

APPENDIX I

INTERVIEW SCHEDULE

HEALTH STATUS AND IMPACT OF PREGAME SPORTS SUPPLEMENT ON THE PERFORMANCE CAPABILITIES OF ATHLETES

I. Background Information

- 1. Name of the Investigator :
- 2. Name of the Interviewee :
- 3. Age and Date of Birth :
- 4. Gender : M F
- 5. Address and Phone no :
- 6. Name of course pursuing :
- 7. Year of pursuing the course :
- 8. Are you a hostellite or day scholar :
- 9. Type of family : N E J
- 10. Family Size : Small(3-5) Medium(6-8) Large(>8)
- 11. Order of birth in the family :
 - a) First
 - b) Second
 - c) Third
 - d) Fourth
 - e) Fifth
- 12. Educational status of parents :

| | | |
|------------------|--------|--------|
| Qualification | Father | Mother |
| Illiterate | | |
| Primary school | | |
| Middle school | | |
| High school | | |
| Higher secondary | | |
| Graduate | | |
- 13. Father's Occupation : Mother's Occupation
- 14. Total family income per month in Rs. : <2500
2500-5000
5000-7500
7500-10000
>10000

II. Athletic Profile

- 15. Indicate the type of sports / games you specialize
 - Tracks
 - Kabadi
 - Kho-Kho
 - Swimming
 - Basket ball / Volley ball
 - Any other (please specify)
- 16. Tick the intensity of exercise

| | Precompetition | Postcompetition |
|-------------------------------|--------------------------|--------------------------|
| a)1 hour/5 day | <input type="checkbox"/> | <input type="checkbox"/> |
| b)20 min/5day | <input type="checkbox"/> | <input type="checkbox"/> |
| c)20min/3day | <input type="checkbox"/> | <input type="checkbox"/> |
| d)Walking/<3days | <input type="checkbox"/> | <input type="checkbox"/> |
| e)Sitting and minimal walking | <input type="checkbox"/> | <input type="checkbox"/> |
- 17. Apart from your game do you exercise daily?
 - a) Yes
 - b) No
 - If yes, mention any one
 - i. Running - 15min 30 min 45min
 - ii. Walking - 15min 30 min 45min
 - iii. Jogging - 15min 30 min 45min
- 18. Level of achievements in sports?
 - a. Zonal level
 - b. District level

- c. State level
- d. National level

19. How often do you train yourself?

- a) Daily
- b) Thrice a week
- c) Twice a week
- d) Once a week

20. If training every day, how many hours do you undergo training?

- a) >1 hour
- b) 1-2 hours
- c) 2-3 hours
- d) >3 hours

21. Do you follow any special workout to increase the endurance power?

- a) Yes No

If yes, specify

III. Dietary Profile

22. Indicate whether you are a

- Veg Non-veg Lacto-veg

23. Do you fast?

- a) Yes
- b) No

If yes, indicate the frequency

24. Do you skip meals?

- a) Breakfast
- b) Lunch
- c) Dinner

25. Do you consume foods outside?

- a) Yes
- b) No

If yes, how often? What type of food items you prefer?

- (a) liquids (b) solids (c) fried foods

26. Do you follow any strict menu pattern one week prior to a competition?

- a) Yes
- b) No

If yes, specify

27. Do you follow any menu pattern during non-competitive days?

- a) Yes
- b) No

If yes, specify

28. Three day recall

| Early morning | Breakfast | Midmorning | Lunch | Tea | Dinner | Bed time | Any other in between |
|---------------|-----------|------------|-------|-----|--------|----------|----------------------|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

29. Indicate how much of fluids, you drink daily?

| Litres | water | Fruit juice | Soft drinks | Energy drinks |
|-----------|-------|-------------|-------------|---------------|
| <250ml | | | | |
| 250-500ml | | | | |
| 500-750ml | | | | |
| 2-3 | | | | |
| 4-5 | | | | |

30. Indicate the pattern of water intake during an event

| Water intake | 250ml | 500ml | 750ml | 1000ml | 1250ml |
|--------------|-------|-------|-------|--------|--------|
| | | | | | |
| | | | | | |
| | | | | | |

31. Do you prefer fruit juice or soft drinks after exercise?

32. Foods you avoid eating before your sports activity?

33. Foods you consume especially before/ during/ after the sports activity?

a) Yes

b) No

If yes, specify

34. Do you consume snacks ?

a) Yes

b) No

If yes, specify the types of snacks.

35. Do you consume family meals?

a) Yes

b) No

36. What are the activities you associate with meal consumption?

(a) watching TV (b) listening to music (c) reading news-paper (d) talking with family members.

37. Do you feel stress at?

(a) family (b) college (c) neighborhood (d) relaxed and com

38. Indicate the amount and types of fat & oil used in your family per month?

39. Does your sports activity increase your food consumption?

Yes No

40. Do you consume any sports supplement?

Yes No

41. Type of sports supplementation you prefer to consume?

Yes No

42. What type of energy drink you consume?

(a) Boost (b) Gluon-D (c) Bourn vita (d) Horlicks (e) Others if any

IV Health Problems

43. Does your participation in sports improve your health ?

a) Body fitness

b) Menstrual problem

c) Augments energy level

d) Others

44. If you have menstrual problems tick the years of training undergone

1-2 yrs

2yrs

>3yrs

45. Indicate the types of menstrual problem you have

a) dysmenorrhea

b) oligomenorrhea

c) dysmenorrhea&PMS

d) amenorrhea

46. Have you had any of the following complications after your sports activity?

a, Headache

b, Vomiting

c, Fatigue

d, Excess sweating

e, Tiredness

f, muscle pull

g, Breathlessness

h, Heat Burns

I, Others

47. Have you experienced any of the following complications after your sport activity?

a, Fracture

b, Ligament tear

c, Knee dislocation

d, Others

48. Do you have any of the following disorder?

a Anemia

b, Wheezing

c, Mal-absorption

d, Leg pain

d, Pelvic pain

f, Others

49. Do you consume any drug/medicine to improve your endurance power

A, Yes B, No

If yes, what drug/medicine specify?

APPENDIX II

PROCEDURE FOR CYANMETH HEMOGLOBIN METHOD

Principle

A sample of blood is mixed with a solution of potassium ferricyanide and potassium cyanide. Ferricyanide cyanmethoemoglobin formed is measured at 540nm, using photo electric calorimeter.

Reagents

- Drapkin diluent solution
- Potassium Bicarbonate 1.0g
- Potassium cyanide 0.05g
- Potassium ferricyanide 0.29
- Distilled water to make to 1.0 litre.

Procedure

- i. Exactly 5.0ml Drapkin diluent solution was measured into a dry test tube.
- ii. Exactly 0.2ml of blood was transformed into the diluent solution.
- iii. The blood and diluent solution were thoroughly mixed by rotating the tube.
- iv. Ten minutes time was allowed for the formation of cyanmethoemoglobin
- v. With green filter No.540, the reading were taken in a photoelectric calorimeter.
- vi. Exactly 0.02ml of the known cyanmethalmoglobin standard solution was treated as above and measured.

Calibration procedure:

This determination gives absolute amount of haemoglobin.

$$\frac{\text{Optical Density of Test}}{\text{Optical Density of Standard}} \times \text{Concentration of standard} = \text{grams of Haemoglobin in 100 ml}$$

APPENDIX III

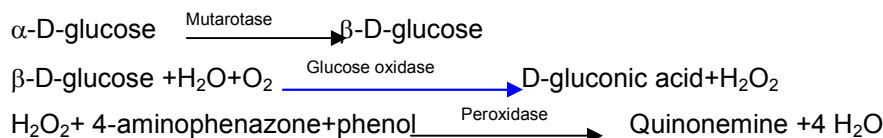
PROCEDURE FOR BLOOD GLUCOSE ESTIMATION

Glucose Oxidase for blood glucose estimation (Experiment #1)

PRINCIPLE OF THE METHOD

Glucose oxidase (GOD) catalyses the oxidation of glucose to gluconic acid. The formed hydrogen peroxide (H₂O₂), is detected by a chromogenic oxygen acceptor, phenol-aminophenazone in the presence of peroxidase (POD):

Principle: (Trinder's method)



The intensity of the color formed is proportional to the glucose concentration in the sample.

CLINICAL SIGNIFICANCE

Glucose is a major source of energy for most cells of the body; insulin facilitates glucose entry into the cells. Diabetes is a disease manifested by hyperglycemia; patients with diabetes demonstrate an inability to produce insulin. Clinical diagnosis should not be made on a single test result; it should integrate clinical and other laboratory data.

PREPARATION

Working reagent (WR):

Dissolve the contents of one vial R 2 Enzymes in one bottle of R 1 Buffer.

Cap and mix gently to dissolve contents.

The reagent is stable 1 month after reconstitution in the refrigerator (2-8°C) or 7 days at room temperature (15-25°C).

Signs of reagent deterioration:

- Presence of particles and turbidity.
- Blank absorbance (A) at 505 nm 0.10.

Requirements:

***Samples:**

- Blood samples
 - Whole blood
 - Serum
 - Plasma (with Ca.oxalates/NaF), which is the preferred sample
- Fresh urine by double void collection technique.....?
- CSF collected in sterile clean container and to be done immediately or centrifuged to get cell free fluid.

Instrumentation:

- Photometer adjusted on wavelength 540 nm
- Cuvette (light path) 1 cm
- Water bath at 37 °C
- Automatic pipettes, disposable test tubes , racks and disposable tips for the dispensers.

PROCEDURE

1. Assay conditions:

Wavelength: 505 nm (490-550)
Cuvette: 1 cm light path
Temperature. 37°C / 15-25°C

2. Adjust the instrument to zero with distilled water.

3. Pipette into a cuvette:

| Sample | Standard | Blank | |
|--------|----------|-------|---------------|
| 1.0 | 1.0 | 1.0 | WR (mL) |
| -- | 10 | -- | Standard (µL) |
| 10 | -- | -- | Sample (µL) |

4. Mix and incubate for 10 min at 37°C or 15-20 min at room temperature (15-25°C).

5. Read the absorbance (A) of the samples and standard, against the Blank.
The colour is stable for at least 30 minutes.

CALCULATIONS

(A) Sample x 100 (Standard conc.) = mg/dL glucose in the sample

(A) Standard

Conversion factor: mg/dL x 0.0555= mmol/L.

*Linearity of the test = 400 mg/dl (Samples give higher level must be retested with dilution by suitable buffer or dist. H₂O)

Result: Abs. Of the Standard ~ 0.3

As the concentration of glucose standard = 100 mg/dl

The Glucose concentration in the sample = 333 X Abs. Of the Sample

Normal Range:

Blood glucose... Fasting= 70 - 110 mg/dl & 2 hrs. Postprandial = 110 - 140 mg/dl

Urine glucose .. < detectable limit (Nil)

CSF glucose ~ 60 - 90 mg/dl

N.B. To express the result in mmol/L divide by 18 (MW of Glucose =180)

APPENDIX IV

RATING SCALE UTILIZED IN EVALUATION OF ACCETABILITY

| Quality attributes | Standard score(25) | Scores obtained |
|--|---------------------------|------------------------|
| Appearance Most agreeable Agreeable Good Satisfactory Disagreeable | 5 4 3 2 1 | |
| Colour Most agreeable Agreeable Good Satisfactory Disagreeable | 5 4 3 2 1 | |
| Taste Most agreeable Agreeable Good Satisfactory Disagreeable | 5 4 3 2 1 | |
| Mouthfeel Most agreeable Agreeable Good Satisfactory Disagreeable | 5 4 3 2 1 | |
| Flavour Most agreeable Agreeable Good Satisfactory Disagreeable | 5 4 3 2 1 | |

APPENDIX V & VI
ATHLETES INDIVIDUAL VALUES

| AGE | BODY WEIGHT | HEIGHT | BMI | MUSCLE MASS | BODY FAT | BMR | V.FAT | HC | wc | WHR | SM |
|-----|-------------|--------|----------|-------------|----------|----------|-------|-----|----|------|------|
| 24 | 46.4 | 163 | 17.5 | 29.1 | 22.1 | 1090 | 11 | 68 | 89 | 0.81 | 11 |
| 24 | 46.4 | 163 | 17.5 | 29.1 | 22.1 | 1090 | 11 | 73 | 90 | 0.81 | 11.7 |
| 24 | 73 | 162 | 27.8 | 23 | 37.9 | 1300 | 12 | 67 | 84 | 0.79 | 11.4 |
| 24 | 73 | 162 | 27.8 | 25 | 30.1 | 1433 | 12 | 79 | 88 | 0.88 | 13.8 |
| 23 | 45.2 | 153 | 19.3 | 25.9 | 28.3 | 1047 | 3 | 68 | 89 | 0.81 | 11 |
| 23 | 58.8 | 160 | 19.4 | 29.6 | 33.8 | 1071 | 3 | 73 | 90 | 0.81 | 11.7 |
| 23 | 52 | 156.5 | 19.35 | 27.75 | 31.05 | 1059 | 3 | 67 | 84 | 0.79 | 11.4 |
| 23 | 67.1 | 166 | 24.4 | 29.1 | 26.61 | 1410 | 4 | 79 | 88 | 0.88 | 13.8 |
| 23 | 67.1 | 166 | 24.4 | 29.1 | 26.61 | 1410 | 4 | 76 | 93 | 0.82 | 14 |
| 23 | 55 | 161 | 21.2 | 27 | 30 | 1000 | 12 | 84 | 66 | 0.78 | 12 |
| 23 | 45.2 | 153 | 19.3 | 25.9 | 28.3 | 1047 | 3 | 68 | 89 | 0.81 | 11 |
| 23 | 58.8 | 160 | 19.4 | 29.6 | 33.8 | 1071 | 3 | 73 | 90 | 0.81 | 11.7 |
| 23 | 53 | 158 | 19.96667 | 27.5 | 30.7 | 1039.333 | 6 | 67 | 84 | 0.79 | 11.4 |
| 23 | 67.1 | 166 | 24.4 | 29.1 | 26.61 | 1410 | 4 | 79 | 88 | 0.88 | 13.8 |
| 23 | 67.1 | 166 | 24.4 | 29.1 | 26.61 | 1410 | 4 | 76 | 93 | 0.82 | 14 |
| 18 | 34 | 150 | 13.6 | 30.6 | 16.9 | 902 | 1 | 95 | 76 | 0.8 | 12.3 |
| 18 | 41.7 | 167 | 15 | 31 | 18 | 1027 | 1 | 89 | 72 | 0.8 | 11.5 |
| 18 | 48.7 | 153 | 16.5 | 27 | 17.9 | 1049 | 7.5 | 89 | 70 | 0.78 | 11.2 |
| 18 | 42.5 | 160 | 16.6 | 29.3 | 20.4 | 1031 | 1 | 80 | 70 | 0.87 | 13.5 |
| 18 | 42.5 | 160 | 16.6 | 29.3 | 20.4 | 1031 | 1 | 88 | 72 | 0.81 | 10.8 |
| 18 | 40.6 | 156 | 16.7 | 28 | 23.7 | 991 | 1 | 89 | 72 | 0.8 | 10.3 |
| 18 | 43.3 | 160 | 16.9 | 28.9 | 23.1 | 1036 | 1 | 88 | 68 | 0.77 | 13.2 |
| 18 | 49.7 | 170 | 17 | 30.2 | 20.2 | 1152 | 3 | 96 | 79 | 0.82 | 12.2 |
| 18 | 42 | 157 | 17 | 28.8 | 21.4 | 1020 | 1 | 88 | 70 | 0.79 | 11.4 |
| 18 | 46.8 | 156 | 17 | 21.3 | 46.8 | 1100 | 1 | 90 | 77 | 0.85 | 12.2 |
| 18 | 40.2 | 154 | 17 | 25.8 | 17.9 | 999 | 1 | 89 | 70 | 0.78 | 13.8 |
| 18 | 37.8 | 148 | 17 | 18 | 34.1 | 1055 | 1.5 | 88 | 70 | 0.79 | 11.8 |
| 18 | 45.6 | 163 | 17.2 | 27.7 | 25.1 | 1066 | 1 | 82 | 65 | 0.79 | 12 |
| 18 | 40.3 | 153 | 17.2 | 27.9 | 22.3 | 987 | 1 | 97 | 76 | 0.78 | 11 |
| 18 | 40.3 | 153 | 17.2 | 27.9 | 22.8 | 987 | 1 | 88 | 69 | 0.78 | 12 |
| 18 | 48 | 166 | 17.4 | 20 | 25.2 | 1250 | 7 | 100 | 86 | 0.86 | 12.4 |
| 18 | 42 | 156 | 17.6 | 27.6 | 25 | 1023 | 1 | 95 | 75 | 0.78 | 12.2 |
| 18 | 43.8 | 157 | 17.8 | 26.9 | 26 | 1034 | 4 | 87 | 70 | 0.8 | 10.5 |
| 18 | 41.2 | 152 | 17.8 | 18 | 27.1 | 1131 | 2 | 82 | 67 | 0.81 | 12.1 |
| 18 | 42 | 153 | 17.9 | 18 | 31 | 1136 | 2 | 82 | 65 | 0.79 | 14.2 |
| 18 | 45.6 | 159 | 18 | 26 | 23 | 1181 | 6.3 | 77 | 64 | 0.83 | 15 |
| 18 | 44 | 156 | 18.1 | 27.7 | 24.4 | 1042 | 1 | 89 | 68 | 0.76 | 10.2 |
| 18 | 47.8 | 162 | 18.2 | 29.5 | 21 | 1117 | 1 | 89 | 70 | 0.78 | 11.3 |
| 18 | 42.2 | 152 | 18.3 | 28.1 | 22.1 | 1019 | 1 | 94 | 80 | 0.85 | 10.9 |
| 18 | 42.2 | 152 | 18.3 | 28.1 | 22.1 | 1019 | 1 | 95 | 78 | 0.82 | 11.4 |
| 18 | 43-3 | 154 | 18.3 | 27 | 31.7 | 1153 | 8 | 92 | 77 | 0.83 | 11.6 |
| 18 | 45.1 | 157 | 18.3 | 18 | 35.5 | 1176 | 2.5 | 90 | 80 | 0.88 | 11.8 |
| 18 | 41.5 | 150 | 18.4 | 27 | 26.6 | 1134 | 12 | 87 | 70 | 0.8 | 11.5 |
| 18 | 48.4 | 153 | 18.5 | 18 | 32.5 | 1154 | 2.5 | 91 | 80 | 0.87 | 12.2 |
| 18 | 40.4 | 154 | 18.7 | 26.2 | 23.7 | 1085 | 4 | 82 | 64 | 0.78 | 10.9 |
| 18 | 45.2 | 155 | 18.7 | 26 | 20.6 | 1099 | 6.5 | 88 | 70 | 0.79 | 13.8 |
| 18 | 43.3 | 152 | 18.7 | 26.2 | 21.5 | 1063 | 9 | 88 | 70 | 0.79 | 12.3 |
| 18 | 39.8 | 146 | 18.7 | 18 | 37.9 | 1084 | 2.5 | 88 | 68 | 0.77 | 10.8 |
| 18 | 45.1 | 155 | 18.8 | 27.7 | 23.7 | 1061 | 2 | 97 | 79 | 0.88 | 10.4 |
| 18 | 42.9 | 151 | 18.8 | 18 | 33.9 | 1142 | 3 | 93 | 78 | 0.83 | 11.8 |
| 18 | 44.2 | 152 | 19.1 | 27.7 | 23.5 | 1047 | 2 | 94 | 79 | 0.84 | 11.3 |

| | | | | | | | | | | | |
|----|------|------|------|------|-------|------|------|------|------|------|------|
| 18 | 40.6 | 145 | 19.3 | 27 | 27.9 | 1143 | 2 | 100 | 86 | 0.86 | 12.8 |
| 18 | 42.9 | 149 | 19.3 | 25.9 | 28.1 | 1012 | 2 | 95 | 78 | 0.82 | 11.6 |
| 18 | 43.9 | 151 | 19.3 | 26.1 | 27.9 | 1028 | 2 | 94 | 79 | 0.84 | 12.1 |
| 18 | 50.6 | 162 | 19.3 | 27.7 | 25.9 | 1144 | 2 | 88 | 70 | 0.79 | 11 |
| 18 | 51.5 | 163 | 19.4 | 28.5 | 24 | 1166 | 1 | 91 | 80 | 0.87 | 12 |
| 18 | 47.5 | 158 | 19.5 | 28.2 | 23.1 | 1102 | 2 | 95 | 75 | 0.78 | 10.3 |
| 18 | 47.5 | 158 | 19.5 | 28.2 | 23.1 | 1102 | 2 | 94 | 79 | 0.84 | 10.6 |
| 18 | 42.2 | 146 | 19.8 | 25.4 | 28.4 | 999 | 2 | 100 | 82 | 0.82 | 11.1 |
| 18 | 49.9 | 157 | 20.2 | 26.9 | 27.2 | 1127 | 2 | 82 | 67 | 0.81 | 10.8 |
| 18 | 48.8 | 155 | 20.3 | 25.1 | 24.8 | 974 | 2 | 91 | 82 | 0.9 | 12.2 |
| 18 | 57 | 158 | 20.4 | 21 | 29.6 | 1280 | 4 | 95 | 75 | 0.78 | 13.8 |
| 18 | 50.8 | 157 | 20.6 | 20 | 24.5 | 1290 | 4 | 95 | 78 | 0.82 | 12.2 |
| 18 | 55 | 163 | 20.7 | 29 | 23.6 | 1226 | 2 | 93 | 78 | 0.83 | 12.4 |
| 18 | 47.5 | 149 | 21.4 | 26.7 | 25.6 | 1091 | 7 | 92 | 77 | 0.83 | 12.2 |
| 18 | 55 | 160 | 21.5 | 22.7 | 29.6 | 1279 | 7 | 91 | 82 | 0.9 | 15 |
| 18 | 54.4 | 159 | 21.5 | 21 | 26.4 | 1340 | 2.5 | 91 | 82 | 0.9 | 10.6 |
| 18 | 51.9 | 154 | 21.9 | 50 | 26.1 | 1298 | 8.5 | 82 | 65 | 0.79 | 10.9 |
| 18 | 54.3 | 157 | 22 | 26 | 28.6 | 1264 | 9 | 93 | 78 | 0.83 | 11.8 |
| 18 | 55.5 | 158 | 22.2 | 55.5 | 32.4 | 1194 | 3 | 92 | 82 | 0.89 | 12.8 |
| 18 | 55.5 | 158 | 22.2 | 55.5 | 32.4 | 1194 | 3 | 82 | 64 | 0.78 | 10.4 |
| 18 | 57 | 160 | 22.3 | 27.8 | 28.6 | 1234 | 3 | 82 | 64 | 0.78 | 11 |
| 18 | 52.4 | 153 | 22.4 | 27 | 34.6 | 1283 | 6 | 89 | 70 | 0.78 | 11.2 |
| 18 | 60.3 | 161 | 23.3 | 23.4 | 32.3 | 1377 | 6 | 100 | 84 | 0.84 | 10.8 |
| 18 | 57.7 | 157 | 23.4 | 40 | 33.7 | 1365 | 2 | 96 | 79 | 0.82 | 11.5 |
| 18 | 51.2 | 148 | 23.4 | 27 | 32.8 | 1265 | 7 | 95 | 76 | 0.8 | 10.6 |
| 18 | 58.3 | 153 | 24.4 | 25 | 31.1 | 1335 | 5 | 97 | 79 | 0.81 | 11.6 |
| 18 | 59.7 | 155 | 24.8 | 23.6 | 36.6 | 1244 | 5 | 78 | 66 | 0.84 | 11 |
| 18 | 66.8 | 164 | 24.8 | 38 | 39.4 | 1488 | 8 | 94 | 79 | 0.84 | 12 |
| 18 | 65.9 | 16.2 | 25.1 | 24.6 | 34 | 1347 | 5 | 96 | 75 | 0.78 | 11.4 |
| 18 | 58.2 | 152 | 25.2 | 33 | 34.4 | 1368 | 8.5 | 100 | 82 | 0.82 | 10.8 |
| 18 | 56.6 | 149 | 25.5 | 23.5 | 34.8 | 1198 | 6 | 94 | 79 | 0.84 | 11.4 |
| 18 | 56.5 | 149 | 25.5 | 23.5 | 34.8 | 1198 | 6 | 91 | 82 | 0.9 | 11.7 |
| 18 | 67.7 | 162 | 25.8 | 26.6 | 30.4 | 1396 | 5 | 90 | 80 | 0.88 | 12 |
| 18 | 55.6 | 154 | 26.8 | 55.6 | 35.9 | 1176 | 7 | 80 | 70 | 0.87 | 10.8 |
| 18 | 60.4 | 149 | 27.2 | 60.4 | 34.6 | 1256 | 7 | 76 | 65 | 0.85 | 12.5 |
| 18 | 60.4 | 149 | 27.2 | 60.4 | 34.6 | 1256 | 7 | 82 | 66 | 0.8 | 11.7 |
| 18 | 64.3 | 152 | 27.8 | 23.4 | 35.7 | 1311 | 7 | 94 | 79 | 0.84 | 11.3 |
| 18 | 68.6 | 153 | 29.3 | 40 | 23.1 | 1529 | 12 | 92 | 80 | 0.86 | 10.4 |
| 18 | 84.7 | 156 | 34.8 | 50 | 37.5 | 1750 | 18.3 | 87 | 75 | 0.86 | 11.4 |
| 18 | 53 | 162 | 20 | 21 | 18.03 | 1298 | 6 | 89.4 | 68.2 | 0.76 | 12.3 |
| 18 | 56 | 157 | 22.7 | 50 | 20.04 | 1264 | 2 | 86.5 | 74.7 | 0.86 | 13 |
| 18 | 51 | 152 | 22.1 | 26 | 22 | 1194 | 7 | 88 | 70 | 0.79 | 13 |
| 18 | 55 | 162 | 21 | 55.5 | 17.08 | 1194 | 5 | 91 | 72 | 0.79 | 11 |
| 18 | 52 | 160 | 20.3 | 55.5 | 17.4 | 1234 | 5 | 84 | 67 | 0.79 | 11 |
| 18 | 5 | 158 | 20.1 | 27.8 | 17.8 | 1283 | 8 | 79 | 62 | 0.78 | 11 |
| 18 | 57 | 164 | 21.2 | 27 | 19 | 1377 | 5 | 90 | 73 | 0.81 | 12 |
| 18 | 58 | 167 | 20.8 | 23.4 | 19.5 | 1365 | 8.5 | 95 | 70 | 0.73 | 12 |
| 18 | 55 | 163 | 20.7 | 40 | 16 | 1265 | 6 | 85.6 | 68.4 | 0.79 | 12 |
| 18 | 54 | 163 | 20.3 | 27 | 15 | 1335 | 6 | 87 | 66.6 | 0.76 | 11 |
| 18 | 58 | 164 | 21.6 | 25 | 17 | 1244 | 5 | 89 | 72.3 | 0.81 | 12 |
| 18 | 59 | 156 | 24.2 | 23.6 | 25 | 1488 | 7 | 88 | 79 | 0.88 | 14 |
| 18 | 54 | 169 | 18.9 | 38 | 16.9 | 1347 | 7 | 84.5 | 63 | 0.75 | 13 |
| 18 | 50 | 149 | 22.5 | 24.6 | 20.1 | 1368 | 7 | 86 | 68 | 0.79 | 10 |
| 18 | 52 | 161 | 18.2 | 33 | 17.9 | 1198 | 7 | 83 | 63 | 0.76 | 11 |
| 18 | 44 | 15.7 | 17.6 | 55.5 | 15.1 | 1234 | 8 | 74 | 56.2 | 0.75 | 10 |
| 18 | 40 | 160 | 15.6 | 27.8 | 11 | 1283 | 5 | 77 | 55 | 0.71 | 10 |

| | | | | | | | | | | | |
|----|------|------|------|------|------|------|-----|------|------|------|------|
| 18 | 44 | 167 | 15.7 | 27 | 14.7 | 1377 | 8.5 | 71 | 53 | 0.74 | 10 |
| 18 | 41 | 151 | 18 | 23.4 | 15.0 | 1365 | 6 | 82 | 61.3 | 0.74 | 11 |
| 18 | 44 | 156 | 18.1 | 40 | 15.0 | 1265 | 6 | 78 | 60 | 0.76 | 11 |
| 18 | 51 | 159 | 20.2 | 27 | 17.0 | 1335 | 5 | 81 | 64 | 0.78 | 12 |
| 18 | 47 | 170 | 16.3 | 25 | 11.3 | 1244 | 7 | 83 | 60 | 0.72 | 10 |
| 18 | 46 | 159 | 18.2 | 23.6 | 15.6 | 1488 | 7 | 88 | 64 | 0.72 | 11 |
| 18 | 46 | 150 | 20 | 38 | 18.3 | 1347 | 7 | 88 | 66 | 0.74 | 11 |
| 18 | 53 | 162 | 20 | 27.8 | 18.3 | 1283 | 8.5 | 89.4 | 68.2 | 0.76 | 11 |
| 18 | 56 | 157 | 22.7 | 27 | 20.9 | 1377 | 6 | 86.5 | 74.7 | 0.86 | 14 |
| 18 | 51 | 152 | 22.1 | 23.4 | 22 | 1365 | 6 | 88 | 70 | 0.79 | 13 |
| 18 | 55 | 162 | 21 | 40 | 20.5 | 1265 | 5 | 91 | 72 | 0.79 | 12 |
| 18 | 50 | 158 | 20.1 | 27 | 17.8 | 1335 | 7 | 79.2 | 62 | 0.78 | 11 |
| 18 | 54 | 160 | 21.1 | 25 | 19.9 | 1265 | 7 | 89.3 | 70 | 0.78 | 12 |
| 18 | 56 | 169 | 19.6 | 23.6 | 16.9 | 1335 | 7 | 84.5 | 64 | 0.76 | 12 |
| 18 | 51 | 149 | 22.9 | 40 | 21.9 | 1244 | 7 | 86.7 | 68.3 | 0.79 | 13 |
| 18 | 54 | 157 | 21.9 | 27 | 20.4 | 1488 | 8 | 83.3 | 66.4 | 0.79 | 12 |
| 18 | 55 | 163 | 20.7 | 29 | 23.6 | 1226 | 2 | 93 | 78 | 0.83 | 10.6 |
| 18 | 47.5 | 149 | 21.4 | 26.7 | 25.6 | 1091 | 7 | 92 | 77 | 0.83 | 11.6 |
| 18 | 55 | 160 | 21.5 | 22.7 | 29.6 | 1279 | 7 | 91 | 82 | 0.9 | 11 |
| 18 | 54.4 | 159 | 21.5 | 21 | 26.4 | 1340 | 2.5 | 91 | 82 | 0.9 | 12 |
| 18 | 51.9 | 154 | 21.9 | 50 | 26.1 | 1298 | 8.5 | 82 | 65 | 0.79 | 11.4 |
| 18 | 54.3 | 157 | 22 | 26 | 28.6 | 1264 | 9 | 93 | 78 | 0.83 | 10.8 |
| 18 | 55.5 | 158 | 22.2 | 55.5 | 32.4 | 1194 | 3 | 92 | 82 | 0.89 | 11.4 |
| 18 | 55.5 | 158 | 22.2 | 55.5 | 32.4 | 1194 | 3 | 82 | 64 | 0.78 | 11.7 |
| 18 | 57 | 160 | 22.3 | 27.8 | 28.6 | 1234 | 3 | 82 | 64 | 0.78 | 12 |
| 18 | 52.4 | 153 | 22.4 | 27 | 34.6 | 1283 | 6 | 89 | 70 | 0.78 | 10.8 |
| 18 | 60.3 | 161 | 23.3 | 23.4 | 32.3 | 1377 | 6 | 100 | 84 | 0.84 | 12.5 |
| 18 | 57.7 | 157 | 23.4 | 40 | 33.7 | 1365 | 2 | 96 | 79 | 0.82 | 11.7 |
| 18 | 51.2 | 148 | 23.4 | 27 | 32.8 | 1265 | 7 | 95 | 76 | 0.8 | 11.3 |
| 18 | 58.3 | 153 | 24.4 | 25 | 31.1 | 1335 | 5 | 97 | 79 | 0.81 | 10.4 |
| 18 | 59.7 | 155 | 24.8 | 23.6 | 36.6 | 1244 | 5 | 78 | 66 | 0.84 | 11.4 |
| 18 | 66.8 | 164 | 24.8 | 38 | 39.4 | 1488 | 8 | 94 | 79 | 0.84 | 12 |
| 18 | 65.9 | 16.2 | 25.1 | 24.6 | 34 | 1347 | 5 | 96 | 75 | 0.78 | 13 |
| 18 | 58.2 | 152 | 25.2 | 33 | 34.4 | 1368 | 8.5 | 100 | 82 | 0.82 | 12 |
| 18 | 56.6 | 149 | 25.5 | 23.5 | 34.8 | 1198 | 6 | 94 | 79 | 0.84 | 10.6 |
| 18 | 48.4 | 153 | 18.5 | 18 | 32.5 | 1154 | 2.5 | 91 | 80 | 0.87 | 11.6 |
| 18 | 40.4 | 154 | 18.7 | 26.2 | 23.7 | 1085 | 4 | 82 | 64 | 0.78 | 11 |
| 18 | 45.2 | 155 | 18.7 | 26 | 20.6 | 1099 | 6.5 | 88 | 70 | 0.79 | 12 |
| 18 | 43.3 | 152 | 18.7 | 26.2 | 21.5 | 1063 | 9 | 88 | 70 | 0.79 | 11.4 |
| 18 | 39.8 | 146 | 18.7 | 18 | 37.9 | 1084 | 2.5 | 88 | 68 | 0.77 | 11.7 |
| 18 | 45.1 | 155 | 18.8 | 27.7 | 23.7 | 1061 | 2 | 97 | 79 | 0.81 | 11.3 |
| 18 | 42.9 | 151 | 18.8 | 18 | 33.9 | 1142 | 3 | 93 | 78 | 0.83 | 10.4 |
| 18 | 44.2 | 152 | 19.1 | 27.7 | 23.5 | 1047 | 2 | 94 | 79 | 0.84 | 11.4 |
| 18 | 40.6 | 145 | 19.3 | 27 | 27.9 | 1143 | 2 | 100 | 86 | 0.86 | 12 |
| 18 | 42.9 | 149 | 19.3 | 25.9 | 28.1 | 1012 | 2 | 95 | 78 | 0.82 | 13 |
| 18 | 43.9 | 151 | 19.3 | 26.1 | 27.9 | 1028 | 2 | 94 | 79 | 0.84 | 12 |
| 18 | 50.6 | 162 | 19.3 | 27.7 | 25.9 | 1144 | 2 | 88 | 70 | 0.79 | 10.6 |
| 18 | 51.5 | 163 | 19.4 | 28.5 | 24 | 1166 | 1 | 91 | 80 | 0.87 | 11.6 |
| 18 | 47.5 | 158 | 19.5 | 28.2 | 23.1 | 1102 | 2 | 95 | 75 | 0.78 | 11 |
| 18 | 47.5 | 158 | 19.5 | 28.2 | 23.1 | 1102 | 2 | 94 | 79 | 0.84 | 11.4 |
| 18 | 42.2 | 146 | 19.8 | 25.4 | 28.4 | 999 | 2 | 100 | 82 | 0.82 | 11.7 |
| 18 | 49.9 | 157 | 20.2 | 26.9 | 27.2 | 1127 | 2 | 82 | 67 | 0.81 | 12 |
| 18 | 48.8 | 155 | 20.3 | 25.1 | 24.8 | 974 | 2 | 91 | 82 | 0.9 | 10.8 |
| 18 | 57 | 158 | 20.4 | 21 | 29.6 | 1280 | 4 | 95 | 75 | 0.78 | 12.5 |
| 18 | 50.8 | 157 | 20.6 | 20 | 24.5 | 1290 | 4 | 95 | 78 | 0.82 | 11.7 |
| 18 | 55 | 163 | 20.7 | 29 | 23.6 | 1226 | 2 | 93 | 78 | 0.83 | 11.3 |

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|----|------|------|-------|------|------|------|-----|------|------|------|------|
| 18 | 47.5 | 149 | 21.4 | 26.7 | 25.6 | 1091 | 7 | 92 | 77 | 0.83 | 10.4 |
| 18 | 55 | 160 | 21.5 | 22.7 | 29.6 | 1279 | 7 | 91 | 82 | 0.9 | 11.4 |
| 18 | 54.4 | 159 | 21.5 | 21 | 26.4 | 1340 | 2.5 | 91 | 82 | 0.9 | 11.4 |
| 18 | 51.9 | 154 | 21.9 | 50 | 26.1 | 1298 | 8.5 | 82 | 65 | 0.79 | 11.7 |
| 18 | 54.3 | 157 | 22 | 26 | 28.6 | 1264 | 9 | 93 | 78 | 0.83 | 12 |
| 18 | 55.5 | 158 | 22.2 | 55.5 | 32.4 | 1194 | 3 | 92 | 82 | 0.89 | 10.8 |
| 18 | 55.5 | 158 | 22.2 | 55.5 | 32.4 | 1194 | 3 | 82 | 64 | 0.78 | 12.5 |
| 18 | 57 | 160 | 22.3 | 27.8 | 28.6 | 1234 | 3 | 82 | 64 | 0.78 | 11.7 |
| 18 | 50 | 149 | 22.5 | 24.6 | 20.1 | 1368 | 7 | 86 | 68 | 0.79 | 11.3 |
| 18 | 52 | 161 | 18.2 | 33 | 17.9 | 1198 | 7 | 83 | 63 | 0.76 | 10.4 |
| 18 | 44 | 15.7 | 17.6 | 55.5 | 15.1 | 1234 | 8 | 74 | 56.2 | 0.75 | 11.4 |
| 18 | 40 | 160 | 15.6 | 27.8 | 11 | 1283 | 5 | 77 | 55 | 0.71 | 10 |
| 18 | 44 | 167 | 15.7 | 27 | 14.7 | 1377 | 8.5 | 71 | 53 | 0.74 | 10 |
| 18 | 41 | 151 | 18 | 23.4 | 15.0 | 1365 | 6 | 82 | 61.3 | 0.74 | 11 |
| 18 | 44 | 156 | 18.1 | 40 | 15.0 | 1265 | 6 | 78 | 60 | 0.76 | 11 |
| 18 | 51 | 159 | 20.2 | 27 | 17.0 | 1335 | 5 | 81 | 64 | 0.78 | 12 |
| 18 | 47 | 170 | 16.3 | 25 | 11.3 | 1244 | 7 | 83 | 60 | 0.72 | 10 |
| 18 | 46 | 159 | 18.2 | 23.6 | 15.6 | 1488 | 7 | 88 | 64 | 0.72 | 11 |
| 18 | 46 | 150 | 20 | 38 | 18.3 | 1347 | 7 | 88 | 66 | 0.74 | 11 |
| 18 | 53 | 162 | 20 | 27.8 | 18.3 | 1283 | 8.5 | 89.4 | 68.2 | 0.76 | 11 |
| 18 | 56 | 157 | 22.7 | 27 | 20.9 | 1377 | 6 | 86.5 | 74.7 | 0.86 | 14 |
| 18 | 51 | 152 | 22.1 | 23.4 | 22 | 1365 | 6 | 88 | 70 | 0.79 | 13 |
| 18 | 55 | 162 | 21 | 40 | 20.5 | 1265 | 5 | 91 | 72 | 0.79 | 12 |
| 18 | 50 | 158 | 20.1 | 27 | 17.8 | 1335 | 7 | 79.2 | 62 | 0.78 | 11 |
| 18 | 54 | 160 | 21.1 | 25 | 19.9 | 1265 | 7 | 89.3 | 70 | 0.78 | 12 |
| 18 | 56 | 169 | 19.6 | 23.6 | 16.9 | 1335 | 7 | 84.5 | 64 | 0.76 | 12 |
| 18 | 51 | 149 | 22.9 | 40 | 21.9 | 1244 | 7 | 86.7 | 68.3 | 0.79 | 13 |
| 18 | 54 | 157 | 21.9 | 27 | 20.4 | 1488 | 8 | 83.3 | 66.4 | 0.79 | 12 |
| 18 | 42.5 | 160 | 16.6 | 29.3 | 20.4 | 1031 | 1 | 80 | 70 | 0.87 | 11 |
| 18 | 42.5 | 160 | 16.6 | 29.3 | 20.4 | 1031 | 1 | 88 | 72 | 0.81 | 11 |
| 18 | 40.6 | 156 | 16.7 | 28 | 23.7 | 991 | 1 | 89 | 72 | 0.8 | 12 |
| 18 | 43.3 | 160 | 16.9 | 28.9 | 23.1 | 1036 | 1 | 88 | 68 | 0.77 | 10 |
| 18 | 49.7 | 170 | 17 | 30.2 | 20.2 | 1152 | 3 | 96 | 79 | 0.82 | 11 |
| 18 | 42 | 157 | 17 | 28.8 | 21.4 | 1020 | 1 | 88 | 70 | 0.79 | 11 |
| 18 | 46.8 | 156 | 17 | 21.3 | 46.8 | 1100 | 1 | 90 | 77 | 0.77 | 11 |
| 18 | 40.2 | 154 | 17 | 25.8 | 17.9 | 999 | 1 | 89 | 70 | 0.78 | 14 |
| 18 | 37.8 | 148 | 17 | 18 | 34.1 | 1055 | 1.5 | 88 | 70 | 0.79 | 13 |
| 18 | 45.6 | 163 | 17.2 | 27.7 | 25.1 | 1066 | 1 | 82 | 65 | 0.79 | 12 |
| 18 | 40.3 | 153 | 17.2 | 27.9 | 22.3 | 987 | 1 | 97 | 76 | 0.78 | 11 |
| 18 | 40.3 | 153 | 17.2 | 27.9 | 22.8 | 987 | 1 | 88 | 69 | 0.78 | 12 |
| 18 | 48 | 166 | 17.4 | 20 | 25.2 | 1250 | 7 | 100 | 86 | 0.86 | 12 |
| 20 | 36.7 | 151 | 16.09 | 18.1 | 45.7 | 1030 | 0.5 | 82 | 64 | 0.78 | 12 |
| 20 | 66.8 | 153 | 17.4 | 18 | 39.3 | 1099 | 1.5 | 90 | 77 | 0.85 | 11 |
| 20 | 38.4 | 146 | 18 | 18 | 42.5 | 1052 | 2.5 | 88 | 72 | 0.87 | 10 |
| 20 | 46.3 | 159 | 18.3 | 18 | 46.3 | 1199 | 2.5 | 82 | 66 | 0.8 | 12 |
| 20 | 62.2 | 160 | 18.9 | 26.2 | 32 | 1305 | 5 | 87 | 70 | 0.8 | 11 |
| 20 | 54.7 | 164 | 20.3 | 25 | 32.1 | 1333 | 4 | 94 | 79 | 0.84 | 12 |
| 20 | 48.7 | 149 | 21.9 | 28.2 | 32 | 1101 | 9 | 95 | 76 | 0.8 | 10 |
| 20 | 43.4 | 158 | 23 | 25.7 | 30.1 | 1048 | 6 | 93 | 78 | 0.83 | 12 |
| 20 | 58.8 | 160 | 23 | 26 | 30.1 | 1255 | 6.5 | 94 | 79 | 0.84 | 13 |
| 20 | 56.4 | 156 | 23.2 | 29.6 | 33.8 | 1346 | 7 | 88 | 70 | 0.79 | 11 |
| 20 | 56.4 | 156 | 23.2 | 29.6 | 33.8 | 1346 | 7 | 94 | 79 | 0.84 | 12 |
| 20 | 59.4 | 157 | 24.1 | 25.7 | 30.5 | 1262 | 12 | 89 | 72 | 0.8 | 10 |
| 20 | 56.8 | 151 | 24.9 | 24.6 | 32 | 1213 | 9 | 82 | 67 | 0.81 | 12 |
| 20 | 57.8 | 148 | 26.4 | 35 | 33 | 1362 | 10 | 92 | 82 | 0.89 | 11 |
| 20 | 62.4 | 149 | 28.1 | 40 | 37.2 | 1417 | 12 | 76 | 65 | 0.85 | 12 |

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|----|------|-------|-------|------|------|--------|------|------|------|------|----|
| 20 | 78 | 162 | 29.7 | 50 | 46.6 | 1617 | 13.5 | 78 | 66 | 0.84 | 10 |
| 20 | 63.7 | 140 | 32.6 | 43 | 37.3 | 1426 | 16.5 | 95 | 78 | 0.82 | 13 |
| 20 | 65 | 172 | 21.24 | 58 | 36 | 2152 | 21.5 | 80 | 70 | 0.87 | 12 |
| 20 | 36.7 | 151 | 16.09 | 18.1 | 45.7 | 1030 | 0.5 | 82 | 64 | 0.78 | 12 |
| 20 | 66.8 | 153 | 17.4 | 18 | 39.3 | 1099 | 1.5 | 90 | 77 | 0.85 | 11 |
| 20 | 38.4 | 146 | 18 | 18 | 42.5 | 1052 | 2.5 | 88 | 72 | 0.87 | 10 |
| 20 | 46.3 | 159 | 18.3 | 18 | 46.3 | 1199 | 2.5 | 82 | 66 | 0.8 | 12 |
| 20 | 62.2 | 160 | 18.9 | 26.2 | 32 | 1305 | 5 | 87 | 70 | 0.8 | 11 |
| 20 | 54.7 | 164 | 20.3 | 25 | 32.1 | 1333 | 4 | 94 | 79 | 0.84 | 12 |
| 20 | 48.7 | 149 | 21.9 | 28.2 | 32 | 1101 | 9 | 95 | 76 | 0.8 | 10 |
| 20 | 43.4 | 158 | 23 | 25.7 | 30.1 | 1048 | 6 | 93 | 78 | 0.83 | 12 |
| 20 | 58.8 | 160 | 23 | 26 | 30.1 | 1255 | 6.5 | 94 | 79 | 0.84 | 13 |
| 20 | 56.4 | 156 | 23.2 | 29.6 | 33.8 | 1346 | 7 | 88 | 70 | 0.79 | 11 |
| 20 | 56.4 | 156 | 23.2 | 29.6 | 33.8 | 1346 | 7 | 94 | 79 | 0.84 | 12 |
| 20 | 59.4 | 157 | 24.1 | 25.7 | 30.5 | 1262 | 12 | 89 | 72 | 0.8 | 10 |
| 20 | 56.8 | 151 | 24.9 | 24.6 | 32 | 1213 | 9 | 82 | 67 | 0.81 | 12 |
| 20 | 57.8 | 148 | 26.4 | 35 | 33 | 1362 | 10 | 92 | 82 | 0.89 | 11 |
| 20 | 62.4 | 149 | 28.1 | 40 | 37.2 | 1417 | 12 | 76 | 65 | 0.85 | 12 |
| 20 | 78 | 162 | 29.7 | 50 | 46.6 | 1617 | 13.5 | 78 | 66 | 0.84 | 10 |
| 20 | 63.7 | 140 | 32.6 | 43 | 37.3 | 1426 | 16.5 | 95 | 78 | 0.82 | 13 |
| 20 | 39.9 | 155 | 29.5 | 25.5 | 18.3 | 996 | 96 | 79 | 7.5 | 0.82 | 13 |
| 20 | 44.6 | 156 | 29.1 | 26.2 | 18.3 | 1038 | 89 | 70 | 12 | 0.78 | 12 |
| 20 | 46.3 | 159 | 46.3 | 18 | 18.3 | 1199 | 82 | 66 | 2.5 | 0.8 | 12 |
| 20 | 39.4 | 149 | 29.1 | 26 | 18.9 | 966 | 91 | 82 | 10 | 0.9 | 13 |
| 20 | 42.5 | 150 | 29.5 | 25.5 | 18.9 | 1002 | 95 | 78 | 10 | 0.82 | 11 |
| 20 | 42.5 | 150 | 29.5 | 25.5 | 18.9 | 1002 | 95 | 75 | 8 | 0.78 | 12 |
| 20 | 62.2 | 160 | 32 | 26.2 | 18.9 | 1305 | 87 | 70 | 5 | 0.8 | 11 |
| 20 | 48.8 | 159 | 28.2 | 25.7 | 19.3 | 1124 | 91 | 80 | 11 | 0.87 | 12 |
| 20 | 44.9 | 152 | 23 | 27.8 | 19.4 | 1059 | 89 | 68 | 2 | 0.76 | 10 |
| 20 | 44.9 | 152 | 23 | 27.8 | 19.4 | 1059 | 97 | 79 | 2 | 0.81 | 13 |
| 20 | 45.6 | 153 | 23.8 | 18 | 19.5 | 1109 | 94 | 79 | 9 | 0.84 | 12 |
| 20 | 42.2 | 146 | 28.4 | 25.4 | 19.8 | 999 | 96 | 75 | 2 | 0.78 | 13 |
| 20 | 47.4 | 154 | 24.4 | 23 | 20 | 1139 | 89 | 67 | 10 | 0.75 | 11 |
| 20 | 54.7 | 164 | 32.1 | 25 | 20.3 | 1333 | 94 | 79 | 4 | 0.84 | 12 |
| 20 | 51.3 | 151 | 24.8 | 24 | 20.9 | 1213 | 96 | 75 | 6 | 0.78 | 11 |
| 20 | 57.5 | 166 | 24.5 | 28.8 | 20.9 | 1261 | 100 | 86 | 9 | 0.86 | 12 |
| 20 | 53.6 | 158 | 29 | 26 | 21.5 | 1320 | 95 | 75 | 5 | 0.78 | 10 |
| 20 | 49.1 | 155.0 | 27.1 | 25.3 | 19.8 | 1148.1 | 93.7 | 75.8 | 6.4 | 0.8 | 12 |
| 20 | 48.7 | 149 | 32 | 28.2 | 21.9 | 1101 | 95 | 76 | 9 | 0.8 | 10 |
| 20 | 57.4 | 133 | 28.2 | 28.2 | 21.9 | 1216 | 82 | 65 | 8 | 0.79 | 13 |
| 20 | 54.9 | 158 | 21.4 | 24 | 22 | 1364 | 88 | 69 | 5.5 | 0.78 | 12 |
| 20 | 43.4 | 158 | 30.1 | 25.7 | 23 | 1048 | 93 | 78 | 6 | 0.83 | 12 |
| 20 | 58.8 | 160 | 30.1 | 26 | 23 | 1255 | 94 | 79 | 6.5 | 0.84 | 13 |
| 20 | 56.4 | 156 | 33.8 | 29.6 | 23.2 | 1346 | 88 | 70 | 7 | 0.79 | 11 |
| 20 | 56.4 | 156 | 33.8 | 29.6 | 23.2 | 1346 | 94 | 79 | 7 | 0.84 | 12 |
| 20 | 56.3 | 154 | 29 | 30 | 23.7 | 1357 | 88 | 70 | 7.5 | 0.79 | 11 |
| 20 | 48.7 | 153 | 29.5 | 28.2 | 24.1 | 1048 | 90 | 80 | 10.5 | 0.88 | 12 |
| 20 | 59.4 | 157 | 30.5 | 25.7 | 24.1 | 1262 | 89 | 72 | 12 | 0.8 | 10 |
| 20 | 39.9 | 158 | 28.2 | 25.7 | 24.9 | 1216 | 100 | 82 | 7.5 | 0.82 | 13 |
| 20 | 42.5 | 152 | 29.5 | 24.6 | 24.9 | 1101 | 92 | 77 | 11 | 0.83 | 12 |
| 20 | 54.6 | 150 | 29.5 | 28.8 | 24.9 | 1180 | 88 | 68 | 8 | 0.77 | 13 |
| 20 | 56.8 | 151 | 32 | 24.6 | 24.9 | 1213 | 82 | 67 | 9 | 0.81 | 12 |
| 20 | 57.8 | 148 | 33 | 35 | 26.4 | 1362 | 92 | 82 | 10 | 0.89 | 11 |
| 20 | 62.4 | 149 | 37.2 | 40 | 28.1 | 1417 | 76 | 65 | 12 | 0.85 | 12 |
| 20 | 78 | 162 | 46.6 | 50 | 29.7 | 1617 | 78 | 66 | 13.5 | 0.84 | 10 |
| 20 | 64 | 140 | 37.3 | 43 | 32.6 | 1426 | 95 | 78 | 16.5 | 0.82 | 13 |

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|----|------|-----|-------|------|-------|------|------|------|------|------|------|
| 20 | 65 | 172 | 36 | 58 | 21.24 | 2152 | 80 | 70 | 21.5 | 0.87 | 12 |
| 20 | 43 | 147 | 17.8 | 18 | 19.7 | 1101 | 80 | 63 | 8 | 0.78 | 12 |
| 20 | 44 | 159 | 13.1 | 18 | 17.5 | 1216 | 74 | 59 | 5.5 | 0.79 | 11 |
| 20 | 47 | 154 | 16.0 | 18 | 19.8 | 1364 | 83.5 | 65.8 | 6 | 0.78 | 12 |
| 20 | 54 | 157 | 20.0 | 25.5 | 21.9 | 1048 | 83.5 | 66.4 | 6.5 | 0.79 | 12 |
| 20 | 54 | 163 | 17.0 | 26.2 | 20.3 | 1255 | 87 | 66.6 | 7 | 0.76 | 12 |
| 20 | 50 | 161 | 16.0 | 18 | 19.3 | 1346 | 83 | 63 | 7 | 0.76 | 11 |
| 20 | 63 | 163 | 21.7 | 26 | 23.7 | 1346 | 82 | 64.0 | 7.5 | 0.78 | 12 |
| 20 | 48 | 161 | 23.5 | 25.5 | 18.5 | 1357 | 87.0 | 63 | 10.5 | 0.72 | 10 |
| 20 | 56 | 153 | 20 | 25.5 | 23.9 | 1048 | 87 | 78 | 12 | 0.89 | 13 |
| 20 | 48 | 158 | 17.2 | 26.2 | 19.1 | 1262 | 80 | 62 | 7.5 | 0.77 | 12 |
| 20 | 44 | 152 | 17 | 25.7 | 19 | 1216 | 95 | 70 | 11 | 0.73 | 12 |
| 20 | 58 | 163 | 17 | 27.8 | 21.8 | 1101 | 89 | 72 | 8 | 0.8 | 13 |
| 20 | 53 | 161 | 16 | 27.8 | 20.4 | 1180 | 85 | 68 | 9 | 0.8 | 11 |
| 20 | 55 | 156 | 21 | 18 | 22.8 | 1048 | 88 | 70 | 10 | 0.79 | 13 |
| 19 | 86.2 | 166 | 31.3 | 50 | 38.5 | 1776 | 14.5 | 89 | 70 | 0.78 | 11 |
| 19 | 81.9 | 158 | 32.8 | 48 | 35 | 1723 | 16.5 | 88 | 70 | 0.79 | 13 |
| 19 | 63.5 | 157 | 45.6 | 39 | 41.7 | 1420 | 9 | 96 | 79 | 0.82 | 12 |
| 19 | 54 | 157 | 21.9 | 25 | 21.2 | 1210 | 1 | 80 | 66.3 | 0.82 | 12 |
| 19 | 44 | 159 | 17.4 | 28 | 15.1 | 1210 | 1 | 78 | 57 | 0.73 | 11 |
| 19 | 53 | 154 | 22.3 | 28 | 21 | 1107 | 1 | 83 | 67 | 0.81 | 12 |
| 19 | 44 | 156 | 18.1 | 29 | 13.5 | 1271 | 6.5 | 78 | 60 | 0.75 | 11 |
| 19 | 45 | 159 | 17.8 | 26 | 13 | 1321 | 2 | 78 | 59 | 0.75 | 11 |
| 19 | 49 | 152 | 21.2 | 27 | 18.2 | 1236 | 1 | 89 | 72.0 | 0.8 | 11.0 |
| 19 | 54 | 148 | 24.6 | 35 | 21 | 1349 | 7.5 | 87.0 | 77 | 0.88 | 12.5 |
| 19 | 50 | 159 | 20 | 34 | 18.2 | 1407 | 2.5 | 88 | 68 | 0.77 | 11.6 |
| 19 | 33 | 145 | 16 | 30 | 14 | 1436 | 10 | 72 | 53 | 0.73 | 11 |
| 19 | 48 | 163 | 18 | 31 | 15.3 | 1505 | 1 | 87 | 63 | 0.72 | 11 |
| 19 | 51 | 149 | 22.9 | 24.6 | 19.2 | 1355 | 1 | 83 | 67 | 0.8 | 12 |
| 19 | 50 | 150 | 22.2 | 26 | 20.0 | 1274 | 2.5 | 85 | 70 | 0.82 | 12.2 |
| 19 | 53 | 162 | 20.4 | 24.9 | 18.9 | 1315 | 1 | 88 | 67 | 0.76 | 11 |
| 19 | 48 | 159 | 18.9 | 35 | 17.3 | 1180 | 1 | 88 | 66.5 | 0.75 | 11 |
| 19 | 44 | 159 | 17.4 | 44 | 15.1 | 1410 | 3 | 78.3 | 57.7 | 0.73 | 11 |
| 19 | 53 | 154 | 22.3 | 27.8 | 19.1 | 1349 | 2 | 83.5 | 67.5 | 0.81 | 13 |
| 19 | 47 | 162 | 18.8 | 48.8 | 15.3 | 1505 | 2 | 78.2 | 60.4 | 0.77 | 11 |
| 19 | 52 | 156 | 20.9 | 28 | 18.9 | 1631 | 2 | 82.2 | 65.3 | 0.79 | 13 |
| 19 | 62 | 170 | 21.5 | 24 | 19.9 | 1436 | 2 | 91 | 73 | 0.8 | 12 |
| 19 | 56 | 157 | 22.7 | 18 | 20.9 | 1505 | 2 | 86.5 | 74.7 | 0.86 | 14 |
| 19 | 44 | 157 | 17.85 | 24.7 | 15.1 | 1355 | 54.8 | 74 | 56.2 | 0.75 | 10 |
| 19 | 57 | 164 | 21.2 | 25 | 19 | 1274 | 6.5 | 90 | 73 | 0.81 | 12 |
| 19 | 55 | 163 | 20.7 | 24 | 16 | 1315 | 3 | 85.6 | 68.4 | 0.79 | 12 |
| 19 | 41 | 151 | 18 | 27 | 15 | 1180 | 3 | 82.4 | 61.3 | 0.74 | 11 |
| 19 | 46 | 159 | 18.2 | 27 | 11 | 1410 | 3 | 88 | 64 | 0.72 | 10 |
| 19 | 43 | 156 | 17.3 | 28 | 13.5 | 1505 | 5.5 | 74 | 58 | 0.78 | 11 |
| 19 | 49 | 157 | 20 | 25.8 | 18.3 | 1631 | 6 | 86.6 | 65.8 | 0.75 | 11 |
| 19 | 53 | 154 | 22.3 | 29.7 | 20.1 | 1776 | 6.5 | 83.5 | 67.8 | 0.81 | 14 |
| 19 | 47 | 162 | 17.9 | 27 | 17.3 | 1723 | 6.5 | 77 | 57 | 0.74 | 10 |
| 19 | 43.4 | 158 | 17.4 | 29.5 | 19.4 | 1048 | 6.5 | 91 | 82 | 0.9 | 11 |
| 19 | 39.2 | 150 | 17.4 | 18 | 39.2 | 1069 | 2 | 97 | 79 | 0.81 | 11.0 |
| 19 | 43.4 | 158 | 17.4 | 27.7 | 25.1 | 1031 | 1 | 80 | 70 | 0.87 | 12.5 |
| 19 | 46.4 | 163 | 17.5 | 29.1 | 22.1 | 1090 | 7.5 | 89 | 72 | 0.8 | 11.6 |
| 19 | 40 | 148 | 18.3 | 18 | 40 | 1113 | 2.5 | 91 | 82 | 0.9 | 11 |
| 19 | 42.2 | 152 | 18.3 | 25.8 | 29.5 | 999 | 10 | 100 | 86 | 0.86 | 11 |
| 19 | 47.2 | 160 | 18.4 | 27 | 27.5 | 1085 | 1 | 95 | 75 | 0.78 | 12 |
| 19 | 47.2 | 160 | 18.4 | 27 | 27.5 | 1085 | 1 | 94 | 80 | 0.85 | 12.2 |
| 19 | 47 | 159 | 18.6 | 18 | 32.9 | 1211 | 2.5 | 88 | 68 | 0.77 | 11 |

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|----|------|-------|------|------|------|--------|------|------|------|------|------|
| 19 | 43.7 | 156 | 18.7 | 26 | 24.5 | 1037 | 1 | 97 | 76 | 0.78 | 11 |
| 19 | 55.8 | 172 | 18.9 | 26.5 | 31.3 | 1209 | 1 | 80 | 70 | 0.87 | 11 |
| 19 | 47.7 | 159 | 18.9 | 18 | 26.9 | 1237 | 3 | 94 | 79 | 0.84 | 13 |
| 19 | 44.7 | 153 | 19.1 | 37.8 | 23.1 | 1056 | 2 | 91 | 80 | 0.87 | 11 |
| 19 | 48.8 | 160 | 19.1 | 48.8 | 32.8 | 1098 | 2 | 88 | 70 | 0.79 | 13 |
| 19 | 44.7 | 153 | 19.1 | 27.8 | 23.1 | 1056 | 2 | 87 | 70 | 0.8 | 12 |
| 19 | 48.8 | 160 | 19.1 | 48.8 | 32.8 | 1093 | 2 | 93 | 78 | 0.83 | 14 |
| 19 | 52 | 160 | 19.6 | 28 | 25.4 | 1168 | 2 | 88 | 68 | 0.77 | 10 |
| 19 | 44.1 | 149 | 19.8 | 24 | 22.3 | 1077 | 5 | 89 | 68 | 0.76 | 12 |
| 19 | 45.7 | 152 | 19.8 | 18 | 21.7 | 1214 | 3.5 | 93 | 78 | 0.83 | 12 |
| 19 | 47.1 | 153 | 20.1 | 24.7 | 32.9 | 1063 | 12 | 92 | 77 | 0.83 | 11 |
| 19 | 52.5 | 160 | 20.7 | 25 | 26.7 | 1235 | 8 | 93 | 77 | 0.82 | 10 |
| 19 | 50 | 155 | 20.8 | 24 | 33.3 | 1252 | 4.5 | 87 | 70 | 0.8 | 11 |
| 19 | 50.8 | 155 | 21.1 | 27 | 26.4 | 1143 | 3 | 96 | 79 | 0.82 | 11 |
| 19 | 50.8 | 155 | 21.1 | 27 | 26.4 | 1143 | 3 | 89 | 70 | 0.78 | 14 |
| 19 | 54 | 158 | 21.6 | 28 | 26.9 | 1260 | 10 | 94 | 79 | 0.84 | 12 |
| 19 | 52.8 | 156 | 21.7 | 25.8 | 29.8 | 1162 | 3 | 77 | 64 | 0.83 | 11 |
| 19 | 47.4 | 156.8 | 19.3 | 27.2 | 26.6 | 1195.6 | 4.2 | 89.1 | 73.2 | 0.82 | 12 |
| 19 | 52.7 | 155 | 21.9 | 25 | 27.3 | 1309 | 6.5 | 97 | 79 | 0.81 | 11 |
| 19 | 54.6 | 158 | 21.9 | 28 | 25.2 | 1210 | 3 | 95 | 78 | 0.82 | 11 |
| 19 | 54.6 | 158 | 21.9 | 28 | 25.2 | 1210 | 3 | 95 | 76 | 0.8 | 11.0 |
| 19 | 49.5 | 149 | 22 | 25 | 30.2 | 1107 | 3 | 76 | 65 | 0.85 | 12.5 |
| 19 | 50.8 | 152 | 22.6 | 25 | 29.5 | 1271 | 5.5 | 82 | 64 | 0.78 | 11.6 |
| 19 | 54.4 | 155 | 22.6 | 28 | 32.2 | 1321 | 6 | 95 | 76 | 0.8 | 11 |
| 19 | 49.9 | 148 | 22.8 | 28 | 36.2 | 1236 | 6.5 | 95 | 78 | 0.82 | 11 |
| 19 | 56 | 156 | 23 | 29 | 31 | 1349 | 6.5 | 91 | 80 | 0.87 | 12 |
| 19 | 62 | 164 | 23.1 | 26 | 29.5 | 1407 | 9 | 100 | 86 | 0.86 | 11.0 |
| 19 | 63.7 | 164 | 23.6 | 27 | 31.1 | 1436 | 12 | 100 | 84 | 0.84 | 12.5 |
| 19 | 66.3 | 167 | 23.8 | 35 | 33.4 | 1505 | 7 | 96 | 75 | 0.78 | 11.6 |
| 19 | 58.1 | 156 | 23.9 | 34 | 34.4 | 1355 | 7.5 | 89 | 70 | 0.78 | 11 |
| 19 | 52.3 | 147 | 24.2 | 30 | 35.1 | 1274 | 8 | 88 | 70 | 0.79 | 11 |
| 19 | 54.6 | 150 | 24.3 | 31 | 33.6 | 1315 | 8 | 89 | 68 | 0.76 | 12 |
| 19 | 54.6 | 150 | 24.3 | 24.6 | 31.6 | 1180 | 8.8 | 82 | 65 | 0.79 | 12.2 |
| 19 | 62.2 | 155 | 25.9 | 26 | 33.9 | 1410 | 11 | 100 | 80 | 0.8 | 11 |
| 19 | 65.8 | 158 | 26.4 | 24.9 | 33.1 | 1349 | 6 | 93 | 78 | 0.83 | 11 |
| 19 | 64.4 | 153 | 27.5 | 35 | 23.3 | 1505 | 10.5 | 100 | 84 | 0.84 | 11 |
| 19 | 75.2 | 159 | 29.7 | 44 | 33.6 | 1631 | 13 | 94 | 79 | 0.84 | 13 |
| 19 | 45 | 159 | 17.8 | 26 | 13 | 1321 | 2 | 78 | 59 | 0.75 | 11 |
| 19 | 49 | 152 | 21.2 | 27 | 18.2 | 1236 | 1 | 89 | 72.0 | 0.8 | 11.0 |
| 19 | 54 | 148 | 24.6 | 35 | 21 | 1349 | 7.5 | 87.0 | 77 | 0.88 | 12.5 |
| 19 | 50 | 159 | 20 | 34 | 18.2 | 1407 | 2.5 | 88 | 68 | 0.77 | 11.6 |
| 19 | 33 | 145 | 16 | 30 | 14 | 1436 | 10 | 72 | 53 | 0.73 | 11 |
| 19 | 48 | 163 | 18 | 31 | 15.3 | 1505 | 1 | 87 | 63 | 0.72 | 11 |
| 19 | 51 | 149 | 22.9 | 24.6 | 19.2 | 1355 | 1 | 83 | 67 | 0.8 | 12 |
| 19 | 50 | 150 | 22.2 | 26 | 20.0 | 1274 | 2.5 | 85 | 70 | 0.82 | 12.2 |
| 19 | 53 | 162 | 20.4 | 24.9 | 18.9 | 1315 | 1 | 88 | 67 | 0.76 | 11 |
| 19 | 48 | 159 | 18.9 | 35 | 17.3 | 1180 | 1 | 88 | 66.5 | 0.75 | 11 |
| 19 | 44 | 159 | 17.4 | 44 | 15.1 | 1410 | 3 | 78.3 | 57.7 | 0.73 | 11 |
| 19 | 53 | 154 | 22.3 | 27.8 | 19.1 | 1349 | 2 | 83.5 | 67.5 | 0.81 | 13 |
| 19 | 62.2 | 155 | 25.9 | 26 | 33.9 | 1410 | 11 | 100 | 80 | 0.8 | 11 |
| 19 | 65.8 | 158 | 26.4 | 24.9 | 33.1 | 1349 | 6 | 93 | 78 | 0.83 | 11 |
| 19 | 64.4 | 153 | 27.5 | 35 | 23.3 | 1505 | 10.5 | 100 | 84 | 0.84 | 11 |
| 21 | 32.9 | 148 | 15 | 18 | 37.2 | 982 | 0.5 | 85 | 74 | 0.87 | 13 |
| 21 | 42.5 | 160 | 15.6 | 29.3 | 20.4 | 1031 | 1 | 84 | 73 | 0.86 | 12 |
| 21 | 42.5 | 160 | 16.6 | 29.3 | 20.4 | 1031 | 1 | 84 | 68 | 0.8 | 13 |
| 21 | 42.5 | 160 | 16.6 | 29.3 | 20.4 | 1031 | 1 | 84 | 67 | 0.79 | 12 |

| | | | | | | | | | | | |
|----|------|-----|-------|------|------|------|------|------|------|------|------|
| 21 | 44.6 | 156 | 18.3 | 26.2 | 29.1 | 1038 | 12.3 | 83 | 63 | 0.76 | 11 |
| 21 | 39 | 146 | 18.3 | 24.4 | 32.2 | 940 | 2 | 90 | 73 | 0.81 | 13.1 |
| 21 | 46.9 | 159 | 18.6 | 18 | 28.5 | 1219 | 2.5 | 89.4 | 68.2 | 0.76 | 13 |
| 21 | 45.7 | 155 | 19 | 18 | 25.5 | 1205 | 3 | 86.5 | 74.7 | 0.86 | 13 |
| 21 | 44.7 | 153 | 19.1 | 27.8 | 23.1 | 1056 | 2 | 88 | 70 | 0.79 | 12 |
| 21 | 42 | 148 | 19.2 | 26.3 | 25.6 | 1004 | 12 | 79 | 62 | 0.78 | 11 |
| 21 | 46.9 | 155 | 19.5 | 27.2 | 25.3 | 1085 | 2 | 90 | 73 | 0.81 | 13 |
| 21 | 46.9 | 155 | 19.5 | 27.2 | 25.3 | 1085 | 2 | 85.6 | 68.4 | 0.79 | 12 |
| 21 | 43 | 145 | 20.5 | 27.8 | 21 | 1033 | 2 | 87 | 66.6 | 0.76 | 13 |
| 21 | 52.3 | 157 | 21.2 | 25 | 27.4 | 1303 | 2 | 81.8 | 64.4 | 0.78 | 12 |
| 21 | 52.3 | 157 | 21.2 | 25 | 27.4 | 1303 | 5 | 89 | 72 | 0.81 | 11 |
| 21 | 54.8 | 155 | 22.8 | 23.6 | 35.9 | 1169 | 8.5 | 88 | 79 | 0.88 | 13 |
| 21 | 55.1 | 158 | 22.8 | 28.5 | 34.8 | 1187 | 9 | 93 | 76 | 0.82 | 12 |
| 21 | 56.1 | 158 | 22.9 | 24.2 | 33.8 | 1169 | 7 | 86 | 65 | 0.75 | 13 |
| 21 | 55.1 | 155 | 22.9 | 24.2 | 33.8 | 1187 | 7.5 | 87 | 66.6 | 0.76 | 13 |
| 21 | 56.1 | 156 | 22.9 | 24.7 | 32.7 | 1201 | 11 | 81.8 | 64.4 | 0.78 | 12 |
| 21 | 58.8 | 160 | 23 | 26 | 30.1 | 1255 | 10 | 89 | 72 | 0.81 | 11 |
| 21 | 65.7 | 160 | 25.7 | 37 | 29.4 | 1505 | 9 | 88 | 79 | 0.88 | 13 |
| 21 | 64.3 | 152 | 27.8 | 23.7 | 35.7 | 1311 | 7 | 93 | 76 | 0.82 | 12 |
| 21 | 57 | 161 | 22 | 18 | 19.0 | 940 | 12.3 | 83 | 65 | 0.78 | 12 |
| 21 | 61 | 160 | 24 | 18 | 22.0 | 1219 | 2 | 88 | 78 | 0.88 | 13 |
| 21 | 55 | 156 | 23 | 27.8 | 22.5 | 1205 | 2.5 | 86 | 74 | 0.86 | 13.1 |
| 21 | 52 | 152 | 22.5 | 26.3 | 29.5 | 1056 | 3 | 86 | 68 | 0.79 | 13 |
| 21 | 56 | 158 | 22.4 | 27.2 | 28.3 | 1004 | 2 | 83 | 67 | 0.8 | 13 |
| 21 | 51 | 154 | 21.5 | 27.2 | 23 | 1085 | 12 | 82 | 66 | 0.8 | 12 |
| 21 | 53 | 155 | 22 | 27.8 | 27.3 | 1085 | 2 | 89 | 73 | 0.82 | 11 |
| 21 | 54 | 154 | 23 | 25 | 30 | 1033 | 2 | 85 | 74 | 0.87 | 13 |
| 21 | 59 | 164 | 22 | 25 | 31 | 1303 | 2 | 84 | 73 | 0.86 | 12 |
| 21 | 58 | 158 | 23.2 | 23.6 | 30 | 1303 | 2 | 84 | 68 | 0.8 | 13 |
| 21 | 47 | 155 | 19.5 | 28.5 | 20 | 1169 | 5 | 84 | 67 | 0.79 | 12 |
| 21 | 43 | 153 | 18.3 | 24.2 | 17 | 1187 | 8.5 | 83 | 63 | 0.76 | 11 |
| 21 | 48 | 151 | 21.05 | 24.2 | 22.5 | 1169 | 9 | 90 | 73 | 0.81 | 13.1 |
| 21 | 56 | 157 | 22.76 | 24.7 | 29.5 | 1187 | 7 | 89.4 | 68.2 | 0.76 | 13 |
| 21 | 53 | 153 | 22.64 | 26 | 28.3 | 1201 | 7.5 | 86.5 | 74.7 | 0.86 | 13 |
| 21 | 54 | 149 | 24.32 | 27.2 | 23 | 1255 | 11 | 88 | 70 | 0.79 | 12 |
| 21 | 44 | 150 | 19.55 | 27.8 | 27.3 | 1303 | 10 | 79 | 62 | 0.78 | 11 |
| 21 | 44 | 153 | 18.8 | 25 | 30 | 1303 | 9 | 90 | 73 | 0.81 | 13 |
| 21 | 47 | 146 | 22 | 25 | 31 | 1169 | 7 | 85.6 | 68.4 | 0.79 | 12 |
| 21 | 45 | 153 | 19.23 | 23.6 | 30 | 1187 | 7.5 | 87 | 66.6 | 0.76 | 13 |
| 21 | 45 | 157 | 18.29 | 28.5 | 20 | 1169 | 11 | 81.8 | 64.4 | 0.78 | 12 |
| 21 | 60 | 156 | 24.69 | 24.2 | 22.0 | 1187 | 10 | 89 | 72 | 0.81 | 11 |
| 21 | 41 | 156 | 16.87 | 25 | 22.5 | 1201 | 9 | 88 | 79 | 0.88 | 13 |
| 21 | 45 | 147 | 20.83 | 23.6 | 29.5 | 1255 | 7 | 93 | 76 | 0.82 | 12 |
| 21 | 45 | 154 | 18.98 | 28.5 | 28.3 | 1505 | 10 | 86 | 65 | 0.75 | 13 |
| 21 | 45 | 158 | 18.07 | 24.2 | 27.3 | 1169 | 9 | 78.4 | 60 | 0.76 | 13 |
| 21 | 38 | 147 | 17.59 | 26 | 30 | 1187 | 7 | 74.6 | 59.4 | 0.79 | 13.1 |
| 21 | 61 | 160 | 24 | 18 | 22.0 | 1219 | 2 | 88 | 78 | 0.88 | 13 |
| 21 | 55 | 156 | 23 | 27.8 | 22.5 | 1205 | 2.5 | 86 | 74 | 0.86 | 13.1 |
| 21 | 52 | 152 | 22.5 | 26.3 | 29.5 | 1056 | 3 | 86 | 68 | 0.79 | 13 |
| 21 | 56 | 158 | 22.4 | 27.2 | 28.3 | 1004 | 2 | 83 | 67 | 0.8 | 13 |
| 21 | 51 | 154 | 21.5 | 27.2 | 23 | 1085 | 12 | 82 | 66 | 0.8 | 12 |
| 21 | 53 | 155 | 22 | 27.8 | 27.3 | 1085 | 2 | 89 | 73 | 0.82 | 11 |
| 21 | 54 | 154 | 23 | 25 | 30 | 1033 | 2 | 85 | 74 | 0.87 | 13 |
| 22 | 45 | 163 | 16.9 | 29.1 | 21.8 | 1068 | 6.5 | 96 | 78 | 0.81 | 12 |
| 22 | 42.2 | 146 | 19.8 | 25.4 | 28.4 | 999 | 2 | 97 | 79 | 0.81 | 13.3 |
| 22 | 62.8 | 164 | 23.3 | 23 | 28.2 | 1421 | 8.5 | 99 | 81 | 0.81 | 13.5 |

| | | | | | | | | | | | |
|----|------|-------|-------|------|------|--------|------|------|------|------|------|
| 22 | 57.1 | 156 | 23.5 | 26.9 | 27.7 | 1238 | 9 | 93 | 76 | 0.81 | 14 |
| 22 | 56.7 | 155 | 23.6 | 35 | 38.5 | 1334 | 7.5 | 88 | 70 | 0.79 | 14.3 |
| 22 | 52.1 | 148 | 23.8 | 24.4 | 31.4 | 1141 | 8 | 100 | 86 | 0.86 | 15 |
| 22 | 52.7 | 155.3 | 21.8 | 27.3 | 29.3 | 1200.2 | 6.9 | 95.5 | 78.3 | 0.81 | 13 |
| 22 | 54.8 | 150 | 24.4 | 26.9 | 32.7 | 1178 | 7 | 94 | 79 | 0.84 | 12 |
| 22 | 52.4 | 152 | 30.8 | 24.2 | 32.9 | 1142 | 13.5 | 89 | 68 | 0.76 | 12.8 |
| 22 | 43.7 | 155 | 30.8 | 28.5 | 21.5 | 1045 | 8.5 | 100 | 84 | 0.84 | 13 |
| 22 | 50 | 158 | 22 | 22 | 19 | 1325 | 13 | 82 | 67 | 0.82 | 13 |
| 22 | 62.8 | 164 | 23.3 | 23 | 28.2 | 1421 | 8.5 | 99 | 81 | 0.81 | 13.5 |
| 22 | 57.1 | 156 | 23.5 | 26.9 | 27.7 | 1238 | 9 | 93 | 76 | 0.81 | 14 |
| 22 | 56.7 | 155 | 23.6 | 35 | 38.5 | 1334 | 7.5 | 88 | 70 | 0.79 | 14.3 |
| 22 | 52.1 | 148 | 23.8 | 24.4 | 31.4 | 1141 | 8 | 100 | 86 | 0.86 | 15 |
| 22 | 53.5 | 156.0 | 25.4 | 26.3 | 28.5 | 1235.1 | 9.7 | 93.0 | 76.0 | 0.81 | 13 |
| 22 | 54.8 | 150 | 24.4 | 26.9 | 32.7 | 1178 | 7 | 94 | 79 | 0.84 | 12 |
| 22 | 52.4 | 152 | 30.8 | 24.2 | 32.9 | 1142 | 13.5 | 89 | 68 | 0.76 | 12.8 |
| 19 | 54 | 148 | 24.6 | 35 | 21 | 1349 | 7.5 | 87.0 | 77 | 0.88 | 12.5 |
| 19 | 50 | 159 | 20 | 34 | 18.2 | 1407 | 2.5 | 88 | 68 | 0.77 | 11.6 |
| 19 | 33 | 145 | 16 | 30 | 14 | 1436 | 10 | 72 | 53 | 0.73 | 11 |
| 19 | 48 | 163 | 18 | 31 | 15.3 | 1505 | 1 | 87 | 63 | 0.72 | 11 |
| 19 | 51 | 149 | 22.9 | 24.6 | 19.2 | 1355 | 1 | 83 | 67 | 0.8 | 12 |
| 19 | 50 | 150 | 22.2 | 26 | 20.0 | 1274 | 2.5 | 85 | 70 | 0.82 | 12.2 |
| 19 | 53 | 162 | 20.4 | 24.9 | 18.9 | 1315 | 1 | 88 | 67 | 0.76 | 11 |
| 19 | 48 | 159 | 18.9 | 35 | 17.3 | 1180 | 1 | 88 | 66.5 | 0.75 | 11 |
| 19 | 44 | 159 | 17.4 | 44 | 15.1 | 1410 | 3 | 78.3 | 57.7 | 0.73 | 11 |
| 19 | 53 | 154 | 22.3 | 27.8 | 19.1 | 1349 | 2 | 83.5 | 67.5 | 0.81 | 13 |
| 19 | 47 | 162 | 18.8 | 48.8 | 15.3 | 1505 | 2 | 78.2 | 60.4 | 0.77 | 11 |
| 19 | 52 | 156 | 20.9 | 28 | 18.9 | 1631 | 2 | 82.2 | 65.3 | 0.79 | 13 |
| 19 | 62 | 170 | 21.5 | 24 | 19.9 | 1436 | 2 | 91 | 73 | 0.8 | 12 |
| 19 | 56 | 157 | 22.7 | 18 | 20.9 | 1505 | 2 | 86.5 | 74.7 | 0.86 | 14 |
| 19 | 44 | 157 | 17.85 | 24.7 | 15.1 | 1355 | 71.5 | 74 | 56.2 | 0.75 | 10 |
| 19 | 57 | 164 | 21.2 | 25 | 19 | 1274 | 6.5 | 90 | 73 | 0.81 | 12 |
| 19 | 55 | 163 | 20.7 | 24 | 16 | 1315 | 3 | 85.6 | 68.4 | 0.79 | 12 |
| 19 | 41 | 151 | 18 | 27 | 15 | 1180 | 3 | 82.4 | 61.3 | 0.74 | 11 |
| 19 | 46 | 159 | 18.2 | 27 | 11 | 1410 | 3 | 88 | 64 | 0.72 | 10 |
| 19 | 43 | 156 | 17.3 | 28 | 13.5 | 1505 | 5.5 | 74 | 58 | 0.78 | 11 |
| 19 | 49 | 157 | 20 | 25.8 | 18.3 | 1631 | 6 | 86.6 | 65.8 | 0.75 | 11 |
| 19 | 53 | 154 | 22.3 | 28.3 | 20.1 | 1776 | 6.5 | 83.5 | 67.8 | 0.81 | 14 |
| 19 | 47 | 162 | 17.9 | 27 | 17.3 | 1723 | 6.5 | 77 | 57 | 0.74 | 10 |
| 19 | 43.4 | 158 | 17.4 | 29.5 | 19.4 | 1048 | 6.5 | 91 | 82 | 0.9 | 11 |
| 19 | 39.2 | 150 | 17.4 | 18 | 39.2 | 1069 | 2 | 97 | 79 | 0.81 | 11.0 |
| 19 | 43.4 | 158 | 17.4 | 27.7 | 25.1 | 1031 | 1 | 80 | 70 | 0.87 | 12.5 |
| 19 | 46.4 | 163 | 17.5 | 29.1 | 22.1 | 1090 | 7.5 | 89 | 72 | 0.8 | 11.6 |
| 19 | 40 | 148 | 18.3 | 18 | 40 | 1113 | 2.5 | 91 | 82 | 0.9 | 11 |
| 19 | 42.2 | 152 | 18.3 | 25.8 | 29.5 | 999 | 10 | 100 | 86 | 0.86 | 11 |
| 19 | 47.2 | 160 | 18.4 | 27 | 27.5 | 1085 | 1 | 95 | 75 | 0.78 | 12 |
| 19 | 47.2 | 160 | 18.4 | 27 | 27.5 | 1085 | 1 | 94 | 80 | 0.85 | 12.2 |
| 19 | 47 | 159 | 18.6 | 18 | 32.9 | 1211 | 2.5 | 88 | 68 | 0.77 | 11 |
| 19 | 43.7 | 156 | 18.7 | 26 | 24.5 | 1037 | 1 | 97 | 76 | 0.78 | 11 |
| 19 | 55.8 | 172 | 18.9 | 26.5 | 31.3 | 1209 | 1 | 80 | 70 | 0.87 | 11 |
| 19 | 47.7 | 159 | 18.9 | 18 | 26.9 | 1237 | 3 | 94 | 79 | 0.84 | 13 |
| 19 | 44.7 | 153 | 19.1 | 37.8 | 23.1 | 1056 | 2 | 91 | 80 | 0.87 | 11 |
| 19 | 48.8 | 160 | 19.1 | 48.8 | 32.8 | 1098 | 2 | 88 | 70 | 0.79 | 13 |
| 19 | 44.7 | 153 | 19.1 | 27.8 | 23.1 | 1056 | 2 | 87 | 70 | 0.8 | 12 |
| 19 | 48.8 | 160 | 19.1 | 48.8 | 32.8 | 1093 | 2 | 93 | 78 | 0.83 | 14 |
| 19 | 52 | 160 | 19.6 | 28 | 25.4 | 1168 | 2 | 88 | 68 | 0.77 | 10 |
| 19 | 44.1 | 149 | 19.8 | 24 | 22.3 | 1077 | 5 | 89 | 68 | 0.76 | 12 |

| | | | | | | | | | | | |
|----|------|-------|------|------|------|--------|------|------|------|------|----|
| 19 | 45.7 | 152 | 19.8 | 18 | 21.7 | 1214 | 3.5 | 93 | 78 | 0.83 | 12 |
| 19 | 47.1 | 153 | 20.1 | 24.7 | 32.9 | 1063 | 12 | 92 | 77 | 0.83 | 11 |
| 19 | 52.5 | 160 | 20.7 | 25 | 26.7 | 1235 | 8 | 93 | 77 | 0.82 | 10 |
| 19 | 50 | 155 | 20.8 | 24 | 33.3 | 1252 | 4.5 | 87 | 70 | 0.8 | 11 |
| 19 | 50.8 | 155 | 21.1 | 27 | 26.4 | 1143 | 3 | 96 | 79 | 0.82 | 11 |
| 19 | 50.8 | 155 | 21.1 | 27 | 26.4 | 1143 | 3 | 89 | 70 | 0.78 | 14 |
| 19 | 54 | 158 | 21.6 | 28 | 26.9 | 1260 | 10 | 94 | 79 | 0.84 | 12 |
| 19 | 52.8 | 156 | 21.7 | 25.8 | 29.8 | 1162 | 3 | 77 | 64 | 0.83 | 11 |
| 20 | 45.6 | 153 | 23.8 | 18 | 19.5 | 1109 | 94 | 79 | 9 | 0.84 | 12 |
| 20 | 42.2 | 146 | 28.4 | 25.4 | 19.8 | 999 | 96 | 75 | 2 | 0.78 | 13 |
| 20 | 47.4 | 154 | 24.4 | 23 | 20 | 1139 | 89 | 67 | 10 | 0.75 | 11 |
| 20 | 54.7 | 164 | 32.1 | 25 | 20.3 | 1333 | 94 | 79 | 4 | 0.84 | 12 |
| 20 | 51.3 | 151 | 24.8 | 24 | 20.9 | 1213 | 96 | 75 | 6 | 0.78 | 11 |
| 20 | 57.5 | 166 | 24.5 | 28.8 | 20.9 | 1261 | 100 | 86 | 9 | 0.86 | 12 |
| 20 | 53.6 | 158 | 29 | 26 | 21.5 | 1320 | 95 | 75 | 5 | 0.78 | 10 |
| 20 | 51.0 | 155.0 | 24.2 | 25.2 | 24.0 | 1197.6 | 53.5 | 82.5 | 37.2 | 0.8 | 12 |
| 20 | 48.7 | 149 | 32 | 28.2 | 21.9 | 1101 | 95 | 76 | 9 | 0.8 | 10 |
| 20 | 57.4 | 133 | 28.2 | 28.2 | 21.9 | 1216 | 82 | 65 | 8 | 0.79 | 13 |
| 20 | 54.9 | 158 | 21.4 | 24 | 22 | 1364 | 88 | 69 | 5.5 | 0.78 | 12 |
| 20 | 43.4 | 158 | 30.1 | 25.7 | 23 | 1048 | 93 | 78 | 6 | 0.83 | 12 |
| 20 | 58.8 | 160 | 30.1 | 26 | 23 | 1255 | 94 | 79 | 6.5 | 0.84 | 13 |
| 20 | 56.4 | 156 | 33.8 | 29.6 | 23.2 | 1346 | 88 | 70 | 7 | 0.79 | 11 |
| 20 | 56.4 | 156 | 33.8 | 29.6 | 23.2 | 1346 | 94 | 79 | 7 | 0.84 | 12 |
| 20 | 56.3 | 154 | 29 | 30 | 23.7 | 1357 | 88 | 70 | 7.5 | 0.79 | 11 |
| 20 | 48.7 | 153 | 29.5 | 28.2 | 24.1 | 1048 | 90 | 80 | 10.5 | 0.88 | 12 |
| 20 | 59.4 | 157 | 30.5 | 25.7 | 24.1 | 1262 | 89 | 72 | 12 | 0.8 | 10 |
| 20 | 39.9 | 158 | 28.2 | 25.7 | 24.9 | 1216 | 100 | 82 | 7.5 | 0.82 | 13 |
| 20 | 42.5 | 152 | 29.5 | 24.6 | 24.9 | 1101 | 92 | 77 | 11 | 0.83 | 12 |
| 20 | 54.6 | 150 | 29.5 | 28.8 | 24.9 | 1180 | 88 | 68 | 8 | 0.77 | 13 |
| 20 | 56.8 | 151 | 32 | 24.6 | 24.9 | 1213 | 82 | 67 | 9 | 0.81 | 12 |
| 20 | 57.8 | 148 | 33 | 35 | 26.4 | 1362 | 92 | 82 | 10 | 0.89 | 11 |

APPENDIX VII

INDIVIDUAL BLOOD HAEMOGLOBIN LEVELS

| BLOOD HAEMOGLOBIN LEVELS | | |
|--------------------------|---------|---------|
| Pretest | Pretest | Pretest |
| 9.7 | 12.0 | 9.0 |
| 9.5 | 12.0 | 9.4 |
| 9.5 | 9.5 | 12.0 |
| 12.0 | 9.7 | 12.1 |
| 12.3 | 12.0 | 9.8 |
| 12.1 | 11.1 | 9.8 |
| 12.0 | 11.2 | 10.9 |
| 12.0 | 11.3 | 10.8 |
| 12.1 | 12.0 | 10.7 |
| 12.2 | 12.0 | 10.6 |
| 12.1 | 12.3 | 12.3 |
| 12.1 | 9.0 | 12.1 |
| 12.3 | 12.1 | 12.0 |
| 12.3 | 11.9 | 12.0 |
| 12.1 | 11.9 | 12.2 |
| 12.0 | 11.5 | 12.1 |
| 12.0 | 8.9 | 12.1 |
| 12.2 | 11.5 | 12.3 |
| 12.1 | 11.5 | 12.2 |
| 12.2 | 11.8 | 12.2 |
| 12.3 | 11.6 | 12.4 |
| 12.2 | 11.7 | 9.3 |
| 12.2 | 11.7 | 12.2 |
| 12.4 | 12.2 | 12.1 |
| 8.8 | 12.2 | 12.2 |
| 8.9 | 12.3 | 12.2 |
| 9.3 | 12.1 | 12.3 |
| 9.4 | 11.2 | 12.6 |
| 9.2 | 9.3 | 12 |
| 11.5 | 10.6 | 8.9 |
| 9.1 | 11.8 | 12.1 |
| 9.2 | 12.0 | 12.0 |
| 11.8 | 11.3 | 9.9 |

APPENDIX - VIII

INDIVIDUAL VALUES OF CARDIO RESPIRATORY TESTS

| Harvard test | | | Tread mill test | | | Muscular Endurance-Pushups | | | Cardiorespiratory Endurance | | | 1500m middle distance running | | 2000m brisk walking | | | electronic cycling | | | |
|--------------|---------|---------|-----------------|---------|---------|----------------------------|---------|---------|-----------------------------|---------|---------|-------------------------------|-----------|---------------------|---------|---------|--------------------|---------|---------|---------|
| Pretest | Pretest | pretest | Pretest | Pretest | Pretest | Pretest | Pretest | pretest | Pretest | Pretest | pretest | Pretest | psretes t | pretest | Pretest | pretest | pretest | Pretest | Pretest | pretest |
| 102.0 | 102.6 | 112.2 | 1.49 | 1.58 | 1.56 | 20 | 18 | 17 | 102.0 | 102.6 | 112.2 | 9.7 | 12.0 | 9.0 | 13.5 | 12.4 | 12.5 | 2.37 | 2.55 | 2.55 |
| 108.0 | 100.8 | 107.1 | 1.49 | 1.58 | 1.49 | 20 | 18 | 16 | 108.0 | 100.8 | 107.1 | 9.5 | 12.0 | 9.4 | 13.5 | 12.5 | 12.6 | 2.35 | 2.55 | 2.55 |
| 108.8 | 100.8 | 100.8 | 1.49 | 1.56 | 1.49 | 18 | 15 | 16 | 108.8 | 100.8 | 100.8 | 9.5 | 9.5 | 12.0 | 13.6 | 12.5 | 12.6 | 2.31 | 2.42 | 2.42 |
| 109.1 | 100.0 | 99.2 | 1.49 | 1.56 | 1.49 | 17 | 15 | 16 | 109.1 | 100.0 | 99.2 | 12.0 | 9.7 | 12.1 | 13.6 | 12.6 | 14.1 | 2.30 | 2.42 | 2.32 |
| 108.1 | 100.0 | 96.8 | 1.49 | 1.55 | 1.48 | 17 | 15 | 14 | 108.1 | 100.0 | 96.8 | 12.3 | 12.0 | 9.8 | 13.6 | 12.6 | 14.2 | 2.30 | 2.37 | 2.13 |
| 100.8 | 94.5 | 94.5 | 1.49 | 1.55 | 1.48 | 16 | 15 | 14 | 100.8 | 94.5 | 94.5 | 12.1 | 11.1 | 9.8 | 13.6 | 13.6 | 14.2 | 2.20 | 2.33 | 2.12 |
| 100.0 | 94.5 | 93.8 | 1.49 | 1.55 | 1.48 | 15 | 15 | 14 | 100.0 | 94.5 | 93.8 | 12.0 | 11.2 | 10.9 | 14.1 | 14.5 | 14.2 | 2.20 | 2.32 | 1.94 |
| 98.4 | 93.8 | 93.0 | 1.49 | 1.55 | 1.48 | 15 | 15 | 13 | 98.4 | 93.8 | 93.0 | 12.0 | 11.3 | 10.8 | 14.2 | 14.5 | 14.2 | 2.20 | 2.15 | 1.92 |
| 96.0 | 93.0 | 92.3 | 1.49 | 1.55 | 1.48 | 15 | 15 | 13 | 96.0 | 93.0 | 92.3 | 12.1 | 12.0 | 10.7 | 14.3 | 14.5 | 14.2 | 2.20 | 2.14 | 1.90 |
| 93.1 | 91.6 | 92.3 | 1.48 | 1.55 | 1.48 | 17 | 15 | 14 | 93.1 | 91.6 | 92.3 | 12.2 | 12.0 | 10.6 | 14.3 | 14.5 | 14.4 | 2.18 | 2.13 | 1.90 |
| 92.3 | 91.5 | 92.3 | 1.48 | 1.55 | 1.48 | 15 | 15 | 14 | 92.3 | 91.5 | 92.3 | 12.1 | 12.3 | 12.3 | 14.4 | 14.5 | 14.4 | 1.90 | 1.90 | 1.85 |
| 92.3 | 90.1 | 91.6 | 1.48 | 1.55 | 1.47 | 15 | 15 | 14 | 92.3 | 90.1 | 91.6 | 12.1 | 9.0 | 12.1 | 14.5 | 14.5 | 14.4 | 1.90 | 1.84 | 1.84 |
| 90.2 | 89.6 | 91.0 | 1.48 | 1.55 | 1.46 | 15 | 15 | 13 | 90.2 | 89.6 | 91.0 | 12.3 | 12.1 | 12.0 | 14.5 | 15.0 | 14.5 | 1.89 | 1.84 | 1.84 |
| 88.9 | 89.6 | 90.9 | 1.48 | 1.55 | 1.44 | 15 | 15 | 13 | 88.9 | 89.6 | 90.9 | 12.3 | 11.9 | 12.0 | 14.5 | 16.0 | 14.6 | 1.85 | 1.80 | 1.84 |
| 88.2 | 88.2 | 90.3 | 1.48 | 1.55 | 1.42 | 14 | 15 | 12 | 88.2 | 88.2 | 90.3 | 12.1 | 11.9 | 12.2 | 14.5 | 16.0 | 16.3 | 1.85 | 1.75 | 1.84 |
| 88.2 | 88.2 | 90.2 | 1.47 | 1.55 | 1.42 | 14 | 15 | 12 | 88.2 | 88.2 | 90.2 | 12.0 | 11.5 | 12.1 | 14.5 | 16.2 | 16.3 | 1.85 | 1.75 | 1.84 |
| 87.6 | 88.2 | 89.6 | 1.47 | 1.55 | 1.42 | 14 | 14 | 12 | 87.6 | 88.2 | 89.6 | 12.0 | 8.9 | 12.1 | 14.5 | 16.2 | 16.3 | 1.85 | 1.73 | 1.80 |
| 87.0 | 88.2 | 89.6 | 1.44 | 1.55 | 1.40 | 14 | 14 | 11 | 87.0 | 88.2 | 89.6 | 12.2 | 11.5 | 12.3 | 15.0 | 16.2 | 16.3 | 1.80 | 1.70 | 1.80 |

| | | | | | | | | | | | | | | | | | | | | |
|------|------|------|------|------|------|----|----|----|------|------|------|------|------|------|------|------|------|------|------|------|
| 87.0 | 87.0 | 87.6 | 1.41 | 1.54 | 1.39 | 13 | 13 | 11 | 87.0 | 87.0 | 87.6 | 12.1 | 11.5 | 12.2 | 16.0 | 16.2 | 16.3 | 1.75 | 1.70 | 1.75 |
| 87.0 | 86.7 | 87.6 | 1.41 | 1.54 | 1.39 | 13 | 13 | 11 | 87.0 | 86.7 | 87.6 | 12.2 | 11.8 | 12.2 | 16.0 | 16.3 | 16.3 | 1.72 | 1.60 | 1.75 |
| 86.3 | 85.7 | 87.0 | 1.40 | 1.54 | 1.39 | 12 | 12 | 11 | 86.3 | 85.7 | 87.0 | 12.3 | 11.6 | 12.4 | 16.2 | 16.3 | 16.3 | 1.70 | 1.60 | 1.73 |
| 84.5 | 83.9 | 85.7 | 1.40 | 1.54 | 1.39 | 11 | 12 | 11 | 84.5 | 83.9 | 85.7 | 12.2 | 11.7 | 9.3 | 16.2 | 16.3 | 16.3 | 1.70 | 1.60 | 1.73 |
| 84.5 | 83.9 | 84.5 | 1.39 | 1.53 | 1.39 | 11 | 11 | 11 | 84.5 | 83.9 | 84.5 | 12.2 | 11.7 | 12.2 | 16.3 | 16.4 | 16.3 | 1.70 | 1.60 | 1.70 |
| 83.3 | 82.8 | 83.3 | 1.39 | 1.53 | 1.39 | 10 | 11 | 11 | 83.3 | 82.8 | 83.3 | 12.4 | 12.2 | 12.1 | 16.3 | 17.0 | 16.4 | 1.65 | 1.50 | 1.70 |
| 82.8 | 81.6 | 80.1 | 1.35 | 1.53 | 1.39 | 10 | 10 | 11 | 82.8 | 81.6 | 80.1 | 8.8 | 12.2 | 12.2 | 16.4 | 17.2 | 16.4 | 1.62 | 1.50 | 1.50 |
| 82.2 | 81.1 | 80.0 | 1.35 | 1.53 | 1.39 | 10 | 10 | 11 | 82.2 | 81.1 | 80.0 | 8.9 | 12.3 | 12.2 | 17.0 | 17.2 | 16.5 | 1.60 | 1.50 | 1.50 |
| 79.5 | 79.5 | 77.9 | 1.35 | 1.51 | 1.35 | 8 | 10 | 11 | 79.5 | 79.5 | 77.9 | 9.3 | 12.1 | 12.3 | 17.2 | 17.3 | 16.5 | 1.40 | 1.50 | 1.50 |
| 77.9 | 77.9 | 77.9 | 1.35 | 1.49 | 1.35 | 8 | 10 | 8 | 77.9 | 77.9 | 77.9 | 9.1 | 11.8 | 12.1 | 17.3 | 17.3 | 17.0 | 1.32 | 1.50 | 1.40 |
| 75.0 | 72.7 | 75.5 | 1.35 | 1.49 | 1.35 | 8 | 10 | 8 | 75.0 | 72.7 | 75.5 | 9.2 | 12.0 | 12.0 | 17.3 | 17.3 | 17.2 | 1.30 | 1.50 | 1.40 |
| 69.0 | 69.0 | 75.0 | 1.42 | 1.43 | 1.44 | 7 | 10 | 8 | 69.0 | 69.0 | 75.0 | 7.8 | 7.5 | 8.2 | 17.4 | 17.3 | 17.2 | 2.52 | 2.52 | 2.61 |
| 66.6 | 68.5 | 73.0 | 1.35 | 1.34 | 1.45 | 5 | 4 | 8 | 68.0 | 69.0 | 74.3 | 11.8 | 11.3 | 9.9 | 16.4 | 16.5 | 17.3 | 2.64 | 2.30 | 2.41 |
| 66.4 | 67.3 | 72.6 | 1.38 | 1.33 | 1.46 | 5 | 4 | 5 | 67.0 | 68.0 | 74.0 | 8.5 | 8.6 | 8.7 | 17.5 | 17.5 | 17.4 | 2.38 | 2.51 | 2.23 |
| 66.1 | 66.8 | 71.0 | 1.37 | 1.38 | 1.40 | 4 | 3 | 5 | 65.2 | 66.3 | 74.2 | 8.9 | 8.9 | 8.8 | 17.0 | 17.3 | 17.4 | 2.50 | 2.53 | 2.30 |
| 66.0 | 65 | 66.0 | 1.32 | 1.39 | 1.35 | 3 | 3 | 5 | 64.1 | 66.4 | 73.1 | 9.7 | 12.0 | 9.0 | 17.0 | 17.4 | 17.5 | 1.25 | 1.50 | 1.30 |

| 100M RUNNING | | | AGILITY TEST | | | FLEXIBILITY TEST | | |
|--------------|---------|---------|--------------|---------|---------|------------------|---------|---------|
| Pretest | Pretest | Pretest | Pretest | Pretest | Pretest | Pretest | Pretest | Pretest |
| 14.1 | 14.0 | 14.2 | 16.2 | 16.5 | 16.2 | 43 | 39 | 38 |
| 14.2 | 14.2 | 14.5 | 17.5 | 17.3 | 16.5 | 43 | 38 | 37 |
| 15.2 | 14.4 | 14.1 | 17.9 | 17.8 | 17.6 | 41 | 32 | 37 |
| 15.6 | 15.0 | 14.5 | 18.0 | 17.9 | 18.0 | 40 | 32 | 35 |
| 15.6 | 15.0 | 17.1 | 10.0 | 10.5 | 10.3 | 39 | 32 | 35 |
| 16.0 | 15.6 | 14.5 | 10.1 | 10.5 | 10.4 | 37 | 32 | 35 |
| 16.1 | 16.0 | 18.1 | 10.2 | 10.5 | 10.4 | 37 | 32 | 34 |
| 16.2 | 16.0 | 18.0 | 10.3 | 10.4 | 10.4 | 35 | 31 | 34 |
| 16.2 | 16.1 | 15.0 | 10.3 | 10.5 | 10.5 | 35 | 29 | 33 |
| 16.2 | 16.2 | 18.3 | 10.3 | 10.6 | 10.5 | 33 | 29 | 33 |
| 16.6 | 16.2 | 17.1 | 10.4 | 10.5 | 10.5 | 33 | 28 | 33 |
| 16.6 | 16.2 | 17.1 | 10.5 | 10.5 | 10.5 | 32 | 28 | 33 |
| 17.1 | 16.4 | 15.2 | 10.5 | 11.1 | 10.5 | 32 | 28 | 32 |
| 17.1 | 16.5 | 14.5 | 10.5 | 11.2 | 10.5 | 32 | 28 | 32 |
| 17.1 | 16.5 | 18.5 | 10.5 | 11.1 | 10.5 | 31 | 27 | 32 |
| 17.1 | 16.6 | 16.1 | 10.5 | 11.1 | 10.5 | 30 | 25 | 32 |
| 17.4 | 17.1 | 16.1 | 10.5 | 11.2 | 11.1 | 27 | 25 | 31 |
| 17.5 | 17.1 | 14.8 | 10.8 | 10.5 | 11.1 | 27 | 25 | 30 |
| 17.5 | 17.4 | 17.1 | 11.0 | 10.5 | 11.1 | 27 | 25 | 30 |
| 17.5 | 17.5 | 18.1 | 11.1 | 10.5 | 11.1 | 26 | 25 | 30 |
| 17.5 | 17.5 | 18.0 | 11.1 | 10.7 | 11.2 | 25 | 24 | 29 |
| 17.6 | 17.5 | 18.0 | 11.1 | 10.5 | 11.2 | 25 | 24 | 29 |
| 17.6 | 17.6 | 19.0 | 11.1 | 10.5 | 11.2 | 24 | 23 | 28 |
| 17.8 | 17.6 | 16.2 | 11.2 | 11.1 | 11.2 | 23 | 23 | 28 |
| 18.0 | 17.8 | 18.0 | 11.3 | 11.2 | 11.2 | 22 | 23 | 27 |
| 18 | 18.5 | 18.7 | 11.4 | 11.1 | 11.3 | 22 | 23 | 27 |
| 18.6 | 18.9 | 18.5 | 11.4 | 11.2 | 11.3 | 21 | 23 | 26 |
| 17.1 | 18.0 | 17.1 | 11.5 | 11.2 | 11.4 | 16 | 21 | 25 |
| 17.3 | 17.6 | 17.8 | 11.5 | 11.2 | 11.4 | 15 | 20 | 23 |
| 17.1 | 17.3 | 17.4 | 11.5 | 11.3 | 11.4 | 15 | 18 | 20 |
| 18.0 | 18.1 | 18.0 | 11.6 | 11.4 | 11.4 | 15 | 16 | 18 |
| 17.5 | 18.2 | 17.5 | 12.1 | 11.4 | 11.5 | 14 | 14 | 16 |
| 18.3 | 18.2 | 18.3 | 12.2 | 11.5 | 11.5 | 13 | 13 | 13 |
| 16.6 | 18.9 | 16.6 | 12.2 | 11.4 | 12.0 | 12 | 12 | 12 |

APPENDIX – IX

INDIVIDUAL VALUES OF PRE AND POST TEST CONDUCTED FOR THE EVALUATION OF THE EFFICACY OF THE SPORTS SUPPLEMENTS

| Cardio Respiratory Endurance | | | | | | Treadmill Running | | | | | | Electronic bicycling | | | | | |
|------------------------------|----------|---------|----------|---------|----------|-------------------|----------|---------|----------|---------|----------|----------------------|----------|---------|----------|---------|----------|
| drink | | bar | | control | | Drink | | Bar | | control | | drink | | Bar | | control | |
| Pretest | posttest | pretest | posttest | pretest | posttest | Pretest | posttest | Pretest | posttest | pretest | posttest | Pretest | posttest | pretest | posttest | Pretest | posttest |
| 102.0 | 103.0 | 102.6 | 103.0 | 112.2 | 112.2 | 1.49 | 1.82 | 1.58 | 1.58 | 1.56 | 1.56 | 2.37 | 2.52 | 2.55 | 2.55 | 2.55 | 2.55 |
| 108.0 | 110.0 | 100.8 | 100.8 | 107.1 | 107.1 | 1.49 | 1.82 | 1.58 | 1.58 | 1.49 | 1.49 | 2.35 | 2.50 | 2.55 | 2.55 | 2.55 | 2.55 |
| 108.8 | 110.0 | 100.8 | 100.8 | 100.8 | 100.8 | 1.49 | 1.82 | 1.56 | 1.56 | 1.49 | 1.49 | 2.31 | 2.46 | 2.42 | 2.42 | 2.42 | 2.42 |
| 109.1 | 111.0 | 100.0 | 101.0 | 99.2 | 99.2 | 1.49 | 1.82 | 1.56 | 1.56 | 1.49 | 1.49 | 2.30 | 2.45 | 2.42 | 2.43 | 2.32 | 2.33 |
| 108.1 | 110.8 | 100.0 | 100.0 | 96.8 | 96.8 | 1.49 | 1.82 | 1.55 | 1.55 | 1.48 | 1.48 | 2.30 | 2.45 | 2.37 | 2.37 | 2.13 | 2.13 |
| 100.8 | 102.8 | 94.5 | 101.0 | 94.5 | 94.5 | 1.49 | 1.82 | 1.55 | 1.55 | 1.48 | 1.49 | 2.20 | 2.35 | 2.33 | 2.33 | 2.12 | 2.12 |
| 100.0 | 102.0 | 94.5 | 94.0 | 93.8 | 93.8 | 1.49 | 1.69 | 1.55 | 1.55 | 1.48 | 1.48 | 2.20 | 2.35 | 2.32 | 2.32 | 1.94 | 1.94 |
| 98.4 | 100.0 | 93.8 | 94.0 | 93.0 | 93.0 | 1.49 | 1.69 | 1.55 | 1.55 | 1.48 | 1.48 | 2.20 | 2.35 | 2.15 | 2.15 | 1.92 | 1.92 |
| 96.0 | 97.0 | 93.0 | 94.0 | 92.3 | 92.3 | 1.49 | 1.69 | 1.55 | 1.55 | 1.48 | 1.48 | 2.20 | 2.35 | 2.14 | 2.14 | 1.90 | 1.90 |
| 93.1 | 94.1 | 91.6 | 92.0 | 92.3 | 92.3 | 1.48 | 1.68 | 1.55 | 1.55 | 1.48 | 1.48 | 2.18 | 2.33 | 2.13 | 2.13 | 1.90 | 1.90 |
| 92.3 | 93.3 | 91.5 | 91.0 | 92.3 | 92.3 | 1.48 | 1.68 | 1.55 | 1.55 | 1.48 | 1.48 | 1.90 | 2.05 | 1.90 | 1.91 | 1.85 | 1.85 |
| 92.3 | 93.3 | 90.1 | 91.0 | 91.6 | 91.6 | 1.48 | 1.68 | 1.55 | 1.56 | 1.47 | 1.47 | 1.90 | 2.05 | 1.84 | 1.84 | 1.84 | 1.84 |
| 90.2 | 91.2 | 89.6 | 90.0 | 91.0 | 91.0 | 1.48 | 1.68 | 1.55 | 1.55 | 1.46 | 1.46 | 1.89 | 2.04 | 1.84 | 1.84 | 1.84 | 1.84 |
| 88.9 | 90.9 | 89.6 | 90.0 | 90.9 | 90.9 | 1.48 | 1.68 | 1.55 | 1.55 | 1.44 | 1.44 | 1.85 | 2.00 | 1.80 | 1.80 | 1.84 | 1.84 |
| 88.2 | 90.2 | 88.2 | 89.0 | 90.3 | 90.3 | 1.48 | 1.68 | 1.55 | 1.55 | 1.42 | 1.42 | 1.85 | 2.00 | 1.75 | 1.76 | 1.84 | 1.84 |
| 88.2 | 90.2 | 88.2 | 89.0 | 90.2 | 90.2 | 1.47 | 1.80 | 1.55 | 1.55 | 1.42 | 1.42 | 1.85 | 2.00 | 1.75 | 1.75 | 1.84 | 1.84 |
| 87.6 | 89.6 | 88.2 | 89.0 | 89.6 | 89.6 | 1.47 | 1.80 | 1.55 | 1.55 | 1.42 | 1.42 | 1.85 | 2.00 | 1.73 | 1.73 | 1.80 | 1.80 |

| | | | | | | | | | | | | | | | | | |
|--------------|--------------|--------------|--------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 87.0 | 89.0 | 88.2 | 89.0 | 89.6 | 89.6 | 1.44 | 1.77 | 1.55 | 1.56 | 1.40 | 1.40 | 1.80 | 2.05 | 1.70 | 1.70 | 1.80 | 1.80 |
| 87.0 | 89.0 | 87.0 | 87.1 | 87.6 | 87.6 | 1.41 | 1.74 | 1.54 | 1.54 | 1.39 | 1.39 | 1.75 | 2.00 | 1.70 | 1.71 | 1.75 | 1.75 |
| 87.0 | 89.0 | 86.7 | 87.0 | 87.6 | 87.6 | 1.41 | 1.74 | 1.54 | 1.54 | 1.39 | 1.39 | 1.72 | 1.97 | 1.60 | 1.60 | 1.75 | 1.75 |
| 86.3 | 89.0 | 85.7 | 85.8 | 87.0 | 87.0 | 1.40 | 1.60 | 1.54 | 1.54 | 1.39 | 1.39 | 1.70 | 1.95 | 1.60 | 1.60 | 1.73 | 1.73 |
| 84.5 | 88.0 | 83.9 | 84.0 | 85.7 | 85.7 | 1.40 | 1.60 | 1.54 | 1.54 | 1.39 | 1.39 | 1.70 | 1.95 | 1.60 | 1.60 | 1.73 | 1.73 |
| 84.5 | 86.5 | 83.9 | 84.0 | 84.5 | 84.5 | 1.39 | 1.59 | 1.53 | 1.53 | 1.39 | 1.39 | 1.70 | 1.95 | 1.60 | 1.60 | 1.70 | 1.70 |
| 83.3 | 84.0 | 82.8 | 82.8 | 83.3 | 83.3 | 1.39 | 1.59 | 1.53 | 1.54 | 1.39 | 1.39 | 1.65 | 1.90 | 1.50 | 1.50 | 1.70 | 1.70 |
| 82.8 | 84.0 | 81.6 | 81.8 | 80.1 | 81.0 | 1.35 | 1.68 | 1.53 | 1.53 | 1.39 | 1.39 | 1.62 | 1.87 | 1.50 | 1.50 | 1.50 | 1.50 |
| 82.2 | 83.0 | 81.1 | 81.2 | 80.0 | 81.0 | 1.35 | 1.55 | 1.53 | 1.53 | 1.39 | 1.39 | 1.60 | 1.85 | 1.50 | 1.51 | 1.50 | 1.52 |
| 79.5 | 82.0 | 79.5 | 79.6 | 77.9 | 77.9 | 1.35 | 1.55 | 1.51 | 1.51 | 1.35 | 1.35 | 1.40 | 1.65 | 1.50 | 1.50 | 1.50 | 1.50 |
| 77.9 | 80.0 | 77.9 | 78.0 | 77.9 | 77.9 | 1.35 | 1.55 | 1.49 | 1.49 | 1.35 | 1.35 | 1.32 | 1.57 | 1.50 | 1.50 | 1.40 | 1.40 |
| 75.0 | 77.0 | 72.7 | 72.9 | 75.5 | 76.0 | 1.35 | 1.55 | 1.49 | 1.49 | 1.35 | 1.35 | 1.30 | 1.55 | 1.50 | 1.50 | 1.40 | 1.40 |
| 69.0 | 71.0 | 69.0 | 70.0 | 75.0 | 76.0 | 1.32 | 1.52 | 1.39 | 1.40 | 1.35 | 1.36 | 1.25 | 1.50 | 1.50 | 1.50 | 1.30 | 1.30 |
| 90.60 | 92.36 | 88.56 | 89.09 | 89.65 | 89.76 | 1.44 | 1.69 | 1.54 | 1.54 | 1.43 | 1.43 | 1.87 | 2.07 | 1.88 | 1.88 | 1.85 | 1.85 |
| | | | | | | | | | | | | | | | | | |
| 10.25 | 10.19 | 8.15 | 8.36 | 8.57 | 8.42 | 0.06 | 0.10 | 0.03 | 0.03 | 0.05 | 0.05 | 0.33 | 0.29 | 0.36 | 0.36 | 0.31 | 0.31 |