

Women Basketball Players' Performance Report

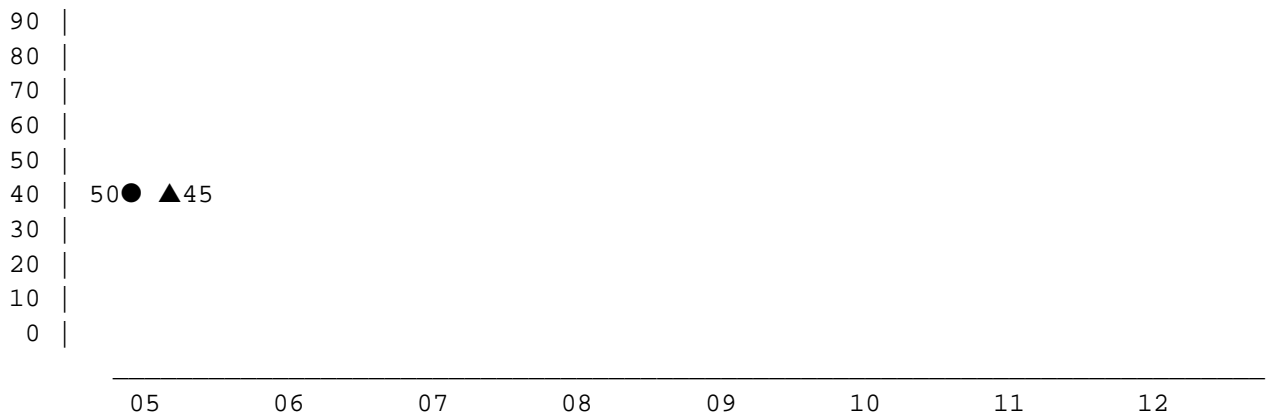
Name: WEN Gender: W Position: G Age: 22 Height: 160 cm Weight: 64.3 kg

SMI / Fat%			
Category	Result	Score	Standard
* SMI&Fat%		3 / 10	
- SMI	6.9 kg/m ²		7 kg/m ²
- Fat %	28.3 %		20.7 %

Physical Ability			
Category	Result	Score	Standard
* Agility		4 / 10	
- Lane Agility	13.6 s		13.7 s
- Pro Agility	5.9 s		5.1 s
* Strength		5 / 10	
- Squat	1.24 kg/bw		1.25 kg/bw
- Deadlift	1.59 kg/bw		1.5 kg/bw
- Chest Press	0.54 kg/bw		0.75 kg/bw
* Power		4 / 10	
- CMJ	33 cm		35 cm
* Speed		10 / 10	
- 3/4 Sprint	3.6 s		4.2 s
* Endurance		6 / 10	
- Push ups	25 reps		18 reps
* Anareobic Abil.		2 / 10	
- RSA	nan FI%		13.6 FI%
* Areobic Abil.		2 / 10	
- VO2max.	39 ml·kg ⁻¹ ·min ⁻¹		48.3
- 30-15	14.5 VIFT		

Skills			
Category	Result	Score	Standard
* 5 Spot Shooting	6 shots	8 / 10	
* 5 Spot Layup	7 shots	6 / 10	

Total Score | *50 / 100
(● personal ▲ average):



** Scores highlighted in red indicate a score of 4 or below.

** 5 Spot Layup & 5 Spot Shooting are relative scores based on peer performance in this session.

** Test Date: 2025-05-19