

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 6 or below)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	11.5	13.0	13.5	14.5	15.0	16.5	17.5	20.0	21.0	23.5	30.0	18.6	7.5	351
	03/04	12.0	13.5	14.0	15.0	16.0	17.0	19.0	21.0	22.0	24.0	31.0	19.7	8.6	386
	05/06	12.0	13.5	14.0	15.0	16.0	17.0	18.5	21.0	22.5	24.5	31.0	19.33	7.77	455
	10/11	12.0	13.8	14.5	15.1	16.3	17.8	19.0	21.5	23.3	25.5	31.0	19.86	7.9	400
1-min. Sit-ups (repetitions)	99/00	1	5	6	8	11	14	16	18	19	20	22	12.9	7.8	351
	03/04	2	6	7	9	11	13	16	18	20	21	24	13.6	8.5	406
	05/06	0.0	2.0	3.0	4.0	6.0	8.0	11.0	14.0	15.0	17.0	21.0	9.84	8.09	451
	10/11	1	4	5	6	8	11	13	15	16	18	22	11.32	7.88	356
Sit-and-Reach (cm)	99/00	19	21	22	23	25	26	27	29	30	30	32	25.6	5.3	351
	03/04	18	22	23	23	25	27	28	30	30	31	33	26.3	5.6	404
	05/06	20.0	22.5	23.3	24.0	26.0	27.0	28.0	30.0	31.0	32.0	34.0	26.97	5.48	453
	10/11	17.0	19.0	20.0	21.0	22.9	24.0	25.0	26.5	28.0	28.3	31.0	23.88	5.35	386
Handgrip (Left + Right) (kg)	99/00	9.5	11.0	12.0	12.5	14.0	15.5	16.5	18.0	19.0	19.5	22.0	15.5	4.7	351
	03/04	10.0	12.0	13.0	14.0	16.0	17.0	18.0	19.0	20.0	20.5	22.5	16.6	5.0	389
	05/06	10.0	12.5	13.0	14.0	15.5	16.5	17.5	19.0	20.0	21.0	23.5	16.73	4.98	454
	10/11	11.0	12.5	13.5	14.0	15.5	17.0	18.0	19.5	20.0	20.5	23.0	16.74	5.08	389
6-min Run / Walk (m)	99/00	670	720	740	760	800	810	820	850	860	880	910	801	100	280
	03/04	640	710	720	740	770	800	830	860	880	900	960	807	133	394
	05/06	640	680	700	710	740	770	790	830	840	860	920	777.78	120.17	428
	10/11	640	690	710	720	750	780	800	810	830	850	900	774.08	108.01	401
Height (cm)	03/04	112.0	114.0	115.0	115.0	117.0	118.5	120.0	121.0	122.0	123.0	125.0	118.5	5.4	401
	05/06	111.0	113.5	114.5	115.5	117.5	119.0	120.5	121.5	122.5	123.5	126.5	118.81	6.54	451
	10/11	111.1	114.0	115.0	115.9	117.2	118.5	120.1	121.4	122.0	123.0	126.2	118.10	7.48	414
Weight (kg)	03/04	18.7	19.6	20.2	20.4	21.0	21.9	23.0	24.0	24.4	25.0	28.5	22.9	4.4	405
	05/06	18.6	19.8	20.2	20.8	21.4	22.3	23.2	24.5	25.2	26.3	29.8	23.3	4.7	451
	10/11	18.7	19.7	20.1	20.6	21.3	22.2	23.2	24.3	25.1	26.0	29.4	23.16	4.53	414

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 7)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	11.5	13.0	14.0	14.5	16.0	17.5	19.5	23.0	25.0	27.0	34.0	20.3	9.1	369
	03/04	12.5	14.0	15.0	16.0	17.5	19.5	21.5	24.5	26.5	28.0	33.0	21.6	8.7	535
	05/06	12.0	14.0	15.0	15.5	16.5	18.0	20.5	23.0	25.0	27.0	33.5	20.85	8.94	540
	10/11	12.0	14.0	14.8	15.0	16.8	18.0	20.3	22.8	24.6	27.5	33.0	20.74	8.55	453
1-min. Sit-ups (repetitions)	99/00	4	8	10	12	14	16	19	21	22	23	26	15.8	8.2	369
	03/04	4	8	10	11	14	16	19	21	22	24	28	16.5	9.0	541
	05/06	2	5	6	7	10	13	15	18	19	21	24	13.04	8.27	537
	10/11	3	7	9	10	12	14	16	19	20	22	25	14.27	7.86	433
Sit-and-Reach (cm)	99/00	17	21	22	23	24	26	27	28	29	30	32	25.2	5.8	368
	03/04	18	20	22	23	24	26	27	29	30	31	33	25.6	6.0	543
	05/06	19.5	22.0	23.0	24.0	25.5	27.0	28.0	30.0	31.0	31.5	34.0	26.75	5.59	539
	10/11	17.0	19.0	20.0	21.0	23.0	24.0	26.0	27.5	28.0	29.0	32.0	24.31	5.98	448
Handgrip (Left + Right) (kg)	99/00	12.5	15.0	15.5	16.5	18.0	19.0	20.0	21.0	22.0	22.5	25.0	18.9	4.7	369
	03/04	12.5	15.0	15.5	16.0	18.0	19.5	21.0	22.0	23.0	23.5	26.0	19.3	5.2	528
	05/06	13.0	15.0	16.0	17.0	19.0	20.0	21.0	23.0	24.0	24.5	27.0	19.99	5.49	538
	10/11	11.5	15.0	16.5	17.5	19.0	20.0	21.0	22.0	23.0	24.0	27.0	19.58	5.65	448
6-min Run / Walk (m)	99/00	720	760	790	800	820	840	870	880	900	910	960	842	105	282
	03/04	680	720	740	760	790	810	850	880	900	910	960	821	122	548
	05/06	640	700	710	730	760	790	810	830	850	870	930	788.16	119.31	511
	10/11	660	720	730	750	790	800	830	860	880	890	960	808.15	113.59	481
Height (cm)	03/04	116.5	119.0	120.0	121.0	122.5	124.0	125.5	127.0	128.0	128.5	131.0	123.7	5.9	541
	05/06	116.5	119.5	120.5	121.0	122.5	124.0	125.0	127.0	128.0	129.0	131.0	123.91	6.04	519
	10/11	118.1	120.4	121.0	122.0	123.5	124.7	126.5	128.0	128.6	129.8	132.8	124.82	6.32	464
Weight (kg)	03/04	20.5	22.0	22.5	23.0	24.0	25.0	26.0	27.0	28.0	29.5	33.0	25.9	5.1	544
	05/06	21.0	22.0	22.5	23.0	24.0	25.0	26.5	28.0	28.5	30.0	34.0	26.29	5.20	518
	10/11	20.5	21.7	22.1	22.6	23.9	25.1	26.7	28.6	30.0	31.1	34.9	26.67	6.03	464

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 8)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	11.5	14.0	14.5	15.0	17.0	19.0	22.0	25.5	28.0	32.0	39.0	22.7	11.1	340
	03/04	13.0	15.0	16.0	17.0	18.5	21.0	24.0	28.0	30.5	32.5	39.5	23.9	10.3	628
	05/06	12.0	14.0	15.0	16.0	18.0	20.0	22.8	26.5	28.8	31.5	38.4	22.86	10.32	585
	10/11	12.8	14.5	15.0	16.0	18.0	20.0	23.0	26.0	28.0	30.3	37.0	22.71	9.98	509
1-min. Sit-ups (repetitions)	99/00	6	10	11	13	16	18	20	22	23	24	27	17.0	7.8	338
	03/04	5	10	12	13	16	19	21	23	25	26	31	18.4	9.6	648
	05/06	3	6	8	10	12	14	17	19	20	22	25	14.35	8.63	586
	10/11	6	10	12	13	16	18	20	22	23	25	29	17.53	8.62	489
Sit-and-Reach (cm)	99/00	18	21	22	23	24	25	27	28	29	30	32	25.2	5.7	339
	03/04	17	20	21	22	24	25	27	29	30	31	33	25.2	6.2	647
	05/06	18.0	21.0	22.0	23.0	25.0	27.0	28.0	30.0	31.0	31.0	33.5	26.13	6.09	584
	10/11	16.0	18.5	20.0	21.0	22.0	24.0	26.0	27.2	28.0	29.0	32.0	23.82	6.17	501
Handgrip (Left + Right) (kg)	99/00	16.0	18.0	18.5	19.5	21.0	22.0	23.5	25.0	25.5	26.0	29.5	22.4	5.2	340
	03/04	15.5	18.0	19.0	20.0	21.0	22.5	24.0	25.6	26.5	28.0	30.5	22.7	5.9	628
	05/06	15.5	18.5	19.5	20.0	21.5	23.0	24.5	26.0	27.0	28.0	31.0	23.27	5.89	585
	10/11	15.5	18.5	19.1	20.0	21.5	23.0	24.5	26.0	27.4	28.0	31.0	23.29	6.25	500
6-min Run / Walk (m)	99/00	740	800	810	830	860	880	910	940	960	980	1110	904	145	264
	03/04	690	740	760	790	820	850	890	930	960	990	1100	874	168	629
	05/06	660	720	730	750	780	810	840	860	880	900	960	812.98	125.67	551
	10/11	680	740	760	780	810	840	880	900	910	950	1010	844.74	135.65	515
Height (cm)	03/04	121.5	124.0	125.0	126.0	127.5	129.0	130.5	132.0	133.0	134.0	137.0	129.2	6.2	629
	05/06	121.0	123.5	124.5	125.5	127.5	129.0	131.0	132.5	133.5	134.5	137.0	129.06	6.61	580
	10/11	122.3	124.5	125.4	126.7	128.1	130.0	131.5	133.2	133.9	134.6	137.9	129.71	6.59	532
Weight (kg)	03/04	22.5	24.0	24.5	25.0	26.5	28.0	29.5	31.0	32.5	34.0	38.5	29.2	6.6	629
	05/06	23.0	24.0	25.0	25.5	26.5	28.0	30.0	32.0	33.5	35.0	38.5	29.67	6.67	581
	10/11	22.4	24.0	24.5	25.1	26.2	27.7	29.6	31.6	33.3	34.9	40.0	29.60	7.13	531

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 9)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	12.0	15.0	16.0	17.0	19.5	22.0	26.0	31.0	33.0	36.5	43.0	25.5	12.1	349
	03/04	13.5	15.0	16.0	17.0	19.0	22.0	24.5	28.0	31.0	32.0	40.5	24.4	10.9	519
	05/06	13.5	15.0	16.5	17.5	20.0	22.0	25.5	30.0	32.5	34.0	42.0	25.19	11.30	630
	10/11	13.0	15.2	16.3	17.5	19.6	22.6	26.2	30.5	31.5	34.0	41.5	25.43	11.82	502
1-min. Sit-ups (repetitions)	99/00	6	10	11	13	16	18	20	22	23	24	27	17.0	7.8	338
	03/04	6	11	13	15	18	20	22	25	26	28	31	19.6	9.5	528
	05/06	5	9	10	11	14	17	19	21	23	24	28	16.63	8.40	630
	10/11	6	10	12	14	17	19	21	24	25	26	31	18.74	9.16	479
Sit-and-Reach (cm)	99/00	16	19	21	22	23	25	26	28	29	30	32	24.4	6.3	347
	03/04	17	20	22	23	24	26	27	28	29	30	33	25.2	6.0	518
	05/06	17.0	20.0	21.0	22.0	24.0	26.0	28.0	29.0	30.0	31.0	33.5	25.57	6.39	630
	10/11	14.0	17.0	18.0	19.0	22.0	23.0	25.0	26.0	28.0	29.0	31.0	22.88	6.81	490
Handgrip (Left + Right) (kg)	99/00	19.0	21.5	22.5	23.0	24.5	26.0	27.5	29.0	30.0	31.0	33.5	26.1	5.5	349
	03/04	18.0	20.5	21.5	23.0	24.0	26.0	28.0	29.5	30.5	32.0	34.5	26.2	6.3	500
	05/06	19.0	21.0	22.0	23.0	25.0	26.5	28.0	30.0	31.0	32.0	35.0	26.71	6.46	628
	10/11	19.0	21.0	22.0	23.0	24.5	26.0	28.0	29.5	30.1	31.5	34.0	26.36	6.12	494
9-min Run / Walk (m)	99/00	970	1070	1100	1120	1160	1210	1270	1310	1320	1360	1440	1218	180	265
	03/04	940	1030	1050	1090	1140	1200	1230	1290	1310	1360	1440	1193	202	532
	05/06	960	1020	1040	1070	1110	1150	1200	1240	1270	1290	1370	1157.91	165.84	617
	10/11	980	1060	1080	1110	1150	1200	1250	1300	1340	1370	1500	1219.07	221.53	497
Height (cm)	03/04	125.5	128.0	129.0	130.0	132.0	133.5	135.0	136.5	137.5	138.0	141.0	133.3	6.0	515
	05/06	125.5	128.5	130.0	131.0	133.0	134.5	136.0	137.5	139.0	140.0	1432.0	134.38	6.81	601
	10/11	128.0	130.6	131.5	132.5	133.9	135.5	137.0	138.8	139.7	140.5	143.5	135.58	6.19	516
Weight (kg)	03/04	24.0	26.0	26.5	27.0	28.0	30.0	31.5	34.5	36.0	37.5	43.0	31.8	7.4	518
	05/06	24.5	26.0	27.0	28.0	29.5	31.5	33.5	36.0	37.5	39.0	43.5	33.00	8.17	602
	10/11	24.6	26.5	27.4	28.2	30.0	31.9	34.0	36.9	37.9	39.5	44.8	33.50	8.00	516

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 10)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	13.5	16.5	17.5	18.5	22.0	25.0	28.0	33.0	36.0	38.5	45.5	27.5	12.9	402
	03/04	14.0	16.5	17.8	18.7	21.5	24.0	28.0	31.6	34.0	36.0	46.0	27.0	11.9	604
	05/06	14.0	16.5	17.5	18.5	21.5	24.3	27.5	31.5	33.0	35.6	44.0	26.74	11.81	633
	10/11	14.0	16.0	17.0	18.0	20.8	25.0	29.0	32.3	34.6	38.0	44.5	27.12	12.07	569
1-min. Sit-ups (repetitions)	99/00	12	16	18	20	21	23	25	27	28	29	31	22.6	7.8	401
	03/04	10	14	15	17	20	22	24	27	28	30	33	21.8	9.4	607
	05/06	7	11	13	14	16	19	21	23	24	26	30	18.64	9.08	633
	10/11	8	12	15	16	18	20	22	25	27	28	31	20.26	9.07	562
Sit-and-Reach (cm)	99/00	16	19	20	21	23	24	26	28	29	30	32	24.4	6.5	402
	03/04	14	18	19	20	22	24	26	28	29	30	32	24.0	6.9	601
	05/06	17.0	20.0	21.0	22.0	24.0	25.0	27.0	29.0	30.0	31.0	33.0	25.21	6.51	634
	10/11	13.0	16.0	17.0	18.0	20.0	22.0	24.0	26.0	27.0	28.0	32.0	22.04	6.92	561
Handgrip (Left + Right) (kg)	99/00	21.5	24.0	25.0	26.0	27.5	29.0	31.0	33.5	34.0	35.0	38.0	29.8	6.7	402
	03/04	21.0	23.0	24.0	25.5	27.0	29.5	31.0	34.0	35.0	36.5	40.0	29.7	7.3	604
	05/06	21.0	24.0	25.0	26.0	28.0	30.0	31.5	34.0	35.0	36.0	40.0	30.28	7.34	635
	10/11	21.5	24.0	25.0	26.0	28.0	30.0	31.5	33.0	34.0	35.0	39.0	29.98	6.88	569
9-min Run / Walk (m)	99/00	1040	1120	1130	1140	1200	1230	1290	1340	1370	1410	1460	1247	179	293
	03/04	990	1070	1110	1130	1180	1210	1260	1310	1330	1370	1450	1221	182	598
	05/06	980	1050	1080	1100	1150	1190	1220	1270	1300	1330	1410	1194.33	163.13	621
	10/11	1010	1080	1120	1140	1200	1230	1280	1330	1370	1440	1520	1254.28	212.89	596
Height (cm)	03/04	130.0	133.5	135.0	136.0	137.5	139.0	141.0	143.0	144.0	145.5	148.5	139.4	6.7	603
	05/06	130.5	134.0	135.0	136.0	137.5	139.0	141.0	143.0	144.0	145.0	148.5	139.36	6.93	635
	10/11	132.2	135.0	136.0	137.0	138.7	140.5	142.3	144.2	145.5	146.5	150.0	140.88	7.14	625
Weight (kg)	03/04	26.5	28.7	29.7	30.6	32.6	34.2	36.5	39.3	41.0	42.7	49.1	36.1	8.9	603
	05/06	27.0	29.5	30.5	31.5	33.5	35.0	37.0	40.5	41.5	43.0	48.5	36.81	8.74	635
	10/11	27.4	29.4	30.1	31.2	33.1	35.6	38.9	41.7	43.7	45.9	52.6	37.96	10.18	625

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 11)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	13.0	15.0	16.0	17.5	20.0	24.0	28.0	33.5	36.5	39.0	47.0	27.6	14.2	365
	03/04	14.0	16.5	17.5	19.0	22.0	25.0	28.4	32.5	34.5	37.5	44.4	27.4	12.2	620
	05/06	14.0	15.5	17.0	18.0	21.0	24.5	27.5	32.5	35.0	40.0	47.0	27.44	13.17	554
	10/11	14.0	16.5	18.0	19.0	21.8	24.9	29.0	33.1	36.0	38.2	46.5	27.72	12.47	558
1-min. Sit-ups (repetitions)	99/00	13	18	20	21	23	25	27	30	31	32	35	24.7	8.9	365
	03/04	12	16	18	20	23	25	28	30	32	33	37	25.1	10.0	620
	05/06	10	14	15	16	20	22	24	27	29	30	34	22.00	9.72	553
	10/11	10	15	16	18	21	23	25	28	29	31	35	22.85	9.45	546
Sit-and-Reach (cm)	99/00	14	18	19	20	22	25	26	28	29	29	32	24.0	6.9	365
	03/04	15	18	19	21	22	24	26	27	29	30	32	23.9	6.7	619
	05/06	15.0	18.0	20.0	21.5	23.5	25.0	26.5	28.0	29.0	31.0	33.0	24.63	6.93	552
	10/11	13.0	15.2	17.0	18.0	20.0	22.0	23.0	26.0	27.0	28.0	31.0	21.84	6.85	546
Handgrip (Left + Right) (kg)	99/00	24.5	27.5	29.0	29.5	32.0	33.5	36.0	39.0	40.0	41.5	47.5	35.3	9.4	365
	03/04	24.0	27.0	29.0	30.0	32.0	34.5	37.0	39.0	41.0	42.5	48.4	35.3	9.5	621
	05/06	25.0	28.5	30.0	30.5	33.0	35.0	37.0	39.0	41.0	42.0	47.5	35.74	8.82	555
	10/11	24.0	27.7	29.0	30.0	32.0	34.0	35.5	38.0	39.0	41.0	46.0	34.55	8.64	557
9-min Run /Walk (m)	99/00	1040	1140	1190	1200	1270	1300	1360	1400	1440	1450	1600	1310	196	278
	03/04	1020	1090	1130	1160	1200	1240	1300	1350	1380	1430	1510	1260	195	613
	05/06	1010	1090	1120	1150	1200	1240	1280	1330	1370	1400	1480	1246.08	184.52	544
	10/11	1010	1100	1140	1170	1230	1280	1330	1370	1440	1470	1610	1291.50	234.59	548
Height (cm)	03/04	136.0	139.5	141.0	142.0	144.0	145.5	147.0	149.5	151.0	152.5	156.0	145.9	7.8	622
	05/06	136.5	139.5	140.5	142.0	144.0	145.5	147.5	150.0	151.0	152.5	155.5	145.94	7.67	556
	10/11	137.7	140.8	141.6	142.5	144.4	146.7	148.8	151.2	152.3	153.9	158.0	147.29	7.97	591
Weight (kg)	03/04	29.0	31.5	33.0	34.5	37.0	39.0	41.5	45.0	46.5	48.5	54.5	40.6	10.0	622
	05/06	29.5	32.5	34.0	35.0	37.0	39.0	42.0	45.5	47.0	49.0	55.5	41.15	10.24	556
	10/11	30.2	33.2	34.5	35.9	38.7	41.4	44.0	47.3	49.6	51.9	58.0	42.85	10.69	590

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 12 or above)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	13.0	14.0	15.5	16.0	18.0	20.5	24.0	28.0	31.0	33.0	45.5	24.7	12.8	106
	03/04	13.5	16.0	17.0	18.1	20.0	24.0	27.2	31.5	33.0	35.8	43.5	26.4	12.2	277
	05/06	11.9	14.6	16.0	17.0	19.0	22.3	25.5	30.2	33.4	35.5	43.7	25.19	12.10	225
	10/11	13.3	15.5	16.8	18.0	20.0	22.6	26.5	31.0	33.9	37.3	43.5	26.39	12.79	192
1-min. Sit-ups (repetitions)	99/00	21	24	25	25	27	30	31	33	34	35	36	28.8	6.5	106
	03/04	16	20	21	22	25	27	30	31	32	34	37	26.7	8.7	277
	05/06	10	15	16	18	22	25	28	29	32	33	37	24.24	10.18	225
	10/11	13	17	20	21	23	26	28	31	32	34	38	25.46	9.74	186
Sit-and-Reach (cm)	99/00	16	19	21	22	24	26	27	29	29	30	33	25.1	6.8	106
	03/04	15	18	19	20	22	24	26	28	29	30	33	24.1	7.0	276
	05/06	12	16	18	20	22	25	26	28	30	31	33	23.45	8.35	225
	10/11	12.0	15.0	17.0	18.0	19.1	21.0	23.0	26.0	26.0	27.4	31.4	21.54	7.13	182
Handgrip (Left + Right) (kg)	99/00	31.0	35.0	36.0	38.0	40.0	42.0	47.0	50.0	51.5	54.0	62.5	45.1	12.4	106
	03/04	29.0	32.0	33.0	35.0	37.0	40.5	44.1	47.0	50.0	52.0	58.5	42.0	11.2	276
	05/06	31.0	34.5	36.0	37.0	40.5	43.0	46.8	51.0	54.0	56.9	62.5	45.08	8.35	221
	10/11	25.9	31.3	32.0	34.0	36.0	39.0	41.5	43.8	46.0	48.0	54.2	39.63	10.93	187
9-min Run /Walk (m)	99/00	1090	1200	1230	1250	1280	1340	1420	1490	1520	1550	1620	1361	207	73
	03/04	1070	1150	1180	1200	1230	1280	1340	1390	1420	1450	1560	1306	198	272
	05/06	1010	1080	1120	1150	1210	1270	1310	1360	1390	1420	1520	1260	198	223
	10/11	1070	1160	1200	1220	1290	1360	1410	1480	1520	1570	1640	1362.39	233.68	189
Height (cm)	03/04	141.0	144.2	146.2	147.0	149.0	152.0	154.0	156.0	158.0	159.3	162.5	151.5	8.4	276
	05/06	139.0	145.0	148.0	149.0	151.5	153.5	156.5	159.5	161.0	162.0	165.0	153.5	9.6	225
	10/11	142.0	145.0	146.5	148.0	150.0	152.0	154.1	156.1	157.7	159.0	164.5	152.35	8.46	200
Weight (kg)	03/04	31.5	34.5	36.0	37.0	39.5	42.0	44.5	48.5	49.5	51.5	57.0	43.6	10.5	276
	05/06	33.0	37.0	39.0	40.5	42.5	46.0	49.0	51.5	53.0	54.5	62.0	46.61	10.82	225
	10/11	31.4	36.6	37.4	39.1	40.9	42.9	45.9	50.3	54.0	56.2	61.8	45.62	11.92	199

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 6 or below)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	12.5	14.5	15.0	15.5	17.0	18.0	19.0	21.0	22.5	23.5	28.0	19.8	9.0	313
	03/04	14.0	15.5	16.5	17.0	18.5	20.0	21.5	23.0	25.0	26.0	30.0	21.2	6.9	380
	05/06	13.5	15.0	16.0	16.0	17.0	18.5	20.5	22.0	23.5	25.0	30.0	20.27	6.93	453
	10/11	13.3	15.0	15.5	16.5	17.8	19.0	20.5	22.5	23.7	24.8	28.0	20.28	6.46	373
1-min. Sit-ups (repetitions)	99/00	1	4	5	7	10	13	15	17	18	19	21	11.9	7.6	313
	03/04	2	7	8	10	12	15	18	20	21	22	26	14.9	8.8	394
	05/06	0	2	3	4	6	8	10	13	15	16	19	9.36	7.38	453
	10/11	1	4	5	6	9	11	13	16	17	18	22	11.18	7.52	315
Sit-and-Reach (cm)	99/00	21	23	24	25	26	28	29	30	31	31	33	27.2	4.6	313
	03/04	21	24	25	26	27	29	30	31	32	33	35	28.3	5.1	396
	05/06	24.0	25.0	26.5	27.0	29.0	30.0	31.0	33.0	33.0	34.0	36.0	29.88	4.83	453
	10/11	18.7	22.0	23.0	24.0	25.5	27.0	28.0	30.0	30.0	31.0	32.0	26.20	5.46	353
Handgrip (Left + Right) (kg)	99/00	8.0	9.5	10.0	11.0	12.0	13.0	14.0	15.5	16.5	17.5	19.0	13.4	4.3	313
	03/04	8.5	10.5	11.0	12.0	13.8	15.0	16.5	18.0	18.5	19.5	21.5	15.0	5.0	368
	05/06	10.0	11.5	12.0	13.0	14.0	15.5	17.0	18.5	19.0	19.5	22.0	15.66	4.65	452
	10/11	8.6	11.0	12.0	13.0	14.5	15.5	16.5	18.0	19.0	19.5	21.4	15.34	5.10	351
6-min Run /Walk (m)	99/00	610	680	720	740	750	770	790	810	820	840	850	920	788	247
	03/04	640	690	700	720	740	760	800	810	830	850	900	773	112	354
	05/06	660	690	700	710	730	750	778	800	820	840	900	766.81	111.75	417
	10/11	620	660	680	690	710	730	750	790	800	810	870	743.04	111.90	335
Height (cm)	03/04	111.0	114.0	114.5	115.0	116.5	118.0	119.0	120.5	121.5	122.5	125.0	118.1	5.2	394
	05/06	111.0	113.5	114.5	115.5	117.0	118.5	119.5	121.0	122.0	122.5	124.5	118.06	5.57	449
	10/11	110.2	113.0	114.0	115.1	116.5	118.0	119.4	121.0	121.8	122.5	124.5	117.25	7.14	369
Weight (kg)	03/04	18.5	19.5	20.0	20.0	21.0	21.5	22.5	23.0	24.0	25.0	26.5	22.2	3.5	396
	05/06	18.0	19.0	20.0	20.0	21.0	21.5	22.5	23.5	24.0	25.0	27.5	22.30	4.06	450
	10/11	17.7	18.8	19.4	19.9	20.7	21.6	22.4	23.5	24.0	24.7	27.5	22.08	3.84	368

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 7)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	13.0	15.0	16.0	16.5	18.5	20.0	21.5	23.5	24.5	26.0	31.0	21.2	7.5	335
	03/04	14.2	15.5	16.5	17.0	18.5	20.0	21.5	24.2	26.0	28.0	34.0	22.0	8.0	500
	05/06	13.5	15.0	16.0	17.0	18.0	19.5	21.0	23.5	25.0	26.0	31.5	21.22	7.7	509
	10/11	13.8	15.8	17.0	18.0	19.3	21.0	23.0	25.0	27.0	29.8	34.5	22.86	8.47	449
1-min. Sit-ups (repetitions)	99/00	3	8	10	11	14	16	18	202	21	22	24	15.0	7.6	335
	03/04	3	7	9	11	14	16	18	20	22	23	25	15.4	8.6	505
	05/06	2	4	6	7	10	12	14	17	18	19	22	12.24	7.83	507
	10/11	2	6	8	9	11	14	16	18	18	20	22	13.32	7.52	415
Sit-and-Reach (cm)	99/00	20	23	25	25	27	28	29	30	31	31	34	27.4	5.2	335
	03/04	20	23	24	25	27	28	30	31	32	33	35	27.9	6.1	505
	05/06	23.0	25.0	26.0	27.0	29.0	30.0	31.0	32.5	33.5	34.0	36.5	29.59	5.42	508
	10/11	19.0	22.0	23.0	24.0	26.0	28.0	29.0	30.5	31.5	32.1	34.5	27.29	5.91	443
Handgrip (Left + Right) (kg)	99/00	11.0	12.5	13.5	14.0	15.5	16.5	18.0	19.0	19.5	20.0	22.5	16.5	4.5	336
	03/04	11.0	13.5	14.0	15.0	16.0	17.0	19.0	20.0	21.0	22.0	24.2	17.5	5.2	485
	05/06	11.0	13.5	14.5	15.0	16.5	18.0	19.0	20.0	20.5	21.5	24.0	17.57	4.94	507
	10/11	11.0	14.0	15.0	16.0	18.0	19.0	20.0	21.5	22.0	22.5	25.0	18.56	5.41	444
6-min Run /Walk (m)	99/00	710	730	750	770	800	810	830	850	870	890	920	811	94	248
	03/04	650	700	720	720	760	790	820	850	870	880	960	804	144	511
	05/06	660.0	700.0	710.0	720.0	740.0	770.0	790.0	821.0	840.0	860.0	907.0	780.35	120.62	482
	10/11	650	710	720	730	760	780	800	820	840	860	910	788.44	134.91	425
Height (cm)	03/04	116.0	118.0	119.0	120.0	121.5	123.0	124.0	126.0	126.5	127.5	130.0	122	5.9	500
	05/06	115.0	117.4	118.4	119.0	120.6	122.4	123.7	125.0	125.9	127.0	129.5	122.15	6.06	507
	10/11	115.8	118.2	119.2	120.0	121.6	123.4	125.0	126.5	127.2	128.1	131.0	123.12	7.16	437
Weight (kg)	03/04	19.5	21.0	21.5	21.5	22.5	23.5	24.5	26.0	27.0	28.0	31.5	24.7	5.1	501
	05/06	19.5	21.0	21.0	21.5	22.5	23.0	24.0	25.5	26.0	27.0	29.5	24.20	4.57	508
	10/11	19.4	20.8	21.4	21.9	23.1	24.0	25.4	27.0	28.3	29.3	32.5	25.22	5.38	436

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 8)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	14.0	16.0	17.0	17.5	19.5	22.0	24.5	27.0	28.0	31.0	37.0	23.7	9.4	339
	03/04	15.0	17.0	17.5	18.5	20.0	21.7	24.2	27.0	28.0	30.0	37.0	24.0	8.9	589
	05/06	14.5	16.5	17.0	18.0	19.5	21.5	23.5	26.5	28.0	30.5	38.0	23.76	9.47	517
	10/11	15.0	17.0	18.0	19.0	20.5	23.0	25.0	27.8	30.0	32.0	35.8	24.57	9.05	449
1-min. Sit-ups (repetitions)	99/00	5	10	12	13	16	18	20	22	22	23	26	17.0	7.9	337
	03/04	4	10	12	13	15	17	20	22	23	25	29	17.3	9.0	605
	05/06	5	7	9	10	12	14	16	18	20	21	24	14.42	7.67	517
	10/11	4	9	11	12	14	16	18	20	22	23	27	16.14	8.41	429
Sit-and-Reach (cm)	99/00	20	23	24	25	26	28	29	30	31	32	34	27.2	5.2	339
	03/04	21	23	24	25	27	28	30	31	32	33	35	28.0	5.6	606
	05/06	21.5	25.0	26.0	27.0	28.0	30.0	31.0	32.0	33.0	34.0	36.0	29.26	5.55	518
	10/11	20.0	22.0	23.0	23.5	25.0	27.0	28.0	30.0	31.0	32.0	34.0	26.69	5.79	440
Handgrip (Left + Right) (kg)	99/00	13.5	15.0	16.5	17.0	18.0	19.5	20.5	22.0	22.5	23.5	26.0	19.7	5.2	339
	03/04	13.5	16.0	17.0	18.0	19.0	20.5	22.0	23.0	24.0	25.0	28.0	20.8	5.9	586
	05/06	15.5	17.0	18.0	18.5	20.0	21.0	22.5	24.0	25.0	26.0	28.5	21.61	5.22	517
	10/11	14.2	17.0	18.0	19.0	20.5	21.5	23.0	24.5	25.5	27.0	30.0	21.89	5.77	437
6-min Run / Walk (m)	99/00	720	780	800	800	820	830	870	890	920	940	1040	864	154	263
	03/04	700	720	740	760	800	810	840	880	900	920	1040	841	145	591
	05/06	650	690	710	720	750	770	800	820	830	860	900	777.35	709.51	490
	10/11	680	730	750	760	790	810	830	860	880	900	980	824.57	154.31	462
Height (cm)	03/04	121.0	123.5	124.5	125.5	127.0	128.5	130.0	132.0	133.0	134.0	136.5	128.7	6.3	587
	05/06	121.0	124.0	124.5	125.5	127.5	129.0	130.5	132.5	133.5	134.5	137.5	129.15	6.52	517
	10/11	121.5	123.8	124.7	125.5	127.2	128.2	130.5	132.2	133.0	134.2	137.1	129.15	6.49	454
Weight (kg)	03/04	22.0	23.0	24.0	24.0	25.0	26.0	27.5	29.0	30.5	32.0	36.5	27.8	6.1	587
	05/06	22.0	23.0	24.0	24.5	25.5	27.0	28.0	29.5	31.0	32.5	36.0	28.05	5.81	517
	10/11	21.7	22.9	23.7	24.4	25.6	26.8	28.1	30.6	31.5	32.6	35.7	27.91	5.64	454

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 9)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	14.5	16.0	17.0	19.0	21.0	23.0	26.0	29.0	30.0	33.0	42.0	25.9	11.6	306
	03/04	16.0	18.0	19.0	20.0	22.5	24.5	26.5	29.5	31.2	33.5	39.5	26.3	9.6	519
	05/06	14.5	17.8	18.0	19.0	21.0	23.0	25.0	28.0	30.0	31.5	38.5	24.85	9.84	567
	10/11	15.5	17.6	18.5	19.5	21.5	24.0	26.0	28.5	31.0	33.0	39.0	25.88	10.30	500
1-min. Sit-ups (repetitions)	99/00	8	12	14	15	18	20	22	24	24	26	29	19.2	8.3	305
	03/04	10	13	14	16	18	20	22	24	25	27	30	19.9	8.3	528
	05/06	5	9	11	12	14	16	18	21	22	23	26	16.21	7.87	566
	10/11	6	10	12	14	16	19	21	23	24	25	28	18.02	8.38	486
Sit-and-Reach (cm)	99/00	19	22	23	24	26	27	28	30	31	32	34	26.9	6.0	306
	03/04	20	23	24	25	27	28	29	31	31	32	35	27.7	6.1	518
	05/06	20.5	23.0	24.5	25.0	27.0	28.5	30.5	32.0	33.0	34.0	36.0	28.54	6.00	567
	10/11	18.0	21.0	22.0	23.0	25.0	27.0	28.6	30.0	31.0	32.0	34.0	26.45	6.63	501
Handgrip (Left + Right) (kg)	99/00	15.5	17.5	18.5	20.0	21.0	22.5	24.0	25.5	26.5	27.5	30.5	22.9	5.9	306
	03/04	17.0	19.0	21.0	21.8	23.0	24.0	25.5	27.5	29.0	30.0	33.0	24.9	6.3	508
	05/06	18.0	19.5	21.0	21.5	23.0	24.5	26.0	27.5	28.5	30.0	33.0	24.93	6.28	567
	10/11	17.5	20.0	21.0	22.0	23.1	25.0	26.5	28.5	29.0	30.5	33.0	25.10	6.13	497
9-min Run / Walk (m)	99/00	1000	1080	1100	1120	1150	1190	1210	1250	1260	1280	1350	1184	147	253
	03/04	940	1030	1060	1080	1120	1160	1200	1240	1260	1280	1360	1157	168	515
	05/06	960	1030	1060	1080	1110	1150	1190	1230	1240	1260	1330	1145.61	147.87	547
	10/11	960	1030	1050	1070	1120	1150	1200	1240	1270	1290	1370	1159.40	180.16	461
Height (cm)	03/04	126.0	129.5	130.5	131.5	133.0	134.5	136.0	138.0	139.0	140.5	144.0	134.9	6.7	513
	05/06	125.5	128.5	130.0	130.5	133.0	134.5	136.0	138.0	139.5	140.5	144.0	134.51	7.13	567
	10/11	127.1	130.0	131.0	131.8	133.5	135.3	137.3	139.0	140.1	141.0	144.5	135.40	7.31	496
Weight (kg)	03/04	24.5	26.0	26.5	27.5	29.0	30.5	32.0	34.5	35.5	37.0	40.5	31.9	7.2	513
	05/06	23.5	25.5	26.0	27.0	28.0	29.5	31.5	33.5	35.0	36.0	40.5	30.99	7.06	566
	10/11	24.0	25.7	26.5	27.4	29.1	30.5	32.2	34.2	35.4	37.0	42.7	32.04	7.63	495

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 10)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	14.5	17.0	18.0	19.5	21.0	23.0	26.0	29.0	31.0	34.0	41.0	25.8	10.3	385
	03/04	15.4	18.0	19.0	20.0	21.5	24.0	27.0	29.5	31.2	33.5	39.5	26.2	10.3	538
	05/06	16.0	18.0	19.0	20.0	22.5	24.5	27.5	30.5	32.0	33.5	41.0	26.52	10.07	574
	10/11	15.5	17.5	18.3	19.3	21.3	23.6	26.5	30.0	31.9	34.0	40.0	26.01	10.18	576
1-min. Sit-ups (repetitions)	99/00	12	16	17	19	21	23	25	26	27	28	31	22.2	7.7	384
	03/04	10	15	16	18	20	21	24	26	27	28	32	21.4	8.6	540
	05/06	7	11	12	14	16	19	20	22	24	25	29	18.20	8.30	572
	10/11	9	13	15	16	19	20	22	24	25	27	31	20.15	8.25	558
Sit-and-Reach (cm)	99/00	18	21	22	23	25	26	28	29	30	31	34	26.1	6.3	385
	03/04	19	22	23	24	26	27	28	30	31	32	35	26.9	6.1	539
	05/06	20.0	23.0	24.0	25.5	27.0	29.0	31.0	32.0	33.0	34.0	37.0	28.70	6.68	571
	10/11	18.0	21.0	22.0	23.0	25.0	27.0	29.0	30.9	31.5	32.0	35.2	26.71	6.93	566
Handgrip (Left + Right) (kg)	99/00	18.5	21.5	22.5	23.5	25.0	27.0	29.0	31.0	32.0	33.5	37.5	27.5	7.3	385
	03/04	20.0	22.0	23.0	24.0	25.5	27.5	29.0	31.0	32.0	34.5	38.2	28.3	7.7	535
	05/06	21.0	23.0	24.0	25.0	27.0	29.0	31.0	33.0	34.0	35.0	39.5	29.50	7.37	572
	10/11	19.9	22.5	23.5	25.0	27.0	28.5	30.5	32.0	33.0	34.0	39.0	28.90	7.75	567
9-min Run / Walk (m)	99/00	1040	1110	1130	1140	1190	1210	1240	1290	1320	1340	1430	1215	146	288
	03/04	990	1050	1080	1100	1140	1190	1210	1260	1280	1300	1380	1183	166	535
	05/06	990	1040	1060	1080	1120	1150	1180	1220	1240	1260	1310	1150.55	127.98	559
	10/11	1010	1060	1080	1100	1140	1190	1220	1260	1280	1310	1450	1199.88	185.83	562
Height (cm)	03/04	131.0	134.0	135.0	136.5	138.5	140.0	141.5	143.5	145.0	146.0	149.0	140.1	6.9	538
	05/06	132.0	134.5	136.0	137.0	139.0	141.0	142.5	144.5	145.5	147.0	150.0	140.89	7.28	574
	10/11	133.1	136.1	137.0	138.3	140.2	141.8	144.0	145.7	147.0	148.0	151.6	142.15	7.36	602
Weight (kg)	03/04	26.0	28.0	29.0	30.0	31.5	33.5	35.0	38.0	39.0	40.5	45.5	34.8	8.0	538
	05/06	27.0	29.0	30.0	30.5	32.0	34.0	35.5	38.5	40.0	42.0	46.5	35.49	7.99	574
	10/11	26.9	29.1	30.0	30.8	32.8	34.7	36.9	39.7	41.7	43.3	48.3	36.54	8.91	601

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 11)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	15.5	18.0	19.0	19.5	21.5	24.0	26.0	29.0	31.0	34.0	39.5	26.2	10.8	333
	03/04	16.5	18.5	19.5	20.5	23.0	26.0	28.5	31.0	33.5	35.5	42.5	27.7	10.5	592
	05/06	16.0	18.5	19.5	21.0	23.0	25.5	28.0	31.0	33.0	36.0	44.0	27.76	10.81	551
	10/11	16.7	19.0	19.8	20.8	23.5	26.0	28.0	31.0	33.0	35.7	42.7	27.67	10.27	495
1-min. Sit-ups (repetitions)	99/00	15	18	20	21	22	24	26	28	29	30	33	23.9	7.9	332
	03/04	12	16	18	20	22	24	26	28	30	30	35	23.6	8.8	592
	05/06	10	14	15	16	18	20	22	24	25	27	31	20.40	8.13	550
	10/11	12	15	17	19	21	23	25	27	29	30	34	22.94	8.77	478
Sit-and-Reach (cm)	99/00	18	21	22	23	25	26	28	30	31	32	35	26.3	6.6	331
	03/04	19	22	23	24	26	28	29	32	32	34	37	27.9	6.9	592
	05/06	19.0	22.5	24.0	25.0	27.0	29.0	30.5	32.5	34.0	35.0	37.5	28.48	7.00	549
	10/11	18.0	21.5	23.0	24.0	25.3	27.0	29.0	31.0	33.0	34.1	38.0	27.74	7.73	483
Handgrip (Left +Right) (kg)	99/00	22.5	25.5	26.5	27.0	29.0	31.0	33.0	36.0	37.0	38.0	44.0	32.0	7.9	333
	03/04	23.0	26.0	27.0	29.0	31.5	34.0	36.5	39.0	40.5	42.2	46.5	34.3	9.2	592
	05/06	24.5	27.0	29.0	30.0	33.0	34.5	36.5	38.5	40.0	42.0	46.0	34.86	8.10	552
	10/11	24.0	27.0	2.5	29.8	32.0	34.0	36.5	39.0	40.0	41.0	45.0	34.38	8.29	489
9-min Run / Walk (m)	99/00	1060	1130	1140	1170	1210	1240	1280	1310	1340	1360	1440	1246	153	247
	03/04	1010	1070	1100	1120	1160	1200	1230	1270	1290	1320	1420	1200	165	591
	05/06	1010	1070	1090	1110	1140	1170	1200	1240	1260	1290	1360	1178.29	147.51	538
	10/11	1010	1080	1120	1130	1160	1200	1250	1300	1330	1370	1460	1227.81	186.42	452
Height (cm)	03/04	137.0	141.0	142.0	143.5	145.5	147.0	149.5	151.5	153.0	154.0	157.0	147.3	7.6	591
	05/06	137.5	140.6	142.5	143.5	145.0	147.5	149.5	151.0	152.0	153.0	156.0	146.98	7.31	552
	10/11	139.5	142.4	143.9	144.9	147.0	148.8	150.5	152.5	153.7	154.8	158.0	148.69	7.04	511
Weight (kg)	03/04	29.5	32.5	34.0	34.5	36.5	38.5	41.0	43.5	45.0	47.0	52.0	40.2	9.4	591
	05/06	30.0	32.6	34.0	35.0	37.0	39.0	41.0	44.0	45.5	47.0	52.0	40.31	9.15	552
	10/11	30.3	33.9	35.3	36.1	38.5	40.5	42.4	44.5	46.5	48.1	52.8	41.36	9.06	510

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 12 or above)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	99/00	16.0	18.5	20.5	21.0	24.0	26.0	29.0	32.0	36.0	39.5	46.0	28.7	11.0	92
	03/04	17.0	19.5	20.5	21.5	24.0	26.0	28.0	31.5	33.5	35.5	40.0	27.8	10.0	221
	05/06	17.5	20.5	22.5	23.5	26.0	28.0	31.0	34.5	37.0	39.0	46.0	30.04	10.98	195
	10/11	17.3	20.0	21.3	22.5	25.3	27.0	28.8	31.5	32.8	36.0	41.5	28.23	9.50	169
1-min. Sit-ups (repetitions)	99/00	8	14	18	20	21	23	25	27	27	29	31	21.8	8.7	92
	03/04	12	17	18	19	22	24	26	28	30	30	33	23.5	8.2	220
	05/06	10	14	16	18	20	23	24	27	28	29	32	21.8	8.83	190
	10/11	11	16	18	20	22	24	26	28	29	30	33	23.12	8.45	162
Sit-and-Reach (cm)	99/00	15	22	22	23	26	27	29	32	32	33	36	27.2	7.8	92
	03/04	18	22	23	25	27	29	30	33	34	34	37	28.3	7.3	221
	05/06	18	22	24	25	27	30	32	33	35	35	39	29.1	7.65	195
	10/11	16.8	20.0	21.6	22.3	24.5	27.0	30.0	32.8	34.0	35.5	38.0	27.48	8.15	164
Handgrip (Left + Right) (kg)	99/00	27.5	31.5	33.0	34.0	38.5	39.5	41.5	45.0	46.0	46.5	53.0	27.2	7.8	92
	03/04	27.0	29.0	30.0	32.0	34.5	37.0	39.5	42.2	44.0	46.0	49.5	37.3	9.4	221
	05/06	28.0	32.0	34.0	35.5	38.0	40.0	43.0	45.5	47.0	48.5	52.0	40.5	9.9	195
	10/11	29.4	31.7	33.4	35.0	37.0	39.0	41.0	43.0	45.0	46.0	50.0	39.03	8.20	166
9-min Run / Walk (m)	99/00	1060	1140	1160	1180	1210	1250	1280	1340	1350	1360	1430	1254	137	76
	03/04	1040	1090	1110	1120	1150	1200	1210	1260	1280	1320	1400	1205	149	219
	05/06	1010	1060	1080	1100	1150	1190	1200	1240	1270	1290	1400	1180	149	190
	10/11	1060	1130	1160	1190	1230	1270	1300	1330	1380	1420	1550	1278.13	195.26	158
Height (cm)	03/04	141.5	145.0	146.0	146.8	150.0	152.0	154.0	155.0	156.0	157.0	159.5	151.0	7.0	221
	05/06	144.0	147.5	148.5	149.5	150.5	152.0	153.5	155.0	156.0	157.0	160.0	151.74	6.77	195
	10/11	144.9	148.1	148.6	149.2	151.3	152.3	153.4	155.0	156.1	157.6	160.6	152.22	6.19	158
Weight (kg)	03/04	31.2	34.9	35.7	36.8	39.2	40.9	42.8	44.9	45.8	47.1	53.0	41.7	8.5	221
	05/06	35.5	37.5	38.5	40.0	42.5	44.0	46.5	48.5	50.0	51.0	59.0	45.5	9.1	195
	10/11	34.9	36.9	38.4	39.4	41.4	43.7	45.7	47.9	49.9	51.5	56.9	44.62	8.80	158