

**NORME ZA PROVJERU TJELESNE SPREMNOSTI  
KANDIDATA ZA PRIJEM U VOJNU SLUŽBU U OS BiH U FAZI 1**

| Trbušnjaci       |          |      |
|------------------|----------|------|
| Broj ponavljanja | Muškarci | Žene |
| ≥ 87             | 100      |      |
| 86               | 99       |      |
| 85               | 98       | 100  |
| 84               | 97       | 99   |
| 83               | 96       | 98   |
| 82               | 95       | 97   |
| 81               | 94       | 96   |
| 80               | 93       | 95   |
| 79               | 92       | 94   |
| 78               | 91       | 93   |
| 77               | 90       | 92   |
| 76               | 89       | 91   |
| 75               | 88       | 90   |
| 74               | 87       | 89   |
| 73               | 86       | 88   |
| 72               | 85       | 87   |
| 71               | 84       | 86   |
| 70               | 83       | 85   |
| 69               | 82       | 84   |
| 68               | 81       | 83   |
| 67               | 80       | 82   |
| 66               | 79       | 81   |
| 65               | 78       | 80   |
| 64               | 77       | 79   |
| 63               | 76       | 78   |
| 62               | 75       | 77   |
| 61               | 74       | 76   |
| 60               | 73       | 75   |
| 59               | 72       | 74   |
| 58               | 71       | 73   |
| 57               | 70       | 72   |
| 56               | 69       | 71   |
| 55               | 68       | 70   |
| 54               | 67       | 69   |
| 53               | 66       | 68   |
| 52               | 65       | 67   |
| 51               | 64       | 66   |

| Sklekovi         |          |      |
|------------------|----------|------|
| Broj ponavljanja | Muškarci | Žene |
| ≥ 80             | 100      |      |
| 79               | 99       |      |
| 78               | 98       |      |
| 77               | 97       |      |
| 76               | 96       |      |
| 75               | 95       |      |
| 74               | 94       |      |
| 73               | 93       |      |
| 72               | 92       |      |
| 71               | 91       |      |
| 70               | 90       |      |
| 69               | 89       |      |
| 68               | 88       |      |
| 67               | 87       |      |
| 66               | 86       |      |
| 65               | 85       |      |
| 64               | 84       |      |
| 63               | 83       |      |
| 62               | 82       |      |
| 61               | 81       |      |
| 60               | 80       |      |
| 59               | 79       |      |
| 58               | 78       |      |
| 57               | 77       |      |
| 56               | 76       | 100  |
| 55               | 75       | 99   |
| 54               | 74       | 98   |
| 53               | 73       | 97   |
| 52               | 72       | 96   |
| 51               | 71       | 95   |
| 50               | 70       | 94   |
| 49               | 69       | 93   |
| 48               | 68       | 92   |
| 47               | 67       | 91   |
| 46               | 66       | 90   |
| 45               | 65       | 89   |
| 44               | 64       | 88   |

| Trčanje na 3200 m |          |      |
|-------------------|----------|------|
| Vrijeme           | Muškarci | Žene |
| ≤ 12:38           | 100      |      |
| 12:45             | 99       |      |
| 12:48             | 98       |      |
| 12:51             | 97       |      |
| 13:00             | 96       |      |
| 13:06             | 95       |      |
| 13:12             | 94       |      |
| 13:18             | 93       |      |
| 13:26             | 92       |      |
| 13:30             | 91       |      |
| 13:36             | 90       |      |
| 13:42             | 89       |      |
| 13:48             | 88       |      |
| 13:54             | 87       |      |
| 14:00             | 86       |      |
| 14:06             | 85       |      |
| 14:13             | 84       |      |
| 14:18             | 83       |      |
| 14:23             | 82       |      |
| 14:30             | 81       |      |
| 14:36             | 80       |      |
| 14:42             | 79       |      |
| 14:48             | 78       |      |
| 14:56             | 77       |      |
| 15:00             | 76       |      |
| 15:06             | 75       |      |
| 15:12             | 74       |      |
| 15:18             | 73       |      |
| 15:20             | 72       |      |
| 15:26             | 71       |      |
| 15:36             | 70       | 100  |
| 15:42             | 69       | 99   |
| 15:48             | 68       | 98   |
| 15:54             | 67       | 97   |
| 16:00             | 66       | 96   |
| 16:08             | 65       | 95   |
| 16:12             | 64       | 94   |

| Trbušnjaci       |          |      |
|------------------|----------|------|
| Broj ponavljanja | Muškarci | Žene |
| 50               | 63       | 65   |
| 49               | 62       | 64   |
| 48               | 61       | 63   |
| 47               | 60       | 62   |
| 46               | 59       | 61   |
| 45               | 58       | 60   |
| 44               | 57       | 59   |
| 43               | 56       | 58   |
| 42               | 55       | 57   |
| 41               | 54       | 56   |
| 40               | 53       | 55   |
| 39               | 52       | 54   |
| 38               | 51       | 53   |
| 37               | 50       | 52   |
| 36               | 49       | 51   |
| 35               | 48       | 50   |
| 34               | 47       | 49   |
| 33               | 46       | 48   |
| 32               | 45       | 47   |
| 31               | 44       | 46   |
| 30               | 43       | 45   |
| 29               | 42       | 44   |
| 28               | 41       | 43   |
| 27               | 40       | 42   |
| 26               | 39       | 41   |
| 25               | 38       | 40   |
| 24               | 37       | 39   |
| 23               | 36       | 38   |
| 22               | 35       | 37   |
| 21               | 34       | 36   |
| 20               | 33       | 35   |
| 19               | 32       | 34   |
| 18               | 31       | 32   |
| 17               | 30       | 31   |
| 16               | 29       | 30   |
| 15               | 28       | 29   |
| 14               | 27       | 28   |
| 13               | 26       | 26   |
| 12               | 24       | 24   |
| 11               | 22       | 22   |
| 10               | 20       | 20   |
| 9                | 18       | 18   |
| 8                | 16       | 16   |

| Sklekovi         |          |      |
|------------------|----------|------|
| Broj ponavljanja | Muškarci | Žene |
| 43               | 63       | 87   |
| 42               | 62       | 86   |
| 41               | 61       | 85   |
| 40               | 60       | 84   |
| 39               | 59       | 83   |
| 38               | 58       | 82   |
| 37               | 57       | 81   |
| 36               | 56       | 80   |
| 35               | 55       | 79   |
| 34               | 54       | 78   |
| 33               | 53       | 77   |
| 32               | 52       | 76   |
| 31               | 51       | 75   |
| 30               | 50       | 74   |
| 29               | 49       | 73   |
| 28               | 48       | 72   |
| 27               | 47       | 71   |
| 26               | 46       | 70   |
| 25               | 45       | 69   |
| 24               | 44       | 68   |
| 23               | 43       | 67   |
| 22               | 42       | 66   |
| 21               | 41       | 65   |
| 20               | 40       | 64   |
| 19               | 38       | 63   |
| 18               | 36       | 62   |
| 17               | 34       | 61   |
| 16               | 32       | 60   |
| 15               | 30       | 58   |
| 14               | 28       | 56   |
| 13               | 26       | 54   |
| 12               | 24       | 52   |
| 11               | 22       | 50   |
| 10               | 20       | 46   |
| 9                | 18       | 42   |
| 8                | 16       | 38   |
| 7                | 14       | 34   |
| 6                | 12       | 30   |
| 5                | 10       | 25   |
| 4                | 8        | 20   |
| 3                | 6        | 15   |
| 2                | 4        | 10   |
| 1                | 2        | 5    |

| Trčanje na 3200 m |          |      |
|-------------------|----------|------|
| Vrijeme           | Muškarci | Žene |
| 16:14             | 63       | 93   |
| 16:24             | 62       | 92   |
| 16:30             | 61       | 91   |
| 16:36             | 60       | 90   |
| 16:41             | 59       | 89   |
| 16:48             | 58       | 88   |
| 16:51             | 57       | 87   |
| 17:00             | 56       | 86   |
| 17:08             | 55       | 85   |
| 17:17             | 54       | 84   |
| 17:18             | 53       | 83   |
| 17:20             | 52       | 82   |
| 17:26             | 51       | 81   |
| 17:36             | 50       | 80   |
| 17:42             | 48       | 79   |
| 17:48             | 46       | 78   |
| 17:54             | 44       | 77   |
| 18:00             | 42       | 76   |
| 18:06             | 40       | 75   |
| 18:12             | 38       | 74   |
| 18:18             | 36       | 73   |
| 18:26             | 34       | 72   |
| 18:30             | 32       | 71   |
| 18:35             | 30       | 70   |
| 18:41             | 28       | 69   |
| 18:45             | 26       | 68   |
| 18:54             | 24       | 67   |
| 19:00             | 22       | 66   |
| 19:06             | 20       | 65   |
| 19:12             | 18       | 64   |
| 19:16             | 16       | 63   |
| 19:24             | 14       | 62   |
| 19:30             | 12       | 61   |
| 19:36             | 10       | 60   |
| 19:42             | 8        | 59   |
| 19:48             | 6        | 58   |
| 19:54             | 4        | 57   |
| 20:00             | 2        | 56   |
| 20:06             |          | 55   |
| 20:12             |          | 54   |
| 20:18             |          | 53   |
| 20:24             |          | 52   |
| 20:30             |          | 51   |

| Trbušnjaci       |          |      |
|------------------|----------|------|
| Broj ponavljanja | Muškarci | Žene |
| 7                | 14       | 14   |
| 6                | 12       | 12   |
| 5                | 10       | 10   |
| 4                | 8        | 8    |
| 3                | 6        | 6    |
| 2                | 4        | 4    |
| 1                | 2        | 2    |

| Sklekovi         |          |      |
|------------------|----------|------|
| Broj ponavljanja | Muškarci | Žene |
|                  |          |      |

| Trčanje na 3200 m |          |      |
|-------------------|----------|------|
| Vrijeme           | Muškarci | Žene |
| 20:36             |          | 50   |
| 20:42             |          | 48   |
| 20:48             |          | 46   |
| 20:54             |          | 44   |
| 21:00             |          | 42   |
| 21:06             |          | 40   |
| 21:12             |          | 38   |
| 21:18             |          | 36   |
| 21:24             |          | 34   |
| 21:30             |          | 32   |
| 21:36             |          | 30   |
| 21:42             |          | 28   |
| 21:48             |          | 26   |
| 21:54             |          | 24   |
| 22:00             |          | 22   |
| 22:06             |          | 20   |
| 22:12             |          | 18   |
| 22:18             |          | 16   |
| 22:24             |          | 14   |
| 22:30             |          | 12   |
| 22:36             |          | 10   |
| 22:42             |          | 8    |
| 22:48             |          | 6    |
| 22:54             |          | 4    |
| 23:00             |          | 2    |