



LEMBAGA PUSAT BIMBINGAN BELAJAR

LARAS BIMBEL

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

TELP. 0895-3122-3079



LAPORAN BEEP TEST JUNI

No	Nama	Bleep			
		Umur	Run	VO2 max	Keterangan
1	Zenedine Zidane	18	720 M	35.1 ml/kg/min	Rata-Rata
2	Marcel Pratama Sembiring	17	1.760 M	50.8 ml/kg/min	Sangat Bagus
3	Ridho Arif Brema Ginting	17	1.440 M	45.2 ml/kg/min	Bagus
4	Mhd Arya H Sitepu	16	1.000 M	41.3 ml/kg/min	Rata-Rata
5	Eginta Putri Br Tarigan	16	480 M	35.9 ml/kg/min	Bagus
6	Theresia Anneke	16	720 M	38.6 ml/kg/min	Bagus
7	Vanya Aulia Meliala	15	480 M	37.7 ml/kg/min	Bagus
8	Bayu Ghiri Wiratama	14	1.360 M	49.9 ml/kg/min	Bagus
9	Steven Yaerdo				
10	Indah Ronauli Br. Pasaribu				
11	Airlangga Sastra Prawira				

Keterangan:

 : Tidak Hadir

RUNNERS CASE

Vo2Max Normal Pria dan Wanita

Vo2max Normal Untuk Pria

Umur	Buruk	Tidak Bagus	Rata-rata	Bagus	Sangat Bagus	Atlet
13-19	Under 55.0	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>