|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **TEST DI COOPER 13-20 ANNI** | | | | | |
| **ETA’** | **ECCELLENTE** | **BUONO** | **MEDIO** | **SCARSO** | **INSUFFICIENTE** |
| M. 13-14 | >2700m | 2400-2700m | 2200-2399m | 2100-2199m | <2100m |
| F. 13-14 | >2000m | 1900-2000m | 1600-1899m | 1500-1599m | <1500m |
| M. 15-16 | >2800m | 2500-2800m | 2300-2499m | 2200-2299m | <2200m |
| F. 15-16 | >2100m | 2000-2100m | 1700-1999m | 1600-1699m | <1600m |
| M. 17-19 | >3000m | 2700-3000m | 2500-2699m | 2300-2499m | <2300m |
| F. 17-20 | >2300m | 2100-2300m | 1800-2099m | 1700-1799m | <1700m |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **TEST DI COOPER 20-50 ANNI** | | | | | |
| **ETA’** | **ECCELLENTE** | **BUONO** | **MEDIO** | **SCARSO** | **INSUFFICIENTE** |
| M. 20-29 | >2800m | 2400-2800m | 2200-2399m | 1600-2199m | <1600m |
| F. 20-29 | >2700m | 2200-2700m | 1800-2199m | 1500-1799m | <1500m |
| M. 30-39 | >2700m | 2300-2700m | 1900-2299m | 1500-1999m | <1500m |
| F. 30-39 | >2500m | 2000-2500m | 1700-1999m | 1400-1699m | <1400m |
| M. 40-49 | >2500m | 2100-2500m | 1700-2099m | 1400-1699m | <1400m |
| F. 40-49 | >2300m | 1900-2300m | 1500-1899m | 1200-1499m | <1200m |
| M. >50 | >2400m | 2000-2400m | 1600-1999m | 1300-1599m | <1300m |
| F. >50 | >2200m | 1700-2200m | 1400-1699m | 1100-1399m | <1100m |