

Runjumpull tests results up to October 22, 2019

Age	Gender	1000m run		3000m run		long jump feet together (cm)		pull ups in 60sec	
		average score	best score	average score	best score	average score	best score	average score	best score
24	F					205 (1)	205	22 (1)	22
19	F	3:48 (1)	3:48	13:04 (1)	13:04	200 (1)	200	21 (1)	21
18	F	4:01 (2)	3:45	12:48 (1)	12:48	217 (2)	223	1.5 (2)	3
17	F	3:59 (4)	3:26	13:13 (3)	11:01	196 (4)	207	2 (4)	3
16	F	3:51 (16)	3:12	13:25 (9)	11:02	200 (14)	221	7 (13)	22
15	F	4:13 (5)	3:53	14:12 (3)	13:18	177 (5)	194	2 (6)	4
14	F	4:01 (7)	3:29	14:21 (5)	12:59	190 (8)	211	4 (8)	8
13	F	4:30 (8)	3:33	15:26 (3)	14:12	171 (11)	203	0 (11)	1
12	F	4:27 (4)	4:05			174 (3)	189	0 (3)	0
11-	F	5:51 (5)	4:16			164 (5)	197	1 (5)	3
51	M	3:51 (1)	3:51						
49	M	3:55 (1)	3:55						
44	M			11:44 (1)	11:44	213 (1)	213	11 (1)	11
43	M	5:05 (1)	5:05						
42	M	3:47 (1)	3:47			219 (1)	219	6 (1)	6
39	M	3:19 (1)	3:19						
21	M	3:11 (1)	3:11			267 (1)	267	14 (1)	14
19	M	3:11 (2)	3:08	11:23 (2)		249 (2)	274	12 (2)	15
18	M	3:13 (3)	2:52	11:17 (2)	10:37	268 (3)	297	15 (3)	22
17	M	3:14 (13)	3:00	11:01 (11)	9:53	232 (13)	266	11 (12)	20
16	M	3:29 (8)	2:59	11:45 (4)	10:09	225 (7)	251	12(7)	20
15	M	3:44 (7)	3:22	12:38 (6)	10:07	209 (13)	231	6 (13)	15
14	M	3:46 (7)	3:09	11:42 (5)	11:24	212 (9)	249	12 (9)	23
13	M	4:04 (7)	3:26	14:09 (2)	12:47	188 (8)	236	7 (8)	13
12	M	5:20 (2)	3:37			165 (1)	165	0 (1)	0
11-	M	4:56 (5)	3:41			153 (5)	190	2 (5)	6

NB: size of sample between brackets

junior records

senior records