

| #   | 20 yd | Shuttle | 3-jump |
|-----|-------|---------|--------|
| 306 | 3.55  | 5.36    | 6.8    |
| 307 | 3.34  | 5.3     | 6.2    |
| 308 | 3.45  | 5.32    | 6.5    |
| 310 | 3.35  | 5       | 5.6    |
| 312 | 3.39  | 5.31    | 5.6    |
| 320 | 3.23  | 5.06    | 6.1    |
| 323 | 3.3   | 5.05    | 5.5    |
| 324 | 3.18  | 5.18    | 5.4    |
| 325 | 3.1   | 4.74    | 5.5    |
| 326 | 2.7   | 4.62    | 5.11   |
| 327 | 3.09  | 5.11    | 5.4    |
| 342 | 3.43  | 5.36    | 5.4    |
| 343 | 3.23  | 5.56    | 5      |
| 344 | 3.56  | 5.45    | 5.13   |
| 345 | 3.35  | 5.39    | 5.3    |
| 346 | 3.42  | 5.5     | 6.2    |
| 347 | 3.3   | 4.85    | 6.2    |
| 358 | 3.06  | 5.01    | 5.4    |
| 415 | 3.53  | 5.6     | 5.3    |
| 416 | 3.7   | 5.2     | 5.8    |
| 425 | 3.66  | 5.72    | 5.2    |
| 426 | 3.1   | 5.16    | 7.5    |
| 437 | 3.75  | 5.76    | 5.5    |
| 457 | 2.98  | 4.76    | 5.6    |
| 458 | 3.36  | 5.55    | 5.5    |
| 460 | 3.15  | 5.03    | 5.79   |
| 463 | 3.56  | 5.7     | 5.8    |
| 463 | 3.6   | 5.4     | 5.2    |
| 468 | 3.95  | 6.07    | 5.3    |
| 474 | 3.15  | 4.98    | 5.7    |
| 480 | 3.51  | 5.18    | 5.3    |
| 486 | 3.3   | 5.31    | 5.2    |
| 498 | 3.6   | 5.05    | 5.3    |
| 521 | 2.8   | 4.46    | 5.11   |
| 522 | 3.56  | 5.42    | 6.1    |
| 595 | 4.26  | 6.53    | 5      |