Приложение N 4

к Положению

о республиканском конкурсе

"Лучший народный дружинник"

Таблица

**ОЦЕНКА**

**ВЫПОЛНЕНИЯ НОРМАТИВОВ ИСПЫТАНИЙ (ТЕСТОВ)**

**ВСЕРОССИЙСКОГО ФИЗКУЛЬТУРНО-СПОРТИВНОГО КОМПЛЕКСА**

**"ГОТОВ К ТРУДУ И ОБОРОНЕ" (ГТО)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Баллы | Бег 1 км (мин. с) | Наклон вперед из положения стоя на гимнастической скамье (от уровня скамьи - см) | Подтягивание из виса на высокой перекладине (количество раз за 4 мин) (мужчины в возрасте 18 - 59 лет)/поднимание туловища из положения лежа на спине (количество раз за 1 мин) (женщины, мужчины в возрасте 60 лет и старше) | Стрельба из положения сидя или стоя с опорой локтей на стол или стойку, дистанция 10 м, из пневматической винтовки с открытым прицелом (5 выстрелов) (очки) | Прыжок в длину с места толчком двумя ногами (см) |
| 1 | 2 | 3 | 4 | 5 | 6 |
| для народных дружинников - мужчин в возрасте 18 - 39 лет | | | | | |
| 100 | 2.30 | 30 | 65 | 50 | 340 |
| 99 | 2.31 | - | 64 | - | 339 |
| 98 | 2.32 | - | 63 | - | 338 |
| 97 | 2.33 | 29 | 62 | 49 | 337 |
| 96 | 2.34 | - | 61 | - | 336 |
| 95 | 2.35 | - | 60 | - | 335 |
| 94 | 2.36 | 28 | 59 | 48 | 334 |
| 93 | 2.37 | - | 58 | - | 333 |
| 92 | 2.38 | - | 57 | - | 332 |
| 91 | 2.39 | 27 | 56 | 47 | 331 |
| 90 | 2.40 | - | 55 | - | 330 |
| 89 | 2.41 | - | 54 | - | 329 |
| 88 | 2.42 | 26 | 53 | 46 | 328 |
| 87 | 2.43 | - | 52 | - | 327 |
| 86 | 2.44 | - | 51 | - | 326 |
| 85 | 2.45 | 25 | 50 | 45 | 325 |
| 84 | 2.46 | - | 49 | - | 324 |
| 83 | 2.47 | - | 48 | - | 323 |
| 82 | 2.48 | 24 | 47 | 44 | 322 |
| 81 | 2.49 | - | 46 | - | 321 |
| 80 | 2.50 | - | 45 | - | 320 |
| 79 | 2.51 | 23 | 44 | 43 | 318 |
| 78 | 2.52 | - | 43 | - | 316 |
| 77 | 2.53 | - | 42 | - | 314 |
| 76 | 2.54 | 22 | 41 | 42 | 312 |
| 75 | 2.55 | - | 40 | - | 310 |
| 74 | 2.56 | - | 39 | - | 308 |
| 73 | 2.57 | 21 | 38 | 41 | 306 |
| 72 | 2.58 | - | 37 | - | 304 |
| 71 | 2.59 | - | 36 | - | 302 |
| 70 | 3.00 | 20 | 35 | 40 | 300 |
| 69 | 3.01 | - | 34 | - | 298 |
| 68 | 3.02 | - | 33 | 39 | 296 |
| 67 | 3.03 | 19 | 32 | - | 294 |
| 66 | 3.04 | - | 31 | 38 | 292 |
| 65 | 3.05 | - | 30 | - | 290 |
| 64 | 3.06 | 18 | 29 | 37 | 288 |
| 63 | 3.07 | - | - | - | 286 |
| 62 | 3.08 | - | 28 | 36 | 284 |
| 61 | 3.09 | 17 | - | - | 282 |
| 60 | 3.10 | - | 27 | 35 | 280 |
| 59 | 3.11 | - | - | - | 278 |
| 58 | 3.12 | 16 | 26 | 34 | 276 |
| 57 | 3.13 | - | - | - | 274 |
| 56 | 3.14 | - | 25 | 33 | 272 |
| 55 | 3.15 | 15 | - | - | 270 |
| 54 | 3.16 | - | 24 | 32 | 268 |
| 53 | 3.17 | - | - | - | 266 |
| 52 | 3.18 | 14 | 23 | 31 | 264 |
| 51 | 3.19 | - | - | - | 262 |
| 50 | 3.20 | - | 22 | 30 | 260 |
| 49 | 3.21 | 13 | - | - | 258 |
| 48 | 3.22 | - | 21 | 29 | 256 |
| 47 | 3.23 | - | - | - | 254 |
| 46 | 3.24 | 12 | 20 | 28 | 252 |
| 45 | 3.25 | - | - | - | 250 |
| 44 | 3.26 | - | 19 | 27 | 248 |
| 43 | 3.27 | 11 | - | - | 246 |
| 42 | 3.28 | - | 18 | 26 | 244 |
| 41 | 3.29 | - | - | - | 242 |
| 40 | 3.30 | 10 | 17 | 25 | 240 |
| 39 | 3.31 | - | - | - | 238 |
| 38 | 3.32 | - | 16 | 24 | 236 |
| 37 | 3.33 | 9 | - | - | 234 |
| 36 | 3.34 | - | 15 | 23 | 232 |
| 35 | 3.35 | - | - | - | 230 |
| 34 | 3.36 | 8 | 14 | 22 | 228 |
| 33 | 3.37 | - | - | - | 226 |
| 32 | 3.38 | - | 13 | 21 | 224 |
| 31 | 3.39 | 7 | - | - | 222 |
| 30 | 3.40 | - | 12 | 20 | 220 |
| 29 | 3.42 | - | - | - | 218 |
| 28 | 3.44 | 6 | 11 | 19 | 216 |
| 27 | 3.46 | - | - | - | 214 |
| 26 | 3.48 | - | 10 | 18 | 212 |
| 25 | 3.50 | 5 | - | - | 210 |
| 24 | 3.53 | - | 9 | 17 | 208 |
| 23 | 3.56 | - | - | - | 206 |
| 22 | 3.59 | 4 | 8 | 16 | 204 |
| 21 | 4.01 | - | - | - | 202 |
| 20 | 4.04 | - | - | 15 | 200 |
| 19 | 4.08 | 3 | 7 | - | 198 |
| 18 | 4.12 | - | - | 14 | 196 |
| 17 | 4.16 | - | - | - | 194 |
| 16 | 4.22 | 2 | 6 | 13 | 192 |
| 15 | 4.30 | - | - | - | 190 |
| 14 | 4.38 | - | - | 12 | 185 |
| 13 | 4.46 | 1 | 5 | - | 180 |
| 12 | 4.54 | - | - | 11 | 175 |
| 11 | 5.02 | - | - | - | 170 |
| 10 | 5.10 | 0 | 4 | 10 | 165 |
| 9 | 5.20 | - | - | 9 | 160 |
| 8 | 5.30 | -1 | - | 8 | 155 |
| 7 | 5.40 | - | 3 | 7 | 150 |
| 6 | 5.50 | -2 | - | 6 | 145 |
| 5 | 6.00 | - | - | 5 | 140 |
| 4 | 6.10 | -3 | 2 | 4 | 130 |
| 3 | 6.20 | - | - | 3 | 120 |
| 2 | 6.35 | -4 | - | 2 | 110 |
| 1 | 7.00 | -5 | 1 | 1 | 100 |
| для народных дружинников - мужчин в возрасте 40 - 59 лет | | | | | |
| 100 | 2.40 | 25 | 70 | 50 | 260 |
| 99 | 2.41 | - | - | - | 259 |
| 98 | 2.42 | - | 69 | - | 258 |
| 97 | 2.43 | 24 | - | 49 | 257 |
| 96 | 2.44 | - | 68 | - | 256 |
| 95 | 2.45 | - | - | - | 255 |
| 94 | 2.46 | 23 | 67 | 48 | 254 |
| 93 | 2.47 | - | - | - | 253 |
| 92 | 2.48 | - | 66 | - | 252 |
| 91 | 2.49 | 22 | - | 47 | 251 |
| 90 | 2.50 | - | 65 | - | 250 |
| 89 | 2.51 | - | - | - | 249 |
| 88 | 2.52 | 21 | 64 | 46 | 248 |
| 87 | 2.53 | - | - | - | 247 |
| 86 | 2.54 | - | 63 | - | 246 |
| 85 | 2.55 | 20 | - | 45 | 245 |
| 84 | 2.56 | - | 62 | - | 244 |
| 83 | 2.57 | - | - | - | 243 |
| 82 | 2.58 | 19 | 61 | 44 | 242 |
| 81 | 2.59 | - | - | - | 241 |
| 80 | 3.00 | - | 60 | - | 240 |
| 79 | 3.01 | 18 | - | 43 | 239 |
| 78 | 3.02 | - | 59 | - | 238 |
| 77 | 3.03 | - | - | - | 237 |
| 76 | 3.04 | 17 | 58 | 42 | 236 |
| 75 | 3.05 | - | - | - | 235 |
| 74 | 3.06 | - | 57 | - | 234 |
| 73 | 3.07 | 16 | - | 41 | 233 |
| 72 | 3.08 | - | 56 | - | 232 |
| 71 | 3.09 | - | - | - | 231 |
| 70 | 3.10 | 15 | 55 | 40 | 230 |
| 69 | 3.11 | - | - | - | 229 |
| 68 | 3.12 | - | 54 | 39 | 228 |
| 67 | 3.13 | 14 | - | - | 227 |
| 66 | 3.14 | - | 53 | 38 | 226 |
| 65 | 3.15 | - | - | - | 225 |
| 64 | 3.16 | 13 | 52 | 37 | 224 |
| 63 | 3.17 | - | - | - | 223 |
| 62 | 3.18 | - | 51 | 36 | 222 |
| 61 | 3.19 | 12 | - | - | 221 |
| 60 | 3.20 | - | 50 | 35 | 220 |
| 59 | 3.21 | - | - | - | 218 |
| 58 | 3.22 | 11 | 49 | 34 | 216 |
| 57 | 3.23 | - | - | - | 214 |
| 56 | 3.24 | - | 48 | 33 | 212 |
| 55 | 3.25 | 10 | - | - | 210 |
| 54 | 3.26 | - | 47 | 32 | 208 |
| 53 | 3.27 | - | - | - | 206 |
| 52 | 3.28 | 9 | 46 | 31 | 204 |
| 51 | 3.29 | - | - | - | 202 |
| 50 | 3.30 | - | 45 | 30 | 200 |
| 49 | 3.31 | 8 | - | - | 198 |
| 48 | 3.32 | - | 44 | 29 | 196 |
| 47 | 3.33 | - | - | - | 194 |
| 46 | 3.34 | 7 | 43 | 28 | 192 |
| 45 | 3.35 | - | - | - | 190 |
| 44 | 3.36 | - | 42 | 27 | 188 |
| 43 | 3.37 | 6 | - | - | 186 |
| 42 | 3.38 | - | 41 | 26 | 184 |
| 41 | 3.39 | - | - | - | 182 |
| 40 | 3.40 | 5 | 40 | 25 | 180 |
| 39 | 3.42 | - | 39 | - | 178 |
| 38 | 3.44 | - | 38 | 24 | 176 |
| 37 | 3.46 | 4 | 37 | - | 174 |
| 36 | 3.48 | - | 36 | 23 | 172 |
| 35 | 3.50 | - | 35 | - | 170 |
| 34 | 3.52 | 3 | 34 | 22 | 168 |
| 33 | 3.54 | - | 33 | - | 166 |
| 32 | 3.56 | - | 32 | 21 | 164 |
| 31 | 3.58 | 2 | 31 | - | 162 |
| 30 | 4.00 | - | 30 | 20 | 160 |
| 29 | 4.03 | - | 29 | - | 157 |
| 28 | 4.06 | 1 | 28 | 19 | 154 |
| 27 | 4.10 | - | 27 | - | 151 |
| 26 | 4.14 | - | 26 | 18 | 148 |
| 25 | 4.18 | 0 | 25 | - | 145 |
| 24 | 4.22 | - | 24 | 17 | 142 |
| 23 | 4.26 | - | 23 | - | 139 |
| 22 | 4.30 | -1 | 22 | 16 | 136 |
| 21 | 4.35 | - | 21 | - | 133 |
| 20 | 4.40 | - | 20 | 15 | 130 |
| 19 | 4.45 | -2 | 19 | - | 127 |
| 18 | 4.50 | - | 18 | 14 | 124 |
| 17 | 4.55 | - | 17 | - | 121 |
| 16 | 5.00 | -3 | 16 | 13 | 118 |
| 15 | 5.06 | - | 15 | - | 115 |
| 14 | 5.12 | - | 14 | 12 | 112 |
| 13 | 5.18 | -4 | 13 | - | 109 |
| 12 | 5.24 | - | 12 | 11 | 106 |
| 11 | 5.32 | - | 11 | - | 103 |
| 10 | 5.40 |  | 10 | 10 | 100 |
| 9 | 5.50 | -5 | 9 | 9 | 96 |
| 8 | 6.00 | - | 8 | 8 | 92 |
| 7 | 6.10 | - | 7 | 7 | 88 |
| 6 | 6.20 | - | 6 | 6 | 84 |
| 5 | 6.30 | -6 | 5 | 5 | 80 |
| 4 | 6.45 | - | 4 | 4 | 76 |
| 3 | 7.00 | - | 3 | 3 | 71 |
| 2 | 7.25 | - | 2 | 2 | 66 |
| 1 | 8.00 | -7 | 1 | 1 | 60 |
| для народных дружинников - мужчин в возрасте 60 лет и старше | | | | | |
| 100 | 3.10 | 20 | 60 | 50 | 220 |
| 99 | 3.11 | - | - | - | 219 |
| 98 | 3.12 | - | 59 | - | 218 |
| 97 | 3.13 | 19 | - | 49 | 217 |
| 96 | 3.14 | - | 58 | - | 216 |
| 95 | 3.15 | - | - | - | 215 |
| 94 | 3.16 | 18 | 57 | 48 | 214 |
| 93 | 3.17 | - | - | - | 213 |
| 92 | 3.18 | - | 56 | - | 212 |
| 91 | 3.19 | 17 | - | 47 | 211 |
| 90 | 3.20 | - | 55 | - | 210 |
| 89 | 3.22 | - | - | - | 209 |
| 88 | 3.24 | 16 | 54 | 46 | 208 |
| 87 | 3.26 | - | - | - | 207 |
| 86 | 3.28 | - | 53 | - | 206 |
| 85 | 3.30 | 15 | - | 45 | 205 |
| 84 | 3.32 | - | 52 | - | 204 |
| 83 | 3.34 | - | - | - | 203 |
| 82 | 3.36 | 14 | 51 | 44 | 202 |
| 81 | 3.38 | - | - | - | 201 |
| 80 | 3.40 | - | 50 | - | 200 |
| 79 | 3.42 | 13 | - | 43 | 199 |
| 78 | 3.44 | - | 49 | - | 198 |
| 77 | 3.46 | - | - | - | 197 |
| 76 | 3.48 | 12 | 48 | 42 | 196 |
| 75 | 3.50 | - | - | - | 195 |
| 74 | 3.52 | - | 47 | - | 194 |
| 73 | 3.54 | 11 | - | 41 | 193 |
| 72 | 3.56 | - | 46 | - | 192 |
| 71 | 3.58 | - | - | - | 191 |
| 70 | 4.00 | 10 | 45 | 40 | 190 |
| 69 | 4.02 | - | - | - | 189 |
| 68 | 4.04 | - | 44 | 39 | 188 |
| 67 | 4.06 | 9 | - | - | 187 |
| 66 | 4.08 | - | 43 | 38 | 186 |
| 65 | 4.10 | - | - | - | 185 |
| 64 | 4.12 | 8 | 42 | 37 | 184 |
| 63 | 4.14 | - | - | - | 183 |
| 62 | 4.16 | - | 41 | 36 | 182 |
| 61 | 4.18 | 7 | - | - | 181 |
| 60 | 4.20 | - | 40 | 35 | 180 |
| 59 | 4.22 | - | - | - | 179 |
| 58 | 4.24 | 6 | 39 | 34 | 178 |
| 57 | 4.26 | - | - | - | 177 |
| 56 | 4.28 | - | 38 | 33 | 176 |
| 55 | 4.30 | 5 | - | - | 175 |
| 54 | 4.32 | - | 37 | 32 | 174 |
| 53 | 4.34 | - | - | - | 173 |
| 52 | 4.36 | 4 | 36 | 31 | 172 |
| 51 | 4.38 | - | - | - | 171 |
| 50 | 4.40 | - | 35 | 30 | 170 |
| 49 | 4.43 | 3 | - | - | 168 |
| 48 | 4.46 | - | 34 | 29 | 166 |
| 47 | 4.49 | - | - | - | 164 |
| 46 | 4.52 | 3 | 33 | 28 | 162 |
| 45 | 4.55 | - | - | - | 160 |
| 44 | 4.58 | - | 32 | 27 | 158 |
| 43 | 5.01 | 1 | - | - | 156 |
| 42 | 5.04 | - | 31 | 26 | 154 |
| 41 | 5.07 | - | - | - | 152 |
| 40 | 5.10 | 0 | 30 | 25 | 150 |
| 39 | 5.13 | - | - | - | 148 |
| 38 | 5.16 | - | 29 | 24 | 146 |
| 37 | 5.19 | - 1 | - | - | 144 |
| 36 | 5.22 | - | 28 | 23 | 142 |
| 35 | 5.25 | - | - | - | 140 |
| 34 | 5.28 | - 2 | 27 | 22 | 138 |
| 33 | 5.31 | - | - | - | 136 |
| 32 | 5.34 | - | 26 | 21 | 134 |
| 31 | 5.37 | - 3 | - | - | 132 |
| 30 | 5.40 | - | 25 | 20 | 130 |
| 29 | 5.43 | - | - | - | 128 |
| 28 | 5.46 | - 4 | 24 | 19 | 126 |
| 27 | 5.49 | - | - | - | 124 |
| 26 | 5.52 | - | 23 | 18 | 122 |
| 25 | 5.55 | - 5 | - | - | 120 |
| 24 | 5.58 | - | 22 | 17 | 118 |
| 23 | 6.01 | - | - | - | 116 |
| 22 | 6.04 | -6 | 21 | 16 | 114 |
| 21 | 6.07 | - | - | - | 112 |
| 20 | 6.10 | - | 20 | 15 | 110 |
| 19 | 6.14 | -7 | 19 | - | 108 |
| 18 | 6.18 | - | 18 | 14 | 106 |
| 17 | 6.22 | - | 17 | - | 104 |
| 16 | 6.26 | -8 | 16 | 13 | 102 |
| 15 | 6.30 | - | 15 | - | 100 |
| 14 | 6.34 | - | 14 | 12 | 98 |
| 13 | 6.38 | - 9 | 13 | - | 96 |
| 12 | 6.42 | - | 12 | 11 | 94 |
| 11 | 6.46 | - | 11 | - | 92 |
| 10 | 6.50 |  | 10 | 10 | 90 |
| 9 | 6.55 | -10 | 9 | 9 | 86 |
| 8 | 7.10 | - | 8 | 8 | 82 |
| 7 | 7.20 | - | 7 | 7 | 78 |
| 6 | 7.30 | - | 6 | 6 | 74 |
| 5 | 7.45 | -11 | 5 | 5 | 70 |
| 4 | 8.00 | - | 4 | 4 | 66 |
| 3 | 8.20 | - | 3 | 3 | 61 |
| 2 | 8.40 | - | 2 | 2 | 56 |
| 1 | 9.00 | -12 | 1 | 1 | 50 |
| для народных дружинников - женщин в возрасте 18 - 39 лет | | | | | |
| 100 | 2.50 | 35 | 75 | 50 | 270 |
| 99 | 2.51 | - | - | - | 269 |
| 98 | 2.52 | - | 74 | - | 268 |
| 97 | 2.53 | 34 | - | 49 | 267 |
| 96 | 2.54 | - | 73 | - | 266 |
| 95 | 2.55 | - | - | - | 265 |
| 94 | 2.56 | 33 | 72 | 48 | 264 |
| 93 | 2.57 | - | - | - | 263 |
| 92 | 2.58 | - | 71 | - | 262 |
| 91 | 2.59 | 32 | - | 47 | 261 |
| 90 | 3.00 | - | 70 | - | 260 |
| 89 | 3.01 | - | - | - | 259 |
| 88 | 3.02 | 31 | 69 | 46 | 258 |
| 87 | 3.03 | - | - | - | 257 |
| 86 | 3.04 | - | 68 | - | 256 |
| 85 | 3.05 | 30 | - | 45 | 255 |
| 84 | 3.06 | - | 67 | - | 254 |
| 83 | 3.07 | - | - | - | 253 |
| 82 | 3.08 | 29 | 66 | 44 | 252 |
| 81 | 3.09 | - | - | - | 251 |
| 80 | 3.10 | - | 65 | - | 250 |
| 79 | 3.12 | 28 | - | 43 | 249 |
| 78 | 3.14 | - | 64 | - | 248 |
| 77 | 3.16 | - | - | - | 247 |
| 76 | 3.18 | 27 | 63 | 42 | 246 |
| 75 | 3.20 | - | - | - | 245 |
| 74 | 3.22 | - | 62 | - | 244 |
| 73 | 3.24 | 26 | - | 41 | 243 |
| 72 | 3.26 | - | 61 | - | 242 |
| 71 | 3.28 | - | - | - | 241 |
| 70 | 3.30 | 25 | 60 | 40 | 240 |
| 69 | 3.32 | - | - | - | 239 |
| 68 | 3.34 | - | 59 | 39 | 238 |
| 67 | 3.36 | 24 | - | - | 237 |
| 66 | 3.38 | - | 58 | 38 | 236 |
| 65 | 3.40 | - | - | - | 235 |
| 64 | 3.42 | 23 | 57 | 37 | 234 |
| 63 | 3.44 | - | - | - | 233 |
| 62 | 3.46 | - | 56 | 36 | 232 |
| 61 | 3.48 | 22 | - | - | 231 |
| 60 | 3.50 | - | 55 | 35 | 230 |
| 59 | 3.52 | - | - | - | 228 |
| 58 | 3.54 | 21 | 54 | 34 | 226 |
| 57 | 3.56 | - | - | - | 224 |
| 56 | 3.58 | - | 53 | 33 | 222 |
| 55 | 4.00 | 20 | - | - | 220 |
| 54 | 4.02 | - | 52 | 32 | 218 |
| 53 | 4.04 | - | - | - | 216 |
| 52 | 4.06 | 19 | 51 | 31 | 214 |
| 51 | 4.08 | - | - | - | 212 |
| 50 | 4.10 | - | 50 | 30 | 210 |
| 49 | 4.12 | 18 | - | - | 208 |
| 48 | 4.14 | - | 49 | 29 | 206 |
| 47 | 4.16 | - | - | - | 204 |
| 46 | 4.18 | 17 | 48 | 28 | 202 |
| 45 | 4.20 | - | - | - | 200 |
| 44 | 4.22 | - | 47 | 27 | 198 |
| 43 | 4.24 | 16 | - | - | 196 |
| 42 | 4.26 | - | 46 | 26 | 194 |
| 41 | 4.28 | - | - | - | 192 |
| 40 | 4.30 | 15 | 45 | 25 | 190 |
| 39 | 4.32 | - | - | - | 188 |
| 38 | 4.34 | 14 | 44 | 24 | 186 |
| 37 | 4.36 | - | 43 | - | 184 |
| 36 | 4.38 | 13 | 42 | 23 | 182 |
| 35 | 4.40 | - | 41 | - | 180 |
| 34 | 4.42 | 12 | 40 | 22 | 178 |
| 33 | 4.44 | - | 39 | - | 176 |
| 32 | 4.46 | 11 | 38 | 21 | 174 |
| 31 | 4.48 | - | 37 | - | 172 |
| 30 | 4.50 | 10 | 36 | 20 | 170 |
| 29 | 4.52 | - | 35 | - | 168 |
| 28 | 4.54 | 9 | 34 | 19 | 166 |
| 27 | 4.56 | - | 33 | - | 164 |
| 26 | 4.58 | 8 | 32 | 18 | 162 |
| 25 | 5.00 | - | 31 | - | 160 |
| 24 | 5.02 | 7 | 30 | 17 | 158 |
| 23 | 5.04 | - | 29 | - | 156 |
| 22 | 5.06 | 6 | 28 | 16 | 154 |
| 21 | 5.08 | - | 27 | - | 152 |
| 20 | 5.10 | 5 | 26 | 15 | 150 |
| 19 | 5.14 | - | 25 | - | 148 |
| 18 | 5.18 | 4 | 24 | 14 | 146 |
| 17 | 5.24 | - | 23 | - | 144 |
| 16 | 5.30 | 3 | 22 | 13 | 142 |
| 15 | 5.38 |  | 21 | - | 140 |
| 14 | 5.46 | 2 | 20 | 12 | 135 |
| 13 | 5.56 |  | 19 | - | 130 |
| 12 | 6.06 | 1 | 18 | 11 | 125 |
| 11 | 6.18 | - | 17 | - | 120 |
| 10 | 6.30 | 0 | 16 | 10 | 115 |
| 9 | 6.44 | - | 15 | 9 | 110 |
| 8 | 6.58 | -1 | 14 | 8 | 105 |
| 7 | 7.12 | - | 13 | 7 | 100 |
| 6 | 7.28 | -2 | 12 | 6 | 95 |
| 5 | 7.44 | - | 10 | 5 | 90 |
| 4 | 8.00 | -3 | 8 | 4 | 85 |
| 3 | 8.18 | - | 6 | 3 | 80 |
| 2 | 8.38 | -4 | 4 | 2 | 75 |
| 1 | 9.00 | -5 | 2 | 1 | 65 |
| для народных дружинников - женщин в возрасте 40 - 59 лет | | | | | |
| 100 | 3.20 | 28 | 65 | 50 | 230 |
| 99 | 3.21 | - | - | - | 229 |
| 98 | 3.22 | - | 64 | - | 228 |
| 97 | 3.23 | 27 | - | 49 | 227 |
| 96 | 3.24 | - | 63 | - | 226 |
| 95 | 3.25 | - | - | - | 225 |
| 94 | 3.26 | 26 | 62 | 48 | 224 |
| 93 | 3.27 | - | - | - | 223 |
| 92 | 3.28 | - | 61 | - | 222 |
| 91 | 3.29 | 25 | - | 47 | 221 |
| 90 | 3.30 | - | 60 | - | 220 |
| 89 | 3.32 | - | - | - | 219 |
| 88 | 3.34 | 24 | 59 | 46 | 218 |
| 87 | 3.36 | - | - | - | 217 |
| 86 | 3.38 | - | 58 | - | 216 |
| 85 | 3.40 | 23 | - | 45 | 215 |
| 84 | 3.42 | - | 57 | - | 214 |
| 83 | 3.44 | - | - | - | 213 |
| 82 | 3.46 | 22 | 56 | 44 | 212 |
| 81 | 3.48 | - | - | - | 211 |
| 80 | 3.50 | - | 55 | - | 210 |
| 79 | 3.52 | 21 | - | 43 | 209 |
| 78 | 3.54 | - | 54 | - | 208 |
| 77 | 3.56 | - | - | - | 207 |
| 76 | 3.58 | 20 | 53 | 42 | 206 |
| 75 | 4.00 | - | - | - | 205 |
| 74 | 4.02 | - | 52 | - | 204 |
| 73 | 4.04 | 19 | - | 41 | 203 |
| 72 | 4.06 | - | 51 | - | 202 |
| 71 | 4.08 | - | - | - | 201 |
| 70 | 4.10 | 18 | 50 | 40 | 200 |
| 69 | 4.10 | - | - | - | 199 |
| 68 | 4.14 | - | 49 | 39 | 198 |
| 67 | 4.16 | 17 | - | - | 197 |
| 66 | 4.18 | - | 48 | 38 | 196 |
| 65 | 4.20 | - | - | - | 195 |
| 64 | 4.22 | 16 | 47 | 37 | 194 |
| 63 | 4.24 | - | - | - | 193 |
| 62 | 4.26 | - | 46 | 36 | 192 |
| 61 | 4.28 | 15 | - | - | 191 |
| 60 | 4.30 | - | 45 | 35 | 190 |
| 59 | 4.32 | - | - | - | 189 |
| 58 | 4.34 | 14 | 44 | 34 | 188 |
| 57 | 4.36 | - | - | - | 187 |
| 56 | 4.38 | - | 43 | 33 | 186 |
| 55 | 4.40 | 13 | - | - | 185 |
| 54 | 4.42 | - | 42 | 32 | 184 |
| 53 | 4.44 | - | - | - | 183 |
| 52 | 4.46 | 12 | 41 | 31 | 182 |
| 51 | 4.48 | - | - | - | 181 |
| 50 | 4.50 | - | 40 | 30 | 180 |
| 49 | 4.52 | 11 | - | - | 178 |
| 48 | 4.54 | - | 39 | 29 | 176 |
| 47 | 4.56 | - | - | - | 174 |
| 46 | 4.58 | 10 | 38 | 28 | 172 |
| 45 | 5.00 | - | - | - | 170 |
| 44 | 5.02 | - | 37 | 27 | 168 |
| 43 | 5.04 | 9 | - | - | 166 |
| 42 | 5.06 | - | 36 | 26 | 164 |
| 41 | 5.08 | - | - | - | 162 |
| 40 | 5.10 | 8 | 35 | 25 | 160 |
| 39 | 5.13 | - | - | - | 158 |
| 38 | 5.16 | - | 34 | 24 | 156 |
| 37 | 5.19 | 7 | - | - | 154 |
| 36 | 5.22 | - | 33 | 23 | 152 |
| 35 | 5.25 | - | - | - | 150 |
| 34 | 5.28 | 6 | 32 | 22 | 148 |
| 33 | 5.31 | - | - | - | 146 |
| 32 | 5.34 | - | 31 | 21 | 144 |
| 31 | 5.37 | 5 | - | - | 142 |
| 30 | 5.40 | - | 30 | 20 | 140 |
| 29 | 5.43 | - | 29 | - | 138 |
| 28 | 5.46 | 4 | 28 | 19 | 136 |
| 27 | 5.49 | - | 27 | - | 134 |
| 26 | 5.52 | - | 26 | 18 | 132 |
| 25 | 5.55 | 3 | 25 | - | 130 |
| 24 | 5.58 | - | 24 | 17 | 128 |
| 23 | 6.01 | - | 23 | - | 126 |
| 22 | 6.04 | 2 | 22 | 16 | 124 |
| 21 | 6.07 | - | 21 | - | 122 |
| 20 | 6.10 | - | 20 | 15 | 120 |
| 19 | 6.13 | 1 | 19 | - | 117 |
| 18 | 6.16 | - | 18 | 14 | 114 |
| 17 | 6.19 | - | 17 | - | 111 |
| 16 | 6.22 | 0 | 16 | 13 | 108 |
| 15 | 6.25 | - | 15 | - | 105 |
| 14 | 6.28 | - | 14 | 12 | 102 |
| 13 | 6.31 | -1 | 13 | - | 99 |
| 12 | 6.34 | - | 12 | 11 | 96 |
| 11 | 6.37 | - | 11 | - | 93 |
| 10 | 6.40 | -2 | 10 | 10 | 90 |
| 9 | 6.50 | - | 9 | 9 | 86 |
| 8 | 7.00 | - | 8 | 8 | 82 |
| 7 | 7.10 | -3 | 7 | 7 | 78 |
| 6 | 7.25 | - | 6 | 6 | 74 |
| 5 | 7.40 | - | 5 | 5 | 70 |
| 4 | 8.00 | -4 | 4 | 4 | 66 |
| 3 | 8.20 | - | 3 | 3 | 61 |
| 2 | 8.40 | - | 2 | 2 | 56 |
| 1 | 9.00 | -5 | 1 | 1 | 50 |
| для народных дружинников - женщин в возрасте 60 лет и старше | | | | | |
| 100 | 3.50 | 25 | 50 | 50 | 180 |
| 99 | 3.52 | - | - | - | 179 |
| 98 | 3.54 | - | 49 | - | 178 |
| 97 | 3.56 | 24 | - | 49 | 177 |
| 96 | 3.58 | - | 48 | - | 176 |
| 95 | 4.00 | - | - | - | 175 |
| 94 | 4.02 | 23 | 47 | 48 | 174 |
| 93 | 4.04 | - | - | - | 173 |
| 92 | 4.06 | - | 46 | - | 172 |
| 91 | 4.08 | 22 | - | 47 | 171 |
| 90 | 4.10 | - | 45 | - | 170 |
| 89 | 4.12 | - | - | - | 169 |
| 88 | 4.14 | 21 | 44 | 46 | 168 |
| 87 | 4.16 | - | - | - | 167 |
| 86 | 4.18 | - | 43 | - | 166 |
| 85 | 4.20 | 20 | - | 45 | 165 |
| 84 | 4.22 | - | 42 | - | 164 |
| 83 | 4.24 | - | - | - | 163 |
| 82 | 4.26 | 19 | 41 | 44 | 162 |
| 81 | 4.28 | - | - | - | 161 |
| 80 | 4.30 | - | 40 | - | 160 |
| 79 | 4.32 | 18 | - | 43 | 159 |
| 78 | 4.34 | - | 39 | - | 158 |
| 77 | 4.36 | - | - | - | 157 |
| 76 | 4.38 | 17 | 38 | 42 | 156 |
| 75 | 4.40 | - | - | - | 155 |
| 74 | 4.43 | - | 37 | - | 154 |
| 73 | 4.46 | 16 | - | 41 | 153 |
| 72 | 4.49 | - | 36 | - | 152 |
| 71 | 4.52 | - | - | - | 151 |
| 70 | 4.55 | 15 | 35 | 40 | 150 |
| 69 | 4.58 | - | - | - | 149 |
| 68 | 5.01 | - | 34 | 39 | 148 |
| 67 | 5.04 | 14 | - | - | 147 |
| 66 | 5.07 | - | 33 | 38 | 146 |
| 65 | 5.10 | - | - | - | 145 |
| 64 | 5.13 | 13 | 32 | 37 | 144 |
| 63 | 5.16 | - | - | - | 143 |
| 62 | 5.19 | - | 31 | 36 | 142 |
| 61 | 5.22 | 12 | - | - | 141 |
| 60 | 5.25 | - | 30 | 35 | 140 |
| 59 | 5.28 | - | - | - | 139 |
| 58 | 5.31 | 11 | 29 | 34 | 138 |
| 57 | 5.34 | - | - | - | 137 |
| 56 | 5.37 | - | 28 | 33 | 136 |
| 55 | 5.40 | 10 | - | - | 135 |
| 54 | 5.43 | - | 27 | 32 | 134 |
| 53 | 5.46 | - | - | - | 133 |
| 52 | 5.49 | 9 | 26 | 31 | 132 |
| 51 | 5.52 | - | - | - | 131 |
| 50 | 5.55 | - | 25 | 30 | 130 |
| 49 | 5.58 | 8 | - | - | 129 |
| 48 | 6.01 | - | 24 | 29 | 128 |
| 47 | 6.04 | - | - | - | 127 |
| 46 | 6.07 | 7 | 23 | 28 | 126 |
| 45 | 6.10 | - | - | - | 125 |
| 44 | 6.14 | - | 22 | 27 | 124 |
| 43 | 6.18 | 6 | - | - | 123 |
| 42 | 6.22 | - | 21 | 26 | 122 |
| 41 | 6.26 | - | - | - | 121 |
| 40 | 6.30 | 5 | 20 | 25 | 120 |
| 39 | 6.34 | - | - | - | 119 |
| 38 | 6.38 | - | 19 | 24 | 118 |
| 37 | 6.42 | 4 | - | - | 117 |
| 36 | 6.46 | - | 18 | 23 | 116 |
| 35 | 6.50 | - | - | - | 115 |
| 34 | 6.55 | 3 | 17 | 22 | 114 |
| 33 | 7.00 | - | - | - | 113 |
| 32 | 7.05 | - | 16 | 21 | 112 |
| 31 | 7.10 | 2 | - | - | 111 |
| 30 | 7.15 | - | 15 | 20 | 110 |
| 29 | 7.20 | - | - | - | 109 |
| 28 | 7.25 | 1 | 14 | 19 | 108 |
| 27 | 7.30 | - | - | - | 107 |
| 26 | 7.35 | - | 13 | 18 | 106 |
| 25 | 7.40 | 0 | - | - | 105 |
| 24 | 7.45 | - | 12 | 17 | 104 |
| 23 | 7.50 | - | - | - | 103 |
| 22 | 7.55 | -1 | 11 | 16 | 102 |
| 21 | 8.00 | - | - | - | 101 |
| 20 | 8.05 | - | 10 | 15 | 100 |
| 19 | 8.10 | -2 | - | - | 98 |
| 18 | 8.15 | - | 9 | 14 | 96 |
| 17 | 8.20 | - | - | - | 94 |
| 16 | 8.25 | -3 | 8 | 13 | 92 |
| 15 | 8.30 | - | - | - | 90 |
| 14 | 8.35 | - | 7 | 12 | 88 |
| 13 | 8.40 | -4 | - | - | 86 |
| 12 | 8.45 | - | 6 | 11 | 84 |
| 11 | 8.50 | - | - | - | 82 |
| 10 | 8.55 | -5 | 5 | 10 | 80 |
| 9 | 9.00 | - | - | 9 | 77 |
| 8 | 9.10 | - | 4 | 8 | 74 |
| 7 | 9.20 | -6 | - | 7 | 70 |
| 6 | 9.30 | - | 3 | 6 | 66 |
| 5 | 9.40 | - | - | 5 | 61 |
| 4 | 9.50 | -7 | 2 | 4 | 56 |
| 3 | 10.00 | - | - | 3 | 51 |
| 2 | 10.15 | - | 1 | 2 | 46 |
| 1 | 10.30 | -8 | - | 1 | 40 |