Л Ы Ж Н Ы Е Г О Н К И

**Добавлена:** [**31.10.2014**](http://58sport.ru/l-y-zh-n-y-e-g-o-n-k-i/)

*Единая Всероссийская спортивная классификация  
2007 года*

ТАБЛИЦА НОРМ И УСЛОВИЯ ИХ ВЫПОЛНЕНИЯ  
ДЛЯ ПРИСВОЕНИЯ 1-го И ДРУГИХ МАССОВЫХ СПОРТИВНЫХ РАЗРЯДОВ  
В ВИДЕ СПОРТА — Л Ы Ж Н Ы Е   Г О Н К И.

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| Ж Е Н Щ И Н Ы | | | | | | | |
| **Дисциплины** | **Дистанция** | **I** | **II** | **III** | **I юн** | **II юн** | **III юн** |
| **СПРИНТ, ход классический** | **0,8** | 02:42,60 | 03:00,00 | 03:20,45 | 03:45,78 | 04:16,34 | 04:52,11 |
| **1** | 03:25,95 | 03:47,47 | 04:13,83 | 04:45,95 | 05:24,65 | 06:09,93 |
| **1,2** | 4:09,71 | 04:35,78 | 05:07,80 | 05:46,73 | 06:33,72 | 07:28,60 |
| **СПРИНТ, ход свободный** | **0,8** | 02:36,00 | 02:53,89 | 03:16,24 | 03:43,88 | 04:17,76 | 04:58,35 |
| **1** | 03:17,56 | 03:40,28 | 04:08,53 | 04:43,52 | 05:26,40 | 06:17,81 |
| **1,2** | 04:00,00 | 04:27,05 | 05:01,37 | 05:43,84 | 06:35,84 | 07:38,18 |
| **ГОНКА, ход классический** | **3** | 10:33,6 | 11:41,6 | 13:05,6 | 14:48,7 | 16:53,8 | 19:21,9 |
| **5** | 17:59,6 | 19:58,2 | 22:25,6 | 25:27,8 | 29:10,6 | 33:37,0 |
| **7,5** | 27:38,4 | 30:45,6 | 34:39,5 | 39:30,7 | 45:30,1 | 52:44,7 |
| **10** | 37:37,0 | 41:57,6 | 47:25,0 | 54:15,3 | 1:02.45,9 | 1:13.09,4 |
| **15** | 58:20,8 | 1:05:20,3 | 1:14:12,1 |  |  |  |
| **20** | 1:19:51,5 | 1:29:42,8 | 1:42:17,9 |  |  |  |
| **30** | 2:04:28,3 | 2:20:30,5 | 2:41:13,0 |  |  |  |
| **50** | 3:37:19,2 | 4:06:50,0 | 4:45:29,1 |  |  |  |
| **ГОНКА, ход свободный** | **3** | 10:04,0 | 11:14,8 | 12:43,4 | 14:33,9 | 16:50,5 | 19:35,4 |
| **5** | 17:03,4 | 19:05,4 | 21:39,0 | 24:51,6 | 28:51,2 | 33:42,9 |
| **7,5** | 26:02,4 | 29:12,6 | 33:12,9 | 38:16,1 | 44:36,2 | 52:23,3 |
| **10** | 35:15,2 | 39.37,0 | 45:09,4 | 52:11,0 | 1:01:02,9 | 1:12:02,3 |
| **15** | 54:12,5 | 1:01:06,6 | 1:09:55,8 |  |  |  |
| **20** | 1:13:41,6 | 1:23:16,9 | 1:35:36,4 |  |  |  |
| **30** | 1:53:43,1 | 2:08:59,8 | 2:28:48,4 |  |  |  |
| **50** | 3:16:08,3 | 3:43:32,2 | 4:19:26,9 |  |  |  |
| **ПЕРСЬЮТ** | **5+5** | 36:15,8 | 40:30,7 | 45:42,6 |  |  |  |
| **7,5+7,5** | 55:14,2 | 1:01:53,9 | 1:10:15,2 |  |  |  |
| **Дисциплины** | **Дистанция** | **I** | **II** | **III** | **I юн** | **II юн** | **III юн** |

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| **Дисциплины** | **Дистанция** | **I** | **II** | **III** | **I юн** | **II юн** | **III юн** |
| **СПРИНТ, ход классический** | **1** | 03:01,56 | 03:20,12 | 03:43,15 | 04:13,32 | 04:48,09 | 05:29,78 |
| **1,2** | 03:40,12 | 04:02,55 | 04:30,44 | 05:06,83 | 05:49,27 | 06:39,85 |
| **1,4** | 04:19,11 | 04:45,66 | 05:18,57 | 06:01,63 | 06:51,29 | 07:50,79 |
| **СПРИНТ, ход свободный** | **1** | 02:55,10 | 03:15,65 | 03:41,95 | 04:12,89 | 04:52,12 | 05:35,78 |
| **1,2** | 03:32,23 | 03:56,49 | 04:29,23 | 05:06,83 | 5,54,13 | 06:46,27 |
| **1,4** | 04:10,04 | 04:38,38 | 05:17,00 | 06:00,00 | 06:56,87 | 07:58,26 |
| **ГОНКА, ход классический** | **3** | 09:14,0 | 10:14,7 | 11:30,0 | 13:02,6 | 14:54,9 | 17:07,2 |
| **5** | 15:41,1 | 17:26,5 | 19:37,7 | 22:20,2 | 25:38,5 | 29:34,3 |
| **7,5** | 24:01,1 | 26:46,2 | 30:13,0 | 34:30,5 | 39:47,6 | 46:08,1 |
| **10** | 32:35,9 | 36:24,5 | 41:12,0 | 47:12,3 | 54:39,1 | 1:03.39,9 |
| **15** | 50:20,2 | 56:24,7 | 1:04:06,9 | 1:13:51,8 | 1:26:05,9 | 1:41:08,4 |
| **20** | 1:08:39,2 | 1:17:09,1 | 1:27:59,9 |  |  |  |
| **30** | 1:46:27,0 | 2:00:07,7 | 2:17:45,2 |  |  |  |
| **50** | 3:04:40,5 | 3:29:30,5 | 4:01:53,5 |  |  |  |
| **70** | 4:24:39,8 | 5:01:12,7 | 5:49:13,4 |  |  |  |
| **ГОНКА, ход свободный** | **3** | 08:54,9 | 09:58,4 | 11:18,2 | 12:57,5 | 14:59,7 | 17:25,6 |
| **5** | 15:05,4 | 16:54,8 | 19:12,7 | 22:05,4 | 25:38,9 | 29:56,2 |
| **7,5** | 23:00,9 | 25:50,5 | 29:25,7 | 33:56,8 | 39:34,6 | 46:24,8 |
| **10** | 31:07,4 | 35:00,9 | 39:57,6 | 46:13,5 | 54:04,9 | 1:03:41,9 |
| **15** | 47:46,5 | 53:54,6 | 1:01:45,3 | 1:11:46,8 | 1:24:29,1 | 1:40:14,9 |
| **20** | 1:04:51,9 | 1:13:21,8 | 1:24:17,5 |  |  |  |
| **30** | 1:39:54,3 | 1:53:23,7 | 2:10:52,8 |  |  |  |
| **50** | 2:51:54,9 | 3:15:59,3 | 3:47:30,6 |  |  |  |
| **70** | 4:05:11,9 | 4:40:16,3 | 5:26:28,6 |  |  |  |
| **ПЕРСЬЮТ** | **5+5** | 31:55,5 | 35:37,9 | 40:25,8 | 46:23,5 | 54:21,3 | 1:03:51,1 |
| **7,5+7,5** | 48:28,3 | 54:17,9 | 1:02:15,2 | 1:12:00,7 | 1:23:58,0 | 1:40:33,4 |
| **10+10** | 1:05:29,1 | 1:13:39,6 | 1:24:42,1 |  |  |  |
| **15+15** | 1:40:34,0 | 1:53:16,7 | 2:11:40,3 |  |  |  |
| **Дисциплины** | **Дистанция** | **I** | **II** | **III** | **I юн** | **II юн** | **III юн** |