

Multistage Fitness Test

Shuttle	Level	Total Laps	Time/Lap Seconds	Total time/Level Seconds	Total time Seconds	Total Time Mins	Total Time Secs	Dist/Shuttle Metres	Total Distance Metres	Speed/mile Seconds	Speed/mile Mins	Speed/mile Secs	VO2 max
1	8	8	8.47	67.8	67.8	1	7.8	160	160	681.5	11	21.5	20.97
2	8	16	8.00	64.0	131.8	2	11.8	160	320	643.6	10	43.6	23.86
3	8	24	7.58	60.6	192.4	3	12.4	160	480	609.7	10	9.7	26.70
4	9	33	7.20	64.8	257.2	4	17.2	180	660	579.2	9	39.2	29.84
5	9	42	6.86	61.7	318.9	5	18.9	180	840	551.7	9	11.7	32.92
6	10	52	6.55	65.5	384.4	6	24.4	200	1040	526.6	8	46.6	36.28
7	10	62	6.26	62.6	447.0	7	27.0	200	1240	503.7	8	23.7	39.58
8	11	73	6.00	66.0	513.0	8	33.0	220	1460	482.7	8	2.7	43.12
9	11	84	5.76	63.4	576.3	9	36.3	220	1680	463.4	7	43.4	46.57
10	11	95	5.54	60.9	637.3	10	37.3	220	1900	445.6	7	25.6	49.94
11	12	107	5.33	64.0	701.3	11	41.3	240	2140	429.1	7	9.1	53.52
12	12	119	5.14	61.7	763.0	12	43.0	240	2380	413.7	6	53.7	57.00
13	13	132	4.97	64.6	827.5	13	47.5	260	2640	399.5	6	39.5	60.66
14	13	145	4.80	62.4	889.9	14	49.9	260	2900	386.2	6	26.2	64.20
15	13	158	4.65	60.4	950.3	15	50.3	260	3160	373.7	6	13.7	67.62
16	14	172	4.50	63.0	1013.3	16	53.3	280	3440	362.0	6	2.0	71.17
17	14	186	4.36	61.1	1074.4	17	54.4	280	3720	351.1	5	51.1	74.59
18	15	201	4.24	63.5	1137.9	18	57.9	300	4020	340.7	5	40.7	78.10
19	15	216	4.11	61.7	1199.6	19	59.6	300	4320	331.0	5	31.0	81.45
20	16	232	4.00	64.0	1263.6	21	3.6	320	4640	321.8	5	21.8	84.85
21	16	248	3.89	62.3	1325.9	22	5.9	320	4960	313.1	5	13.1	88.07
22	16	264	3.79	60.6	1386.5	23	6.5	320	5280	304.9	5	4.9	91.12
23	17	281	3.69	62.8	1449.3	24	9.3	340	5620	297.0	4	57.0	94.16
24	17	298	3.60	61.2	1510.5	25	10.5	340	5960	289.6	4	49.6	96.99
25	18	316	3.51	63.2	1573.7	26	13.7	360	6320	282.6	4	42.6	99.78