



OPETUSHALLITUS

Liikunnan lukiodiplomi

Prosenttipisteet

2009–2010



Liikunnan lukiodiplomin prosenttipisteet naiset

Prosentti- pisteet	Cooperin testi M	1500 metrin juoksu/min,sek	Istumaannousu 30 sek/krt	50 metrin juoksu/sek	Sukkulajuoksu 4x10 m/sek
100	2740–0000	0,00–6,35	27–	–7,7	–11,1
98	2730	6,36	–	–	–
96	2690–2720	6,37–6,42	–	–	–
94	2650–2680	6,43–6,48	26	–	11,2
92	2630–2640	6,49–6,51	–	7,8	11,3
90	2610–2620	6,52–6,54	–	–	11,4
88	2600	6,55	25	–	11,5
86	2560–2590	6,56–7,03	–	7,9	–
84	2510–2550	7,04–7,11	24	–	–
82	2490–2500	7,12–7,15	–	–	11,6
80	2480	7,16	–	8,0	–
78	–	–	–	8,1	11,7
76	2450–2470	7,17–7,21	23	8,2	–
74	2440	7,22	–	–	11,8
72	2410–2430	7,23–7,28	–	–	–
70	2400	7,29–7,31	–	–	–
68	2390	7,32	22	–	11,9
66	2380	7,33–7,34	–	8,3	12,0
64	–	7,35	21	–	12,1
62	2370	7,36–7,37	–	8,4–8,5	–
60	2360	7,38	–	–	12,2
58	2350	7,39–7,40	–	–	12,3
56	2330–2340	7,41–7,44	–	8,6	12,4
54	2310–2320	7,45–7,48	–	–	–
52	2290–2300	7,49–7,52	20	8,7	–
50	2280	7,53–7,54	–	–	12,5
48	2250–2270	7,55–8,00	–	–	–
46	2220–2240	8,01–8,07	–	8,8	–
44	2190–2210	8,08–8,13	–	–	12,6
42	2170–2180	8,14–8,19	–	–	–
40	2090–2160	8,20–8,39	–	–	–
38	2080	8,40–8,41	–	8,9	12,7
36	2070	8,42–8,44	19	–	–
34	2040–2060	8,45–8,51	–	9,0	–
32	1950–2030	8,52–9,16	–	–	–
30	1940	9,17	18	9,1	12,8
28	1930	9,18–9,20	–	9,2–9,4	–
26	1890–1920	9,21–9,33	–	9,5–9,9	12,9
24	1880	9,34–9,37	–	10,0	–
22	1870	9,38–9,40	–	10,1	–
20	1850–1860	9,41–9,46	17	10,2–10,3	13,0
18	1830–1840	9,47–9,51	–	10,4–10,7	–
16	1810–1820	9,52–9,59	16	10,8–11,0	13,1
14	1800	10,00	–	11,1–11,2	13,2
12	–	10,01	–	11,3	–
10	1780–1790	10,02–10,07	15	11,4	13,3
8	–	10,08–10,09	–	11,5–11,6	13,4–13,5
6	1700–1770	10,10–10,36	14	11,7–12,0	13,6–13,7
4	1470–1690	10,37–12,23	13	12,1–12,3	13,8–14,0
2	1330–1460	12,24–13,33	8–12	12,4–12,5	14,1–14,2
0	0000–1320	13,34–00,00	–7	12,6–00,0	14,3–00,0



Liikunnan lukiodiplomin prosenttipisteet miehet

Prosentti- pisteet	Cooperin testi M	2000 metrin juoksu/min,sek	Istumaannousu 30 sek/krt	50 metrin juoksu/sek	Sukkulajuoksu 4x10 m/sek
100	3420–0000	0,00–7,01	34–	–6,6	–9,5
98	3410	7,02	–	–	–
96	3340–3400	7,03–7,11	32–33	–	–
94	3230–3330	7,12–7,26	31	6,7	–
92	3220	7,27–7,28	30	–	9,6
90	3180–3210	7,29–7,33	–	6,8–6,9	9,7
88	3100–3170	7,34–7,45	–	–	9,8
86	3050–3090	7,46–7,52	–	–	–
84	3010–3040	7,53–7,58	–	7,0	–
82	3000	7,59–8,01	29	–	9,9
80	2980–2990	8,02–8,03	–	–	–
78	2920–2970	8,04–8,13	–	–	10,0–10,1
76	2880–2910	8,14–8,20	–	–	–
74	2870	8,21–8,22	28	–	–
72	2860	8,23–8,24	–	7,1	10,2
70	2850	8,25–8,26	–	–	–
68	2840	8,27	–	7,2	10,3
66	2830	8,28–8,29	27	–	–
64	–	8,30	–	–	–
62	2820	8,31	–	–	–
60	2800–2810	8,32–8,35	–	7,3	10,4
58	2770–2790	8,36–8,39	26	7,4	–
56	2750–2760	8,40–8,44	–	–	–
54	–	–	–	–	10,5
52	–	8,45	25	7,5	–
50	2720–2740	8,46–8,51	–	–	–
48	2670–2710	8,52–9,00	–	–	10,6
46	2660	9,01–9,03	–	–	–
44	2640–2650	9,04–9,05	–	7,6	–
42	2600–2630	9,06–9,15	24	–	10,7–10,8
40	2530–2590	9,16–9,31	–	7,7	–
38	2500–2520	9,32–9,36	–	–	–
36	2470–2490	9,37–9,44	–	–	–
34	2430–2460	9,45–9,54	23	–	10,9
32	–	–	–	–	–
30	2390–2420	9,55–10,02	–	7,8	–
28	2370–2380	10,03–10,08	–	–	11,0
26	2320–2360	10,09–10,22	–	7,9	11,1
24	2260–2310	10,23–10,39	22	–	11,2
22	2220–2250	10,40–10,50	–	–	11,3–11,4
20	2120–2210	10,51–11,20	–	8,0	–
18	2060–2110	11,21–11,39	21	–	11,5
16	–	11,40	20	–	–
14	–	–	–	–	12,0
12	2020–2050	11,41–11,55	17–19	–	–
10	1940–2010	11,56–12,25	–	8,1–8,4	12,1–12,2
8	1920–1930	12,26–12,31	16	8,5–8,6	12,3–12,4
6	1880–1910	12,32–12,48	15	8,7–8,8	12,5–12,7
4	1820–1870	12,49–13,12	–	8,9	12,8
2	1700–1810	13,13–14,10	14	9,0–9,7	12,9–13,7
0	0000–1690	14,11–00,00	–13	9,8–00,0	13,8–00,0