

TABLA DE EXIGENCIA DE EXAMEN DE CAPACIDAD FÍSICA

HOMBRES					
2.400 mts. Min:seg	Test Naveta Períodos	Flexo Extens. Brazos suelo Repetic.	Resist. Abdomin Repetic.	Flexibilidad cm.	NOTA
≤10:00	8.5	40	45	>+27	7,00
10:01 - 10:04				+27	6,90
10:05 - 10:08		39			6,80
10:09 - 10:12			44	+26	6,70
10:13 - 10:16		38		+25	6,60
10:17 - 10:20	8.0		43		6,50
10:21 - 10:24		37		+24	6,40
10:25 - 10:28		36		+23	6,30
10:29 - 10:32			42		6,20
10:33 - 10:36		35		+22	6,10
10:37 - 10:40	7.5		41	+21	6,00
10:41 - 10:44		34			5,90
10:45 - 10:48				+20	5,80
10:49 - 10:52		33	40	+19	5,70
10:53 - 10:56					5,60
10:57 - 11:00	7.0	32	39	+18	5,50
11:01 - 11:04				+17	5,40
11:05 - 11:08		31			5,30
11:09 - 11:12			38	+16	5,20
11:13 - 11:16		30		+15	5,10
11:17 - 11:20	6.5		37		5,00
11:21 - 11:24		29		+14	4,90
11:25 - 11:28		28		+13	4,80
11:29 - 11:32			36		4,70
11:33 - 11:36		27		+12	4,60
11:37 - 11:40	6.0		35	+11	4,50
11:41 - 11:44		26			4,40
11:45 - 11:48				+10	4,30
11:49 - 11:52		25	34	+9	4,20
11:53 - 11:56					4,10
11:57 - 12:00	5.5	24	33	+8	4,00
12:01 - 12:04		23		+7	3,90
12:05 - 12:08		22		+6	3,80
12:09 - 12:12			32	+5	3,70
12:13 - 12:16		21		+4	3,60
12:17 - 12:20	5.0	20	31	+3	3,50
12:21 - 12:24		19		+2	3,40
12:25 - 12:28		18		+1	3,30
12:29 - 12:32			30	0	3,20
12:33 - 12:36		17		-1	3,10
12:37 - 12:40	4.5	16	29	-2	3,00
12:41 - 12:44		15		-3	2,90
12:45 - 12:48		14		-4	2,80
12:49 - 12:52			28	-5	2,70
12:53 - 12:56		13		-6	2,60
12:57 - 13:00	4.0	12	27	-7	2,50
13:01 - 13:04		11		-8	2,40
13:05 - 13:08		10		-9	2,30

13:09 - 13:12			26	-10	2,20
13:13 - 13:16		9		-11	2,10
13:17 - 13:20	3.5	8	25	-12	2,00
13:21 - 13:24		7		-13	1,90
13:25 - 13:28		6		-14	1,80
13:29 - 13:32			24	-15	1,70
13:33 - 13:36		5		-16	1,60
13:37 - 13:40	3.0	4	23	-17	1,50
13:41 - 13:44		3		-18	1,40
13:45 - 13:48		2		-19	1,30
13:49 - 13:52			22	-20	1,20
13:53 - 13:56		1		-21	1,10
≥13:57	2.5	0	21	-22	1,00

MUJERES					
2.400 mts. Min:seg	Test Naveta Períodos	Flexo Extens. Brazos suelo Repetic.	Resist. Abdomin Repetic.	Flexibilidad cm.	Nota
≤12:00	7.0	20	45	>+30	7,00
12:01 - 12:05				+30	6,90
12:06 - 12:10					6,80
12:11 - 12:15			44	+29	6,70
12:16 - 12:20		19		+28	6,60
12:21 - 12:25	6.5		43		6,50
12:26 - 12:30				+27	6,40
12:31 - 12:35		18		+26	6,30
12:36 - 12:40			42		6,20
12:41 - 12:45				+25	6,10
12:46 - 12:50	6.0		41	+24	6,00
12:51 - 12:55		17			5,90
12:56 - 13:00				+23	5,80
13:01 - 13:05			40	+22	5,70
13:06 - 13:10		16			5,60
13:11 - 13:15	5.5		39	+21	5,50
13:16 - 13:20				+20	5,40
13:21 - 13:25					5,30
13:26 - 13:30			38	+19	5,20
13:31 - 13:35		15		+18	5,10
13:36 - 13:40	5.0		37		5,00
13:41 - 13:45				+17	4,90
13:46 - 13:50		14		+16	4,80
13:51 - 13:55			36		4,70
13:56 - 14:00				+15	4,60
14:01 - 14:05	4.5		35	+14	4,50
14:06 - 14:10		13			4,40
14:11 - 14:15				+13	4,30
14:16 - 14:20			34	+12	4,20
14:21 - 14:25					4,10
14:26 - 14:30	4.0	12	33	+11	4,00
14:31 - 14:35				+10	3,90
14:36 - 14:40		11		+9	3,80
14:41 - 14:45			32	+8	3,70
14:46 - 14:50				+7	3,60
14:51 - 14:55	3.5	10	31	+6	3,50
14:56 - 15:00				+5	3,40
15:01 - 15:05		9		+4	3,30
15:06 - 15:10			30	+3	3,20
15:11 - 15:15				+2	3,10
15:16 - 15:20	3.0	8	29	+1	3,00
15:21 - 15:25				0	2,90
15:26 - 15:30		7		-1	2,80
15:31 - 15:35			28	-2	2,70
15:36 - 15:40				-3	2,60
15:41 - 15:45	2.5	6	27	-4	2,50
15:46 - 15:50				-5	2,40
15:51 - 15:55		5		-6	2,30
15:56 - 16:00			26	-7	2,20
16:01 - 16:05				-8	2,10

16:06 - 16:10	2.0	4	25	-9	2,00
16:11 - 16:15				-10	1,90
16:16 - 16:20		3		-11	1,80
16:21 - 16:25			24	-12	1,70
16:26 - 16:30				-13	1,60
16:31 - 16:35	1.5	2	23	-14	1,50
16:36 - 16:40				-15	1,40
16:41 - 16:45		1		-16	1,30
16:46 - 16:50			22	-17	1,20
16:51 - 16:55				-18	1,10
≥16:56	1.0	0	21	-19	1,00