

## Разрядная классификация по гладкому бегу для любителей бега

### Женщины

Возраст	Разряд	Дистанция												Время	
		Стадион (м)						Шоссе (километры)							
		100	200	400	800	1500	5000	10000	10	20	30	42.195	100	Час.	сутки
					He >50.0	He >1:45	He >1:45	He >3:50	He >5:45	He >8:00	He >20:00				
35-39	МСВ	12.6	26.0	58.5	2:17.6	4.42	17.35	37.00	37.30	1:19.00	2:03.00	3:08.00	9.10	15.2	190
	I-в	13.4	28.0	1:03.0	2:29.0	5.05	19.00	40.00	40.30	1:25.30	2:14.00	3:25.00	9.50	14.7	160
	II-в	14.6	30.7	1:09.0	2:44.0	5.38	21.00	44.20	44.50	1:35.00	2:30.00	3:43.00	преод.	13.0	
	III-в	15.9	33.7	1:15.0	3:02.0	6.14	23.12	49.00	49.30	1:45.10	2:48.00	преод.	12.0		
40-44	МСВ	13.5	27.9	1:02.7	2:27.0	5:03.0	18.58	39.55	40.25	1:25.10	2:12.40	3:22.40	9.25	14.7	185
	I-в	14.4	30.0	1:07.9	2:38.0	5:29.0	20.30	43.06	43.38	1:32.11	2:24.30	3:41.10	10.15	14.1	155
	II-в	15.6	32.9	1:14.4	2:56.0	6:02.0	22.39	47.48	48.18	1:42.25	2:38.05	4:02.10	преод.	12.7	
	III-в	17.0	36.1	1:23.0	3:15.0	6:43.3	25.00	52.50	53.20	1:53.28	3:01.10	преод.	11.3		
45-49	МСВ	14.4	29.7	1:06.9	2:37.5	5:24.0	20.21	42.50	43.20	1:31.20	2:22.30	3:37.20	10.20	14.2	180
	I-в	15.4	32.0	1:12.0	2:49.0	5:53.0	22.00	46.16	46.46	1:38.52	2:35.00	3:57.20	12.30	12.9	140
	II-в	16.6	35.1	1:19.9	3:08.0	6:26.0	24.16	51.9	51.46	1:49.50	2:46.10	4:21.20	преод.	11.7	
	III-в	18.1	38.5	1:25.6	3:25.0	7:12.6	26.50	56.10	57.20	2:01.46	3:14.20	преод.	10.4		
50-54	МСВ	15.3	31.6	1:11.1	2:47.5	6:05.0	21.44	45.45	46.15	1:37.30	2:32.00	3:52.00	11.20	13.4	170
	I-в	16.4	34.0	1:16.5	2:59.5	6:17.0	23.30	49.24	49.54	1:45.33	2:45.30	4:13.30	преод.	12.1	
	II-в	17.6	37.3	1:25.3	3:20.0	6:50.0	25.57	54.44	55.14	1:57.15	2:54.15	4:40.30	11.0		
	III-в	19.2	40.9	1:39	3:41.0	7:41.9	28.40	1:00.30	1:01.00	2:10.04	3:27.30	преод.	9.9		
55-59	МСВ	16.2	33.4	1:15.3	2:57.0	6:26.0	23.07	48.40	49.10	1:43.40	2:41.40	4:06.40	12.30	12.4	160
	I-в	17.3	36.0	1:21.0	3:10.5	6:41.0	25.0	52.30	53.00	1:52.14	2:56.00	4:29.40	преод.	11.3	
	II-в	18.6	39.4	1:30.7	3:32.0	7:14.0	27.36	58.10	58.40	2:04.40	3:02.20	преод.	10.3		
	III-в	20.3	43.3	1:36.2	3:54.0	8:11.2	30.30	1:04.20	1:04.50	2:18.22	3:40.40	преод.	9.4		
60-64	МСВ	17.1	35.3	1:19.5	3:07.5	6:46.0	24.30	51.35	52.05	1:49.50	2:51.20	4:21.20	преод.	11.7	150
	I-в	18.2	38.0	1:25.5	3:21.0	7:05.0	26.30	55.40	56.10	1:58.53	3:06.30	4:45.50	10.9		
	II-в	19.7	41.6	1:36.1	3:44.0	7:38.0	29.15	1:01.40	1:02.10	2:12.05	3:10.25	преод.	9.6		
	III-в	21.5	45.7	1:41.5	4:07.0	8.45	32.20	1:08.10	1:08.40	2:26.50	3:53.50	преод.	8.8		

<i>Мужчины</i>															
40-44	МСВ	11.0	22.4	50.4	1.57	4.02	15.10	31.40	32.10	1.06.20	1.43.00	2.34.00	7.40	17.9	220
	I-В	11.6	23.8	53.5	2.05	4.17	16.10	33.40	34.10	1.10.30	1.50.00	2.47.00	9.00	17.1	190
	II-В	12.4	25.7	57.8	2.16	4.39	17.30	36.30	37.00	1.18.00	2.00.00	3.02.00	преод.	16.7	
	III-В	13.3	27.7	1.02.4	2.27	5.03	18.55	39.35	40.05	1.26.25	2.11.00	преод.		15.8	
45-49	МСВ	11.6	23.5	53.0	2.04.0	4.17	16.15	34.0	34.30	1.11.08	1.50.30	2.45.10	8.10	17.0	210
	I-В	12.2	25.0	56.2	2.12.7	4.33	17.20	36.05	36.35	1.15.30	1.57.50	2.59.00	10.00	16.5	180
	II-В	13.0	27.0	1.01.0	2.24.0	4.56	18.45	39.10	39.40	1.23.30	2.08.35	3.18.00	преод.	15.7	
	III-В	14.0	29.1	1.05.5	2.36.0	5.22	20.16	42.20	42.50	1.32.31	2.10.25	преод.		14.3	
50-54	МСВ	12.1	24.5	55.5	2.11.0	4.32	17.20	36.15	36.45	1.16.00	1.57.50	2.56.00	8.45	16.4	190
	I-В	12.8	26.2	58.9	2.25	4.49	18.30	38.30	39.00	1.20.30	2.05.40	3.11.00	преод.	15.4	
	II-В	13.6	28.3	1.03.6	2.30.0	5.13	20.0	41.45	42.15	1.29.00	2.17.10	3.34.00		14.5	
	III-В	14.7	35.0	1.08.6	2.45.0	5.41	21.37	45.10	45.40	1.38.37	2.29.50	преод.		13.3	
55-59	МСВ	12.7	25.7	58.0	2.18.0	4.47	18.25	38.30	39.00	1.20.45	2.05.15	3.07.00	9.30	15.4	170
	I-В	13.4	27.4	1.01.6	2.28.2	5.05	19.40	41.00	41.30	1.25.30	2.13.30	3.23.00	преод.	14.6	
	II-В	14.2	29.6	1.06.6	2.40.0	5.30	21.25	44.20	44.50	1.34.30	2.25.45	преод.		13.4	
	III-В	15.4	31.9	1.11.7	2.54.0	6.00	22.58	48.00	48.30	1.44.43	2.39.15			12.4	
60-64	МСВ	13.2	26.8	1.00.5	2.25	5.02	19.30	40.50	41.20	1.25.30	2.12.40	3.18.00	10.20	14.6	150
	I-В	14.0	28.6	1.04.3	2.36	5.21	20.50	43.20	43.50	1.30.30	2.21.20	преод.	преод.	13.7	
	II-В	14.8	31.0	1.09.4	2.48	5.47	22.30	47.00	47.30	1.40.00	2.34.20			12.3	
	III-В	16.1	33.3	1.14.8	3.03	6.19	24.19	50.45	51.45	1.50.49	2.48.40			11.8	
65-69	МСВ	13.8	27.9	1.03.0	2.32.0	5.17	20.35	53.05	43.35	1.30.20	2.20.05	3.29.00	11.20	13.8	130
	I-В	14.6	29.8	1.07.0	2.43.7	5.37	22.00	45.45	46.15	1.35.30	2.29.10	преод.	преод.	13.1	
	II-В	15.4	32.3	1.12.3	2.57.0	6.04	23.45	49.40	50.20	1.45.30	2.42.55			12.1	
	III-В	16.7	34.7	1.17.9	3.12.0	6.37	25.40	53.30	54.00	1.56.35	преод.			11.2	