

COOPERIN-TESTIN PISTETAULUKKO MIEHET									
	1300p	1200p	1100p	1000p	900p	800p	700p	600p	500p
Yleinen	4700m	4550m	4400m	4250m	4100m	3950m	3800m	3650m	3500m
M35	4650m	4500m	4350m	4200m	4050m	3900m	3750m	3600m	3450m
M36	4620m	4470m	4320m	4170m	4020m	3870m	3720m	3570m	3420m
M37	4590m	4440m	4290m	4140m	3990m	3840m	3690m	3540m	3390m
M38	4560m	4410m	4260m	4110m	3960m	3810m	3660m	3510m	3360m
M39	4530m	4380m	4230m	4080m	3930m	3780m	3630m	3480m	3330m
M40	4500m	4350m	4200m	4050m	3900m	3750m	3600m	3450m	3300m
M41	4470m	4320m	4170m	4020m	3870m	3720m	3570m	3420m	3270m
M42	4440m	4290m	4140m	3990m	3840m	3690m	3540m	3390m	3240m
M43	4410m	4260m	4110m	3960m	3810m	3660m	3510m	3360m	3210m
M44	4380m	4230m	4080m	3930m	3780m	3630m	3480m	3330m	3180m
M45	4350m	4100m	4050m	3900m	3750m	3600m	3450m	3300m	3150m
M46	4320m	4070m	4020m	3870m	3720m	3570m	3420m	3270m	3120m
M47	4290m	4040m	3990m	3840m	3690m	3540m	3390m	3240m	3090m
M48	4260m	4110m	3960m	3810m	3660m	3510m	3360m	3210m	3060m
M49	4230m	4080m	3930m	3780m	3630m	3480m	3330m	3180m	3030m
M50	4200m	4050m	3900m	3750m	3600m	3450m	3300m	3150m	3000m
M51	4170m	4020m	3870m	3720m	3570m	3420m	3270m	3120m	2970m
M52	4140m	3990m	3840m	3690m	3540m	3390m	3240m	3090m	2940m
M53	4110m	3960m	3810m	3660m	3510m	3360m	3210m	3060m	2910m
M54	4080m	3930m	3780m	3630m	3480m	3330m	3180m	3030m	2880m
M55	4050m	3900m	3750m	3600m	3450m	3300m	3150m	3000m	2850m
M56	4020m	3870m	3720m	3570m	3420m	3270m	3120m	2970m	2820m
M57	3990m	3840m	3690m	3540m	3390m	3240m	3090m	2940m	2790m
M58	3960m	3810m	3660m	3510m	3360m	3210m	3060m	2910m	2760m
M59	3930m	3780m	3630m	3480m	3330m	3180m	3030m	2880m	2730m
M60	3900m	3750m	3600m	3450m	3300m	3150m	3000m	2850m	2700m
M61	3870m	3720m	3570m	3420m	3270m	3120m	2970m	2820m	2670m
M62	3840m	3690m	3540m	3390m	3240m	3090m	2940m	2790m	2640m
M63	3810m	3660m	3510m	3360m	3210m	3060m	2910m	2760m	2610m
M64	3780m	3630m	3480m	3330m	3180m	3030m	2880m	2730m	2580m
M65	3750m	3600m	3450m	3300m	3150m	3000m	2850m	2750m	2550m
M66	3720m	3570m	3420m	3270m	3120m	2970m	2820m	2720m	2520m
M67	3690m	3540m	3390m	3240m	3090m	2940m	2790m	2740m	2490m
M68	3660m	3510m	3360m	3210m	3060m	2910m	2760m	2710m	2460m
M69	3630m	3480m	3330m	3180m	3030m	2880m	2730m	2680m	2430m
M70	3600m	3450m	3300m	3150m	3000m	2850m	2100m	2650m	2400m
M71	3565m	3415m	3265m	3115m	2965m	2815m	2665m	2515m	2365m
M72	3530m	3380m	3230m	3080m	2930m	2780m	2630m	2480m	2330m
M73	3495m	3345m	3195m	3045m	2895m	2745m	2595m	2445m	2295m
M74	3460m	3310m	3160m	3019m	2860m	2710m	2560m	2410m	2260m
M75	3425m	3275m	3125m	2975m	2825m	2675m	2525m	2375m	2225m
M76	3390m	3240m	3090m	2940m	2790m	2640m	2490m	2340m	2190m
M77	3355m	3205m	3055m	2905m	2755m	2605m	2455m	2305m	2155m
M78	3320m	3170m	3020m	2870m	2720m	2570m	2420m	2270m	2120m
M79	3285m	3135m	2985m	2835m	2685m	2535m	2385m	2235m	2085m
M80	3250m	3100m	2950m	2800m	2650m	2500m	2350m	2200m	2050m
M81	3210m	3060m	2910m	2760m	2610m	2460m	2310m	2160m	2010m
M82	3170m	3020m	2870m	2720m	2570m	2420m	2270m	2120m	1970m
M83	3130m	2980m	2830m	2680m	2530m	2380m	2230m	2080m	1930m
M84	3090m	2940m	2790m	2640m	2490m	2340m	2190m	2040m	1890m

M85	3050m	2900m	2750m	2600m	2450m	2300m	2150m	2000m	1850m
M86	3005m	2855m	2705m	2555m	2405m	2255m	2105m	1955m	1805m
M87	2960m	2810m	2660m	2510m	2360m	2210m	2060m	1910m	1760m
M88	2910m	2765m	2615m	2465m	2315m	2165m	2015m	1865m	1715m
M89	2870m	2720m	2570m	2420m	2270m	2120m	1970m	1820m	1670m
M90	2825m	2675m	2525m	2375m	2225m	2075m	1925m	1775m	1625m
M91	2775m	2625m	2475m	2325m	2175m	2025m	1875m	1725m	1575m
M92	2725m	2575m	2425m	2275m	2175m	1975m	1825m	1675m	1525m
M93	2675m	2525m	2375m	2225m	2075m	1925m	1775m	1625m	1475m
M94	2625m	2475m	2375m	2175m	2025m	1875m	1725m	1575m	1475m
M95	2575m	2425m	2275m	2175m	1975m	1825m	1675m	1525m	1375m
M96	2525m	2375m	2225m	2075m	1925m	1775m	1625m	1475m	1325m
M97	2475m	2325m	2175m	2025m	1875m	1725m	1575m	1425m	1275m
M98	2425m	2275m	2125m	1975m	1825m	1675m	1525m	1375m	1225m
M99	2375m	2225m	2075m	1925m	1775m	1625m	1475m	1325m	1175m
M100m	2325m	2175m	2025m	1875m	1725m	1575m	1425m	1275m	1125m
	1300p	1200p	1100p	1000p	900p	800p	700p	600p	500p

PISTEMÄÄRÄN LASKENTAOHJE

1. Taulukossa ovat peruspisteet ja niitä vastaavat metrilukemat.
2. Tulospöytä on pistelukemien välinen alue johon tulos sijoittuu.
3. Tulospöydän pienemmän metriluvun ylittävä metriluku on (X)
4. Jakaja (a) on 1.5
5. Tulospöydän pienempi pisteluku on (p)
6. Pisteet lasketaan kaavalla: $\frac{X}{a} + p$

COOPERIN-TESTIN PISTETAULUKKO NAISET									
	1300p	1200p	1100p	1000p	900p	800p	700p	600p	500p
Yleinen	4250m	4100m	3950m	3800m	3650m	3500m	3350m	3200m	3050m
N35	4200m	4050m	3900m	3750m	3600m	3450m	3300m	3150m	3000m
N36	4170m	4020m	3870m	3720m	3570m	3420m	3270m	3120m	2970m
N37	4140m	3990m	3840m	3690m	3540m	3390m	3240m	3090m	2940m
N38	4110m	3960m	3810m	3660m	3510m	3360m	3210m	3060m	2910m
N39	4080m	3930m	3780m	3630m	3480m	3330m	3180m	3030m	2880m
N40	4050m	3900m	3750m	3600m	3450m	3300m	3150m	3000m	2850m
N41	4020m	3870m	3720m	3570m	3420m	3270m	3120m	2970m	2820m
N42	3990m	3840m	3690m	3540m	3390m	3240m	3090m	2940m	2790m
N43	3960m	3810m	3660m	3510m	3360m	3210m	3060m	2910m	2760m
N44	3930m	3780m	3630m	3480m	3330m	3180m	3030m	2880m	2730m
N45	3900m	3750m	3600m	3450m	3300m	3150m	3000p	2850m	2700m
N46	3870m	3720m	3570m	3420m	3270m	3120m	2970m	2820m	2670m
N47	3840m	3690m	3540m	3390m	3240m	3090m	2940m	2790m	2640m
N48	3810m	3660m	3510m	3360m	3210m	3060m	2910m	2760m	2610m
N49	3780m	3630m	3480m	3330m	3180m	3030m	2880m	2730m	2580m
N50	3750m	3600m	3450m	3300m	3150m	3000m	2850m	2700m	2550m
N51	3720m	3570m	3420m	3270m	3120m	2970m	2820m	2670m	2520m
N52	3690m	3540m	3390m	3240m	3090m	2940m	2790m	2640m	2490m

N53	3660m	3510m	3360m	3210m	3060m	2910m	2760m	2610m	2460m
N54	3630m	3480m	3330m	3180m	3030m	2880m	2730m	2580m	2430m
N55	3600m	3450m	3300m	3150m	3000p	2850m	2700m	2550m	2400m
N56	3570m	3420m	3270m	3120m	2970m	2820m	2670m	2520m	2370m
N57	3540m	3390m	3240m	3090m	2940m	2790m	2640m	2490m	2340m
N58	3510m	3360m	3210m	3060m	2910m	2760m	2610m	2460m	2310m
N59	3480m	3330m	3180m	3030m	2880m	2730m	2580m	2430m	2280m
N60	3450m	3300m	3150m	3000m	2850m	2700m	2550m	2400m	2250m
N61	3415m	3265m	3115m	2965m	2815m	2665m	2515m	2365m	2215m
N62	3380m	3230m	3080m	2930m	2780m	2630m	2480m	2330m	2180m
N63	3345m	3195m	3045m	2895m	2745m	2595m	2445m	2295m	2145m
N64	3310m	3160m	3010m	2860m	2710m	2560m	2410m	2260m	2110m
N65	3275m	3125m	2975m	2825m	2675m	2525m	2375m	2225m	2075m
N66	3240m	3090m	2940m	2790m	2640m	2490m	2340m	2190m	2040m
N67	3205m	3055m	2905m	2755m	2605m	2455m	2305m	2155m	2005m
N68	3170m	3020m	2870m	2720m	2570m	2420m	2270m	2120m	1970m
N69	3135m	2985m	2835m	2685m	2535m	2385m	2235m	2085m	1935m
N70	3100m	2950m	2800m	2650m	2500m	2350m	2200m	2050m	1900m
N71	3090m	2910m	2760m	2610m	2460m	2310m	2160m	2010m	1860m
N72	3020m	2870m	2720m	2570m	2420m	2270m	2120m	1970m	1820m
N73	2980m	2830m	2680m	2530m	2380m	2230m	2030m	1930m	1780m
N74	2940m	2790m	2640m	2490m	2340m	2190m	2040m	1890m	1740m
N75	2900m	2750m	2600m	2450m	2300m	2150m	2000m	1850m	1700m
N76	2860m	2710m	2560m	2410m	2260m	2110m	1960m	1810m	1660m
N77	2820m	2670m	2520m	2370m	2220m	2070m	1920m	1770m	1620m
N78	2780m	2630m	2480m	2330m	2180m	2030m	1880m	1730m	1580m
N79	2740m	2590m	2440m	2290m	2140m	1990m	1840m	1690m	1540m
N80	2700m	2550m	2400m	2250m	2100m	1950m	1800m	1650m	1500m
N81	2660m	2510m	2360m	2210m	2060m	1910m	1760m	1610m	1440m
N82	2620m	1470m	2320m	2170m	2020m	1870m	1720m	1570m	1420m
N83	2580m	2430m	2280m	2130m	1980m	1830m	1680m	1530m	1380m
N84	2540m	2390m	2240m	2090m	1940m	1790m	1640m	1490m	1340m
N85	2500m	2350m	2200m	2050m	1900m	1750m	1600m	1450m	1300m
N86	2460m	2310m	2160m	2010m	1860m	1710m	1560m	1410m	1260m
N87	2420m	2270m	2120m	1970m	1820m	1670m	1520m	1370m	1220m
N88	2380m	2230m	2080m	1930m	1780m	1630m	1480m	1330m	1180m
N89	2340m	2190m	2040m	1890m	1740m	1590m	1440m	1290m	1140m
N90	2300m	2150m	2000m	1850m	1700m	1550m	1400m	1250m	1100m
	1300p	1200p	1100p	1000p	900p	800p	700p	600p	500p

PISTEMÄÄRÄÄN LASKENTAOHJE

1. Taulukossa ovat peruspisteet ja niitä vastaavat metrilukemat.
2. Tulosväli on pistelukemien välinen alue johon tulos sijoittuu.
3. Tulosvälin pienemmän metriluvun ylittävä metriluku on (X)
4. Jakaja (a) on 1.5
5. Tulosvälin pienempi pisteluku on (p)
6. Pisteet lasketaan kaavalla: $\frac{X}{a} + p$

a



