

Individual Meet Results

Highway Performance Center - Meet 1 (1-4th) 27 to 28 Feb 2013 (Age: 19, 20, 21, 22) Males
 Location: 49-210-14 (M004) Location: US, Area
 University of Kentucky / Job (000)

Time	F/P/S	Event	Place	Points	Margin
Back Muscle Strength (10) M					
0:00:10	F 4 00	Rep: 10 x 1000 Back	4	--	-0:01
0:01:10	F 4 00	Rep: 10 x 1000 Bp	5	--	-0:02
0:01:10	F 4 00	Rep: 10 x 1000 Feet	4	--	--
0:01:20	F 4 00	Rep: 10 x 1000 Back	2	--	-0:07
0:01:30	F 4 00	Rep: 10 x 1000 M	5	--	-0:00
0:01:30	F 4 00	Rep: 10 x 1000 Back	4	--	-0:01
Back-Spine Stability (10) M					
0:10:00	F 4 00	Rep: 10 x 1000 Feet	00	--	--
0:10:00	F 4 00	Rep: 10 x 1000 M	00	--	-1:30
0:10:10	F 4 00	Rep: 10 x 1000 Back	5	--	-0:01
Dead Press (10) M					
0:01:10	F 4 00	Rep: 10 x 1000 Back	4	--	-0:01
0:01:00	F 4 00	Rep: 10 x 1000 Feet	00	--	-0:01
0:01:20	F 4 00	Rep: 10 x 1000 Back	2	--	--
0:01:00	F 4 00	Rep: 10 x 1000 Feet	5	--	--
0:00:50	F 4 00	Rep: 10 x 1000 M	5	--	-1:27
0:01:10	F 4 00	Rep: 10 x 1000 Back	4	--	-0:01
Flexion Stability (10) M					
0:10:10	F 4 00	Rep: 10 x 1000 Back	00	--	--
0:10:00	F 4 00	Rep: 10 x 1000 Bp	00	--	-0:10
0:01:00	F 4 00	Rep: 10 x 1000 Feet	00	--	-0:01
0:01:10	F 4 00	Rep: 10 x 1000 Back	00	--	--
0:10:10	F 4 00	Rep: 10 x 1000 M	00	--	--
0:10:00	F 4 00	Rep: 10 x 1000 Bp	0	--	--
Speed Stability (10) M					
0:10:00	F 4 00	Rep: 10 x 1000 M	00	--	-0:07
0:01:00	F 4 00	Rep: 10 x 1000 Bp	4	--	-0:01
00:10	F 4 00	Rep: 10 x 1000 Feet	00	--	-0:01
0:10:10	F 4 00	Rep: 10 x 1000 Back	07	--	--
0:01:20	F 4 00	Rep: 10 x 1000 M	00	--	--
01:10	F 4 00	Rep: 10 x 1000 Bp	4	--	-0:01
Step Stair (10) M					
0:10:10	F 4 00	Rep: 10 x 1000 Back	5	--	-0:01
0:10:10	F 4 00	Rep: 10 x 1000 Bp	5	--	--
01:00	F 4 00	Rep: 10 x 1000 Back	5	--	-0:01
0:00:10	F 4 00	Rep: 10 x 1000 Feet	4	--	-0:01
0:01:10	F 4 00	Rep: 10 x 1000 M	5	--	-1:10
01:00	F 4 00	Rep: 10 x 1000 Back	4	--	-0:07