

S I G M A 2011

GIOCHI SPORTIVI STUDENTESCHI

*TABELLE DI PUNTEGGIO SEMPLIFICATE
COMPARATE DI TUTTE LE CATEGORIE*

a cura di Fabio e Maddalena Quilici

Elaborazione del 12 marzo 2011

Introduzione Segreteria Tecnica Fidal

Prodotte da Fabio e Maddalena Quilici, fonte le tabelle FIDAL edizione 2007, sono uno strumento di rapida e pratica consultazione che, almeno nelle intenzioni, dovrebbe fornire un valido ausilio agli Insegnanti di Educazione Fisica nella formazione delle squadre dei Giochi Sportivi Studenteschi.

In questa edizione fortemente innovativa dei Giochi non serve infatti coprire tutte le specialità del programma tecnico ma al contrario ricercare la miglior combinazione possibile per ottenere, nel rispetto del Regolamento, la sommatoria più elevata di punteggi.

Sono di fondamentale importanza nell'economia della squadra gli atleti che riescono ad emergere in 2 gare di gruppi diversi perché consentono di utilizzare al meglio anche soggetti mono-specialisti con la conseguente gestione ragionata dei punteggi da scartare.

**GIOCHI SPORTIVI STUDENTESCHI 2011
TABELLE DI PUNTEGGIO SEMPLIFICATE COMPARATE**

C A D E T T E

PUNTI	80	300	1000	4x100	ALTO	LUNGO	PESO	VORTEX
1204	9.3	38.2	2:46.8	48.1	1.84	6.11	16.28	59.33
1161	9.4	38.7	2:48.9	48.4	1.81	5.99	15.47	57.78
1119	9.5	39.2	2:51.2	48.9	1.77	5.87	14.74	56.26
1077	9.6	39.7	2:53.6	49.4	1.74	5.76	14.06	54.72
1036	9.7	40.3	2:55.9	49.9	1.71	5.64	13.44	53.20
996	9.8	40.8	2:58.2	50.4	1.68	5.52	12.87	51.69
957	9.9	41.3	3:00.5	50.9	1.64	5.41	12.34	50.21
918	10.0	41.8	3:02.9	51.3	1.61	5.30	11.83	48.71
883	10.1	42.3	3:05.2	51.9	1.58	5.20	11.43	47.34
852	10.2	42.8	3:07.6	52.4	1.55	5.11	11.11	46.12
820	10.3	43.3	3:10.0	53.0	1.51	5.01	10.78	44.85
790	10.4	43.8	3:12.4	53.5	1.48	4.92	10.47	43.64
759	10.5	44.4	3:14.8	54.0	1.45	4.83	10.16	42.37
729	10.6	44.9	3:17.3	54.6	1.42	4.74	9.86	40.86
700	10.7	45.4	3:19.6	55.1	1.39	4.65	9.57	39.29
672	10.8	45.9	3:22.0	55.7	1.36	4.56	9.29	37.78
643	10.9	46.4	3:24.4	56.2	1.33	4.47	9.01	36.24
616	11.0	46.9	3:26.8	56.7	1.30	4.39	8.75	34.81
589	11.1	47.4	3:29.1	57.3	1.28	4.30	8.48	33.40
562	11.2	47.9	3:31.5	57.8	1.25	4.21	8.22	32.00
536	11.3	48.4	3:33.9	58.4	1.22	4.13	7.98	30.66
510	11.4	49.0	3:36.3	58.9	1.19	4.04	7.73	29.33
485	11.5	49.5	3:38.7	59.4	1.17	3.96	7.49	28.06
460	11.6	50.0	3:41.1	1:00.0	1.14	3.87	7.26	26.80
436	11.7	50.5	3:43.5	1:00.6	1.12	3.79	7.03	25.60
413	11.8	51.0	3:45.8	1:01.0	1.09	3.71	6.82	24.46
390	11.9	51.5	3:48.1	1:01.5	1.07	3.63	6.61	23.32
367	12.0	52.0	3:50.5	1:02.1	1.05	3.55	6.39	22.19
345	12.1	52.6	3:52.9	1:02.6	1.02	3.47	6.19	21.12
324	12.2	53.1	3:55.2	1:03.1	1.00	3.40	6.00	20.10
303	12.3	53.6	3:57.6	1:03.6	0.98	3.32	5.81	19.08
282	12.4	54.1	4:00.0	1:04.2	0.96	3.24	5.62	18.97
262	12.5	54.6	4:02.3	1:04.7	0.94	3.17	5.44	17.12
243	12.6	55.1	4:04.6	1:05.2	0.92	3.10	5.27	16.21
224	12.7	55.6	4:04.9	1:05.7	0.90	3.03	5.10	15.31
206	12.8	56.1	4:09.2	1:06.2	0.88	2.96	4.94	14.46
188	12.9	56.7	4:11.5	1:06.7	0.86	2.89	4.78	13.62
171	13.0	57.2	4:13.8	1:07.2	0.84	2.82	4.63	12.82
154	13.1	57.7	4:16.1	1:07.6	0.83	2.76	4.48	12.03
137	13.2	58.2	4:18.5	1:08.2	0.81	2.79	4.33	11.24
122	13.3	58.7	4:20.6	1:08.7	0.79	2.63	4.20	10.55
106	13.4	59.2	4:23.0	1:09.2	0.78	2.56	4.06	9.82
92	13.5	59.7	4:25.1	1:09.6	0.76	2.51	3.94	9.17
77	13.6	1:00.3	4:27.5	1:10.1	0.75	2.45	3.81	8.49
64	13.7	1:00.7	4:29.6	1:10.6	0.73	2.39	3.69	7.90
50	13.8	1:01.3	4:31.9	1:11.1	0.72	2.33	3.57	7.26
38	13.9	1:01.8	4:34.0	1:11.5	0.71	2.28	3.47	6.72
25	14.0	1:02.3	4:36.3	1:12.0	0.69	2.23	3.36	6.13
14	14.1	1:02.8	4:38.4	1:12.4	0.68	2.18	3.28	5.63
3	14.2	1:03.3	4:40.5	1:12.8	-	2.13	3.17	5.14

I punteggi di riferimento sono quelli dei metri 80.

Le prestazioni delle altre specialità sono allineate con arrotondamento per difetto e solo casualmente corrispondono al punteggio in ordinata.

GIOCHI SPORTIVI STUDENTESCHI 2011
TABELLE DI PUNTEGGIO SEMPLIFICATE COMPARATE

C A D E T T I

PUNTI	80	300	1000	4x100	ALTO	LUNGO	PESO	VORTEX
1184	8.5	33.7	2:26.9	42.9	2.04	7.35	19.11	76.26
1131	8.6	34.3	2:29.2	43.5	2.01	7.19	18.35	73.76
1080	8.7	34.8	2:31.4	44.0	1.97	7.03	17.63	71.32
1029	8.8	35.3	2:33.6	44.6	1.94	6.88	16.91	68.83
980	8.9	35.8	2:35.8	45.1	1.90	6.72	16.23	66.41
932	9.0	36,4	2:38.0	45.6	1.87	6.57	15.56	64.00
888	9.1	36,9	2:40.2	46.2	1.83	6.43	14.95	61.76
849	9.2	37.4	2:42.5	46.8	1.80	6.28	14.41	59.75
811	9.3	38.0	2:44.9	47.3	1.78	6.14	13.89	57.76
774	9.4	38.5	2:47.2	47.9	1.72	6.01	13.39	55.79
738	9.5	39.0	2:49.4	48.5	1.69	5.87	12.90	53.73
702	9.6	39.5	2:51.8	49.0	1.65	5.74	12.41	51.40
668	9.7	40.0	2:54.0	49.6	1.62	5.61	11.95	49.20
634	9.8	40.6	2:56.3	50.2	1.59	5.48	11.50	47.00
600	9.9	41.1	2:58.6	50.7	1.55	5.35	11.04	44.81
568	10.0	41.6	3:00.8	51.3	1.52	5.23	10.62	42.74
536	10.1	42.1	3:03.1	51.8	1.49	5.10	10.18	40.67
505	10.2	42.7	3:05.4	52.4	1.46	4.98	9.79	38.66
475	10.3	43.2	3:07.6	52.9	1.43	4.86	9.39	36.72
445	10.4	43.7	3:09.9	53.5	1.39	4.74	9.00	34.78
417	10.5	44.2	3:12.1	54.0	1.37	4.63	8.63	32.97
389	10.6	44.8	3:14.3	54.6	1.34	4.52	8.27	31.16
361	10.7	45.3	3:16,6	55.2	1.31	4.41	7.90	29.35
335	10.8	45.8	3:18.8	55.7	1.28	4.30	7.56	27.67
309	10.9	46.4	3:21.0	56.2	1,25	4.20	7.23	25.99
284	11.0	46.9	3:23.2	56.8	1,22	4.09	6.91	24.37
260	11.1	47.4	3:25.3	57.3	1.20	3.99	6.60	22.82
237	11.2	47.9	3:27.4	57.8	1.17	3.90	6.30	21.33
214	11.3	48.4	3:29.6	58.4	1.15	3.80	6.01	19.84
192	11.4	49.0	3:31.8	58.9	1.12	3.71	5.73	18.42
171	11.5	49.5	3:33.9	59.4	1.10	3.62	5.46	17.06
151	11.6	50.0	3:35.9	58.9	1.08	3.54	5.21	15.77
131	11.7	50.5	3:38.0	1:00.4	1.96	3.45	4.95	14.48
112	11.8	51.1	3:40.1	1:01.0	1.03	3.37	4.71	13.25
94	11.9	51.6	3:42.1	1:01.4	1.01	3.29	4.49	12.08
77	12.0	52.1	3:44.1	1:01.9	0.99	3.22	4.27	10.98
60	12.1	52.6	3:46.1	1:02.4	0.98	3.14	4.06	9.89
45	12.2	53.1	3:48.0	1.02.9	0.96	3.08	3.87	8.92
30	12.3	53.7	3:49.9	1.03.4	0.94	3.01	3.68	7.95
15	12.4	54.2	3:51.8	1:03.8	0.93	2.95	3.49	6.98
2	12.5	54,7	3:53.4	1:04.2	0.92	2.89	3.33	6.13

I punteggi di riferimento sono quelli dei metri 80.

Le prestazioni delle altre specialità sono allineate con arrotondamento per difetto e solo casualmente corrispondono al punteggio in ordinata.

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TABELLE DI PUNTEGGIO SEMPLIFICATE COMPARATE

ALLIEVE

PUNTI	100	400	1000	100 Hs	1-2-3-400	ALTO	LUNGO	TRIPLO	PESO	DISCO
1285	10.3	47.8	2:42.3	11.7	2:00.5	2.08	7.44	15.43	22.20	74.75
1256	10.4	48.3	2:43.8	11.8	2:01.5	2.06	7.30	15.29	21.47	71.58
1228	10.5	48.8	2:45.3	11.9	2:02.4	2.04	7.17	15.15	20.78	68.91
1201	10.6	49.3	2:46.8	12.0	2:03.4	2.02	7.05	15.01	20.14	66.57
1174	10.7	49.9	2:48.2	12.1	2:04.4	2.00	6.94	14.86	19.51	64.40
1148	10.8	50.4	2:49.6	12.2	2:05.4	1.98	6.83	14.71	18.93	62.45
1123	10.9	50.9	2:51.0	12.3	2:06.5	1.96	6.72	14.57	18.39	60.66
1098	11.0	51.5	2:52.4	12.4	2:07.6	1.94	6.62	14.41	17.86	58.95
1074	11.1	52.0	2:53.7	12.6	2:08.7	1.92	6.53	14.26	17.36	57.38
1051	11.2	52.5	2:55.0	12.7	2:09.8	1.90	6.44	14.11	16.90	55.91
1028	11.3	53.1	2:56.4	12.8	2:11.0	1.87	6.35	13.95	16.45	54.49
1006	11.4	53.6	2:57.6	13.0	2:12.3	1.85	6.27	13.79	16.03	53.17
984	11.5	54.1	2:58.9	13.2	2:13.6	1.83	6.19	13.62	15.62	51.88
963	11.6	54.7	3:00.2	13.4	2:14.8	1.81	6.11	13.47	15.23	50.66
942	11.7	55.2	3:01.4	13.5	2:16.1	1.79	6.03	13.31	14.86	49.45
921	11.8	55.7	3:02.7	13.7	2:17.4	1.76	5.95	13.16	14.49	48.26
900	11.9	56.3	3:04.0	13.9	2:18.7	1.74	5.88	13.00	14.13	47.09
879	12.0	56.8	3:05.5	14.1	2:20.0	1.72	5.80	12.85	13.78	45.93
859	12.1	57.3	3:07.1	14.3	2:21.2	1.70	5.72	12.70	13.45	44.83
839	12.2	57.8	3:08.6	14.4	2:22.5	1.68	5.65	12.56	13.13	43.75
819	12.3	58.4	3:10.1	14.6	2:23.8	1.66	5.58	12.42	12.81	42.68
799	12.4	58.9	3:11.7	14.8	2:25.0	1.64	5.50	12.27	12.50	41.62
780	12.5	59.4	3:13.2	15.0	2:26.3	1.62	5.43	12.14	12.21	40.62
760	12.6	1:00.0	3:14.8	15.1	2:27.6	1.56	5.36	12.00	11.91	39.58
741	12.7	1:00.5	3:16.3	15.3	2:28.8	1.57	5.29	11.86	11.62	38.60
722	12.8	1:01.0	3:17.8	15.5	2:30.1	1.55	5.21	11.73	11.35	37.63
703	12.9	1:01.5	3:19.4	15.7	2:31.3	1.53	5.14	11.59	11.07	36.67
685	13.0	1:02.0	3:20.9	15.9	2:32.5	1.52	5.08	11.47	10.81	35.77
666	13.1	1:02.6	3:22.5	16.0	2:33.8	1.50	5.01	11.34	10.55	34.82
648	13.2	1:03.1	3:24.0	16.2	2:35.1	1.48	4.94	11.21	10.30	33.93
630	13.3	1:03.6	3:25.5	16.4	2:36.3	1.46	4.87	11.09	10.05	33.05
613	13.4	1:04.1	3:27.0	16.6	2:37.5	1.44	4.81	10.97	9.82	32.22
595	13.5	1:04.6	3:28.6	16.7	2:38.8	1.42	4.74	10.85	9.58	31.35
578	13.6	1:05.1	3:30.1	16.9	2:40.0	1.40	4.68	10.73	9.35	30.54
561	13.7	1:05.6	3:31.6	17.1	2:41.2	1.39	4.62	10.62	9.13	29.73
544	13.8	1:06.1	3:33.2	17.3	2:42.4	1.37	4.55	10.50	8.90	28.93
527	13.9	1:06.6	3:34.7	17.4	2:43.6	1.35	4.49	10.39	8.68	28.13
510	14.0	1:07.1	3:36.3	17.6	2:44.9	1.33	4.43	10.27	8.47	27.34
494	14.1	1:07.6	3:37.8	17.8	2:46.1	1.31	4.37	10.16	8.26	26.60
478	14.2	1:08.1	3:39.4	18.0	2:47.3	1.30	4.31	10.06	8.06	25.86
462	14.3	1:08.6	3:40.9	18.2	2:48.5	1.28	4.25	9.95	7.86	25.13
446	14.4	1:09.1	3:42.5	18.3	2:49.7	1.26	4.19	9.84	7.67	24.40
431	14.5	1:09.6	3:44.0	18.5	2:50.8	1.25	4.13	9.74	7.48	23.72
415	14.6	1:10.1	3:45.6	18.7	2:52.1	1.23	4.07	9.64	7.29	23.00
400	14.7	1:10.6	3:47.1	18.9	2:53.2	1.22	4.02	9.54	7.11	22.33
385	14.8	1:11.1	3:48.7	19.0	2:54.5	1.20	3.96	9.44	6.93	21.66
371	14.9	1:11.6	3:50.1	19.2	2:55.5	1.19	3.91	9.35	6.76	21.04
356	15.0	1:12.1	3:51.7	19.4	2:56.7	1.17	3.85	9.25	6.59	20.38
342	15.1	1:12.5	3:53.2	19.5	2:57.9	1.16	3.80	9.16	6.42	19.77
328	15.2	1:13.1	3:54.8	19.7	2:59.0	1.14	3.75	9.07	6.26	19.16
314	15.3	1:13.5	3:56.3	19.9	3:00.2	1.13	3.70	8.98	6.10	18.55
300	15.4	1:14.0	3:57.9	20.1	3:01.3	1.11	3.64	8.89	5.94	17.95
286	15.5	1:14.5	3:59.5	20.2	3:02.5	1.10	3.59	8.80	5.78	17.34
273	15.6	1:14.9	4:01.1	20.4	3:03.6	1.08	3.54	8.71	5.63	16.79

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TABELLE DI PUNTEGGIO SEMPLIFICATE COMPARATE**

ALLIEVE

PUNTI	100	400	1000	100 Hs	1-2-3-400	ALTO	LUNGO	TRIPLO	PESO	DISCO
260	15.7	1:15.4	4:02.5	20.6	3:04.7	1.07	3.50	8.63	5.48	16.23
247	15.8	1:15.9	4:04.1	20.8	3:05.9	1.06	3.45	8.55	5.34	15.68
234	15.9	1:16.3	4:05.7	20.9	3:07.0	1.04	3.40	8.46	5.19	15.13
222	16.0	1:16.8	4:07.2	21.1	3:08.1	1.03	3.35	8.39	5.06	14.63
210	16.1	1:17.2	4:08.7	21.3	3:09.1	1.02	3.31	8.31	4.93	14.12
197	16.2	1:17.7	4:10.3	21.5	3:10.3	1.00	3.26	8.23	4.78	13.58
186	16.3	1:18.1	4:11.8	21.6	3:11.3	0.99	3.22	8.16	4.66	13.12
174	16.4	1:18.6	4:13.4	21.8	3:12.4	0.98	3.18	8.08	4.53	12.62
162	16.5	1:19.1	4:15.0	22.0	3:13.5	0.97	3.13	8.01	4.40	12.13
151	16.6	1:19.5	4:16.5	22.1	3:14.6	0.95	3.09	7.94	4.28	11.68
140	16.7	1:19.9	4:18.0	22.3	3:15.6	0.94	3.05	7.87	4.16	11.22
129	16.8	1:20.4	4:19.6	22.5	3:16.7	0.93	3.01	7.80	4.05	10.77
118	16.9	1:20.8	4:21.2	22.6	3:17.7	0.92	2.97	7.73	3.93	10.33
108	17.0	1:21.2	4:22.7	22.8	3:18.7	0.91	2.93	7.67	3.82	9.92
98	17.1	1:21.6	4:24.2	23.0	3:19.7	0.90	2.89	7.61	3.72	9.51
88	17.2	1:22.0	4:25.8	23.1	3:20.7	0.89	2.86	7.54	3.61	9.11
78	17.3	1:22.4	4:27.3	23.3	3:21.7	0.88	2.82	7.48	3.51	8.71
68	17.4	1:22.9	4:28.9	23.5	3:22.7	0.87	2.78	7.42	3.40	8.31
59	17.5	1:23.2	4:30.4	23.6	3:23.6	0.86	2.75	7.36	3.31	7.95
49	17.6	1:23.7	4:32.1	23.8	3:24.7	0.85	2.71	7.30	3.21	7.55
40	17.7	1:24.1	4:33.7	24.0	3:25.6	0.84	2.68	7.25	3.11	7.19
31	17.8	1:24.5	4:35.3	24.1	3:26.6	0.83	2.64	7.19	3.02	6.83
23	17.9	1:24.8	4:36.7	24.3	3:27.4	0.82	2.61	7.14	2.94	6.51
14	18.0	1:25.2	4:38.4	24.4	3:28.4	0.81	2.58	7.09	2.85	6.16
6	18.1	1:25.6	4:39.9	24.6	3:29.3	-	2.54	7.06	2.77	5.84

I punteggi di riferimento sono quelli dei metri 100.

Le prestazioni delle altre specialità sono allineate con arrotondamento per difetto e solo casualmente corrispondono al punteggio in ordinata.

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TABELLE DI PUNTEGGIO SEMPLIFICATE COMPARATE**

ALLIEVI

PUNTI	100	400	1000	110 Hs	1-2-3-400	ALTO	LUNGO	TRIPLO	PESO	DISCO
1250	9.6	43.6	2:12.8	12.1	1:47.7	2.42	8.79	18.02	25.68	79.52
1185	9.7	44.2	2:13.9	12.3	1:48.7	2.38	8.57	17.63	24.49	76.11
1128	9.8	44.9	2:15.1	12.4	1:49.7	2.34	8.36	17.25	23.36	72.84
1080	9.9	45.5	2:16.4	12.6	1:50.7	2.30	8.15	16.88	22.33	69.88
1039	10.0	46.0	2:17.7	12.7	1:51.8	2.26	7.95	16.54	21.41	67.19
1005	10.1	46.5	2:19.2	12.9	1:53.1	2.22	7.76	16.22	20.62	64.86
977	10.2	47.0	2:21.0	13.2	1:54.5	2.18	7.60	15.95	19.97	62.90
948	10.3	47.5	2:22.9	13.4	1:56.0	2.14	7.43	15.66	19.33	60.92
920	10.4	47.9	2:24.7	13.7	1:57.5	2.10	7.27	15.39	18.73	59.05
893	10.5	48.4	2:26.5	13.9	1:58.9	2.06	7.12	15.12	18.18	57.28
866	10.6	48.8	2:28.3	14.1	2:00.3	2.02	6.97	14.66	17.64	55.55
839	10.7	49.3	2:30.2	14.4	2:01.8	1.99	6.82	14.60	17.12	53.84
813	10.8	49.8	2:32.0	14.6	2:03.2	1.95	6.68	14.35	16.63	52.23
787	10.9	50.2	2:33.8	14.8	2:04.7	1.91	6.55	14.10	16.16	50.64
761	11.0	50.7	2:35.7	15.1	2:06.1	1.88	6.41	13.86	15.69	49.08
736	11.1	51.2	2:37.5	15.3	2:07.5	1.84	6.28	13.62	15.26	47.61
711	11.2	51.7	2:39.4	15.5	2:09.0	1.81	6.15	13.39	14.83	46.15
686	11.3	52.1	2:41.2	15.8	2:10.4	1.78	6.03	13.16	14.42	44.71
662	11.4	52.6	2:43.1	16.0	2:11.9	1.74	5.91	12.94	14.03	43.35
638	11.5	53.1	2:44.9	16.3	2:13.2	1.71	5.79	12.71	13.64	42.01
614	11.6	53.6	2:46.8	16.5	2:14.7	1.68	5.67	12.49	13.26	40.68
591	11.7	54.0	2:48.6	16.7	2:16.1	1.65	5.56	12.29	12.91	39.43
569	11.8	54.6	2:50.4	17.0	2:17.4	1.62	5.45	12.09	12.57	38.24
546	11.9	55.0	2:52.3	17.2	2:18.8	1.59	5.35	11.88	12.23	37.01
524	12.0	55.5	2:54.1	17.4	2:20.2	1.56	5.23	11.68	11.90	35.85
502	12.1	56.0	2:56.0	17.7	2:21.6	1.53	5.14	11.48	11.58	34.69
481	12.2	56.4	2:57.8	17.9	2:23.0	1.50	5.04	11.30	11.28	33.61
460	12.3	56.9	2:59.7	18.2	2:24.3	1.48	4.95	11.11	10.98	32.53
440	12.4	57.4	3:01.5	18.4	2:25.6	1.45	4.86	10.93	10.70	31.51
420	12.5	57.9	3:03.3	18.6	2:27.0	1.43	4.76	10.76	10.43	30.50
400	12.6	58.4	3:05.1	18.9	2:28.3	1.40	4.68	10.58	10.15	29.50
380	12.7	58.9	3:07.0	19.1	2:29.7	1.37	4.59	10.41	9.88	28.51
361	12.8	59.4	3:08.9	19.4	2:31.0	1.35	4.50	10.24	9.63	27.57
342	12.9	59.9	3:10.7	19.6	2:32.3	1.33	4.42	10.08	9.38	26.65
324	13.0	1:00.4	3:12.5	19.8	2:33.6	1.30	4.34	9.92	9.14	25.77
306	13.1	1:00.9	3:14.4	20.1	2:34.9	1.28	4.26	9.77	8.90	24.91
289	13.2	1:01.4	3:16.2	20.3	2:36.1	1.26	4.19	9.62	8.69	24.09
271	13.3	1:02.0	3:18.1	20.5	2:37.4	1.24	4.11	9.47	8.46	23.24
254	13.4	1:02.5	3:19.9	20.8	2:38.7	1.22	4.04	9.32	8.24	22.44
238	13.5	1:03.0	3:21.7	21.0	2:39.9	1.20	3.97	9.18	8.04	21.69
222	13.6	1:03.5	3:23.5	21.3	2:41.1	1.18	3.90	9.05	7.84	20.94
206	13.7	1:04.1	3:25.4	21.5	2:42.3	1.16	3.84	8.91	7.64	20.20
191	13.8	1:04.6	3:27.2	21.7	2:43.5	1.14	3.77	8.79	7.46	19.51
175	13.9	1:05.2	3:29.2	22.0	2:44.8	1.12	3.71	8.65	7.26	18.77
161	14.0	1:05.7	3:30.9	22.2	2:45.9	1.10	3.65	8.53	7.09	18.14
146	14.1	1:06.3	3:32.9	22.5	2:47.1	1.08	3.59	8.41	6.91	17.45
133	14.2	1:06.8	3:34.6	22.7	2:48.2	1.07	3.53	8.30	6.75	16.87
119	14.3	1:07.4	3:36.5	22.9	2:49.4	1.05	3.48	8.18	6.59	16.24
106	14.4	1:08.0	3:38.3	23.2	2:50.4	1.03	3.42	8.08	6.43	15.66
93	14.5	1:08.7	3:40.1	23.4	2:51.6	1.02	3.37	7.97	6.28	15.08
80	14.6	1:09.3	3:42.1	23.7	2:52.7	1.00	3.32	7.86	6.13	14.50
68	14.7	1:10.0	3:43.9	23.9	2:53.7	0.99	3.27	7.76	5.99	13.97
57	14.8	1:10.6	3:45.6	24.1	2:54.7	0.97	3.23	7.67	5.86	13.49
45	14.9	1:11.4	3:47.6	24.4	2:55.8	0.96	3.18	7.57	5.72	12.96
34	15.0	1:12.2	3:49.4	24.6	2:56.8	0.95	3.13	7.48	5.59	12.48
24	15.1	1:13.0	3:51.1	24.8	2:57.7	0.93	3.09	7.40	5.48	12.4
13	15.2	1:14.0	3:53.1	15.1	2:58.7	0.92	3.05	7.31	5.35	11.57
3	15.3	1:15.1	3:55.0	25.3	2:59.7	-	3.01	7.23	5.24	11.13

I punteggi di riferimento sono quelli dei metri 100.

Le prestazioni delle altre specialità sono allineate con arrotondamento per difetto e solo casualmente corrispondono al punteggio in ordinata.