

		m 10	f 10	m 11	f 11	m 12	f 12	m 13	f 13	m 14	f 14	
Salto in Lungo da Fermi	10	> 190	> 190	> 200	> 200	> 210	> 205	> 230	> 210	> 240	> 215	+15
	9	> 175	> 175	> 185	> 185	> 195	> 190	> 215	> 195	> 225	> 200	+15
	8	> 160	> 160	> 170	> 170	> 180	> 175	> 200	> 180	> 210	> 185	+20
	7	> 140	> 140	> 150	> 150	> 160	> 155	> 180	> 160	> 190	> 165	+20
	6	> 120	> 120	> 130	> 130	> 140	> 135	> 160	> 140	> 170	> 145	0
	5	>100	>100	>110	>110	>120	>115	>140	>120	>150	>125	-20
	4	>80	>80	>90	>90	>100	>95	>120	>100	>130	>105	-20
	3	>65	>65	>75	>75	>85	>80	>105	>85	>115	>90	-15
	2	>50	>50	>60	>60	>70	>65	>90	>70	>100	>75	-15
	1	<50	<50	<60	<60	<70	<65	<90	<70	<100	<75	

		m 10	f 10	m 11	f 11	m 12	f 12	m 13	f 13	m 14	f 14	
Elevazione/Abalakov	10	> 46	> 46	> 48	> 47	> 50	> 48	> 54	> 49	> 58	> 50	+5
	9	>41	>41	>43	>42	>45	>43	>49	>44	>53	>45	+5
	8	> 36	> 36	> 38	> 37	> 40	> 38	> 44	> 39	> 48	> 40	+5
	7	> 31	> 31	> 33	> 32	> 35	> 33	> 39	> 34	> 43	> 35	+5
	6	> 26	> 26	> 28	> 27	> 30	> 28	> 34	> 29	> 38	> 30	0
	5	>21	>21	>23	>22	>25	>23	>29	>24	>33	>25	-5
	4	>16	>16	>18	>17	>20	>18	>24	>19	>28	>20	-5
	3	>11	>11	>13	>12	>15	>13	>19	>14	>23	>15	-5
	2	>6	>6	>8	>7	>10	>8	>14	>9	>18	>10	-5
	1	< 6	< 6	< 8	<7	<10	<8	<14	<9	<18	<10	

		m 10	f 10	m 11	f 11	m 12	f 12	m 13	f 13	m 14	f 14	
Velocità - 30 m	10	< 4" 85	< 4" 85	< 4" 65	< 4" 75	< 4" 45	< 4" 65	< 4" 25	< 4" 55	< 4" 05	< 4" 45	-0"20
	9	< 5" 05	< 5" 05	< 4" 85	< 4" 95	< 4" 65	< 4" 85	< 4" 45	< 4" 75	< 4" 25	< 4" 65	-0"20
	8	< 5" 25	< 5" 25	< 5" 05	< 5" 15	< 4" 85	< 5" 05	< 4" 65	< 4" 95	< 4" 45	< 4" 85	-0"20
	7	< 5" 45	< 5" 45	< 5" 25	< 5" 35	< 5" 05	< 5" 25	< 4" 85	< 5" 15	< 4" 65	< 5" 05	-0"20
	6	< 5" 65	< 5" 65	< 5" 45	< 5" 55	< 5" 25	< 5" 45	< 5" 05	< 5" 35	< 4" 85	< 5" 25	0
	5	< 6" 05	< 6" 05	< 5" 85	< 5" 95	< 5" 65	< 5" 85	< 5" 45	< 5" 75	< 5" 25	< 5" 65	+0"40
	4	< 6" 45	< 6" 45	< 6" 25	< 6" 35	< 6" 05	< 6" 25	< 5" 85	< 6" 15	< 5" 65	< 6" 05	+0"40
	3	< 6" 85	< 6" 85	< 6" 65	< 6" 75	< 6" 45	< 6" 65	< 6" 25	< 6" 55	< 6" 05	< 6" 45	+0"40
	2	< 7" 25	< 7" 25	< 7" 05	< 7" 15	< 6" 85	< 7" 05	< 6" 65	< 6" 95	< 6" 45	< 6" 85	+0"40
	1	> 7" 25	> 7" 25	> 7" 05	> 7" 15	> 6" 85	> 7" 05	> 6" 65	> 6" 95	> 6" 45	> 6" 85	