

2025/2026 O'QUV YILI UCHUN **BIATLON** IXTISOSLIGIDAN KASBIY (JODIY) IMTIHONLARINING ME'YORIY TALABLARI VA
BAHOLASH MEZONLARI
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar va ayollar uchun

Erkaklar																				
1	Erkaklar m yugurish 3000 (daqqa, 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	12:30
Ayollar																				
2	Ayollar m yugurish 2000 (daqqa, 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 xolatda o'q otish: 1-yotgan xolatda, 2-turgan xolatda, har ikkala holatda 5 tadan o'q otish, har bir nishonga tegmagan o'q uchun + 30 soniya umumiy vaqtga qo'shiladi.

2025/2026 O'QUV YILI UCHUN **BIATLON** IXTISOSLIGIDAN KASBIY (IJODIY) IMTIHONLARINING ME'YORIY
TALABLARI VA BAHOLASH MEZONLARI
(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)

Erkaklar va ayollar uchun

Erkaklar																					
1	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	
2	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	
3	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	
Ayollar																					
1	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	
2	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	
3	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	

Kafedra mudiri

Imzo

F.I.Sh