Утверждаю:

Директор МКОУ

«Пальминская ООШ»

М.В. Посредникова

Приказ № \_\_\_ от \_\_\_\_\_20\_\_\_год

Десятидневное меню

для обучающихся

Муниципального казённого

общеобразовательного учреждения

«Пальминская основная общеобразовательная школа»

1-4 класс

2021 год

**1 день**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **Сборн.** | **№**  **Рецепт.** | | | **Наименование блюд** | **Выход гр.** | | **Химический состав** | | | | | **Энергетиче**  **Ценность (ккал)** | | **Витамины** | | | | | | | **Минеральные вещества** | | | | | |
|  |  | | |  |  | | **Б** | **Ж** | | **У** | |  | | **В1** | | **С** | **А** | | **Е** | | **Са** | | **Р** | **Mq** | | **Fe** |
|  | |  | **Обед** | |  |  | | |  | |  | |  |  |  | | |  | |  |  |  | | |  |  |
| 2004 | | 16 | Салат зеленый из огурцов | | 60 | 0,4 | | | 5,9 | | 1,4 | | 60 | 0,02 | 5,47 | | |  | |  | 13,66 |  | | |  | 0,34 |
| 2004 | | 140 | Суп картофельный с макаронными изделиями | | 250 | 6,94 | | | 6,2 | | 15,06 | | 146,34 | 0.1 | 5,28 | | |  | |  | 10,96 |  | | |  | 0,7 |
| 2004 | | 369 | Тефтели из говядины | | 80 | 12,64 | | | 9,49 | | 6,47 | | 168,73 | 0,17 | 0,8 | | |  | |  | 9,03 |  | | |  | 1,99 |
| 2004 | | 298 | Каша гречневая рассыпчатая | | 150 | 8,55 | | | 7,23 | | 41,17 | | 270,51 | 0,21 |  | | | - | | - | 14,21 |  | | |  | 4,54 |
| 2004 | | 639 | Компот из сухофруктов | | 200 | 0,48 | | | 0 | | 25,68 | | 98,36 | 0,02 | 0,82 | | | 0,16 | | - | 19,48 | 31,94 | | | 15,32 | 0,54 |
|  | |  | Хлеб пшеничный | | 50 | 3,85 | | | 0,48 | | 23,96 | | 118 | 0,1 | - | | | - | |  |  | 0,85 | | |  |  |
|  | |  | **Всего:** | |  | **32,86** | | | **29,3** | | **113,74** | | **861,94** | **0,62** | **12,37** | | | **0,16** | | **-** | **67,34** | **32,79** | | | **15,32** | **8,11** |

**2 день**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **Сборн.** | **№**  **Рецепт.** | | | **Наименование блюд** | **Выход гр.** | **Химический состав** | | | | | | **Энергетическ**  **Ценность (ккал)** | | **Витамины** | | | | | | | **Минеральные вещества** | | | | | |
|  |  | | |  |  | **Б** | | **Ж** | | **У** | |  | | **В1** | | **С** | | **А** | | **Е** | **Са** | | **Р** | **Mq** | | **Fe** |
|  | |  | **Обед** | |  | |  | |  | |  | |  |  |  | |  | |  | |  |  | | |  |  |
| 2004 | | 49 | Салат из моркови с р\м | | 60 | | 0,7 | | 4 | | 6,6 | | 64 | 0,03 | 2,65 | |  | |  | | 14,38 |  | | |  | 0,38 |
| 2004 | | 110 | Борщ с картофелем и фасолью | | 250 | | 5,4 | | 4,24 | | 4,24 | | 75,86 | 4,02 | 10,32 | | 0,82 | | 0,08 | | 68,72 | 8,5 | | | 17,4 | 0,68 |
| 2004 | | 443 | Плов из курицы | | 200 | | 18,3 | | 20,2 | | 33,15 | | 391,5 | 0,07 | 1,42 | | - | | 2,82 | | 23,1 |  | | | 55,32 | 1,95 |
|  | |  | Сок фруктовый | | 200 | | 0,01 | | 0, | | 1,76 | | 7 | 4,4 | 28,0 | | 2,0 | | 3,3 | | - | - | | | - | - |
|  | |  | Хлеб пшеничный | | 50 | | 3,85 | | 0,48 | | 23,96 | | 118 | 0,1 | - | | - | |  | |  | 0,85 | | |  |  |
|  | |  | **Всего:** | |  | | **28,26** | | **28,92** | | **69,71** | | **656,36** | **8,62** | **42,39** | | **2,82** | | **6,2** | | **106,2** | **9,35** | | | **72,72** | **3,01** |

**3 день**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **Сборн.** | **№**  **Рецепт.** | | | **Наименование блюд** | **Выход гр.** | | **Химический состав** | | | | | **Энергетиче**  **Ценность (ккал)** | | **Витамины** | | | | | | | **Минеральные вещества** | | | | | |
|  |  | | |  |  | | **Б** | **Ж** | | **У** | |  | | **В1** | | **С** | | **А** | | **Е** | **Са** | | **Р** | | **Mq** | **Fe** |
|  | |  | **Обед** | |  |  | | |  | |  | |  |  |  | |  | |  | |  |  | |  | |  |
| 2004 | | 25 | Салат «Степной» | | 100 | 1.7 | | | 5.8 | | 9.1 | | 116 | 0 | 2,8 | | 8,9 | | 4,4 | | 25,7 | 22,8 | | 12,3 | | 0,6 |
| 2004 | | 134 | Суп крестьянский | | 250 | 4,3 | | | 7,3 | | 13 | | 132,1 | 0,07 | 16,61 | | - | | - | | 81,12 | - | | - | | 1,28 |
| 2004 | | 214 | Капуста тушеная | | 150 | 2,97 | | | 5,56 | | 14,23 | | 118,50 | 0,045 | 24,5 | |  | |  | | 83,7 |  | |  | | 1,12 |
| 2004 | | 450 | Шницель мясной | | 100 | 15,53 | | | 11,7 | | 16,07 | | 231,67 | 0,1 | 0,15 | |  | |  | | 43,5 |  | |  | | 1,5 |
| 2004 | | 639 | Компот из сухофруктов | | 200 | 0,48 | | | 0 | | 25,68 | | 98,36 | 0,02 | 0,82 | | 0,16 | | - | | 19,48 | 31,94 | | 15,32 | | 0,54 |
|  | |  | Хлеб пшеничный | | 50 | 3,85 | | | 0,48 | | 23,96 | | 118 | 0,1 | - | | - | |  | |  | 0,85 | |  | |  |
|  | |  | **Всего:** | |  | **28.83** | | | **30.84** | | **102,04** | | **814.63** | **0,34** | **44,88** | | **9,06** | | **4,4** | | **253,5** | **55,59** | | **27,62** | | **5,04** |

**4 день**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **Сборн.** | **№**  **Рецепт.** | | | **Наименование блюд** | **Выход гр.** | | **Химический состав** | | | | | **Энерг.**  **Ценнос (ккал)** | | **Витамины** | | | | | | | **Минеральные вещества** | | | | | | |
|  |  | | |  |  | | **Б** | **Ж** | | **У** | |  | | **В1** | | **С** | | **А** | | **Е** | | **Са** | | **Р** | **Mq** | | **Fe** |
|  | |  | **Обед** | |  |  | | |  | |  | |  |  |  | |  | |  | |  | |  | | |  |  |
|  | |  | Овощи свежие в нарезке | | 60 | 1 | | | 0,4 | | 2,3 | | 21 |  | 5 | |  | |  | | 11,5 | |  | | | 7 | 0,3 |
| 2004 | | 124 | Щи с капустой и картофелем | | 250 | 5,6 | | | 4,34 | | 6,04 | | 84,28 | 4,42 | 7.6 | | 0,78 | | 0,08 | | 60,14 | | 27,38 | | | 11,76 | 0.78 |
| 2004 | | 383 | Рыба запеченная в духовом шкафу | | 100 | 8.25 | | | 11.3 | | 3.5 | | 128 | 0,08 | 0,15 | | - | | 1 | | 32 | | 153 | | | 57 | 0,8 |
| 2004 | | 520 | Пюре картофельное, горошек зеленый | | 150 | 3,51 | | | 25,07 | | 5,69 | | 261,03 | 0,05 | 1,5 | | 0,27 | | 0,66 | | 170,4 | | 109,9 | | | 16,65 | 0,38 |
| 2004 | | 692 | Кофейный напиток | | 200 | 3,0 | | | 2,9 | | 13,4 | | 89,0 | 0,03 | 0,52 | | - | | - | | 105,86 | | - | | | - | 0,11 |
|  | |  | Хлеб пшеничный | | 50 | 3,85 | | | 0,48 | | 23,96 | | 118 | 0,1 | - | | - | |  | |  | | 0,85 | | |  |  |
|  | |  | **Всего:** | |  | **25,21** | | | **44,49** | | **54,89** | | **701,31** | **4,68** | **13,27** | | **1,05** | | **1,74** | | **379,90** | | **291,13** | | | **92,41** | **2.37** |

**5 день**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **Сборн.** | **№**  **Рецепт.** | | | **Наименование блюд** | **Выход гр.** | **Химический состав** | | | | | **Энерг**  **Ценн (ккал** | **Витамины** | | | | | **Минеральные вещества** | | | | | | |
|  |  | | |  |  | **Б** | **Ж** | | **У** | |  | **В1** | **С** | | | **А** | | **Е** | **Са** | **Р** | | **Mq** | **Fe** |
|  | |  | **Обед** | |  |  | |  |  |  | |  |  |  |  | |  | | |  |  | |  |
| 2004 | |  | Салат из свеклы с зеленым горошком | | 60 | 1 | | 2,51 | 4,91 | 46,26 | | 0,03 | 5,88 |  |  | | 16,76 | | | 25,18 | 11,14 | | 0,79 |
| 2004 | | 147 | Суп с макаронными изделиями | | 250 | 2.4 | | 5.3 | 15.7 | 121 | | 0.2 | 17.7 | 21.1 | 0.7 | | 16.9 | | | 114.7 | 30.1 | | 1.0 |
| 2004 | | 487 | Куры тушеные | | 80 | 12,5 | | 12,99 | 4,01 | 182,25 | | 0,07 | 5,07 | 1,49 | 2,25 | | 30,52 | | | 119,9 | 24,03 | | 2,1 |
| 2004 | | 297 | Рис припущенный | | 150 | 3,37 | | 5,49 | 25,45 | 188,5 | | 0,03 | 1,99 | - | - | | 6,45 | | |  |  | | 0,63 |
| 2004 | | 639 | Компот из кураги | | 200 | 1,52 | | 0,24 | 40,6 | 158,5 | | 0,08 | 1,06 | 0,48 |  | | 47,46 | | | 52,56 | 38,08 | | 1,42 |
|  | |  | Хлеб пшеничный | | 50 | 3,85 | | 0,48 | 23,96 | 118 | | 0,1 | - | - |  | |  | | | 0,85 |  | |  |
|  | |  | **Всего:** | |  | **24.64** | | **27,01** | **114.63** | **814.51** | | **0,51** | **31,7** | **23,07** | **2,95** | | **118,09** | | | **313,19** | **103,35** | | **5,94** |

**6 день**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **Сборн.** | **№**  **Рецепт.** | | | **Наименование блюд** | **Выход гр.** | **Химический состав** | | | | | | **Энерге**  **Ценн**  **(ккал)** | | **Витамины** | | | | | | **Минеральные вещества** | | | | | |
|  |  | | |  |  | **Б** | | **Ж** | | **У** | |  | | **В1** | **С** | | **А** | | **Е** | **Са** | | **Р** | **Mq** | | **Fe** |
|  | |  | **Обед** | |  | |  | |  | |  | |  |  |  |  | |  | |  |  | | |  |  |
|  | |  | Овощи свежие в нарезке | | 60 | | 1 | | 0,4 | | 2,3 | | 21 |  | 5 |  | |  | | 11,5 |  | | | 7 | 0,3 |
| 2004 | | 110 | Борщ со сметаной | | 250 | | 5,4 | | 4,24 | | 4,24 | | 75,86 | 4,02 | 10,32 | 0,82 | | 0,08 | | 68,72 | 17,4 | | | 8,5 | 0,68 |
| 2004 | | 451 | Биточки мясные | | 80 | | 15,53 | | 11,7 | | 16,07 | | 231,67 | 0,1 | 0,15 |  | |  | | 43,5 |  | | |  | 1,5 |
| 2004 | | 332 | Макаронные изделия отварные | | 150 | | 5,52 | | 4,52 | | 26,44 | | 168,6 | 0,06 | - | - | | - | | 4,86 |  | | |  | 1,11 |
| 2004 | | 686 | Чай с лимоном | | 200 | | 0,1 | | 0,0 | | 9,2 | | 36,0 | - | 0,8 | - | | - | | 2,02 | - | | | - | 0,05 |
|  | |  | Хлеб пшеничный | | 50 | | 3,85 | | 0,48 | | 23,96 | | 118 | 0,1 | - | - | |  | |  | 0,85 | | |  |  |
|  | |  | **Всего:** | |  | | **31,40** | | **21,34** | | **82,21** | | **651,13** | **4,28** | **11,27** | **0,82** | | **0,08** | | **130,60** | **18,25** | | | **15,5** | **3,64** |

**7 день**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№**  **Сборн.** | **№**  **Рецепт.** | | | **Наименование блюд** | **Выход гр.** | **Химический состав** | | | | | | **Энергет**  **Ценность (ккал)** | | **Витамины** | | | | | | **Минеральные вещества** | | | | |
|  |  | | |  |  | **Б** | | **Ж** | | **У** | |  | | **В1** | **С** | | **А** | | **Е** | **Са** | **Р** | **Mq** | | **Fe** |
|  | |  | **Обед** | |  | |  | |  | |  | |  |  |  |  | |  | |  |  | |  |  |
| 2004 | | 19 | Салат из свежих помидоров | | 60 | | 0,67 | | 6,09 | | 1,81 | | 64,65 | 0,03 | 6,65 |  | | 2,74 | | 16,15 | 28,62 | | 13,3 | 0,48 |
| 2004 | | 139 | Суп-пюре гороховый | | 250 | | 8,82 | | 4,52 | | 10,86 | | 116,84 | 17,7 | 2,42 | 0,92 | | 0,7 | | 92,94 | 103,5 | | 23,52 | 2,7 |
| 2004 | | 520 | Пюре картофельное | | 150 | | 3,51 | | 25,07 | | 5,69 | | 261,03 | 0,05 | 1,5 | 0,27 | | 0,66 | | 170,4 | 109,9 | | 16,65 | 0,38 |
| 2004 | | 437 | Гуляш из говядины | | 80 | | 14,7 | | 15,7 | | 3,5 | | 214,0 | 0,04 | - | - | | - | | 12,33 | - | | - | 2,15 |
|  | |  | Сок фруктовый | | 200 | | 1 | | 0,2 | | 20,2 | | 125 | - | - | - | | - | | 40 | 36 | | 20 | 0,4 |
|  | |  | Хлеб пшеничный | | 50 | | 3,85 | | 0,48 | | 23,96 | | 118 | 0,1 | - | - | |  | |  | 0,85 | |  |  |
|  | |  | **Всего:** | |  | | **32,55** | | **52,06** | | **66,02** | | **899,52** | **17,92** | **10,57** | **1,19** | | **4,1** | | **331,82** | **278,87** | | **73,47** | **6,11** |

**8 день**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№**  **Сборн.** | **№**  **Рецепт.** | | | **Наименование блюд** | **Выход гр.** | **Химический состав** | | | | | **Энергет**  **Ценность (ккал)** | | **Витамины** | | | | | | **Минеральные вещества** | | | | | |
|  |  | | |  |  | **Б** | **Ж** | | **У** | |  | | **В1** | **С** | | **А** | | **Е** | | **Са** | **Р** | | **Mq** | **Fe** |
|  | |  | **Обед** | |  |  | |  | |  | |  |  |  |  | |  | |  | |  |  | |  |
| 2004 | | 35 | Салат из белокочанной капусты с яблоками | | 60 | 2 | | 5 | | 5,6 | | 76 | 0,05 | 4,21 |  | |  | | 14,15 | |  |  | | 0,83 |
| 2004 | | 135 | Суп из овощей | | 250 | 8,82 | | 4,52 | | 10,86 | | 116,84 | 17,74 | 2,42 | 0,92 | | 0,7 | | 92,94 | | 103,5 | 23,53 | | 2,7 |
| 2004 | | 436 | Жаркое по домашнему | | 200 | 27,53 | | 7,47 | | 21,95 | | 265 | 0,21 | 8,97 | 24 | | - | | 31,10 | | 337 | 65,70 | | 4,03 |
| 2004 | | 639 | Компот из сухофруктов | | 200 | 0,48 | | 0 | | 25,68 | | 98,36 | 0,02 | 0,82 | 0,16 | | - | | 19,48 | | 31,94 | 15,32 | | 0,54 |
|  | |  | Хлеб пшеничный | | 50 | 3,85 | | 0,48 | | 23,96 | | 118 | 0,1 | - | - | |  | |  | | 0,85 |  | |  |
|  | |  | **Всего:** | |  | **42,68** | | **17,47** | | **88,05** | | **674,2** | **18,12** | **16,42** | **25,08** | | **0,7** | | **157,67** | | **473,29** | **104,55** | | **8,1** |

**9 день**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№**  **Сборн.** | **№**  **Рецепт.** | | | **Наименование блюд** | **Выход гр.** | **Химический состав** | | | | | **Энергет**  **Ценность (ккал)** | | **Витамины** | | | | | | **Минеральные вещества** | | | | | |
|  |  | | |  |  | **Б** | **Ж** | | **У** | |  | | **В1** | **С** | | **А** | | **Е** | **Са** | | **Р** | **Mq** | | **Fe** |
|  | |  | **Обед** | |  |  | |  | |  | |  |  |  |  | |  | |  |  | | |  |  |
| 2004 | | 71 | Винегрет овощной | | 60 | 1,4 | | 10,1 | | 7 | | 125,7 | 0 | 5,4 | 160,7 | | 4,4 | | 41 | 44,9 | | | 18,6 | 1 |
| 2004 | | 130 | Рассольник | | 250 | 5,2 | | 5,44 | | 1,44 | | 75,24 | 1,68 | 1,68 | 0,92 | | 0,08 | | 70,18 | 13,98 | | | 7,14 | 0,66 |
| 2004 | | 362 | Сырники из творога со сгущенным молоком | | 150\20 | 27,49 | | 19,83 | | 35,08 | | 430,8 | 0,51 | 0,55 |  | |  | | 274,4 |  | | |  | 0,94 |
| 2004 | | 685 | Чай | | 200 | 0,01 | | 0, | | 1,76 | | 7 | 4,4 | 28,0 | 2,0 | | 3,3 | | - | - | | | - | - |
|  | |  | Хлеб пшеничный | | 50 | 3,85 | | 0,48 | | 23,96 | | 118 | 0,1 | - | - | |  | |  | 0,85 | | |  |  |
|  | |  | **Всего:** | |  | **37,95** | | **35,85** | | **69,24** | | **756,74** | **6,69** | **35,63** | **163,62** | | **7,78** | | **385,58** | **59,73** | | | **25,74** | **2,6** |

**10 день**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№**  **Сборн.** | **№**  **Рецепт.** | | | **Наименование блюд** | **Выход гр.** | **Химический состав** | | | | | **Энергетич**  **Ценность (ккал)** | | **Витамины** | | | | | | | **Минеральные вещества** | | | | | |
|  |  | | |  |  | **Б** | **Ж** | | **У** | |  | | **В1** | **С** | | **А** | | | **Е** | **Са** | | **Р** | **Mq** | | **Fe** |
|  | |  | **Обед** | |  |  | |  | |  | |  |  | |  | |  |  | |  |  | | |  |  |
|  | |  | Овощи свежие в нарезке | | 60 | 1 | | 0,4 | | 2,3 | | 21 |  | | 5 | |  |  | | 11,5 |  | | | 7 | 0,3 |
| 2004 | | 133 | Суп картофельный . | | 250/300 | 2.8 | | 3.0 | | 20.5 | | 121 | 0.08 | | 12,97 | | - | - | | 62.55 | - | | | - | 1.17 |
| 2004 | | 451 | Биточки мясные | | 80 | 15,53 | | 11,7 | | 16,07 | | 231,67 | 0,1 | | 0,15 | |  |  | | 43,5 |  | | |  | 1,5 |
| 2004 | | 332 | Макаронные изделия | | 150 | 5,52 | | 4,52 | | 26,44 | | 168,6 | 0,06 | | - | | - | - | | 4,86 |  | | |  | 1,11 |
| 2004 | | 699 | Напиток ВитаЛайтНК | | 200 | 0,05 | | 0 | | 9,45 | | 102 | 0,4 | | 28 | | 170 | 3,3 | | - | 4,2 | | | - | - |
|  | |  | Хлеб пшеничный | | 50 | 3,85 | | 0,48 | | 23,96 | | 118 | 0,1 | | - | | - |  | |  | 0,85 | | |  |  |
|  | |  | **Всего:** | |  | **28,75** | | **20,10** | | **98,72** | | **762,27** | **0,74** | | **46,12** | | **170** | **3,3** | | **122,41** | **5,05** | | | **7** | **4,08** |

**Среднее потребление пищевых нутриентов**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Дни по меню** | **Пищевые вещества** | | | | **Витамины,мг** | | | | **Минеральные вещества,мг** | | | |
| **Белки**  **г** | **Жиры**  **г** | **Углеводы**  **г** | **Энерг.**  **ценность** | **В1** | **С** | **А** | **Е** | **Са** | **Р** | **Mg** | **Fe** |
| **1** | **32,86** | **29,3** | **113,74** | **861,94** | **0,62** | **12,37** | **0,16** | **-** | **67,34** | **32,79** | **15,32** | **8,11** |
| **2** | **28,26** | **28,92** | **69,71** | **656,36** | **8,62** | **42,39** | **2,82** | **6,2** | **106,2** | **9,35** | **72,72** | **3,01** |
| **3** | **28,83** | **30,84** | **102,04** | **814,63** | **0,34** | **44,88** | **9,06** | **4,4** | **253,5** | **55,59** | **27,62** | **5,04** |
| **4** | **25,21** | **44,49** | **54,89** | **701,31** | **4,68** | **13,27** | **1,05** | **1,74** | **379,90** | **291,13** | **92,41** | **2,37** |
| **5** | **32,55** | **52,06** | **66,02** | **899,52** | **17,92** | **10,57** | **1,19** | **4,1** | **331,82** | **278,87** | **73,47** | **6,11** |
| **6** | **31,40** | **21,34** | **82,21** | **651,13** | **4,28** | **11,27** | **0,82** | **0,08** | **130,60** | **18,25** | **15,5** | **3,64** |
| **7** | **24.64** | **27,41** | **114.63** | **814.51** | **0,51** | **31,7** | **23,07** | **2,95** | **118,09** | **313,19** | **103,35** | **5,94** |
| **8** | **42,68** | **17,47** | **88,05** | **674,2** | **18,12** | **16,42** | **25,08** | **0,7** | **157,67** | **473,29** | **104,55** | **8,1** |
| **9** | **37,95** | **35,85** | **69,24** | **756,74** | **6,69** | **35,63** | **163,62** | **7,78** | **385,58** | **59,73** | **25,74** | **2,6** |
| **10** | **28,75** | **20,10** | **98,72** | **762,27** | **0,74** | **46,12** | **170** | **3,3** | **122,41** | **5,05** | **7** | **4.08** |
| **Среднее** | **31.30** | **31,78** | **86,25** | **759,61** | **6,52** | **26,62** | **40,87** | **3,2** | **205,11** | **154.24** | **54.68** | **5.00** |