PROVJERAVANJE I OCJENJIVANJE NA NASTAVI TJELESNE I ZDRAVSTVENE KULTURE

- u školskoj godini 2014./2015.

**ZADACI I OKVIRNO VRIJEME PROVJERAVANJA I TESTIRANJA**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| TEMA | Nastavna jedinica | Mjesec | Mladići | djevojke |
| INICIJALNA PROVJERA | Baterija testova provjere inicijalnog stanja | Rujan | + | + |
| ATLETIKA | Trčanje na 20 m – leteći | Rujan | + | + |
| Trčanje 6' | Rujan | + | + |
| Trčanje na 100 m | Listopad | + | + |
| Trčanje na 400 m | Listopad | + | + |
| Trčanje na 800 m | Listopad | - | + |
| Trčanje na 1000 m | Listopad | + | - |
| Kros trčanje 1000/1600 m | Listopad | + | + |
| Skok u dalj | Listopad | + | + |
| SPORTSKE IGRE | Vođenje lopte trokorak skok šut (rukomet) | Studeni | + | + |
| Dodavanje i hvatanje lopte u mjestu i kretanju | Studeni | + | + |
| Vršno odbijanje lopte prstima | Studeni | + | + |
| Servis | Studeni | + | + |
| Primanje lopte - povaljka | Studeni | + | + |
| Smeč - blok | Studeni | + | + |
| GIMNASTIKA | Kolut naprijed (parter) | Prosinac | + | + |
| Kolut nazad (parter) | Prosinac | + | + |
| Stav na rukama ( parter) | Prosinac | + | + |
| Vaga zanoženjem ( greda) | Prosinac | + | + |
| PLESNE STRUKTURE | Rok'n'rol | Siječanj | + | + |
| Preskakanje vijače u ritmu | Siječanj | + | + |
| Polka | Veljača | + | + |
| Valcer | Veljača | + | + |
| Vježba na gredi | Veljača | + | + |
| STOLNI TENIS | Forhend | Veljača | + | + |
| Bekend | Veljača | + | + |
| Servis | Veljača | + | + |
| BADMINTON | Servis | Ožujak | + | + |
| Visoki udarac - lob | Ožujak | + | + |
| PLIVANJE | Testiranje inicijalnog stanja znanja plivanja | Travanj | + | + |
| Prsno tehnika | Travanj | + | + |
| Kraul tehnika | Travanj | + | + |
| Kraul 25 m | Travanj | + | + |
| Kraul 50 m | Travanj | + | + |
| Prsno 25 m | Travanj | + | + |
| Prsno 50 m | Travanj | + | + |
| SPORTSKE IGRE | Tehniciranje nogama i glavom - nogomet | Svibanj | + | + |
|  Udarci sredinom hrpta stopala - nogomet | Svibanj | + | + |
| Vođenje lopte unutrašnjim i vanjskim hrptom stopala | Svibanj | + | + |
| Košarkaški dvokorak | Svibanj | + | + |
| Skok šut ( košarka) | Svibanj | + | + |
| Slobodna bacanja ( košarka) | Svibanj | + | + |
| FINALNA PROVJERA | Baterija testova provjere finalnog stanja | Lipanj | + | + |

**N O R M E**

**1. A T L E T I K A**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1. i 2. raz. 100 m - M** |  | **1. i 2. raz. 400 m - M** |  | **1. i 2. raz. DALJ - M** |
|  |  |  |  |  |
| **5** |  |  | 13.6 |  | **5** |  |  | 68.0 |  | **5** |  |  | 450 |
| **4** | 14.7 | - | 14.5 |  | **4** | 68.1 | - | 75.0 |  | **4** | 400 | - | 449 |
| **3** | 14.6 | - | 15.4 |  | **3** | 75.1 | - | 85.0 |  | **3** | 330 | - | 399 |
| **2** | 15.5 | - | 17.1 |  | **2** | 85.1 | - | 92.0 |  | **2** | 329 | - | 252 |
| **1** | 17.2 |  |  |  | **1** | 92.1 |  |  |  | **1** | 251 |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **3. i 4. raz. 100 m - M** |  | **3. i 4. raz. 400 m - M** |  | **3. i 4. raz. DALJ - M** |
|  |  |  |  |  |
| **5** |  |  | 13.1 |  | **5** |  |  | 66.0 |  | **5** |  |  | 480 |
| **4** | 13.2 | - | 13.9 |  | **4** | 66.1 | - | 71.0 |  | **4** | 440 | - | 479 |
| **3** | 14.0 | - | 14.9 |  | **3** | 71.1 | - | 79.0 |  | **3** | 380 | - | 439 |
| **2** | 15.0 | - | 17.0 |  | **2** | 79.1 | - | 91.0 |  | **2** | 379 | - | 280 |
| **1** | 17.1 |  |  |  | **1** | 91.1 |  |  |  | **1** | 279 |  |  |

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| --- | --- | --- | --- | --- |
| **KROS 1. i 2. Raz. M**  |  | **KROS 3. i 4. Raz. M**  |  | **1. i 2. raz. 800 m - M** |
|  |  |  |  |  |
| **5** |  |  | 6.15 |  | **5** |  |  | 6.0 |  | **5** |  |  | 2.55 |
| **4** | 6.16 | - | 7.15 |  | **4** | 6.01 | - | 7.0 |  | **4** | 2.56 | - | 3.14 |
| **3** | 7.16 | - | 8.15 |  | **3** | 7.01 | - | 8.0 |  | **3** | 3.15 | - | 3.48 |
| **2** | 8.16 | - | 9.15 |  | **2** | 8.01 | - | 9.0 |  | **2** | 3.49 | - | 4.00 |
| **1** | 9.16 |  |  |  | **1** | 9.01 | - |  |  | **1** | 4.01 | - |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **3. i 4. raz. 800 m - M** |  | **1. i 2. raz. 1000 m - M** |  | **3. i 4. raz. 1000 m - M** |
|  |  |  |  |  |
| **5** |  |  | 2.45 |  | **5** |  |  | 3.48 |  | **5** |  |  | 3.38 |
| **4** | 2.46 | - | 3.02 |  | **4** | 3.49 | - | 4.14 |  | **4** | 3.39 | - | 3.58 |
| **3** | 3.03 | - | 3.38 |  | **3** | 4.15 | - | 4.48 |  | **3** | 3.59 | - | 4.26 |
| **2** | 3.39 | - | 4.00 |  | **2** | 4.49 | - | 5.25 |  | **2** | 4.27 | - | 5.15 |
| **1** | 4.01 |  |  |  | **1** | 5.26 |  |  |  | **1** | 5.16 |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1,2,3 i 4. raz. 100 m - Ž** |  | **1,2,3 i 4. raz. 400 m - Ž** |  | **1,2,3 i 4. raz. DALJ- Ž** |
|  |  |  |  |  |
| **5** |  |  | 16.0 |  | **5** |  |  | 80.0 |  | **5** |  |  | 340 |
| **4** | 16.1 | - | 17.0 |  | **4** | 80.1 | - | 90.0 |  | **4** | 300 | - | 339 |
| **3** | 17.1 | - | 18.0 |  | **3** | 90.1 | - | 100.0 |  | **3** | 240 | - | 299 |
| **2** | 18.1 | - | 19.5 |  | **2** | 100.1 | - | 113.0 |  | **2** | 239 | - | 180 |
| **1** | 19.6 |  |  |  | **1** | 113.1 |  |  |  | **1** |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1,2,3 i 4. raz. 800 m - Ž** |  | **1,2,3 i 4. raz. 1000 m - Ž** |  | **1,2,3 i 4. raz. KROS- Ž** |
|  |  |  |  |  |
| **5** |  |  | 3.20 |  | **5** |  |  | 4.34 |  | **5** |  |  | 3.15 |
| **4** | 3.21 | - | 3.45 |  | **4** | 4.35 | - | 4.10 |  | **4** | 3.16 | - | 4.00 |
| **3** | 3.46 | - | 4.14 |  | **3** | 5.11 | - | 5.50 |  | **3** | 4.01 | - | 5.15 |
| **2** | 4.15 | - | 4.30 |  | **2** | 5.51 | - | 6.40 |  | **2** | 5.16 | - | 6.00 |
| **1** | 4.31 |  |  |  | **1** | 6.41 |  |  |  | **1** | 6.01 |  |  |

**P L I V A N J E**

**DIONICA: 25 metara – PRVI I DRUGI RAZREDI**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **KRAUL 25 m – 1.i 2.raz - M** |  | **KRAUL 25 m – 1.i 2. raz- Ž** |  | **PRSNO 25 m – 1. i 2.raz- M** |
|  |  |  |  |  |
| **5** |  |  | 19.0 |  | **5** |  |  | 24.0 |  | **5** |  |  | 23.0 |
| **4** | 19.1 | - | 22.0 |  | **4** | 24.1 | - | 29.0 |  | **4** | 23.1 | - | 28.0 |
| **3** | 22.1 | - | 28.0 |  | **3** | 29.1 | - | 35.0 |  | **3** | 28.1 | - | 35.0 |
| **2** | 28.1 | - | 34.0 |  | **2** | 35.1 | - | 40.0 |  | **2** | 35.1 | - | 42.0 |
| **1** |   |  | 34.1 |  | **1** |   |  | 40.1 |  | **1** | 42.1 |  | 42.1 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PRSNO 25 m – 1. i 2.raz- Ž** |  | **LEĐNO 25 m – 1.i 2.raz- M** |  | **LEĐNO 25 m – 1. i 2.raz- Ž** |
|  |  |  |  |  |
| **5** |  |  | 28.0 |  | **5** |  |  | 20.0 |  | **5** |  |  | 24.0 |
| **4** | 28.1 | - | 35.0 |  | **4** | 20.1 | - | 27.0 |  | **4** | 24.1 | - | 30.0 |
| **3** | 35.1 | - | 42.0 |  | **3** | 27.1 | - | 33.0 |  | **3** | 30.1 | - | 38.0 |
| **2** | 42.1 | - | 48.0 |  | **2** | 33.1 | - | 39.0 |  | **2** | 38.1 | - | 46.0 |
| **1** |   |  | 48.1 |  | **1** |   |  | 39.1 |  | **1** |   |  | 46.1 |

**DIONICA: 50 metara – PRVI RAZREDI**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **KRAUL 50 m – 1.raz- M** |  | **KRAUL 50 m – 1.raz- Ž** |  | **PRSNO 50 m – 1.raz- M** |
|  |  |  |  |  |
| **5** |  |  | 45.0 |  | **5** |  |  | 60.0 |  | **5** |  |  | 57.0 |
| **4** | 45.1 | - | 55.0 |  | **4** | 60.1 | - | 68.0 |  | **4** | 57.1 | - | 65.0 |
| **3** | 55.1 | - | 66.0 |  | **3** | 68.1 | - | 79.0 |  | **3** | 65.1 | - | 75.0 |
| **2** | 66.1 | - | 75.0 |  | **2** | 79.1 | - | 88.0 |  | **2** | 75.1 | - | 84.0 |
| **1** |   |  | 75.1 |  | **1** |   |  | 88.1 |  | **1** |   |  | 84.1 |

|  |  |  |  |  |
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| **PRSNO 50 m – 1.raz- Ž** |  | **LEĐNO 50 m – 1.raz- M** |  | **LEĐNO 50 m – 1.raz- Ž** |
|  |  |  |  |  |
| **5** |  |  | 63.0 |  | **5** |  |  | 55.0 |  | **5** |  |  | 60.0 |
| **4** | 63.1 | - | 71.0 |  | **4** | 55.1 | - | 65.0 |  | **4** | 60.1 | - | 69.0 |
| **3** | 71.1 | - | 84.0 |  | **3** | 65.1 | - | 75.0 |  | **3** | 69.1 | - | 79.0 |
| **2** | 84.1 | - | 93.0 |  | **2** | 75.1 | - | 84.0 |  | **2** | 79.1 | - | 88.0 |
| **1** |   |  | 93.1 |  | **1** |   |  | 84.1 |  | **1** |   |  | 88.1 |

**DIONICA: 50 metara – DRUGI RAZREDI**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **KRAUL 50 m – 2.raz- M** |  | **KRAUL 50 m – 2.raz- Ž** |  | **PRSNO 50 m – 2.raz- M** |
|  |  |  |  |  |
| **5** |  |  | 44.0 |  | **5** |  |  | 60.0 |  | **5** |  |  | 56.0 |
| **4** | 44.1 | - | 53.0 |  | **4** | 60.1 | - | 68.0 |  | **4** | 56.1 | - | 62.0 |
| **3** | 53.1 | - | 62.0 |  | **3** | 68.1 | - | 79.0 |  | **3** | 62.1 | - | 72.0 |
| **2** | 62.1 | - | 71.0 |  | **2** | 79.1 | - | 88.0 |  | **2** | 72.1 | - | 81.0 |
| **1** |   |  | 71.1 |  | **1** |   |  | 88.1 |  | **1** |   |  | 81.1 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PRSNO 50 m – 2.raz- Ž** |  | **LEĐNO 50 m – 2.raz- M** |  | **LEĐNO 50 m – 2.raz- Ž** |
|  |  |  |  |  |
| **5** |  |  | 63.0 |  | **5** |  |  | 53.0 |  | **5** |  |  | 63.0 |
| **4** | 63.1 | - | 71.0 |  | **4** | 53.1 | - | 64.0 |  | **4** | 63.1 | - | 71.0 |
| **3** | 71.1 | - | 84.0 |  | **3** | 64.1 | - | 74.0 |  | **3** | 71.1 | - | 84.0 |
| **2** | 84.1 | - | 93.0 |  | **2** | 74.1 | - | 83.0 |  | **2** | 84.1 | - | 93.0 |
| **1** |   |  | 93.1 |  | **1** |   |  | 83.1 |  | **1** |   |  | 93.1 |

**DIONICA: 50 metara – TREČI RAZREDI**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **LEĐNO 25 m – 3.raz- M** |  | **LEĐNO 25 m – 3.raz- Ž** |  | **LEĐNO 50 m – 1.raz- M** |
|  |  |  |  |  |
| **5** |  | - | 23.0 |  | **5** |  |  | 27.0 |  | **5** |  | - | 52.0 |
| **4** | 23.1 | - | 28.0 |  | **4** | 27.1 | - | 33.0 |  | **4** | 52.1 | - | 62.0 |
| **3** | 28.1 | - | 35.0 |  | **3** | 33.1 | - | 41.0 |  | **3** | 62.1 | - | 72.0 |
| **2** | 35.1 | - | 42.0 |  | **2** | 41.1 | - | 48.0 |  | **2** | 72.1 | - | 80.0 |
| **1** |   |  | 42.1 |  | **1** |   |  | 48.1 |  | **1** |   |  | 80.1 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **LEĐNO 50 m – 3.raz- Ž** |  | **KRAUL 50 m – 3.raz- M** |  | **KRAUL 50 m – 3.raz- Ž** |
|  |  |  |  |  |
| **5** |  | - | 60.0 |  | **5** |  | - | 43.0 |  | **5** |  | - | 60.0 |
| **4** | 60.1 | - | 69.0 |  | **4** | 43.1 | - | 51.0 |  | **4** | 60.1 | - | 68.0 |
| **3** | 69.1 | - | 79.0 |  | **3** | 51.1 | - | 61.0 |  | **3** | 68.1 | - | 78.0 |
| **2** | 79.1 | - | 85.0 |  | **2** | 61.1 | - | 69.0 |  | **2** | 78.1 | - | 83.0 |
| **1** |   |  | 85.1 |  | **1** |  |  | 69.1 |  | **1** |  |  | 83.1 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PRSNO 50 m – 3.raz- M** |  | **PRSNO 50 m – 3.raz- Ž** |  |  |
|  |  |  |  |  |
| **5** |  | - | 54.0 |  | **5** |  | - | 63.0 |  |  |  |  |  |
| **4** | 54.1 | - | 62.0 |  | **4** | 63.1 | - | 71.0 |  |  |  |  |  |
| **3** | 62.1 | - | 72.0 |  | **3** | 71.1 | - | 81.0 |  |  |  |  |  |
| **2** | 72.1 | - | 80.0 |  | **2** | 81.1 | - | 85.0 |  |  |  |  |  |
| **1** |  |  | 80.1 |  | **1** |  |  | 85.1 |  |  |  |  |  |

**DIONICA: 50 metara – ČETVRTI RAZREDI**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **KRAUL 50 m – 4.raz- M** |  | **KRAUL 50 m – 4.raz- Ž** |  | **PRSNO 50 m – 4.raz- M** |
|  |  |  |  |  |
| **5** |  |  | 42.0 |  | **5** |  |  | 60.0 |  | **5** |  |  | 52.0 |
| **4** | 42.1 | - | 50.0 |  | **4** | 60.1 | - | 68.0 |  | **4** | 52.1 | - | 61.0 |
| **3** | 50.1 | - | 58.0 |  | **3** | 68.1 | - | 79.0 |  | **3** | 61.1 | - | 73.0 |
| **2** | 58.1 | - | 67.0 |  | **2** | 79.1 | - | 88.0 |  | **2** | 73.1 | - | 80.0 |
| **1** |  |  | 67.1 |  | **1** |  |  | 88.1 |  | **1** |  |  | 80.1 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PRSNO 50 m – 4.raz- Ž** |  | **LEĐNO 50 m – 4.raz- M** |  | **LEĐNO 50 m – 4.raz- Ž** |
|  |  |  |  |  |
| **5** |  |  | 63.0 |  | **5** |  |  | 51.0 |  | **5** |  |  | 60.0 |
| **4** | 63.1 | - | 71.0 |  | **4** | 51.1 | - | 58.0 |  | **4** | 60.1 | - | 69.0 |
| **3** | 71.1 | - | 84.0 |  | **3** | 58.1 | - | 70.0 |  | **3** | 69.1 | - | 78.1 |
| **2** | 84.1 | - | 91.0 |  | **2** | 70.1 | - | 80.0 |  | **2** | 78.0 | - | 87.0 |
| **1** |  |  | 91.1 |  | **1** |  |  | 80.1 |  | **1** |  |  | 87.1 |

**PROVJERA INICIJALNOG I FINALNOG STANJA**

**1.TAPING RUKOM - MTR**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| RAZ. | SP. | **1.** | 2. | 3. | 4. | **5.** |
| 1.RAZ. | M | **29** | 30 | 33 | 34 | 37 | 38 | 41 | **42** |
| Ž | **29** | 30 | 33 | 34 | 35 | 36 | 37 | **38** |
| 2.RAZ. | M | **30** | 31 | 34 | 35 | 38 | 39 | 42 | **43** |
| Ž | **30** | 31 | 34 | 35 | 36 | 37 | 38 | **39** |
| 3.RAZ. | M | **31** | 32 | 35 | 36 | 39 | 40 | 43 | **44** |
| Ž | **31** | 32 | 35 | 36 | 37 | 38 | 39 | **40** |
| 4.RAZ. | M | **32** | 33 | 36 | 37 | 40 | 41 | 44 | **45** |
| Ž | **32** | 33 | 36 | 37 | 38 | 39 | 40 | **41** |

**2. SKOK U DALJ S MJESTA MSD**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| RAZ. | SP. | 1. | 2. | 3. | 4. | **5.** |
| 1.RAZ. | M |  189 | 190 | 204 | 205 | 219 | 220 | 234 | **235** |
| Ž | 164 | 165 | 174 | 175 | 184 | 185 | 194 | **195** |
| 2.RAZ. | M | 194 | 195 | 209 | 210 | 224 | 225 | 239 | **240** |
| Ž | 169 | 170 | 179 | 180 | 189 | 190 | 199 | **200** |
| 3.RAZ. | M | 199 | 200 | 214 | 215 | 229 | 230 | 244 | **245** |
| Ž | 174 | 175 | 184 | 185 | 194 | 195 | 204 | **205** |
| 4.RAZ. | M | 204 | 205 | 219 | 220 | 234 | 235 | 249 | **250** |
| Ž | 179 | 180 | 189 | 190 | 199 | 200 | 209 | **210** |

**3. POLIGON - MPN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| RAZ. | SP. | 1. | 2. | 3. | 4. | **5.** |
| 1.RAZ. | M | 17.1 | 17.0 | 14.0 | 13.9 | 12.0 | 11.9 | 10.0 | **9.9** |
| Ž | 19. | 19.0 | 16.0 | 15. | 14.0 | 13.9 | 12.0 | **11.9** |
| 2.RAZ. | M | 16.1 | 16.0 | 13.5 | 13.4 | 11.5 | 11.4 | 9.5 | **9.4** |
| Ž | 18.1 | 18.0 | 15.5 | 15.4 | 13.5 | 13.4 | 11.5 | **11.4** |
| 3.RAZ. | M | 15.1 | 15.0 | 13.0 | 12.9 | 11.0 | 10.9 | 9.0 | **8.9** |
| Ž | 17.1 | 17.0 | 15.5 | 15.4 | 13.0 | 12.9 | 11.0 | **10.9** |
| 4.RAZ. | M | 14.1 | 14.0 | 12.5 | 12.4 | 10.5 | 10.4 | 8.5 | **8.4** |
| Ž | 16.1 | 16.0 | 14.5 | 14.4 | 12.5 | 12.4 | 10.5 | **10.4** |

**4. PODIZANJE TRUPA**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| RAZ. | SP. | 1. | 2. | 3. | 4. | **5.** |
| 1.RAZ. | M | 32 | 33 | 36 | 37 | 41 | 42 | 46 | **47** |
| Ž | 28 | 29 | 32 | 33 | 37 | 38 | 42 | **43** |
| 2.RAZ. | M | 34 | 35 | 38 | 39 | 43 | 44 | 48 | **49** |
| Ž | 30 | 31 | 34 | 35 | 39 | 40 | 44 | **45** |
| 3.RAZ. | M | 36 | 37 | 40 | 41 | 45 | 46 | 50 | **51** |
| Ž | 32 | 33 | 36 | 37 | 41 | 42 | 46 | **47** |
| 4.RAZ. | M | 38 | 39 | 42 | 43 | 47 | 48 | 52 | **53** |
| Ž | 34 | 35 | 38 | 39 | 43 | 44 | 48 | **49** |

**5. TRČANJE 6 MINUTA F6'**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| RAZ. | SP. | 1. | 2. | 3. | 4. | **5.** |
| 1.RAZ. | M |  1189 | 1190 | 1289 | 1290 | 1389 | 1390 | 1439 | **1440** |
| Ž | 1009 | 1010 | 1109 | 1110 | 1209 | 1210 | 1259 | **1260** |
| 2.RAZ. | M | 1219 | 1220 | 1319 | 1320 | 1419 | 1420 | 1469 | **1470** |
| Ž | 1029 | 1030 | 1129 | 1130 | 1229 | 1230 | 1279 | **1280** |
| 3.RAZ. | M | 1239 | 1240 | 1339 | 1340 | 1439 | 1440 | 1489 | **1490** |
| Ž | 1039 | 1040 | 1139 | 1140 | 1239 | 1240 | 1289 | **1290** |
| 4.RAZ. | M | 1249 | 1250 | 1349 | 1350 | 1449 | 1450 | 1499 | **1500** |
| Ž | 1049 | 1050 | 1149 | 1150 | 1249 | 1250 | 1299 | **1300** |

**6. IZDRŽAJ U VISU ZGIBOM -MIV**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| RAZ. | SP. | 1. | 2. | 3. | 4. | **5.** |
| 1.RAZ. | M | 34 | 35 | 45 | 46 | 57 | 58 | 69 | **70** |
| Ž | 21 | 22 | 30 | 31 | 40 | 41 | 50 | **51** |
| 2.RAZ. | M | 37 | 38 | 48 | 49 | 60 | 61 | 72 | **73** |
| Ž | 22 | 23 | 31 | 32 | 41 | 42 | 51 | **52** |
| 3.RAZ. | M | 40 | 41 | 51 | 52 | 63 | 63 | 75 | **76** |
| Ž | 40 | 41 | 51 | 52 | 63 | 64 | 75 | **76** |
| 4.RAZ. | M | 43 | 44 | 54 | 55 | 66 | 67 | 78 | **79** |
| Ž | 24 | 25 | 33 | 34 | 43 | 44 | 53 | **54** |

**7. PRETKLON MPR**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| RAZ. | SP. | 1. | 2. | 3. | 4. | **5.** |
| 1.RAZ. | M |  48 | 49 | 53 | 54 | 58 | 59 | 63 | **64** |
| Ž | 61 | 62 | 66 | 67 | 71 | 72 | 76 | **77** |
| 2.RAZ. | M | 51 | 52 | 56 | 57 | 61 | 62 | 66 | **67** |
| Ž | 64 | 65 | 69 | 70 | 74 | 75 | 79 | **80** |
| 3.RAZ. | M | 53 | 54 | 58 | 59 | 63 | 64 | 68 | **69** |
| Ž | 67 | 68 | 72 | 73 | 77 | 78 | 82 | **83** |
| 4.RAZ. | M | 55 | 56 | 60 | 61 | 65 | 66 | 70 | **71** |
| Ž | 70 | 71 | 75 | 76 | 80 | 81 | 85 | **86** |