

ALEX VAN VUGT

ANTHROPOMETRIC TESTING

	Result	
Weight	45.40	kg
Height	158.9	cm
Sitting Height	84.6	cm
Leg Length	74.3	cm
APHV	-1.20	years
Predicted Age to Puberty	12.86	years
Bod Pod	11.00	%

PHYSICAL TESTING

Counter Movement Jump	40.0	cm
Repeat Sprint (avg)	11.71	s
Fatigue Index	3.42	%
2 km Time Trial	10.19	mm.ss
Grip Strength (Left)	32.00	kg
Grip Strength (Right)	31.00	kg



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