

## Le barème des épreuves physiques et sportives du concours de sapeur-pompier professionnel

Note	Natation 50m nage libre		Luc Léger		Souplesse (cm)		Gainage	Membres supérieurs		Killy	Note
	Homme	Femme	Homme	Femme	Homme	Femme		Homme	Femme		
20	25s	32s	14P	12P30sec	47	51	4 min00s	74s	71s	4min00s	20
19	26s	33s	13P45sec	12P15sec	46	50	3min55sec	71s	68s	3min55sec	19
18	27s	34s	13P30sec	12P	45	49	3min50sec	68s	65s	3min50sec	18
17	28s	36s	13P15sec	11P45sec	44	48	3min45sec	65s	62s	3min45sec	17
16	29s	38s	13P	11P30sec	43	47	3min40sec	62s	59s	3min40sec	16
15	30s	40s	12P45sec	11P15sec	42	46	3min35sec	59s	56s	3min35sec	15
14	32s	42s	12P30sec	11P	40	44	3min30sec	56s	53s	3min30sec	14
13	34s	44s	12P15sec	10P45sec	38	42	3min25sec	53s	50s	3min25sec	13
12	36s	46s	12P	10P30sec	36	40	3min20sec	50s	47s	3min20sec	12
11	38s	48s	11P30sec	10P	34	38	3min10sec	47s	44s	3min10sec	11
10	40s	50s	11P	9P30sec	32	36	3min00sec	44s	41s	3min00sec	10
9	42s	52s	10P30sec	9P	30	34	2min50sec	40s	37s	2min50sec	9
8	44s	54s	10P	8P30sec	28	32	2min40sec	36s	33s	2min40sec	8
7	46s	56s	9P30sec	8P	26	30	2min30sec	32s	29s	2min30sec	7
6	48s	58s	9P	7P30sec	24	28	2min10sec	28s	25s	2min10sec	6
5	50s	60s	8P30sec	7P	22	26	2min00sec	24s	21s	2min00sec	5
4	52s	62s	8P	6P30sec	20	24	1min50sec	20s	17s	1min50sec	4
3	54s	64s	7P30sec	6P	18	22	1min40sec	16s	13s	1min40sec	3
2	56s	66s	7P	5P30sec	16	20	1min30sec	12s	09s	1min30sec	2
1	58s	68s	6P30sec	5P	14	18	1min20sec	08s	05s	1min20sec	1
0	60s	70s	6P	4P30sec	12	16	1min10sec	04s	01s	1min10sec	0