

# TRIYAN DE SILVA

## ANTHROPOMETRIC TESTING

	Result	
Weight	60.50	kg
Height	173.6	cm
Sitting Height	87.8	cm
Leg Length	85.8	cm
APHV	0.42	years
Predicted Age to Puberty	13.47	years
Bod Pod	12.90	%

## PHYSICAL TESTING

Counter Movement Jump	44.6	cm
Repeat Sprint (avg)	11.59	s
Fatigue Index	5.40	%
2 km Time Trial	9.25	mm.ss
Grip Strength (Left)	35.00	kg
Grip Strength (Right)	32.00	kg



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