



LEMBAGA PUSAT BIMBINGAN BELAJAR

LARAS BIMBEL

JL. PASAR 1 SIDOMULYO KEC. SIBIRU BIRU, KAB. DELI SERDANG

TELP. 0895-3122-3079



LAPORAN BEEP TEST AGUSTUS

No	Nama	Bleep			
		Umur	Run	VO2 max	Keterangan
1	Irlangga Sastra Pawira	18	1.940 M	51.1 ml/kg/min	Sangat Bagus
2	Egi Nicholas Samura	17	2.360 M	57.1 ml/kg/min	Sangat Bagus
3	Michael Munthe	17	2.100 M	53.5 ml/kg/min	Sangat Bagus
4	Ridho Arif Brema Ginting	17	1.940 M	51.1 ml/kg/min	Sangat Bagus
5	Marcel Pratama Ginting	17	1.900 M	50.6 ml/kg/min	Bagus
6	Mhd Arya H Sitepu	17	1.260 M	40.5 ml/kg/min	Rata-Rata
7	Theresia Anneke	17	800 M	32.5 ml/kg/min	Rata-Rata
8	Indah Ronauli Br. Pasaribu	17	760 M	31.8 ml/kg/min	Rata-Rata
9	Aditya Nugraha	17	700 M	30.6 ml/kg/min	Buruk
10	Aurel Br. Ginting	16	840 M	33.3 ml/kg/min	Rata-Rata
11	Eginta Putri Br. Tarigan	16	780 M	32.1 ml/kg/min	Rata-Rata
12	Vanya Aulia Meliala	15	720 M	31.0 ml/kg/min	Rata-Rata
13	Bayu Ghiri Wiratama	14	1.560 M	45.2 ml/kg/min	Bagus

Keterangan:

RUNNERS CASE

Vo2Max Normal Pria dan Wanita

Umur	Buruk	Tidak Bagus	Rata-rata	Bagus	Sangat Bagus	Atlet
13-19	Under 35.0	35.0-38.3	38.4-45.1	45.2-50.9	51.0-55.9	Over 55.9
20-29	Under 33.0	33.0-36.4	36.5-42.4	42.5-46.4	46.5-52.4	Over 52.4
30-39	Under 31.5	31.5-35.4	35.5-40.9	41.0-44.9	45.0-49.4	Over 49.4
40-49	Under 30.2	30.2-33.5	33.6-38.9	39.0-43.7	43.8-48.0	Over 48.0
50-59	Under 26.1	26.1-30.9	31.0-35.7	35.8-40.9	41.0-45.3	Over 45.3
60+	Under 20.5	20.5-26.0	26.1-32.2	32.3-36.4	36.5-44.2	Over 44.2

Umur	Buruk	Tidak Bagus	Rata-rata	Bagus	Sangat Bagus	Atlet
13-19	Under 25.0	25.0-30.9	31.0-34.9	35.0-38.9	39.0-41.9	Over 41.9
20-29	Under 23.6	23.6-28.9	29.0-32.9	33.0-36.9	37.0-41.0	Over 41.0
30-39	Under 22.8	22.8-26.9	27.0-31.4	31.5-35.6	35.7-40.0	Over 40.0
40-49	Under 21.0	21.0-24.4	24.5-28.9	29.0-32.8	32.9-36.9	Over 36.9
50-59	Under 20.2	20.2-22.7	22.8-26.9	27.0-31.4	31.5-35.7	Over 35.7
60+	Under 17.5	17.5-20.1	20.2-24.4	24.5-30.2	30.3-31.4	Over 31.4

SUMBER:
<https://www.runnerscase.com/2023/08/vo2max-test.html>