

Модельные параметры специальной физической подготовленности

№ п/п	Класс	Мужчины, женщины			Юниоры, юниорки до 23 лет (U23)		Юноши, девушки до 19 лет (U19)	
		рекорд мира	модель (100%)		рекорд мира	модель (100%)	рекорд мира	модель (100%)
			2015г.	2016г.				
1	M1x	06:33,4	06:35,0	06:33,0	06:46,6	06:51,0	06:57,5	07:02,0
2	M2x	05:59,7	06:05,0	06:03,0	06:08,4	06:12,0	06:21,7	06:25,0
3	M2-	06:08,5	06:10,0	06:09,0	06:20,4	06:24,0	06:34,2	06:41,0
4	M4x	05:32,3	05:35,0	05:33,0	05:39,6	05:43,0	05:52,9	05:54,0
5	M4-	05:37,9	05:40,0	05:38,0	05:48,1	05:52,0	06:00,9	06:05,0
6	M4+	-	-	-	06:03,0	06:08,4	06:11,9	06:16,0
7	M8+	05:19,4	05:21,0	05:19,0	05:24,3	05:28,0	05:35,9	05:39,0
8	LM1x	06:43,4	06:51,0	06:49,0	06:53,1	06:57,0	-	-
9	LM2x	06:05,4	06:12,0	06:10,0	06:14,9	06:19,0	-	-
10	LM2-	06:22,9	06:29,0	06:27,0	06:26,9	06:30,0	-	-
11	LM4-	05:43,2	05:47,0	05:46,0	05:54,1	05:58,0	-	-
12	W1x	07:07,7	07:10,0	07:08,0	07:27,2	07:32,0	07:37,5	07:44,0
13	W2x	06:37,3	06:41,0	06:39,0	06:51,6	06:56,0	07:03,2	07:07,4
14	W2-	06:50,6	06:56,0	06:54,0	07:05,1	07:09,0	07:17,0	07:23,0
15	W4x	06:06,8	06:11,0	06:09,0	06:22,1	06:26,0	06:30,5	06:35,0
16	W4-	06:14,4	06:20,0	06:18,1	06:35,0	06:40,9	06:42,5	06:47,0
17	W8+	05:54,2	05:56,0	05:54,0	06:03,2	06:10,0	06:20,2	06:24,0
18	LW1x	07:28,2	07:35,0	07:33,0	07:30,2	07:40,0	-	-
19	LW2x	06:48,6	06:51,0	06:49,0	06:59,3	07:04,0	-	-
СФП	2км М	05:44,5	05:48,0		05:50,5	05:54,0	06:01,4	06:05,0
	2км ЛМ	06:06,3	06:10,0		06:13,2	06:17,0	-	-
	2км Ж	06:39,0	06:43,0		06:46,9	06:51,0	07:00,8	07:05,0
	2кмЖЛ	06:57,8	07:02,0		07:05,7	07:10,0	-	-
	6км М	18:24,8	18:36,0		18:46,6	18:58,0	19:52,9	20:05,0
	6км ЛМ	19:24,2	19:36,0		19:47,0	19:59,0	-	-
	6км Ж	21:07,2	21:20,0		21:32,0	21:45,0	22:21,5	22:35,0
	6кмЖЛ	22:04,6	22:18,0		22:30,4	22:44,0	-	-