

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