Разрядные требования для лиц с ПОДА

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| класс | Масса  ядра | МС | КМС | I | II | III | Iю | IIю | IIIю |
| Толкание ядра | | | | | | | | | |
| ЖЕНЩИНЫ | | | | | | | | | |
| Ф32 | 2.0 | 4.80 | 4.30 | 4.00 | 3.70 | 340 | 310 | 280 | 260 |
| Ф33 | 3.0 | 5.00 | 4.50 | 4.00 | 3.50 | 3.00 | 2.70 | 2.40 | 2.10 |
| Ф34 | 3.0 | 6.70 | 6.00 | 5.60 | 5.20 | 4.80 |  |  |  |
| Ф35 | 3.0 | 7.20 | 6.50 | 6.00 | 5.50 | 5.00 |  |  |  |
| Ф36 | 3.0 | 7.00 | 5.30 | 5.70 | 5.20 | 4.70 |  |  |  |
| Ф37 | 3.0 | 8.50 | 7.70 | 7.10 | 6.50 | 5.90 |  |  |  |
| Ф38 | 3.0 | 8.30 | 7.50 | 6.90 | 6.30 | 5.70 |  |  |  |
| Ф40 | 3.0 | 6.50 | 5.80 | 5.10 | 4.60 | 4.10 |  |  |  |
| Ф41 | 3.0 | 6.80 | 6.10 | 5.40 | 5.00 | 4.40 |  |  |  |
| Ф42 | 4.0 | 7.00 | 6.30 | 5.90 | 5.50 | 5.10 |  |  |  |
| Ф44 | 4.0 | 8.50 | 7.80 | 7.30 | 6.90 | 6.50 |  |  |  |
| Ф46 | 4.0 | 9.00 | 8.20 | 7.70 | 7.20 | 6.70 |  |  |  |
| Ф47 | 4.0 | 9.20 | 8.40 | 7.90 | 7.40 | 6.90 |  |  |  |
| Ф52 | 2.0 | 3.20 | 2.90 | 2.60 | 2.30 | 2.00 | 1.80 | 1.60 | 1.40 |
| Ф53 | 3.0 | 4.10 | 3.70 | 3.50 | 3.30 | 3.10 |  |  |  |
| Ф54 | 3.0 | 5.50 | 5.00 | 4.70 | 4.40 | 4.10 |  |  |  |
| Ф55 | 3.0 | 6.60 | 5.50 | 5.00 | 4.50 | 4.00 |  |  |  |
| Ф56 | 3.0 | 7.30 | 6.60 | 6.20 | 5.80 | 5.40 |  |  |  |
| Ф57 | 3.0 | 8.10 | 7.40 | 7.00 | 6.50 | 6.00 |  |  |  |
| Ф58 | 4.0 | 8.50 | 7.80 | 7.30 | 6.80 | 6.30 |  |  |  |
| МУЖЧИНЫ | | | | | | | | | |
| Ф32 | 2.0 | 7.00 | 6.20 | 5.60 | 5.20 | 4.80 | 4.40 | 4.00 | 3.60 |
| Ф33 | 3.0 | 7.80 | 7.00 | 6.50 | 6.00 | 5.50 | 5.10 | 4.70 | 4.30 |
| Ф34 | 4.0 | 10.00 | 8.50 | 7.80 | 7.10 | 6.50 |  |  |  |
| Ф35 | 4.0 | 10.50 | 9.40 | 8.90 | 8.40 | 7.70 |  |  |  |
| Ф36 | 4.0 | 10.40 | 9.40 | 8.80 | 8.30 | 7.70 |  |  |  |
| Ф37 | 5.0 | 11.50 | 10.50 | 9.80 | 9.10 | 8.40 |  |  |  |
| Ф38 | 5.0 | 11.00 | 10.00 | 9.30 | 8.60 | 7.90 |  |  |  |
| Ф40 | 4.0 | 8.50 | 7.70 | 7.00 | 6.50 | 6.00 |  |  |  |
| Ф41 | 4.0 | 9.00 | 8.50 | 7.50 | 7.00 | 6.50 |  |  |  |
| Ф42 | 6.0 | 11.50 | 10.50 | 9.90 | 9.20 | 8.60 |  |  |  |
| Ф44 | 6.0 | 13.00 | 12.00 | 11.30 | 10.60 | 9.80 |  |  |  |
| Ф46 | 6.0 | 13.20 | 12.20 | 11.50 | 10.70 | 10.00 |  |  |  |
| Ф47 | 6.0 | 13.40 | 12.40 | 11.70 | 10.90 | 10.20 |  |  |  |
| Ф52 | 2.0 | 7.50 | 6.90 | 6.40 | 5.90 | 5.40 | 4.90 | 4.40 | 3.90 |
| Ф53 | 3.0 | 7.00 | 6.50 | 6.10 | 5.70 | 5.30 | 4.90 | 4.50 | 4.20 |
| Ф54 | 4.0 | 8.20 | 7.70 | 7.30 | 6.70 | 6.20 |  |  |  |
| Ф55 | 4.0 | 9.50 | 8.50 | 8.00 | 7.50 | 7.00 |  |  |  |
| Ф56 | 4.0 | 10.00 | 9.00 | 8.50 | 7.90 | 7.40 |  |  |  |
| Ф57 | 4.0 | 11.50 | 10.50 | 9.90 | 9.20 | 8.60 | 8.00 | 7.40 | 6.70 |
| Ф58 | 5.0 | 13.00 | 11.80 | 11.10 | 10.40 | 9.70 | 9.00 | 8.30 | 7.60 |
| Прыжки в высоту | | | | | | | | | |
| МУЖЧИНЫ | | | | | | | | | |
| Ф42 | М | 160 | 145 | 130 | 115 | 100 | 90 | 80 | 70 |
| Ф44 | М | 170 | 150 | 130 | 125 | 115 | 105 | 95 | 80 |
| Ф46 | М | 175 | 150 | 140 | 130 | 120 | 100 | 90 | 80 |
| Ф47 | М | 177 | 152 | 142 | 132 | 122 | 112 | 102 | 92 |
| ЖЕНЩИНЫ | | | | | | | | | |
| Ф46 | Ж | 150 | 140 | 130 | 120 | 110 | 90 | 80 | 70 |
| Ф47 | Ж | 152 | 142 | 132 | 122 | 112 | 102 | 92 | 82 |