

**FİZİKİ YETERLİLİK TESTİ STANDARTLARI (TABLO-2)**

BARFİKS		MEKİK (2 dakika) (2 Dakikada Yapılır)		ŞİNAV (2 dakika) (2 Dakikada Yapılır)		2400 M. KOŞU			
TEKRAR	PUAN	TEKRAR	PUAN	TEKRAR	PUAN	SÜRE	PUAN	SÜRE	PUAN
10	100	50	100	40	100	12:30:00	100	13:45:00	50
		49	98	39	98	12:31:30	99	13:46:30	49
		48	96	38	96	12:33:00	98	13:48:00	48
9	90	47	94	37	94	12:34:30	97	13:49:30	47
		46	92	36	92	12:36:00	96	13:51:00	46
		45	90	35	90	12:37:30	95	13:52:30	45
8	80	44	88	34	88	12:39:00	94	13:54:00	44
		43	86	33	86	12:40:30	93	13:55:30	43
		42	84	32	84	12:42:00	92	13:57:00	42
7	70	41	82	31	82	12:43:30	91	13:58:30	41
		40	80	30	80	12:45:00	90	14:00:00	40
		39	78	29	78	12:46:30	89	14:01:30	39
6	60	38	76	28	76	12:48:00	88	14:03:00	38
		37	74	27	74	12:49:30	87	14:04:30	37
		36	72	26	72	12:51:00	86	14:06:00	36
5	50	35	70	25	70	12:52:30	85	14:07:30	35
		34	68	24	68	12:54:00	84	14:09:00	34
		33	66	23	66	12:55:30	83	14:10:30	33
4	40	32	64	22	64	12:57:00	82	14:12:00	32
		31	62	21	62	12:58:30	81	14:13:30	31
		30	60	20	60	13:00:00	80	14:15:00	30
3	30	29	58	19	58	13:01:30	79	14:16:30	29
		28	56	18	56	13:03:00	78	14:18:00	28
		27	54	17	54	13:04:30	77	14:19:30	27
2	20	26	52	16	52	13:06:00	76	14:21:00	26
		25	50	15	50	13:07:30	75	14:22:30	25
		24	48	14	48	13:09:00	74	14:24:00	24
1	10	23	46	13	46	13:10:30	73	14:25:30	23
		22	44	12	44	13:12:00	72	14:27:00	22
		21	42	11	42	13:13:30	71	14:28:30	21
0	0	20	40	10	40	13:15:00	70	14:30:00	20
		19	35	9	35	13:16:30	69	14:31:30	19
		18	30	8	30	13:18:00	68	14:33:00	18
		17	20	7	20	13:19:30	67	14:34:30	17
		16	10	6	10	13:21:00	66	14:36:00	16
		15	1	5	1	13:22:30	65	14:37:30	15
		14	0	4	0	13:24:00	64	14:39:00	14
						13:25:30	63	14:40:30	13
						13:27:00	62	14:42:00	12
						13:28:30	61	14:43:30	11
						13:30:00	60	14:45:00	10
						13:31:30	59	14:46:30	9
						13:33:00	58	14:48:00	8
						13:34:30	57	14:49:30	7
						13:36:00	56	14:51:00	6
						13:37:30	55	14:52:30	5
						13:39:00	54	14:54:00	4
						13:40:30	53	14:55:30	3
						13:42:00	52	14:57:00	2
						13:43:30	51	14:58:30	1
								15:00:00	0