

### Test Coopera w pływaniu

Wiek		Bardzo dobrze	Dobrze	Średnio	Źle	Bardzo źle
13-19	M	700+ m	625–699 m	550–624 m	450–549 m	450- m
	K	625+ m	550–624 m	450–549 m	350–449 m	350- m
20-29	M	625+ m	550–624 m	450–549 m	350–449 m	350- m
	K	550+ m	450–549 m	350–449 m	250–349 m	250- m
30-39	M	575+ m	500–574 m	400–499 m	300–399 m	300- m
	K	500+ m	400–499 m	300–399 m	225–299 m	225- m
40-49	M	550+ m	450–549 m	350–449 m	250–349 m	250- m
	K	450+ m	350–449 m	250–349 m	175–249 m	175- m
50+	M	500+ m	400–499 m	300–399 m	200–299 m	200- m
	K	400+ m	300–399 m	225–299 m	150–225 m	150- m