

Whippets Benchmarks 2011-12

Athlete	vVO2max Test				Heart Rate Recovery Test					Explosive Strength Test						
	Dec 2011		Last Test (06 or 09/2011)		Dec 2011				Last Test	Dec 2011			Last Test			
	6 min run distance (m)	Est. Velocity at VO2max (m/s) (min/mile)	Change from last test (%)	Est. Velocity at VO2max (m/s) (min/mile)	HR Measures per 30sec				Recovery Time (est.) (min)	Recovery Time (est.) (min)	Triple Jump Distances			Average of 2 Longest (meters)	Change from last test (%)	Average of 2 Longest (meters)
				Pre-Test	+0:30	+1:30	+2:30			Trial 1 (ft)	Trial 2 (ft)	Trial 3 (ft)				
Cate K	1555	4.32	6:12		38	60	49	41	2:30		13.9	15.2	14.3	4.5		
Chang	1635	4.54	5:54		37	59	38	35	1:30		21.3	22.3	22.4	6.8		
Christine H	1325	3.68	7:17	-6%	3.92	6:50			1:30	3:00	18.0	17.3	19.0	5.6	-9%	6.2
Jason W	1260	3.50	7:39	-17%	4.22	6:21			1:30	1:15	15.8	17.3	16.4	5.1	+1%	5.1
Jee Pea	1645	4.57	5:52		54	77	64	58	1:45		18.3	19.3	19.5	5.9		
Kaj J	1660	4.61	5:49		24	46	36	34	4:00		19.0	18.8	18.4	5.8		
Keri O	1410	3.92	6:50	+3%	3.82	7:01			3:30	3:30	15.0	14.7	16.5	4.8	+4%	4.6
Matt B	1525	4.24	6:19		54	77	58	54	1:30		21.6	22.5	23.2	7.0		
Patricia T	1455	4.04	6:38	-4%	4.22	6:21			1:30	1:30	14.2	15.7	16.3	4.9	-7%	5.3
Patrycja	1335	3.71	7:13		46	63	46	44	1:30		17.0	17.3	16.8	5.2		
Scott B	1510	4.19	6:24	-5%	4.42	6:04			3:00	3:30	16.3	16.3	16.4	5.0		
Sophia L	1226	3.41	7:51		45	78	60	55	3:30							
Takashi M	1585	4.40	6:05		40	58	49	41	2:30		19.3	18.6	19.7	5.9		
Wendy	1030	2.86	9:22		35	67	45	33	2:00							