

NICHOLAS THOMAS

ANTHROPOMETRIC TESTING

Weight	50.30	kg
Height	165.1	cm
Sitting Height	88.1	cm
Leg Length	77.0	cm
APHV	1.52	years
Predicted Age to Puberty	14.67	years
Bod Pod	13.80	%
Hamstring Flexibility	24	cm

PHYSICAL TESTING

Counter Movement Jump	40.1	cm
Repeat Sprint (avg)	11.50	s
Fatigue Index	5.89	%
2 km Time Trial	7.58	mm.ss
Grip Strength (Left)	29	kg
Grip Strength (Right)	32	kg
Wall Toss (no. per 1 min)	55	



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