

## Meritve ???

Last name Zajc  
 First name Nekdo  
 Date of birth 01.01.2000  
 Sex Male  
 Weight [kg] 62,3

### REZULTATI ZA SKOK IZ POEPA

Legenda osnovnih parametrov:  
 Hv (m) - višina skoka izraunan na osnovi hitrosti ob odpru  
 Fmax (%BW) - maksimalna sila glede na težo (BW - teža telesa)  
 F1max(%BW) - maksimalna sila v prvi polovici odprva (predvsem sila ki jo proizvedejo zadnje stegenske mišice)  
 F2max(%BW) - maksimalna sila v drugi polovici odprva (dodatek sile, ki jo proizvedejo še mea)  
 Pmax (W/kg) - maksimalna mo  
 A (m/s<sup>2</sup>) - pospešek pri skoku  
 L- Fmax (%BW) - maksimalna sila, ki jo proizvede leva noga  
 R- Fmax (%BW) - maksimalna sila, ki jo proizvede desna noga

	Hv [m]	F <sub>MAX</sub> [%BW]	F1 <sub>MAX</sub> [%BW]	F2 <sub>MAX</sub> [%BW]	P <sub>MAX</sub> [W/kg]	A [m/s <sup>2</sup> ]	A1 [m/s <sup>2</sup> ]	A2 [m/s <sup>2</sup> ]	T <sub>PO</sub> [s]	FI [Ns]	L-F <sub>MAX</sub> [%BW]	R-F <sub>MAX</sub> [%BW]
Bilateral / On Hips	0,277	196,498	173,446	196,498	40,045	5,863	5,752	5,973	0,396	144,940	96,347	100,285

Skok iz poepa Legend: Hv - Jump Height from Take Off V; F<sub>MAX</sub> - Relative maximal F; F1<sub>MAX</sub> - Relative maximal F in the 1st half of Push Off; F2<sub>MAX</sub> - Relative maximal F in the 2nd half of Push Off; P<sub>MAX</sub> - Relative maximal P; A - A; A1 - A in the 1st half of Push Off; A2 - A in the 2nd half of Push Off; T<sub>PO</sub> - Push Off; T, FI - Total FI; L-F<sub>MAX</sub> - Left leg - Relative maximal F; R-F<sub>MAX</sub> - Right leg - Relative maximal F.

### REZULTATI ZA SKOK Z NASPROTNIM GIBANJEM

Legenda osnovnih parametrov:  
 Hv (m) - višina skoka izraunan na osnovi hitrosti ob odpru  
 Fmax (%BW) - maksimalna sila glede na težo (BW - teža telesa)  
 F1max(%BW) - maksimalna sila v prvi polovici odprva  
 F2max(%BW) - maksimalna sila v drugi polovici odprva  
 Pmax (W/kg) - maksimalna mo  
 A (m/s<sup>2</sup>) - pospešek pri skoku  
 L- Fmax (%BW) - maksimalna sila, ki jo proizvede leva noga  
 R- Fmax (%BW) - maksimalna sila, ki jo proizvede desna noga

	Hv [m]	F <sub>MAX</sub> [%BW]	F1 <sub>MAX</sub> [%BW]	F2 <sub>MAX</sub> [%BW]	P <sub>MAX</sub> [W/kg]	A [m/s <sup>2</sup> ]	A1 [m/s <sup>2</sup> ]	A2 [m/s <sup>2</sup> ]	T <sub>PO</sub> [s]	FI [Ns]	L-F <sub>MAX</sub> [%BW]	R-F <sub>MAX</sub> [%BW]
Bilateral / On Hips	0,277	196,498	173,446	196,498	40,045	5,863	5,752	5,973	0,396	144,940	96,347	100,285

Skok z nasprotnim gibanjem Legend: Hv - Jump Height from Take Off V; F<sub>MAX</sub> - Relative maximal F; F1<sub>MAX</sub> - Relative maximal F in the 1st half of Push Off; F2<sub>MAX</sub> - Relative maximal F in the 2nd half of Push Off; P<sub>MAX</sub> - Relative maximal P; A - A; A1 - A in the 1st half of Push Off; A2 - A in the 2nd half of Push Off; T<sub>PO</sub> - Push Off; T, FI - Total FI; L-F<sub>MAX</sub> - Left leg - Relative maximal F; R-F<sub>MAX</sub> - Right leg - Relative maximal F.

### REZULTATI ZA TEPATENJE (stamping)

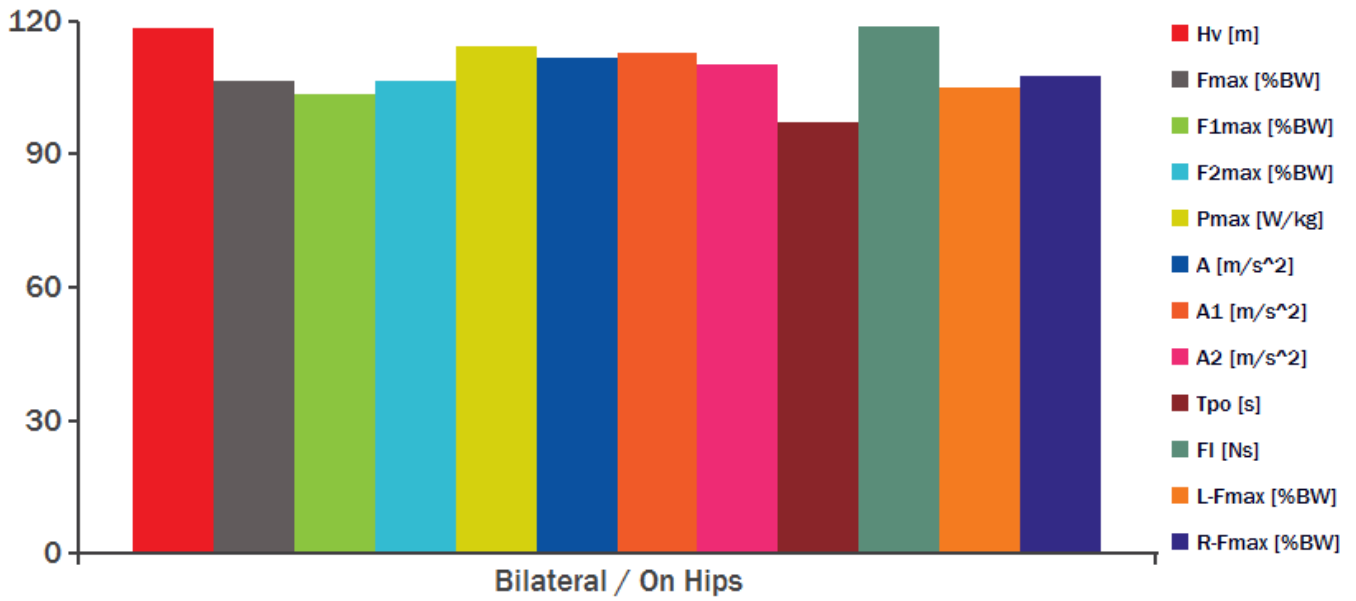
Legenda osnovnih parametrov:  
 FRE (Hz) - povprena frekvenca teptanja  
 END (%) - indeks vzdržljivosti izraunan na osnovi razmerja med povpreno in maksimalno frekvenco  
 FAT (%) - indeks utrujanja izraunan na osnovi razmerja med maksimalno in minimalno frekvenco

	FRE [Hz]	END [%]	FAT [%]	FRE <sub>MIN</sub> [Hz]	FRE <sub>MAX</sub> [Hz]
Legs / 20	10,600	91,176	86,765	9,500	11,500

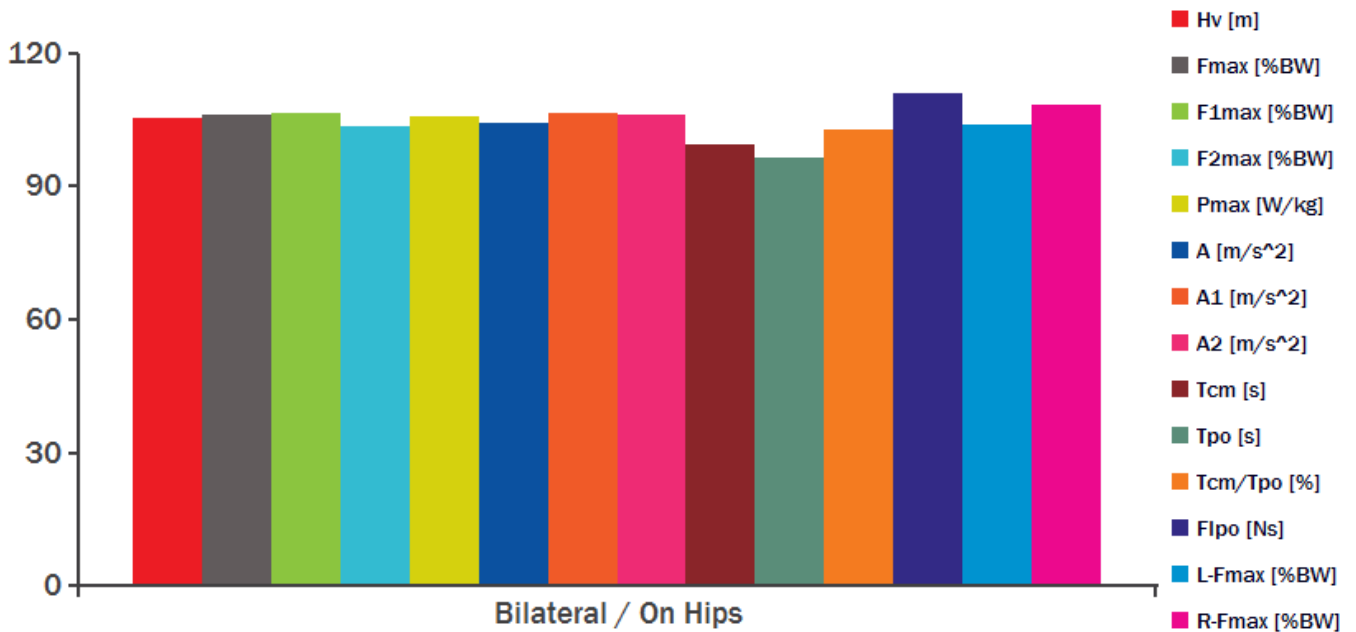
teptanje (stamping) merjenje hitrosti in utrujanja Legend: FRE - Mean FRE from peaks; END - Endurance index; FAT - Fatigue index; FRE<sub>MIN</sub> - Minimum FRE from peaks; FRE<sub>MAX</sub> - Maximum FRE from peaks.

### PRIMERJAVE NEKATERIH PARAMETROV Z POVPRENIMI VREDNOSTIMI CELOTNO POPULACIJE

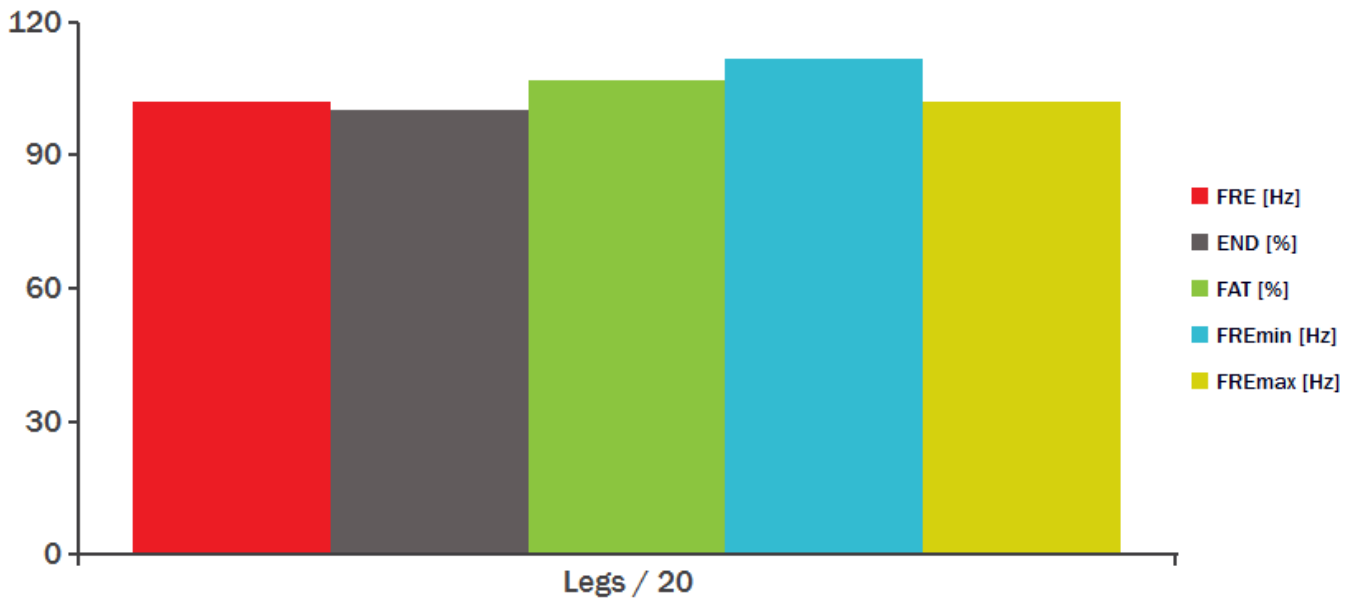
Namen te primerjave je primerjati rezultate posaznika z celotno populacijo. Na diagramih so prikazane procentualne vrednosti, kjer 100 % predstavlja povpreno vrednost. V celotno populacijo so vkljueni dekleta in fantje.



Legend: Hv - Jump Height from Take Off V; F<sub>max</sub> - Relative maximal F; F<sub>1max</sub> - Relative maximal F in the 1st half of Push Off; F<sub>2max</sub> - Relative maximal F in the 2nd half of Push Off; P<sub>max</sub> - Relative maximal P; A - A; A1 - A in the 1st half of Push Off; A2 - A in the 2nd half of Push Off; T<sub>po</sub> - Push Off T; FI - Total FI; L-F<sub>max</sub> - Left leg - Relative maximal F; R-F<sub>max</sub> - Right leg - Relative maximal F.



Legend: Hv - Jump Height from Take Off V; F<sub>max</sub> - Relative maximal F; F<sub>1max</sub> - Relative maximal F in the 1st half of Push Off; F<sub>2max</sub> - Relative maximal F in the 2nd half of Push Off; P<sub>max</sub> - Relative maximal P; A - A; A1 - A in the 1st half of Push Off; A2 - A in the 2nd half of Push Off; T<sub>cm</sub> - Counter Movement T; T<sub>po</sub> - Push Off T; T<sub>cm</sub>/T<sub>po</sub> - Ratio between Counter Movement and Push Off T; FI<sub>po</sub> - Push Off FI; L-F<sub>max</sub> - Left leg - Relative maximal F; R-F<sub>max</sub> - Right leg - Relative maximal F.



Legend: FRE - Mean FRE from peaks; END - Endurance index; FAT - Fatigue index; FRE<sub>min</sub> - Minimum FRE from peaks; FRE<sub>max</sub> - Maximum FRE from peaks.