



LEMBAGA PUSAT BIMBINGAN BELAJAR

LARAS BIMBEL

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

TELP. 0895-3122-3079



LAPORAN BEEP TEST SEPTEMBER

No	Nama	Bleep			
		Umur	Run	VO2 max	Keterangan
1	Zusron Irsyandi Siregar	19	1.640 M	51.1 ml/kg/min	Sangat Bagus
2	Irlangga Sastra Pawira	18	2.240 M	56.8 ml/kg/min	Sangat Bagus
3	Adha Abhipraya	18	1.420 M	43.3 ml/kg/min	Rata-Rata
4	Ridho Arief Brema Ginting	17	2.160 M	55.7 ml/kg/min	Sangat Bagus
5	Marcel Pratama Sembiring	17	2.120 M	55.1 ml/kg/min	Sangat Bagus
6	Michael Munthe	17	1.540 M	45.9 ml/kg/min	Bagus
7	Mhd Arya H. Sitepu	17	1.120 M	38.1 ml/kg/min	Rata-Rata
8	Khansa Malika Ersas	17	1.120 M	38.1 ml/kg/min	Bagus
9	Theresia Anneke	17	1.080 M	37.5 ml/kg/min	Bagus
10	Agnes Paskalia	17	1.080 M	37.5 ml/kg/min	Bagus
11	Egi Nicholas Samura	17	1.020 M	36.6 ml/kg/min	Bagus
12	Indah Ronauli Br Pasaribu	17	1.000 M	36.2 ml/kg/min	Bagus
13	Aditya Nugraha	17	820 M	32.9 ml/kg/min	Rata-Rata
14	Eginta Putri Br Tarigan	16	1.240 M	40.2 ml/kg/min	Sangat Bagus
15	Aurel Ginting	16	1.240 M	40.2 ml/kg/min	Sangat Bagus
16	Icha Hayani	16	420 M	25.7 ml/kg/min	Buruk
17	Vanya Aulia Meliala	15	960 M	35.5 ml/kg/min	Bagus
18	Bayu Ghiri Wiratama	14	1.360 M	42.2 ml/kg/min	Rata-Rata

Keterangan:

RUNNERS CASE						
Vo2Max Normal Pria dan Wanita						
Vo2max Normal Untuk Pria						
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

Vo2max Normal Untuk Wanita						
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>

