

## FYDT KONULARI DEĞERLENDİRME TABLOLARI

## 1. MEKİK TESTİ DEĞERLENDİRME TABLOSU:

YAŞ VE CİNSİYETE GÖRE MEKİK TESTİ DEĞERLENDİRME TABLOSU														
YAŞ GRP	17 - 25		26 - 30		31 - 35		36 - 39		40-44		45-49		50 +	
TEKRAR SAY.	E	K	E	K	E	K	E	K	E	K	E	K	E	K
65	100													
64	98													
63	96													
62	94													
61	92													
60	90		100											
59	88		98											
58	86		96											
57	84		94											
56	82		92											
55	80	100	90		100									
54	78	97	88		98									
53	76	94	86		96									
52	74	91	84		94									
51	72	88	82		92									
50	70	85	80	100	90		100							
49	68	82	78	97	88		98							
48	66	79	76	94	86		96							
47	64	76	74	91	84		94							
46	62	73	72	88	82		92							
45	60	70	70	85	80	100	90		100					
44	58	68	68	82	78	97	88		98					
43	56	66	66	79	76	94	86		96					
42	54	64	64	76	74	91	84		94					
41	52	62	62	73	72	88	82		92					
40	50	60	60	70	70	85	80	100	90		100			
39		58	58	68	68	82	78	97	88		98			
38		56	56	66	66	79	76	94	86		96			

YAŞ VE CİNSİYETE GÖRE MEKİK TESTİ DEĞERLENDİRME TABLOSU														
YAŞ GRP	17 - 25		26 - 30		31- 35		36 - 39		40-44		45-49		50 +	
TEKRAR SAY.	E	K	E	K	E	K	E	K	E	K	E	K	E	K
37		54	54	64	64	76	74	91	84		94			
36		52	52	62	62	73	72	88	82		92			
35		50	50	60	60	70	70	85	80	100	90		100	
34				58	58	68	68	82	78	97	88		98	
33				56	56	66	66	79	76	94	86		96	
32				54	54	64	64	76	74	91	84		94	
31				52	52	62	62	73	72	88	82		92	
30				50	50	60	60	70	70	85	80	100	90	
29						58	58	68	68	82	78	97	88	
28						56	56	66	66	79	76	94	86	
27						54	54	64	64	76	74	91	84	
26						52	52	62	62	73	72	88	82	
25						50	50	60	60	70	70	85	80	100
24								58	58	68	68	82	78	97
23								56	56	66	66	79	76	94
22								54	54	64	64	76	74	91
21								52	52	62	62	73	72	88
20								50	50	60	60	70	70	85
19										58	58	68	68	82
18										56	56	66	66	79
17										54	54	64	64	76

16										52	52	62	62	73
15										50	50	60	60	70
14												58	58	68
13												56	56	66
12												54	54	64
11												52	52	62
10												50	50	60
9														58
8														56
7														54
6														52
5														50

## 2. ŞINAV TESTİ DEĞERLENDİRME TABLOSU:

YAŞ VE CİNSİYETE GÖRE ŞINAV TESTİ DEĞERLENDİRME TABLOSU														
YAŞ GRP	17 - 25		26 - 30		31 - 35		36 - 39		40-44		45-49		50 +	
TEKRAR SAY.	E	K	E	K	E	K	E	K	E	K	E	K	E	K
60	100													
59	98													
58	96													
57	94													
56	92													
55	90		100											
54	88		98											
53	86		96											
52	84		94											
51	82		92											
50	80		90		100									
49	78		88		98									
48	76		86		96									
47	74		84		94									
46	72		82		92									
45	70		80		90		100							
44	68		78		88		98							
43	66		76		86		96							
42	64		74		84		94							
41	62		72		82		92							
40	60		70		80		90		100					
39	58		68		78		88		97					

38	56		66		76		86		94				
37	54		64		74		84		91				
36	52		62		72		82		88				
35	50		60		70		80		85		100		
34			58		68		78		82		97		
33			56		66		76		80		94		
32			54		64		74		78		91		
31			52		62		72		76		88		
30			50		60		70		74		85		100

## YAŞ VE CİNSİYETE GÖRE ŞINAV TESTİ DEĞERLENDİRME TABLOSU

YAŞ GRP	17 - 25		26 - 30		31 - 35		36 - 39		40-44		45-49		50 +	
	E	K	E	K	E	K	E	K	E	K	E	K	E	K
29					58		68		72		82		97	
28					56		66		70		79		94	
27		100			54		64		68		76		91	
26		95			52		62		66		73		88	
25		90		100	50		60		64		70		85	
24		85		95			58		62		68		82	
23		80		90		100	56		60		66		79	
22		75		85		95	54		58		64		76	
21		70		80		90	52	100	56		62		73	
20		65		75		85	50	95	54		60		70	
19		60		70		80		90	52	100	58		68	
18		55		65		75		85	50	95	56		66	
17		50		60		70		80		90	54	100	64	
16				55		65		75		85	52	95	62	
15				50		60		70		80	50	90	60	100
14						55		65		75		85	58	95
13						50		60		70		80	56	90
12								55		65		75	54	85
11								50		60		70	52	80
10										55		65	50	75
9										50		60		70
8												55		65
7												50		60
6														55



13.40-13.44	13:40	74	86	98				
13.45-13.49	13:45	73	85	97				
13.50-13.54	13:50	72	84	96				
13.55-13.59	13:55	71	83	95				
14.00-14.04	14:00	70	82	94				
14.05-14.09	14:05	69	81	93				
14.10-14.14	14:10	68	80	92				
14.15-14.19	14:15	67	79	91				
14.20-14.24	14:20	66	78	90				
14.25-14.29	14:25	65	77	89				
14.30-14.34	14:30	64	76	88	100			
14.35-14.39	14:35	63	75	87	99			
14.40-14.44	14:40	62	74	86	98			
14.45-14.49	14:45	61	73	85	97			
14.50-14.54	14:50	60	72	84	96			

3000 METRE KOŞU TESTİ ERKEK DEĞERLENDİRME TABLOSU (TABLO-2)								
	YAŞ GRP	17 - 25	26 - 30	31 - 35	36-39	40 - 44	45 - 49	50 +
	SÜRE (DK SN)	E	E	E	E	E	E	E
14.55-14.59	14:55	59	71	83	95			
15.00-15.04	15:00	58	70	82	94			
15.05-15.09	15:05	57	69	81	93			
15.10-15.14	15:10	56	68	80	92			
15.15-15.19	15:15	55	67	79	91			
15.20-15.24	15:20	54	66	78	90			
15.25-15.29	15:25	53	65	77	89			
15.30-15.34	15:30	52	64	76	88			
15.35-15.39	15:35	51	63	75	87			
15.40-15.44	15:40	50	62	74	86			
15.45-15.49	15:45	0	61	73	85			
15.50-15.54	15:50		60	72	84			
15.55-15.59	15:55		59	71	83			
16.00-16.04	16:00		58	70	82			
16.05-16.09	16:05		57	69	81			
16.10-16.14	16:10		56	68	80			
16.15-16.19	16:15		55	67	79			
16.20-16.24	16:20		54	66	78			
16.25-16.29	16:25		53	65	77			
16.30-16.34	16:30		52	64	76	100		
16.35-16.39	16:35		51	63	75	99		
16.40-16.44	16:40		50	62	74	98		
16.45-16.49	16:45		0	61	73	97		
16.50-16.54	16:50			60	72	96		
16.55-16.59	16:55			59	71	95		
17.00-17.04	17:00			58	70	94		
17.05-17.09	17:05			57	69	93		
17.10-17.14	17:10			56	68	92		
17.15-17.19	17:15			55	67	91		

17.20-17.24	17:20			54	66	90		
17.25-17.29	17:25			53	65	89		
17.30-17.34	17:30			52	64	88		
17.35-17.39	17:35			51	63	87		
17.40-17.44	17:40			50	62	86		
17.45-17.49	17:45				61	85		
17.50-17.54	17:50				60	84		
17.55-17.59	17:55				59	83		
18.00-18.04	18:00			0	58	82	100	
18.05-18.09	18:05				57	81	99	
18.10-18.14	18:10				56	80	98	
18.15-18.19	18:15				55	79	97	
18.20-18.24	18:20				54	78	96	

3000 METRE KOŞU TESTİ ERKEK DEĞERLENDİRME TABLOSU (TABLO-3)								
	YAŞ GRP	17 - 25	26 - 30	31 - 35	36-39	40 - 44	45 - 49	50 +
	SÜRE (DK SN)	E	E	E	E	E	E	
18.25-18.29	18:25		0		53	77	95	
18.30-18.34	18:30				52	76	94	
18.35-18.39	18:35				51	75	93	
18.40-18.44	18:40				50	74	92	
18.45-18.49	18:45				0	73	91	
18.50-18.54	18:50					72	90	
18.55-18.59	18:55					71	89	
19.00-19.04	19:00					70	88	
19.05-19.09	19:05					69	87	
19.10-19.14	19:10					68	86	
19.15-19.19	19:15					67	85	
19.20-19.24	19:20					66	84	
19.25-19.29	19:25					65	83	
19.30-19.34	19:30					64	82	
19.35-19.39	19:35					63	81	
19.40-19.44	19:40					62	80	
19.45-19.49	19:45					61	79	
19.50-19.54	19:50					60	78	
19.55-19.59	19:55					59	77	
20.00-20.04	20:00					58	76	
20.05-20.09	20:05					57	75	
20.10-20.14	20:10					56	74	
20.15-20.19	20:15					55	73	
20.20-20.24	20:20					54	72	
20.25-20.29	20:25					53	71	
20.30-20.34	20:30					52	70	
20.35-20.39	20:35					51	69	
20.40-20.44	20:40					50	68	
20.45-20.49	20:45					0	67	
20.50-20.54	20:50						66	
20.55-20.59	20:55						65	

21.00-21.04	21:00				64
21.05-21.09	21:05				63
21.10-21.14	21:10				62
21.15-21.19	21:15				61
21.20-21.24	21:20				60
21.25-21.29	21:25				59
21.30-21.34	21:30				58
21.35-21.39	21:35				57
21.40-21.44	21:40				56
21.45-21.49	21:45				55
21.50-21.54	21:50				54

3000 METRE KOŞU TESTİ ERKEK DEĞERLENDİRME TABLOSU (TABLO-4)								
	YAŞ GRP	17 - 25	26 - 30	31 - 35	36-39	40 - 44	45 - 49	50 +
	SÜRE (DK SN)	E	E	E	E	E	E	E
21.55-21.59	21:55			0			53	
22.00-22.04	22:00						52	100
22.05-22.09	22:05						51	99
22.10-22.14	22:10						50	98
22.15-22.19	22:15						0	97
22.20-22.24	22:20							96
22.25-22.29	22:25							95
22.30-22.34	22:30							94
22.35-22.39	22:35							93
22.40-22.44	22:40							92
22.45-22.49	22:45							91
22.50-22.54	22:50							90
22.55-22.59	22:55							89
13.00-23.04	23:00							88
23.05-23.09	23:05							87
23.10-23.14	23:10							86
23.15-23.19	23:15							85
23.20-23.24	23:20							84
23.25-23.29	23:25							83
23.30-23.34	23:30							82
23.35-23.39	23:35							81
23.40-23.44	23:40							80
23.45-23.49	23:45							79
23.50-23.54	23:50							78
23.55-23.59	23:55							77
24.00-24.04	24:00							76
24.05-24.09	24:05							75
24.10-24.14	24:10							74
24.15-24.19	24:15							73
24.20-24.24	24:20							72
24.25-24.29	24:25							71
24.30-24.34	24:30							70



24.35-24.39	24:35		69
24.40-24.44	24:40		68
24.45-24.49	24:45		67
24.50-24.54	24:50		66
24.55-24.59	24:55		65
25.00-25.04	25:00		64
25.05-25.09	25:05		63
25.10-25.14	25:10		62
25.15-25.19	25:15		61
25.20-25.24	25:20		60

3000 METRE KOŞU TESTİ ERKEK DEĞERLENDİRME TABLOSU (TABLO-5)								
	YAŞ GRP	17 - 25	26 - 30	31 - 35	36-39	40 - 44	45 - 49	50 +
	SÜRE (DK SN)	E	E	E	E	E	E	E
25.25-25.29	25:25							59
25.30-25.34	25:30							58
25.35-25.39	25:35							57
25.40-25.44	25:40							56
25.45-25.49	25:45							55
25.50-25.54	25:50			0				54
25.55-25.59	25:55							53
26.00-26.04	26:00							52
26.05-26.09	26:05							51
26.10-26.14	26:10							50

En son 26.10-26.14 şeklinde bitecek.

## b. Bayanlar 3000 metre koşu testi erkek değerlendirme tablosu:

3000 METRE KOŞU TESTİ BAYAN DEĞERLENDİRME TABLOSU (TABLO-1)								
	YAŞ GRP	17 - 25	26 - 30	31 - 35	36-39	40 - 44	45 - 49	50 +
	SÜRE (DK SN)	B	B	B	B	B	B	B
05-16.04	16:00	100						
16.05-16.09	16:05	99						
16.10-16.14	16:10	98						
16.15-16.19	16:15	97						
16.20-16.24	16:20	96						
16.25-16.29	16:25	95						
16.30-16.34	16:30	94						
16.35-16.39	16:35	93						
16.40-16.44	16:40	92						
16.45-16.49	16:45	91						
16.50-16.54	16:50	90						
16.55-16.59	16:55	89						
17.00-17.04	17:00	88	100					
17.05-17.09	17:05	87	99					
17.10-17.14	17:10	86	98					
17.15-17.19	17:15	85	97					
17.20-17.24	17:20	84	96					
17.25-17.29	17:25	83	95					
17.30-17.34	17:30	82	94					
17.35-17.39	17:35	81	93					
17.40-17.44	17:40	80	92					
17.45-17.49	17:45	79	91					
17.50-17.54	17:50	78	90					
17.55-17.59	17:55	77	89					
18.00-18.04	18:00	76	88	100				
18.05-18.09	18:05	75	87	99				
18.10-18.14	18:10	74	86	98				
18.15-18.19	18:15	73	85	97				

18.20-18.24	18:20	72	84	96				
18.25-18.29	18:25	71	83	95				
18.30-18.34	18:30	70	82	94				
18.35-18.39	18:35	69	81	93				
18.40-18.44	18:40	68	80	92				
18.45-18.49	18:45	67	79	91				
18.50-18.54	18:50	66	78	90				
18.55-18.59	18:55	65	77	89				
19.00-19.04	19:00	64	76	88	100			
19.05-19.09	19:05	63	75	87	99			
19.10-19.14	19:10	62	74	86	98			
19.15-19.19	19:15	61	73	85	97			
19.20-19.24	19:20	60	72	84	96			

3000 METRE KOŞU TESTİ BAYAN DEĞERLENDİRME TABLOSU (TABLO-2)								
	YAŞ GRP	17 - 25	26 - 30	31 - 35	36-39	40 - 44	45 - 49	50 +
	SÜRE (DK SN)	B	B	B	B	B	B	B
19.25-19.29	19:25	59	71	83	95			
19.30-19.34	19:30	58	70	82	94			
19.35-19.39	19:35	57	69	81	93			
19.40-19.44	19:40	56	68	80	92			
19.45-19.49	19:45	55	67	79	91			
19.50-19.54	19:50	54	66	78	90			
19.55-19.59	19:55	53	65	77	89			
20.00-20.04	20:00	52	64	76	88			
20.05-20.09	20:05	51	63	75	87			
20.10-20.14	20:10	50	62	74	86			
20.15-20.19	20:15	0	61	73	85			
20.20-20.24	20:20		60	72	84			
20.35-20.29	20:25		59	71	83			
20.30-20.34	20:30		58	70	82	100		
20.35-20.39	20:35		57	69	81	99		
20.40-20.44	20:40		56	68	80	98		
20.45-20.49	20:45		55	67	79	97		
20.50-20.54	20:50		54	66	78	96		
20.55-20.59	20:55		53	65	77	95		
21.00-21.04	21:00		52	64	76	94		
21.05-21.09	21:05		51	63	75	93		
21.10-21.14	21:10		50	62	74	92		
21.15-21.19	21:15		0	61	73	91		
21.20-21.24	21:20			60	72	90		
21.25-21.29	21:25			59	71	89		
21.30-21.34	21:30			58	70	88		
21.35-21.39	21:35			57	69	87		
21.40-21.44	21:40			56	68	86		
21.45-21.49	21:45			55	67	85		
21.50-21.54	21:50			54	66	84		
21.55-21.59	21:55			53	65	83		

22.00-22.04	22:00			52	64	82	100	
22.05-22.09	22:05			51	63	81	99	
22.10-22.14	22:10			50	62	80	98	
22.15-22.19	22:15				61	79	97	
22.20-22.24	22:20				60	78	96	
22.25-22.29	22:25				59	77	95	
22.30-22.34	22:30				58	76	94	
22.35-22.39	22:35		0		57	75	93	
22.40-22.44	22:40				56	74	92	
22.45-22.49	22:45				55	73	91	
22.50-22.54	22:50				54	72	90	
22.55-22.59	22:55				53	71	89	

3000 METRE KOŞU TESTİ BAYAN DEĞERLENDİRME TABLOSU (TABLO-3)								
	YAŞ GRP	17 - 25	26 - 30	31 - 35	36-39	40 - 44	45 - 49	50 +
	SÜRE (DK SN)	B	B	B	B	B	B	B
23.00-23.04	23:00		0		52	70	88	
23.05-23.09	23:05				51	69	87	
23.10-23.14	23:10				50	68	86	
23.15-23.19	23:15				0	67	85	
23.20-23.24	23:20					66	84	
23.25-23.29	23:25					65	83	
23.30-23.34	23:30					64	82	
23.35-23.39	23:35					63	81	
23.40-23.44	23:40					62	80	
23.45-23.49	23:45					61	79	
23.50-23.54	23:50					60	78	
23.55-23.59	23:55					59	77	
24.00-24.04	24:00					58	76	
24.05-24.09	24:05					57	75	
24.10-24.14	24:10					56	74	
24.15-24.19	24:15					55	73	
24.20-24.24	24:20					54	72	
24.25-24.29	24:25					53	71	
24.30-24.34	24:30					52	70	100
24.35-24.39	24:35					51	69	99
24.40-24.44	24:40					50	68	98
24.45-24.49	24:45					0	67	97
24.50-24.54	24:50						66	96
24.55-24.59	24:55						65	95
25.00-25.04	25:00						64	94
25.05-25.09	25:05						63	93
25.10-25.14	25:10						62	92
25.15-25.19	25:15						61	91
25.20-25.24	25:20						60	90
25.25-25.29	25:25						59	89
25.30-25.34	25:30						58	88
25.35-25.39	25:35						57	87

25.40-25.44	25:40				56	86
25.45-25.49	25:45				55	85
25.50-25.54	25:50				54	84
25.55-25.59	25:55				53	83
26.00-26.04	26:00				52	82
26.05-26.09	26:05				51	81
26.10-26.14	26:10				50	80
26.15-26.19	26:15					79
26.20-26.24	26:20				0	78
26.25-26.29	26:25					77

3000 METRE KOŞU TESTİ BAYAN DEĞERLENDİRME TABLOSU (TABLO-4)								
	YAŞ GRP	17 - 25	26 - 30	31 - 35	36-39	40 - 44	45 - 49	50 +
	SÜRE (DK SN)	B	B	B	B	B	B	B
26.30-26.34	26:30							76
26.35-26.39	26:35							75
26.40-26.44	26:40							74
26.45-26.49	26:45							73
26.50-26.54	26:50							72
26.55-26.59	26:55							71
27.00-27.04	27:00							70
27.05-27.09	27:05							69
27.10-27.14	27:10							68
27.15-27.19	27:15							67
27.20-27.24	27:20							66
27.25-27.29	27:25							65
27.30-27.34	27:30							64
27.35-27.39	27:35				0			63
27.40-27.44	27:40							62
27.45-27.49	27:45							61
27.50-27.54	27:50							60
27.55-27.59	27:55							59
28.00-28.04	28:00							58
28.05-28.09	28:05							57
28.10-28.14	28:10							56
28.15-28.19	28:15							55
28.20-28.24	28:20							54
28.25-28.29	28:25							53
28.30-28.34	28:30							52
28.35-28.39	28:35							51
28.40-28.44	28:40							50

Not : Koşulan ara derecelerin sonları 5 ve 5'den küçük ise bir üst puana, 5'in üzerinde ise bir alt puana tahvil edilir.

Örnek: 50+ yaş (erkek ve bayan) grubundaki personelin derecesi;  
 26.34 saniye ise personelin alacağı puan 26.30 saniyeye yuvarlanır ve 76 puan,  
 26.36 saniye ise personelin alacağı puan 26.40 saniyeye yuvarlanır ve 74 puan verilir.

#### 4. MEKİK KOŞUSU TESTİ UYGULAMA VE DEĞERLENDİRME ESASLARI:

##### a. Mekik Koşusu Seviyeleri:

SEVİYE	YAPILAN MEKİK KOŞUSU SAYISI															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1	1	2	3	4	5	6	7									
2	8	9	10	11	12	13	14	15								
3	16	17	18	19	20	21	22	23								
4	24	25	26	27	28	29	30	31	32							
5	33	34	35	36	37	38	39	40	41							
6	42	43	44	45	46	47	48	49	50	51						
7	52	53	54	55	56	57	58	59	60	61						
8	62	63	64	65	66	67	68	69	70	71	72					
9	73	74	75	76	77	78	79	80	81	82	83					
10	84	85	86	87	88	89	90	91	92	93	94					
11	95	96	97	98	99	100	101	102	103	104	105	106				
12	107	108	109	110	111	112	113	114	115	116	117	118				
13	119	120	121	122	123	124	125	126	127	128	129	130	131			
14	132	133	134	135	136	137	138	139	140	141	142	143	144			
15	145	146	147	148	149	150	151	152	153	154	155	156	157			

16	158	159	160	161	162	163	164	165	166	167	168	169	170	171		
17	172	173	174	175	176	177	178	179	180	181	182	183	184	185		
18	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	
19	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	
20	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231
21	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247

Açıklama: Her seviyenin hirasında bulunan mekik sayıları personelin koştuđu toplam mekik sayısını göstermektedir. Örnek: Altıncı seviye/sekizinci mekik denildiğinde personel toplam 49 tane mekik koşusu yapmış demektir.

**b. Bayanlar Mekik Koşusu Puan Çizelgesi:**

YAŞ GRUPLARINA GÖRE BAYANLAR MEKİK KOŞUSU DEĞERLENDİRME TABLOSU							
ALINAN PUAN	18-25	26-30	31-35	36-39	40-44	45-49	50+
50	40	37	35	27	24	22	21
51	41	38	36	28	25	23	22
52	42	39	37	29	26	24	23
53	43	40	38	30	27	25	24
54	44	41	39	31	28	26	25
55	45	42	40	32	29	27	26
56	46	43	41	33	30	28	27
57	47	44	42	34	31	29	28
58	48	45	43	35	32	30	29
59	49	46	44	36	33	31	30
60	50	47	45	37	34	32	31
61	51	48	46	38	35	33	32
62	52	49	47	39	36	34	33
63	53	50	48	40	37	35	34
64	54	51	49	41	38	36	35
65	55	52	50	42	39	37	36
66	56	53	51	43	40	38	37
67	57	54	52	44	41	39	38
68	58	55	53	45	42	40	39
69	59	56	54	46	43	41	40
70	60	57	55	47	44	42	41
71	61	58	56	48	45	43	42
72	62	59	57	49	46	44	43

73	63	60	58	50	47	45	44
74	64	61	59	51	48	46	45
75	65	62	60	52	49	47	46
76	66	63	61	53	50	48	47
77	67	64	62	54	51	49	48

YAŞ GRUPLARINA GÖRE BAYANLAR MEKİK KOŞUSU DEĞERLENDİRME TABLOSU							
ALINAN PUAN	18-25	26-30	31-35	36-39	40-44	45-49	50+
78	68	65	63	55	52	50	49
79	69	66	64	56	53	51	50
80	70	67	65	57	54	52	51
81	71	68	66	58	55	53	52
82	72	69	67	59	56	54	53
83	73	70	68	60	57	55	54
84	74	71	69	61	58	56	55
85	75	72	70	62	59	57	56
86	76	73	71	63	60	58	57
87	77	74	72	64	61	59	58
88	78	75	73	65	62	60	59
89	79	76	74	66	63	61	60
90	80	77	75	67	64	62	61
91	81	78	76	68	65	63	62
92	82	79	77	69	66	64	63
93	83	80	78	70	67	65	64
94	84	81	79	71	68	66	65
95	85	82	80	72	69	67	66
96	86	83	81	73	70	68	67
97	87	84	82	74	71	69	68



98	88	85	83	75	72	70	69
99	89	86	84	76	73	71	70
100	90	87	85	77	74	72	71

## c. Erkekler Mekik Koşusu Puan Çizelgesi:

YAŞ GRUPLARINA GÖRE ERKEKLER MEKİK KOŞUSU DEĞERLENDİRME TABLOSU							
ALINAN PUAN	18-25	26-30	31-35	36-39	40-44	45-49	50+
50	55	50	45	41	36	33	30
51	56	51	46	42	37	34	31
52	57	52	47	43	38	35	32
53	58	53	48	44	39	36	33
54	59	54	49	45	40	37	34
55	60	55	50	46	41	38	35
56	61	56	51	47	42	39	36
57	62	57	52	48	43	40	37
58	63	58	53	49	44	41	38
59	64	59	54	50	45	42	39
60	65	60	55	51	46	43	40
61	66	61	56	52	47	44	41
62	67	62	57	53	48	45	42
63	68	63	58	54	49	46	43
64	69	64	59	55	50	47	44
65	70	65	60	56	51	48	45
66	71	66	61	57	52	49	46
67	72	67	62	58	53	50	47
68	73	68	63	59	54	51	48
69	74	69	64	60	55	52	49
70	75	70	65	61	56	53	50
71	76	71	66	62	57	54	51
72	77	72	67	63	58	55	52

73	78	73	68	64	59	56	53
74	79	74	69	65	60	57	54
75	80	75	70	66	61	58	55
76	81	76	71	67	62	59	56
77	82	77	72	68	63	60	57
78	83	78	73	69	64	61	58

YAŞ GRUPLARINA GÖRE ERKEKLER MEKİK KOŞUSU DEĞERLENDİRME TABLOSU							
PUAN	18-25	26-30	31-35	36-39	40-44	45-49	50+
79	84	79	74	70	65	62	59
80	85	80	75	71	66	63	60
81	86	81	76	72	67	64	61
82	87	82	77	73	68	65	62
83	88	83	78	74	69	66	63
84	89	84	79	75	70	67	64
85	90	85	80	76	71	68	65
86	91	86	81	77	72	69	66
87	92	87	82	78	73	70	67
88	93	88	83	79	74	71	68
89	94	89	84	80	75	72	69
90	95	90	85	81	76	73	70
91	96	91	86	82	77	74	71
92	97	92	87	83	78	75	72
93	98	93	88	84	79	76	73
94	99	94	89	85	80	77	74
95	100	95	90	86	81	78	75
96	101	96	91	87	82	79	76
97	102	97	92	88	83	80	77
98	103	98	93	89	84	81	78
99	104	99	94	90	85	82	79
100	105	100	95	91	86	83	80

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