

YO-YO INTERMITTENT RECOVERY TEST LIVELLO 1



Data _____ Ora _____ Superficie _____

Arbitro	N°	Ammonizione	Livello Stop	Distanza Totale

Velocità (Km/h)		LIVELLI PERCORRENZA															
Km/h	Liv.	1		2		3		4		5		6		7		8	
10	5	1	14 s														
		(40)															
12	9	1	36 s														
		(80)															
13	11	1		2	1:19 s												
		(120)		(160)													
13.5	12	1		2		3	2:20 s										
		(200)		(240)		(280)											
14	13	1		2		3		4	3:41 s								
		(320)		(360)		(400)		(440)									
14.5	14	1		2		3		4	5:01 s	5	6	7	8	6:21 s			
		(480)		(520)		(560)		(600)		(640)	(680)	(720)	(760)				
15	15	1		2		3		4	7:39 s	5	6	7	8	8:57 s			
		(800)		(840)		(880)		(920)		(960)	(1000)	(1040)	(1080)				
15.5	16	1		2		3		4	10:15s	5	6	7	8	11:32s			
		(1120)		(1160)		(1200)		(1240)		(1280)	(1320)	(1360)	(1400)				
16	17	1		2		3		4	12:48s	5	6	7	8	14:04s			
		(1440)		(1480)		(1520)		(1560)		(1600)	(1640)	(1680)	(1720)				
16.5	18	1		2	14:41s	3		4	15:19s	5	6	7	8	16:34s			
		(1760)		(1800)		(1840)		(1880)		(1920)	(1960)	(2000)	(2040)				
17	19	1		2	17:10s	3		4	17:47s	5	6	7	8	19:01s			
		(2080)		(2120)		(2160)		(2200)		(2240)	(2280)	(2320)	(2360)				
17.5	20	1		2	19:38s	3		4	20:14s	5	6	7	8	21:27s			
		(2400)		(2440)		(2480)		(2520)		(2560)	(2600)	(2640)	(2680)				
18	21	1		2	22:03s	3		4	22:39s	5	6	7	8	23:51s			
		(2720)		(2760)		(2800)		(2840)		(2880)	(2920)	(2960)	(3000)				
18.5	22	1		2	24:27s	3		4	25:02s	5	6	7	8	26:14s			
		(3040)		(3080)		(3120)		(3160)		(3200)	(3240)	(3280)	(3320)				
19	23	1		2	26:49s	3		4	27:24s	5	6	7	8	28:34s			
		(3360)		(3400)		(3440)		(3480)		(3520)	(3560)	(3600)	(3640)				