | 15-16<br>ball         | 17-18<br>ball         | 19-20<br>ball         | 21-22<br>ball         | 23-24<br>ball     | 25-26<br>ball     | 27-28<br>ball     | 29-30<br>ball     |  |  |
| 3              | Turgan joyidan uzunlikka<br>sakrash<br>(sm)                                 | 70-68sm<br>ball       | 67-66sm<br>ball       | 65-64sm<br>ball       | 63-62sm<br>ball       | 61-60sm<br>ball       | 59-58sm<br>ball       | 57-56sm<br>ball   | 55-54sm<br>ball   | 53-52sm<br>ball   | 51-50sm<br>ball   |  |  |
|                |                                                                             | 180-<br>184sm<br>ball | 185-<br>189sm<br>ball | 190-<br>194sm<br>ball | 195-<br>199sm<br>ball | 200-<br>204sm<br>ball | 205-<br>209sm<br>ball | 210-214sm<br>ball | 215-219sm<br>ball | 220-224sm<br>ball | 225-230sm<br>ball |  |  |
| Ayollar uchun  |                                                                             |                       |                       |                       |                       |                       |                       |                   |                   |                   |                   |  |  |
| 1              | «Pistolet» (marta)                                                          | 3<br>ball             | 5<br>ball             | 7<br>ball             | 9<br>ball             | 11<br>ball            | 13<br>ball            | 15<br>ball        | 17<br>ball        | 19<br>ball        | 21<br>ball        |  |  |
| 2              | Cho'p bilan qo'lni oldinga<br>- orqaga aylantirish<br>(kenglik o'lchami sm) | 6-7<br>ball           | 8-9<br>ball           | 10-11<br>ball         | 12-13<br>ball         | 14-15<br>ball         | 16-17<br>ball         | 18-19<br>ball     | 20-21<br>ball     | 22-23<br>ball     | 24-25<br>ball     |  |  |
| 3              | Turgan joyidan uzunlikka<br>sakrash<br>(sm)                                 | 80-78sm<br>ball       | 77-76sm<br>ball       | 75-74sm<br>ball       | 73-72sm<br>ball       | 71-70sm<br>ball       | 69-68sm<br>ball       | 67-66sm<br>ball   | 65-64sm<br>ball   | 63-62sm<br>ball   | 61-60sm<br>ball   |  |  |
|                |                                                                             | 150-<br>154sm<br>ball | 155-<br>159sm<br>ball | 160-<br>164sm<br>ball | 165-<br>169sm<br>ball | 170-<br>174sm<br>ball | 175-<br>179sm<br>ball | 180-184sm<br>ball | 185-189sm<br>ball | 190-194sm<br>ball | 195-200sm<br>ball |  |  |

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

Kafedra mudiri

Imzo

F.I.Sh