|  | Kombinert | | Kvinner | | Menn | Menn |
| --- | --- | --- | --- | --- | --- | --- |
|  | Frisklivssentral | kontroll | Frisklivssentral | Kontroll | Frisklivssentral | Kontroll |
| Antall | 12 | 19 | 8 | 7 | 4 | 12 |
| Alder (år) | 4.6 (26.7) | 51.9 (16.6) | 51.9 (10.1) | 51.1 (14.8) | 43.2 (11.8) | 52.6 (18.3) |
| Vekt (kg) | 89.7 (53.6) | 78.8 (13.3) | 85.5 (13.2) | 70.1 (13.7) | 94 (7.91) | 87.5 (12.8) |
| Høyde (cm) | 171 (91.4) | 172 (8.78) | 167 (7.17) | 166 (8.46) | 176 (4.09) | 178 (9.1) |
| KMI | 30.4 (17.7) | 26.1 (3.47) | 30.5 (5.14) | 24.9 (3.98) | 30.4 (3.61) | 27.3 (2.97) |
| Livvidde (cm) | 105 (60.7) | 91.9 (10.9) | 102 (12.6) | 85.6 (10.3) | 109 (8.27) | 98.2 (11.4) |
| Grepsstyrke (kg) | 33.9 (23.3) | 36.7 (8.41) | 26.5 (5.42) | 26.4 (6.75) | 41.2 (9.32) | 46.9 (10.1) |
| Systolisk blodtrykk (mmHg) | 139 (71.5) | 142 (15.6) | 146 (10.1) | 133 (17.5) | 133 (18.2) | 150 (13.8) |
| Diastolisk blodtrykk (mmHg) | 93.7 (50.2) | 89.4 (7.8) | 96.3 (9.38) | 86.4 (7.63) | 91 (24) | 92.5 (7.96) |
| Vo2maks(ml/kg/min) | 29.1 (18.3) | 34.3 (5.97) | 26.5 (5.01) | 34.9 (5.32) | 31.6 (5.34) | 33.8 (6.61) |
| Mager masse (gram) | 52100 (32900) | 49700 (7420) | 45700 (7140) | 42000 (6650) | 58600 (7480) | 57500 (8190) |
| Fettmasse (gram) | 34900 (19900) | 26200 (7890) | 37100 (7130) | 25700 (8490) | 32600 (8850) | 26800 (7290) |
| 1RM i benpress (N) | 220 (147) | 239 (69.2) | 188 (42) | 178 (45.4) | 252 (47.3) | 300 (92.9) |
| Data er gitt som gjennomsnitt og standardavvik. | | | | | | |