

Technical Exercise 1, Passive Group with Training

Subject-Nr.	Duration		Mistakes		STDEV Note Length		STDEV Rests Length	
	Before	After	Before	After	Before	After	Before	After
1	10,846	7,991	0	0	0,045	0,045	0,000	0,000
2	24,097	23,906	0	2	0,045	0,045	0,261	0,247
6	19,978	16,180	0	1	0,055	0,071	0,130	0,077
7	33,002	21,820	0	0	0,089	0,089	0,644	0,330
8	13,600	9,428	1	0	0,055	0,032	0,134	0,105
9	14,111	12,491	0	0	0,063	0,032	0,230	0,219
10	28,574	24,720	4	2	0,077	0,071	0,720	0,624
Average	20,601	16,648	0,714	0,714	0,061	0,055	0,303	0,229

Technical Exercise 1, Passive Group without Training

Subject-Nr.	Duration		Mistakes		STDEV Note Length		STDEV Rests Length	
	Before	After	Before	After	Before	After	Before	After
3	15,913	15,282	0	0	0,000	0,000	0,155	0,126
4	23,771	22,020	0	0	0,032	0,032	0,290	0,327
5	18,460	19,886	4	3	0,000	0,000	0,192	0,338
Average	19,381	19,063	1,333	1,000	0,011	0,011	0,212	0,264

Technical Exercise 2, Passive Group with Training

Subject-Nr.	Duration		Mistakes		STDEV Note Length		STDEV Rests Length	
	Before	After	Before	After	Before	After	Before	After
1	10,532	8,935	0	0	0,071	0,032	0,000	0,000
2	25,795	21,951	7	1	0,055	0,032	0,431	0,358
3	18,154	14,015	8	6	0,071	0,045	0,636	0,251
4	28,865	22,773	0	0	0,032	0,032	0,550	0,428
5	23,134	17,050	0	2	0,055	0,071	0,295	0,077
6	24,109	19,938	1	0	0,176	0,114	0,708	0,434
10	35,383	30,606	4	1	0,063	0,063	0,787	0,346
Average	23,710	19,324	2,857	1,429	0,075	0,055	0,487	0,271

Technical Exercise 2, Passive Group without Training

Subject-Nr.	Duration		Mistakes		STDEV Note Length		STDEV Rests Length	
	Before	After	Before	After	Before	After	Before	After
7	36,476		3		0,084		0,849	
8	21,708	21,497	2	2	0,063	0,122	0,424	0,562
9	19,396	18,900	0	2	0,089	0,071	0,472	0,625
Average	25,860	20,199	1,667	2,000	0,079	0,097	0,582	0,594

Technical Exercise 3, Passive Group with Training

Subject-Nr.	Duration		Mistakes		STDEV Note Length		STDEV Rests Length	
	Before	After	Before	After	Before	After	Before	After
3	17,701	14,787	1	1	0,187	0,063	0,130	0,155
4	21,682	20,224	1	1	0,032	0,032	0,377	0,342
5	23,252	17,614	1	1	0,045	0,089	0,243	0,167
7	28,984	25,080	2	1	0,118	0,089	0,292	0,184
8	17,521	14,831	4	2	0,122	0,122	0,228	0,182
9	15,145	14,469	0	0	0,155	0,077	0,226	0,077
Average	20,714	17,834	1,5	1	0,110	0,079	0,249	0,185

Technical Exercise 3, Passive Group without Training

Subject-Nr.	Duration		Mistakes		STDEV Note Length		STDEV Rests Length	
	Before	After	Before	After	Before	After	Before	After
1	9,742	9,619	1	1	0,100	0,105	0,000	0,000
2	19,341	19,285	1	5	0,032	0,032	0,316	0,313
6	18,115	17,184	4	4	0,126	0,105	0,197	0,219
10	25,139		0		0,070		0,085	
Average	20,865	18,235	1,667	4,500	0,076	0,068	0,200	0,266

Technical Exercise 1, Active Group with Training

Subject-Nr.	Duration		Mistakes		STDEV Note Length		STDEV Rests Length	
	Before	After	Before	After	Before	After	Before	After
12	28,064	18,499	2	0	0,266	0,138	0,268	0,110
13	24,097	23,827	0	0	0,045	0,032	0,261	0,369
14	27,233	19,354	0	0	0,032	0,000	0,418	0,230
15	11,346	8,111	0	0	0,032	0,000	0,000	0,000
17	19,886	15,447	3	0	0,000	0,152	0,338	0,000
18	24,020	20,171	1	0	0,346	0,000	0,000	0,230
20	18,900	15,310	4	1	0,217	0,130	0,507	0,266
Average	21,935	17,246	1,429	0,143	0,134	0,065	0,256	0,172

Technical Exercise 1, Active Group without Training

Subject-Nr.	Duration		Mistakes		STDEV Note Length		STDEV Rests Length	
	Before	After	Before	After	Before	After	Before	After
11	13,393	12,050	0	0	0,077	0,055	0,055	0,032
16	14,860	15,660	2	2	0,000	0,100	0,179	0,164
19	20,442	21,284	0	2	0,245	0,141	0,415	0,938
Average	16,232	16,331	0,667	1,333	0,107	0,099	0,216	0,378

Technical Exercise 2, Active Group with Training

Subject-Nr.	Duration		Mistakes		STDEV Note Length		STDEV Rests Length	
	Before	After	Before	After	Before	After	Before	After
11	14,293	11,478	0	0	0,077	0,055	0,122	0,089
12	27,849	16,299	2	0	0,122	0,126	0,435	0,055
13	24,657	21,749	3	0	0,055	0,032	0,431	0,358
16	29,764	24,005	0	1	0,000	0,167	0,613	0,392
17	21,580	11,684	0	0	0,130	0,118	0,000	0,031
18	24,304	15,446	0	0	0,114	0,077	0,491	0,268
19	24,488	18,507	0	1	0,130	0,148	0,392	0,063
Average	23,848	17,024	0,714	0,286	0,090	0,103	0,355	0,180

Technical Exercise 2, Active Group without Training

Subject-Nr.	Duration		Mistakes		STDEV Note Length		STDEV Rests Length	
	Before	After	Before	After	Before	After	Before	After
14	22,712	23,246	3	1	0,084	0,110	0,612	0,477
15	10,593	11,001	1	0	0,110	0,055	0,000	0,000
20	21,727	20,480	1	4	0,148	0,148	0,235	0,415
Average	18,344	18,242	1,667	1,667	0,114	0,104	0,282	0,297

Technical Exercise 3, Active Group with Training

Subject-Nr.	Duration		Mistakes		STDEV Note Length		STDEV Rests Length	
	Before	After	Before	After	Before	After	Before	After
11	17,892	10,148	1	2	0,126	0,063	0,110	0,100
14	20,166	16,352	2	0	0,055	0,045	0,105	0,055
15	9,619	8,360	1	1	0,105	0,077	0,000	0,000
16	19,753	17,244	0	0	0,077	0,077	0,105	0,032
19	21,041	19,478	0	0	0,032	0,000	0,279	0,279
20	17,096	12,834	2	0	0,045	0,063	0,276	0,249
Average	17,595	14,069	1,000	0,500	0,073	0,054	0,146	0,119

Technical Exercise 3, Active Group without Training

Subject-Nr.	Duration		Mistakes		STDEV Note Length		STDEV Rests Length	
	Before	After	Before	After	Before	After	Before	After
12	20,470	18,842	3	3	0,261	0,270	0,202	0,249
13	19,341	22,265	1	8	0,032	0,032	0,316	0,352
17	15,782	14,430	0	3	0,122	0,219	0,000	0,195
18	21,284	20,913	2	1	0,110	0,182	0,192	0,126
Average	19,219	19,113	1,500	3,750	0,131	0,176	0,178	0,231