

漸速耐力折返跑男性常模

10-23 歲男性學生漸速耐力折返跑百分等級常模 (趟)

百分等級 年齡	10-23 歲男性學生漸速耐力折返跑百分等級常模 (趟)																		
	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
10	8	10	12	15	18	21	23	25	27	29	31	33	36	39	43	46	52	58	69
11	9	14	19	21	23	25	27	29	32	34	37	41	44	47	52	56	63	71	83
12	13	20	23	25	27	30	32	34	37	40	43	45	49	52	57	63	68	74	87
13	14	19	24	28	32	34	38	41	44	47	51	53	58	62	65	70	76	85	99
14	15	21	28	32	34	37	41	43	46	51	53	57	61	64	69	74	80	90	107
15	18	27	32	35	38	42	45	49	52	54	61	63	67	71	74	83	89	98	110
16	19	27	33	37	40	42	45	48	51	54	59	63	67	72	76	83	88	97	111
17	24	30	35	39	42	46	49	51	53	57	61	63	67	72	76	84	91	100	112
18	25	32	36	39	42	45	48	50	52	54	59	62	64	70	75	82	87	97	110
19	20	26	30	35	38	41	43	45	49	51	54	58	62	66	72	76	83	89	106
20	16	20	24	26	29	33	35	41	43	47	51	54	61	64	70	73	79	91	107
21	14	22	26	31	34	45	48	53	61	62	63	68	71	73	79	88	99	106	123
22	16	22	25	27	31	35	39	44	53	55	61	64	68	72	79	85	91	105	123
23	11	20	22	24	32	37	42	50	55	60	69	74	78	83	84	86	92	110	127

漸速耐力折返跑女性常模

10-23 歲女性學生漸速耐力折返跑百分等級常模 (趟)

百分等級																			
年齡	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
10	9	12	14	15	16	17	19	20	22	24	25	27	29	32	35	39	43	48	59
11	12	15	16	18	19	20	22	24	25	27	28	31	33	36	39	43	47	54	65
12	14	16	18	20	21	23	24	26	27	29	32	34	37	41	44	47	52	60	68
13	13	16	18	21	23	24	26	27	29	31	33	35	37	40	43	47	53	61	72
14	12	16	19	21	23	24	25	27	28	31	33	35	38	41	44	47	52	60	73
15	13	17	20	23	24	25	27	28	30	32	34	36	39	42	45	49	54	63	73
16	11	15	18	22	25	26	28	29	31	33	35	38	41	43	47	50	54	61	68
17	11	14	17	21	25	26	28	30	31	33	34	37	41	43	46	50	53	62	73
18	13	17	21	25	27	28	30	32	34	36	39	41	43	45	48	51	54	60	69
19	9	11	13	14	16	18	21	24	26	29	31	34	36	39	42	46	49	52	63
20	9	10	11	12	14	15	16	18	21	23	25	27	30	33	35	40	49	56	75
21	11	12	13	14	15	16	18	21	23	24	27	29	32	35	41	44	49	59	72
22	9	11	12	13	15	17	19	21	23	24	28	31	33	34	36	42	48	53	62
23	7	10	12	13	17	19	20	21	23	25	28	32	36	43	45	50	52	54	57