

JACK RAVENSCROFT

ANTHROPOMETRIC TESTING

	Result	
Weight	58.40	kg
Height	172.5	cm
Sitting Height	88.9	cm
Leg Length	83.6	cm
APHV	1.32	years
Predicted Age to Puberty	14.14	years
Bod Pod	13.00	%

PHYSICAL TESTING

Counter Movement Jump	39.3	cm
Repeat Sprint (avg)	12.04	s
Fatigue Index	4.28	%
2 km Time Trial	9.20	mm.ss
Grip Strength (Left)	36.00	kg
Grip Strength (Right)	39.00	kg



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