

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

Erkaklar va ayollar uchun

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+)

IZOH:1. Masofadagi natijalar daqiqa va soniyalarda baholanadi, eshkak eshish texnikasi ballarda

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									

.M2+ va W2+ qayiq boshqaruvchisi (pyлecoй) 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.

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

Erkaklar va ayollar uchun

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

Kafedra mudiri

Imzo

F.I.Sh