

Βαθμοί Ασκήσεων και Προόδου

ΑΜ	ΦΑ-1	Πρόοδος
743	7.5	2.0
828	5.0	2.0
836	6.2	5.3
891		5.0
906		1.0
955	7.5	1.0
994	9.2	5.0
1011		1.5
1026	7.0	
1042	10.0	4.0
1065	5.4	1.0
1069	7.5	8.0
1074	3.5	1.5
1077	5.0	5.0
1078	7.5	3.0
1083	7.5	2.0
1087	7.8	3.5
1091	1.0	1.0
1094	6.2	1.0
1097	7.0	4.0
1098	8.7	2.5
1119	6.0	2.0
1136		1.0
1139	10.0	
1142	5.1	1.0
1148		1.5
1162	6.3	8.0
1164	7.5	1.0
1181		2.5
1183		1.0
1191	6.3	2.0
1193	10.0	6.5
1204	2.5	7.0
1216	8.5	3.0
1223	7.5	1.5
1227	7.5	
1242	6.7	3.0
1260	7.0	6.0
1263	5.0	6.0
1269	3.0	5.0
1270	4.3	1.0
1273	10.0	4.0
1281	7.5	6.0

ΑΜ	ΦΑ-1	Πρόοδος
1281	7.5	6.0
1291	7.5	4.0
1294		3.5
1295	5.0	2.5
1298	6.1	1.0
1306	5.0	2.0
1311	7.5	3.0
1315	7.5	1.0
1321	7.5	5.0
1335	10.0	8.0
1346	4.0	
1380	7.1	1.5
1381		1.0
1394		1.0
1411	2.0	4.0
1414	4.2	7.5
1440	10.0	6.0
1460	2.0	3.0
1469	5.0	
1470	7.5	2.0
1480	3.0	2.0
1484	7.5	1.0
1489	8.5	8.0
1499	7.5	1.0
1506	5.0	4.0
1507	7.5	1.0
1512		6.0
1534		3.0
1536	2.0	1.0
1537	7.5	6.0
1538	7.5	4.5
1547		3.5
1567	2.0	2.1
1583	8.0	4.5
1596	5.0	
1599	7.5	3.0
1600	7.5	5.0
1604	2.0	1.0
1609	2.0	3.5
1614	7.5	4.0
1616	6.3	4.0
1620	10.0	3.0
1624		2.0