

Bosna i Hercegovina
Ministarstvo odbrane/obrane



Босна и Херцеговина
Министарство одбране

**NORME ZA TESTOVE PROVJERE TJELESNE SPREMNOSTI
ZA PRIJEM U VOJNU SLUŽBU U ORUŽANE SNAGE
BOSNE I HERCEGOVINE**

STANDARDI I REZULTATI
TRBUŠNJACI MUŠKARCI/ŽENE

| Ponavljjanje starosna skupina | 17-21 | 22-26 | 27-31 | 32-36 | 37-41 | 42-46 | 47-51 | 52+ |
|-------------------------------|-------|-------|-------|-------|-------|-------|-------|-----|
| 92 | 100 | | | | | | | |
| 91 | 100 | | | | | | | |
| 90 | 98 | ▼ | | | | | | |
| 89 | 97 | 100 | | | | | | |
| 88 | 96 | 99 | | | | | | |
| 87 | 95 | 98 | | | | | | |
| 86 | 94 | 97 | 100 | | | | | |
| 85 | 93 | 96 | | | | | | |
| 84 | 92 | 95 | ▼ | | | | | |
| 83 | 91 | 94 | 99 | | | | | |
| 82 | 90 | 93 | 96 | | | | | |
| 81 | 89 | 92 | 95 | 100 | | | | |
| 80 | 88 | 91 | 94 | 96 | | | | |
| 79 | 87 | 90 | 93 | 95 | ▼ | | | |
| 78 | 86 | 89 | 92 | 94 | 99 | | | |
| 77 | 85 | 88 | 91 | 93 | 96 | | | |
| 76 | 84 | 87 | 90 | 92 | 95 | | | |
| 75 | 83 | 86 | 89 | 91 | 94 | | | |
| 74 | 82 | 85 | 88 | 90 | 93 | | | |
| 73 | 81 | 84 | 87 | 89 | 92 | | | |
| 72 | 80 | 83 | 86 | 88 | 91 | | | |
| 71 | 79 | 82 | 85 | 87 | 90 | | | |
| 70 | 78 | 81 | 84 | 86 | 89 | | | |
| 69 | 77 | 80 | 83 | 85 | 88 | | | |
| 68 | 76 | 79 | 82 | 84 | 87 | | | |
| 67 | 75 | 78 | 81 | 83 | 86 | | | |
| 66 | 74 | 77 | 80 | 82 | 85 | | | |
| 65 | 73 | 76 | 79 | 81 | 84 | | | |
| 64 | 72 | 75 | 78 | 80 | 83 | | | |
| 63 | 71 | 74 | 77 | 79 | 82 | | | |
| 62 | 70 | 73 | 76 | 78 | 81 | | | |
| 61 | 69 | 72 | 75 | 77 | 80 | | | |
| 60 | 68 | 71 | 74 | 76 | 79 | | | |
| 59 | 67 | 70 | 73 | 75 | 78 | | | |
| 58 | 66 | 69 | 72 | 74 | 77 | | | |
| 57 | 65 | 68 | 71 | 73 | 76 | | | |
| 56 | 64 | 67 | 70 | 72 | 75 | | | |
| 55 | 63 | 66 | 69 | 71 | 74 | | | |
| 54 | 62 | 65 | 68 | 70 | 73 | | | |
| 53 | 61 | 64 | 67 | 69 | 72 | | | |
| 52 | 60 | 63 | 66 | 68 | 71 | | | |
| 51 | 59 | 62 | 65 | 67 | 70 | | | |
| 50 | 58 | 61 | 64 | 66 | 69 | | | |
| 49 | 57 | 60 | 63 | 65 | 68 | | | |
| 48 | 56 | 59 | 62 | 64 | 67 | | | |
| 47 | 55 | 58 | 61 | 63 | 66 | | | |
| 46 | 54 | 57 | 60 | 62 | 65 | | | |
| 45 | 53 | 56 | 59 | 61 | 64 | | | |
| 44 | 52 | 55 | 58 | 60 | 63 | | | |
| 43 | 51 | 54 | 57 | 59 | 62 | | | |
| 42 | 50 | 53 | 56 | 58 | 61 | | | |
| 41 | 49 | 52 | 55 | 57 | 60 | | | |
| 40 | 48 | 51 | 54 | 56 | 59 | | | |
| 39 | 47 | 50 | 53 | 55 | 58 | | | |
| 38 | 46 | 49 | 52 | 54 | 57 | | | |
| 37 | 45 | 48 | 51 | 53 | 56 | | | |
| 36 | 44 | 47 | 50 | 52 | 55 | | | |
| 35 | 43 | 46 | 49 | 51 | 54 | | | |
| 34 | 42 | 45 | 48 | 50 | 53 | | | |
| 33 | 41 | 44 | 47 | 49 | 52 | | | |
| 32 | 40 | 43 | 46 | 48 | 51 | | | |
| 31 | 39 | 42 | 45 | 47 | 50 | | | |
| 30 | 38 | 41 | 44 | 46 | 49 | | | |
| 29 | 37 | 40 | 43 | 45 | 48 | | | |
| 28 | 36 | 39 | 42 | 44 | 47 | | | |
| 27 | 35 | 38 | 41 | 43 | 46 | | | |
| 26 | 34 | 37 | 40 | 42 | 45 | | | |
| 25 | 33 | 36 | 39 | 41 | 44 | | | |
| 24 | 32 | 35 | 38 | 40 | 43 | | | |
| 23 | 31 | 34 | 37 | 39 | 42 | | | |
| 22 | 30 | 33 | 36 | 38 | 41 | | | |
| 21 | 29 | 32 | 35 | 37 | 40 | | | |
| 20 | 28 | 31 | 34 | 36 | 39 | | | |
| 19 | 27 | 30 | 33 | 35 | 38 | | | |
| 18 | 26 | 29 | 32 | 34 | 37 | | | |
| 17 | 25 | 28 | 31 | 32 | 36 | | | |
| 16 | 24 | 27 | 30 | 31 | 34 | | | |
| 15 | 23 | 26 | 29 | 30 | 32 | | | |
| 14 | 22 | 25 | 28 | 29 | 30 | | | |
| 13 | 21 | 24 | 27 | 28 | 28 | | | |
| 12 | 20 | 23 | 26 | 26 | 26 | | | |
| 11 | 19 | 22 | 24 | 24 | 24 | | | |
| 10 | 18 | 21 | 22 | 22 | 22 | | | |
| 9 | 17 | 20 | 20 | 20 | 20 | | | |
| 8 | 16 | 18 | 18 | 18 | 18 | | | |
| 7 | 14 | 16 | 16 | 16 | 16 | | | |
| 6 | 12 | 14 | 14 | 14 | 14 | | | |
| 5 | 10 | 12 | 12 | 12 | 12 | | | |
| 4 | 8 | 10 | 10 | 10 | 10 | | | |
| 3 | 6 | 8 | 8 | 8 | 8 | | | |
| 2 | 4 | 6 | 6 | 6 | 6 | | | |
| 1 | 2 | 4 | 4 | 4 | 4 | | | |

▼ OZNAČAVA
STANDARDE
ZA ŽENE

STANDARDI I REZULTATI

SKLEKOVI MUŠKARCI/ŽENE

| Ponavljanje starosna skupina | 17-21 | 22-26 | 27-31 | 32-36 | 37-41 | 42-46 | 47-51 | 52+ |
|---------------------------------|-------|-------|-------|-------|-------|-------|-------|-----|
| 82 | 100 | | | | | | | |
| 81 | 99 | | | | | | | |
| 80 | 98 | 100 | | | | | | |
| 79 | 97 | 99 | | | | | | |
| 78 | 96 | 98 | 100 | | | | | |
| 77 | 95 | 97 | 99 | | | | | |
| 76 | 94 | 96 | 98 | | | | | |
| 75 | 93 | 95 | 97 | | | | | |
| 74 | 92 | 94 | 96 | | | | | |
| 73 | 91 | 93 | 95 | | | | | |
| 72 | 90 | 92 | 94 | 100 | | | | |
| 71 | 89 | 91 | 93 | 99 | 100 | | | |
| 70 | 88 | 90 | 92 | 98 | 99 | | | |
| 69 | 87 | 89 | 91 | 97 | 98 | | | |
| 68 | 86 | 88 | 90 | 96 | 97 | | | |
| 67 | 85 | 87 | 89 | 95 | 96 | | | |
| 66 | 84 | 86 | 88 | 94 | 95 | | | |
| 65 | 83 | 85 | 87 | 93 | 94 | 100 | | |
| 64 | 82 | 84 | 86 | 92 | 93 | 99 | | |
| 63 | 81 | 83 | 85 | 91 | 92 | 98 | | |
| 62 | 80 | 82 | 84 | 90 | 91 | 97 | | |
| 61 | 79 | 81 | 83 | 89 | 90 | 96 | 100 | |
| 60 | 78 | 80 | 82 | 88 | 89 | 95 | 99 | |
| 59 | 77 | 79 | 81 | 87 | 88 | 94 | 98 | |
| 58 | 76 | 78 | 80 | 86 | 87 | 93 | 97 | |
| 57 | 75 | 77 | 79 | 85 | 86 | 92 | 96 | |
| 56 | 74 | 76 | 78 | 84 | 85 | 91 | 95 | |
| 55 | 73 | 75 | 77 | 83 | 84 | 90 | 94 | 100 |
| 54 | 72 | 74 | 76 | 82 | 83 | 89 | 93 | 99 |
| 53 | 71 | 73 | 75 | 81 | 82 | 88 | 92 | 98 |
| 52 | 70 | 72 | 74 | 80 | 81 | 87 | 91 | 97 |
| 51 | 69 | 71 | 73 | 79 | 80 | 86 | 90 | 96 |
| 50 | 68 | 70 | 72 | 78 | 79 | 85 | 89 | 95 |
| 49 | 67 | 69 | 71 | 77 | 78 | 84 | 88 | 94 |
| 48 | 66 | 68 | 70 | 76 | 77 | 83 | 87 | 93 |
| 47 | 65 | 67 | 69 | 75 | 76 | 82 | 86 | 92 |
| 46 | 64 | 66 | 68 | 74 | 75 | 81 | 85 | 91 |
| 45 | 63 | 65 | 67 | 73 | 74 | 80 | 84 | 90 |
| 44 | 62 | 64 | 66 | 72 | 73 | 79 | 83 | 89 |
| 43 | 61 | 63 | 65 | 71 | 72 | 78 | 82 | 88 |
| 42 | 60 | 62 | 64 | 70 | 71 | 77 | 81 | 87 |
| 41 | 59 | 61 | 63 | 69 | 70 | 76 | 80 | 86 |
| 40 | 58 | 60 | 62 | 68 | 69 | 75 | 79 | 85 |
| 39 | 57 | 59 | 61 | 67 | 68 | 74 | 78 | 84 |
| 38 | 56 | 58 | 60 | 66 | 67 | 73 | 77 | 83 |
| 37 | 55 | 57 | 59 | 65 | 66 | 72 | 76 | 82 |
| 36 | 54 | 56 | 58 | 64 | 65 | 71 | 75 | 81 |
| 35 | 53 | 55 | 57 | 63 | 64 | 70 | 74 | 80 |
| 34 | 52 | 54 | 56 | 62 | 63 | 69 | 73 | 79 |
| 33 | 51 | 53 | 55 | 61 | 62 | 68 | 72 | 78 |
| 32 | 50 | 52 | 54 | 60 | 61 | 67 | 71 | 77 |
| 31 | 49 | 51 | 53 | 59 | 60 | 66 | 70 | 76 |
| 30 | 48 | 50 | 52 | 58 | 59 | 65 | 69 | 75 |
| 29 | 47 | 49 | 51 | 57 | 58 | 64 | 68 | 74 |
| 28 | 46 | 48 | 50 | 56 | 57 | 63 | 67 | 73 |
| 27 | 45 | 47 | 49 | 55 | 56 | 62 | 66 | 72 |
| 26 | 44 | 46 | 48 | 54 | 55 | 61 | 65 | 71 |
| 25 | 43 | 45 | 47 | 53 | 54 | 60 | 64 | 70 |
| 24 | 42 | 44 | 46 | 52 | 53 | 59 | 63 | 69 |
| 23 | 41 | 43 | 45 | 51 | 52 | 58 | 62 | 68 |
| 22 | 40 | 42 | 44 | 50 | 51 | 57 | 61 | 67 |
| 21 | 39 | 41 | 43 | 49 | 50 | 56 | 60 | 66 |
| 20 | 38 | 40 | 42 | 48 | 49 | 55 | 59 | 65 |
| 19 | 37 | 39 | 41 | 47 | 48 | 54 | 58 | 64 |
| 18 | 36 | 38 | 40 | 46 | 47 | 53 | 57 | 63 |
| 17 | 34 | 36 | 38 | 45 | 46 | 52 | 56 | 62 |
| 16 | 32 | 34 | 36 | 44 | 45 | 51 | 55 | 61 |
| 15 | 30 | 32 | 34 | 43 | 44 | 50 | 54 | 60 |
| 14 | 28 | 30 | 32 | 42 | 43 | 49 | 53 | 59 |
| 13 | 26 | 28 | 30 | 41 | 42 | 48 | 52 | 58 |
| 12 | 24 | 26 | 28 | 40 | 41 | 47 | 51 | 57 |
| 11 | 22 | 24 | 26 | 39 | 40 | 46 | 50 | 56 |
| 10 | 20 | 22 | 24 | 38 | 39 | 45 | 49 | 55 |
| 9 | 18 | 20 | 22 | 37 | 38 | 44 | 48 | 54 |
| 8 | 16 | 18 | 20 | 36 | 37 | 43 | 47 | 53 |
| 7 | 14 | 16 | 18 | 35 | 36 | 42 | 46 | 52 |
| 6 | 12 | 14 | 16 | 34 | 35 | 41 | 45 | 51 |
| 5 | 10 | 12 | 14 | 33 | 34 | 40 | 44 | 50 |
| 4 | 8 | 10 | 12 | 32 | 33 | 39 | 43 | 49 |
| 3 | 6 | 8 | 10 | 31 | 32 | 38 | 42 | 48 |
| 2 | 4 | 6 | 8 | 30 | 31 | 37 | 41 | 47 |
| 1 | 2 | 4 | 6 | 29 | 30 | 36 | 40 | 46 |

▼ OZNAČAVA
STANDARDE
ZA ŽENE

STANDARDI I REZULTATI
TRČANJE NA 3,2 km MUŠKARCI/ŽENE

| Ponavljanje starosna skupina | 17-21 | 22-26 | 27-31 | 32-36 | 37-41 | 42-46 | 47-51 | 52+ |
|---------------------------------|-------|-------|-------|-------|-------|-------|-------|-----|
| 11:54 | 100 | | | | | | | |
| 12:00 | 99 | | | | | | | |
| 12:05 | 98 | | | | | | | |
| 12:15 | 97 | | | | | | | |
| 12:18 | 96 | | | | | | | |
| 12:25 | 95 | | | | | | | |
| 12:30 | 94 | | | | | | | |
| 12:38 | 93 | 100 | | | | | | |
| 12:45 | 92 | 99 | | | | | | |
| 12:48 | 91 | 98 | | | | | | |
| 12:51 | 90 | 97 | | | | | | |
| 13:00 | 89 | 96 | | | | | | |
| 13:06 | 88 | 95 | | | | | | |
| 13:12 | 87 | 94 | | | | | | |
| 13:18 | 86 | 93 | 100 | | | | | |
| 13:26 | 85 | 92 | 99 | | | | | |
| 13:30 | 84 | 91 | 98 | | | | | |
| 13:36 | 83 | 90 | 97 | | | | | |
| 13:42 | 82 | 89 | 96 | | | | | |
| 13:48 | 81 | 88 | 95 | | | | | |
| 13:54 | 80 | 87 | 94 | | | | | |
| 14:00 | 79 | 86 | 93 | 100 | | | | |
| 14:06 | 78 | 85 | 92 | 99 | | | | |
| 14:13 | 77 | 84 | 91 | 98 | | | | |
| 14:18 | 76 | 83 | 90 | 97 | | | | |
| 14:23 | 75 | 82 | 89 | 96 | | | | |
| 14:30 | 74 | 81 | 88 | 95 | | | | |
| 14:36 | 73 | 80 | 87 | 94 | | | | |
| 14:42 | 72 | 79 | 86 | 93 | 100 | | | |
| 14:48 | 71 | 78 | 85 | 92 | 99 | | | |
| 14:56 | 70 | 77 | 84 | 91 | 98 | | | |
| 15:00 | 69 | 99 | 83 | 90 | 97 | | | |
| 15:06 | 68 | 98 | 82 | 89 | 96 | 100 | | |
| 15:12 | 67 | 97 | 81 | 88 | 95 | 99 | | |
| 15:18 | 66 | 96 | 80 | 87 | 94 | 98 | | |
| 15:20 | 65 | 95 | 79 | 86 | 93 | 97 | | |
| 15:26 | 64 | 94 | 78 | 85 | 92 | 96 | | |
| 15:36 | 63 | 93 | 77 | 84 | 91 | 95 | 100 | |
| 15:42 | 62 | 92 | 99 | 83 | 90 | 94 | 99 | |
| 15:48 | 61 | 91 | 68 | 82 | 89 | 93 | 98 | |
| 15:54 | 60 | 90 | 67 | 81 | 88 | 92 | 97 | |
| 16:00 | 59 | 89 | 66 | 80 | 87 | 91 | 96 | 100 |
| 16:08 | 58 | 88 | 65 | 79 | 86 | 90 | 95 | 99 |
| 16:12 | 57 | 87 | 64 | 78 | 85 | 89 | 94 | 98 |
| 16:14 | 56 | 86 | 63 | 77 | 84 | 88 | 93 | 97 |
| 16:24 | 55 | 85 | 62 | 76 | 83 | 87 | 92 | 96 |
| 16:30 | 54 | 84 | 61 | 75 | 82 | 86 | 91 | 95 |
| 16:36 | 53 | 83 | 60 | 74 | 81 | 85 | 90 | 94 |
| 16:41 | 52 | 82 | 59 | 73 | 80 | 84 | 89 | 93 |
| 16:48 | 51 | 81 | 58 | 72 | 79 | 83 | 88 | 92 |
| 16:51 | 50 | 80 | 57 | 71 | 78 | 82 | 87 | 91 |
| 17:00 | 48 | 79 | 56 | 70 | 77 | 81 | 86 | 90 |
| 17:08 | 46 | 78 | 55 | 69 | 76 | 80 | 85 | 89 |
| 17:17 | 44 | 77 | 54 | 68 | 75 | 79 | 84 | 88 |
| 17:18 | 42 | 76 | 53 | 67 | 74 | 78 | 83 | 87 |
| 17:20 | 40 | 75 | 52 | 66 | 73 | 77 | 82 | 86 |
| 17:26 | 38 | 74 | 51 | 65 | 72 | 76 | 81 | 85 |
| 17:36 | 36 | 73 | 50 | 64 | 71 | 75 | 80 | 84 |
| 17:42 | 34 | 72 | 48 | 63 | 70 | 74 | 79 | 83 |
| 17:48 | 32 | 71 | 46 | 62 | 69 | 73 | 78 | 82 |
| 17:54 | 30 | 70 | 44 | 61 | 68 | 72 | 77 | 81 |
| 18:00 | 28 | 69 | 42 | 60 | 67 | 71 | 76 | 80 |
| 18:06 | 26 | 68 | 40 | 59 | 66 | 70 | 75 | 79 |
| 18:12 | 24 | 67 | 38 | 58 | 65 | 69 | 74 | 78 |
| 18:18 | 22 | 66 | 36 | 57 | 64 | 68 | 73 | 77 |
| 18:26 | 20 | 65 | 34 | 48 | 63 | 67 | 72 | 76 |
| 18:30 | 18 | 64 | 32 | 46 | 62 | 66 | 71 | 75 |
| 18:35 | 16 | 63 | 30 | 44 | 61 | 65 | 70 | 74 |
| 18:41 | 14 | 62 | 28 | 42 | 60 | 64 | 69 | 73 |
| 18:45 | 12 | 61 | 26 | 40 | 59 | 63 | 68 | 72 |
| 18:54 | 10 | 60 | 24 | 38 | 58 | 62 | 67 | 71 |
| 19:00 | 8 | 59 | 22 | 36 | 57 | 61 | 66 | 70 |
| 19:06 | 6 | 58 | 20 | 34 | 56 | 60 | 65 | 69 |
| 19:12 | 4 | 57 | 18 | 32 | 55 | 59 | 64 | 68 |
| 19:16 | 2 | 56 | 16 | 30 | 54 | 58 | 63 | 67 |
| 19:24 | | 55 | 14 | 28 | 53 | 57 | 62 | 66 |
| 19:30 | | 54 | 12 | 26 | 52 | 56 | 61 | 65 |
| 19:36 | | 53 | 10 | 24 | 51 | 55 | 60 | 64 |
| 19:42 | | 52 | 8 | 22 | 50 | 54 | 59 | 63 |
| 19:48 | | 51 | 6 | 20 | 49 | 53 | 58 | 62 |
| 19:54 | | 50 | 4 | 18 | 48 | 52 | 57 | 61 |
| 20:00 | | 48 | 2 | 16 | 47 | 51 | 56 | 60 |
| 20:06 | | 46 | | 14 | 46 | 50 | 55 | 59 |
| 20:12 | | 44 | | 12 | 45 | 49 | 54 | 58 |
| 20:18 | | 42 | | 10 | 44 | 48 | 53 | 57 |
| 20:24 | | 40 | | 8 | 43 | 47 | 52 | 56 |
| 20:30 | | 38 | | 6 | 42 | 46 | 51 | 55 |

▼ OZNAČAVA
STANDARDE
ZA ŽENE

