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| Sambo-tekniikoiden testiraportti **TULOKSET lapset 6-7v, 8-9v** |
| Отчет тестов по техникам Самбо 7.2.-14.2.2024 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Sija | **Nimu/ikä** | **Taso** | ***Uusi taso*** | ***Juoksu***  **3x10m** | ***Punner-rukset*** | ***Hyppy 30s*** | ***Leuan-veto*** | ***Kaatojen keski-arvio*** | ***Kaato***  ***taakse*** | ***Kaato***  ***eteen*** | ***Kaato***  ***kyljelle*** | *Tekniikka 1*  *asento* | *Tekniikka 2*  *liiku* | *Tekniikka 3*  *lonkkaheitto* | Yht.  5 | Keski- arvo | Kilpailumaksu suoritettu12€ | KOE –maksu suoritettu 15€ |
| 1 | Nazar Marjam 7 |  |  | 10,09/4 | 19/5 | 15/5 |  | 3,3 | *4* | *4* | 2 |  | 4 |  | 21,3 | 4,26 |  |  |
| 2 | Loban Kira 12 | **0** | x | 8,54/4 | 10/4 | 26/5 | 2 | 3,3 | *3* | *4* | *3* | 17/5 | 13/5 | 15/5 | 33,3 | 4,16 | 12€ |  |
| 3 | Muromcev Mihail 7 | **0** | x | 9,05/5 | 13/5 | 1/2 |  | 3,7 | *3* | *5* | 3 |  | 5 |  | 20,7 | 4,14 |  |  |
| 4 | Balandin Asleksandr 8 |  |  | 9,75/4 | 24/5 | 22/5 |  | 4,3 | *4* | *5* | 4 |  | 2 |  | 20,3 | 4,06 |  |  |
| 5 | Loban Margarita 8 | **0** | x | 10,36/4 | 15/5 | 18/5 |  | 3 | *4* | *3* | 2 |  | 2 |  | 19,0 | 3,80 | 12€ |  |
| 6 | Pyazheev Semjon 6 |  |  | 10,00/4 | 10/4 | 11/3 |  | 3,3 | *3* | *4* | 3 |  | 3 |  | 17,3 | 3,46 |  |  |
| 6 | **Bocharov Pavel 7** |  | 0 | 10,25/3 | 6/3 | 18/5 |  | 3,7 | *5* | *2* | 4 |  | 2 |  | 16,7 | 3,34 |  | 15€ |
| 6 | **Torzhakov Danil 5** |  |  | 10,62/4 | 1/3 | 21/5 |  | 2,7 | *2* | *4* | 2 |  | 2 |  | 16,7 | 3,34 | 12€ | 15€ |
| 6 | Virolainen Viktoria 11 | 0 | x | 9,86/4 | 1/2 | 11/2 |  | 3,7 | *4* | *4* | 3 |  | 5 |  | 16,7 | 3,34 | 12€ |  |
| 10 | Nazar Mursal 6 |  |  | 11,53/2 | 8/4 | 14/5 |  | 3,3 | *3* | *5* | 2 |  | 2 |  | 16,3 | 3,26 |  |  |
| 10 | **Shtrek Aleksandr 6** |  | 0 | 12,53/2 | 0/2 | 15/5 |  | 3,3 | *4* | *3* | 3 |  | 4 |  | 16,3 | 3,26 | 12€ | 15€ |
| 11 | **Sirotin Daniil 6?** |  | 0 | 11,10/2 | 10/4 | 17/5 |  | 3 | *3* | *4* | 2 |  | 2 |  | 16,0 | 3,20 | 12€ | 15€ |
| 12 | Prokopev Tihon 9 | **0** | x | 10,17/2 | 12/4 | 11/3 |  | 2,3 | *3* | *2* | *2* |  | 4 |  | 15,3 | 3,06 | 12€ |  |
| 13 | Loban Aleksandr 10 | **0** | x | 9,25/4 | 5/2 | 10/3 |  | 2,7 | *3* | *2* | 3 |  | 3 |  | 14,7 | 2,94 | 12€ |  |
| 14 | Kharichkina Karmelia 10 |  |  | 10,42/2 | 2/2 | 21/5 |  | 4 | *4* | *4* | 4 |  |  |  | 13,0 | 2,60 |  |  |
| 15 | Kharichkin Roman 7 |  |  |  | 2/2 | 14/4 |  | 2,3 | *3* | *2* | 2 |  | 2 |  | 10,3 | 2,06 |  |  |
| 25 | Baikov Akim 7 | 0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 | Evseev Alex 8 | **0** | x |  |  |  |  |  |  |  |  |  |  |  |  |  | 12€ |  |
| 25 | Evseev Vasili 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 | Kuparinen Kristoffer 7v | 0 | **x** |  |  |  |  |  |  |  |  |  |  |  |  |  | 12€ |  |
| 25 | Ruotsi Miron 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 | Sevtsov Demjan 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 | Viharev Robert 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 | Ylänne Max 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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**Taulukon numerojen väriselitykset *Erinomainen suoritus /Превосходно***

*Hyvä suoritys / Хорошо*

*Tyydyttävä suoritus / Удовлетворительно*

*Harjoiteltava lisää / Больше практики*

Vaatimukset:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| taso | keskiarvo | arvot 3 ja yli | arvot 4 ja yli | kilpailut (taso) | tunnit |
| 0 | ei | ei | ei | ei | 10 |
| 1 | 2,5 | 50 % |  | seura | 20 |
| 2 | 3,0 | 60 % |  | alue kaupunki | 30 |
| 3 | 3,5 | 70 % |  | kaupunki | 30 |
| 4 | 4,0 | 80 % | 50 % | alue suomi | 30 |
| 5 | 4,5 | 90 % | 75 % | kansainvälinen | 30 |
| 6 | 5,0 | 100 % | 100% | Eurooppa | 30 |
| 7 | 5,0 | 100 % |  | Maailmaa | 30 |