

Runjumpull tests results up to August 8, 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 | 4:10 (3) | 3:26 | 12:02 (2) | 11:01 | 195 (3) | 207 | 2 (3) | 3 |
| 16 | F | 3:51 (9) | 3:12 | 12:14 (5) | 11:32 | 199 (12) | 221 | 6 (11) | 22 |
| 15 | F | 4:09 (3) | 3:53 | 14:12 (3) | 13:18 | 182 (3) | 194 | 1 (3) | 2 |
| 14 | F | 3:55 (3) | 3:32 | 14:03 (3) | 12:59 | 186 (6) | 211 | 4 (6) | 8 |
| 13 | F | 4:05 (1) | 4:05 | | | 183 (1) | 183 | 0 (1) | 0 |
| 12 | F | 4:42 (4) | 4:22 | | | 185 (5) | 203 | 0.5 (5) | 1 |
| | | | | | | | | | |
| 44 | M | | | 11:44 (1) | 11:44 | 213 (1) | 213 | 11 (1) | 11 |
| 42 | M | 3:47 (1) | 3:47 | | | 219 (1) | 219 | 6 (1) | 6 |
| 21 | M | 3:11 (1) | 3:11 | | | 267 (1) | 267 | 14 (1) | 14 |
| 19 | M | 3:14 (1) | 3:14 | | | 274 (1) | 274 | 15 (1) | 15 |
| 18 | M | 3:08 (2) | 2:52 | 11:17 (2) | 10:37 | 268 (3) | 297 | 15 (3) | 22 |
| 17 | M | 3:14 (10) | 3:01 | 10:57 (8) | 9:53 | 234 (10) | 266 | 11 (9) | 20 |
| 16 | M | 3:33 (6) | 3:10 | 11:45 (4) | 10:09 | 225 (7) | 251 | 12(7) | 20 |
| 15 | M | 3:52 (3) | 3:38 | 11:46 (3) | 10:07 | 210 (9) | 231 | 5 (9) | 11 |
| 14 | M | 3:52 (6) | 3:12 | 11:47 (4) | 11:31 | 212 (8) | 249 | 12 (8) | 23 |
| 13 | M | 3:56 (2) | 3:48 | | | 187 (3) | 236 | 6 (3) | 12 |

NB: size of sample between brackets

junior records

senior records