



# Single sprints

Auto start.

Name:  
**Amit Batra**

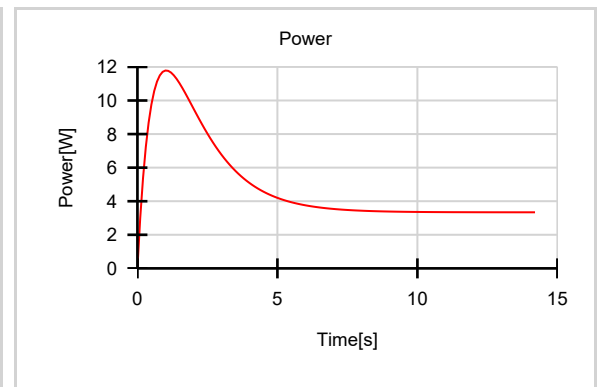
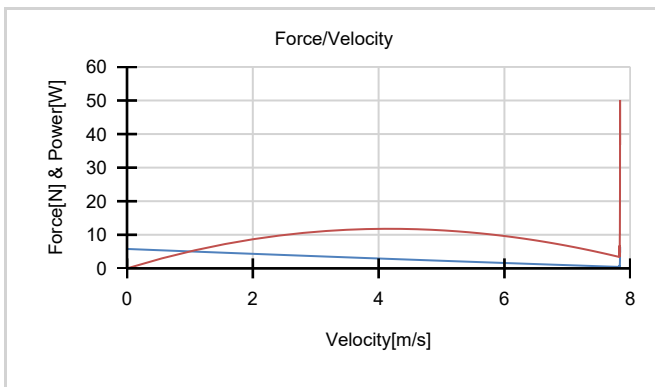
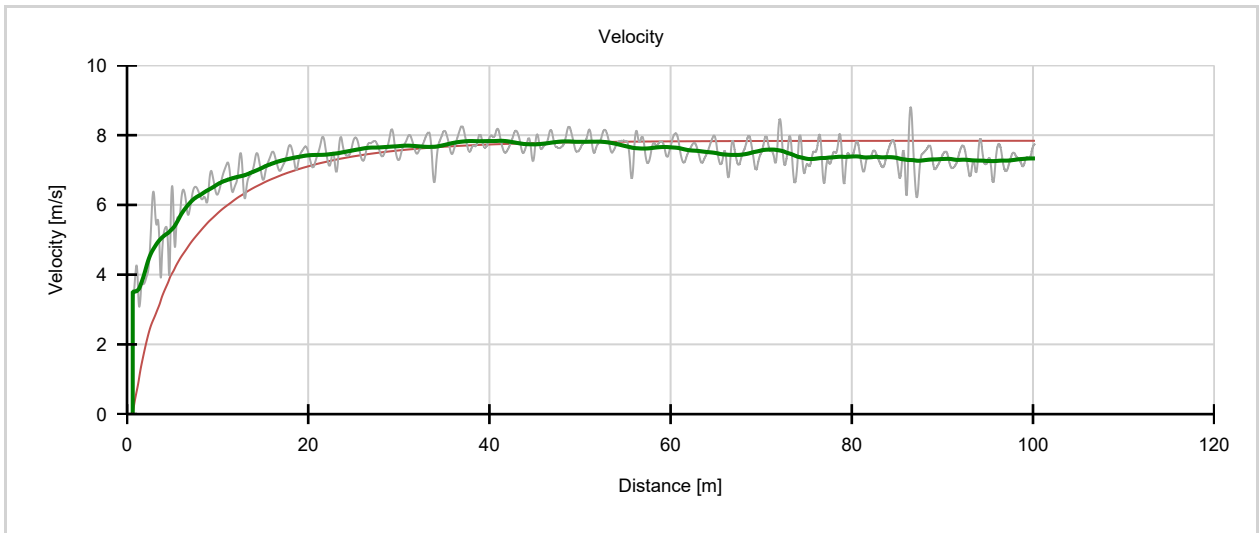
PID:

FID:

Test Type:  
**Single sprint test**

Condition:  
**Sprint (Laser)**

Date:	<b>28 Mar 2024</b>	Reaction Time:	<b>0 ms</b>
Time:	<b>15:30:56</b>	Sprint Time:	<b>13.871 sec</b>
Total Distance:	<b>100 m</b>	Total Time:	<b>13.871 sec</b>



Peak Velocity [m/s]	Time to Peak Velocity [s]	Distance to Peak Velocity [m]	Average Power [W/kg]	Peak Force [N/kg]	Peak Power [W/kg]	Strength Speed Factor	tFly 10m [s]	dFly 10m [m]	tFly 30m [s]	Step Length [m]	Step Freq. [steps/s]
7.83	6.03	41.24	6.46	5.82	11.87	0.74	1.278	34.25	3.868	1.99	3.91

Intervals Data				
Distance[m]	Time[s]	Velocity[m/s]	KE[J]	KEbw[J/kg]
1	0.101	3.52	404	6.21
2	0.377	4.11	548	8.43
3	0.588	4.77	741	11.39
4	0.788	5.10	844	12.99
5	0.984	5.32	918	14.13
6	1.164	5.74	1071	16.47
7	1.329	6.08	1200	18.46
8	1.485	6.27	1279	19.68
9	1.647	6.44	1346	20.71
10	1.798	6.59	1413	21.74
15	2.527	7.08	1627	25.03
20	3.211	7.42	1790	27.54
25	3.882	7.57	1862	28.64
30	4.534	7.69	1920	29.53
35	5.187	7.72	1936	29.78
40	5.827	7.83	1994	30.67
45	6.469	7.74	1945	29.93
50	7.109	7.81	1983	30.50
55	7.750	7.69	1921	29.55
60	8.407	7.65	1903	29.28
65	9.064	7.49	1822	28.04
70	9.739	7.56	1859	28.60
75	10.405	7.33	1744	26.83
80	11.086	7.39	1774	27.30
85	11.759	7.35	1754	26.99
90	12.449	7.32	1740	26.77
95	13.133	7.26	1713	26.35
100	13.820	7.33	1748	26.89