

ATHLETE+ PERFORMANCE REPORT

Measured. Improved. Ranked.

Two testing rounds across the Athlete+ program, tracking acceleration, top-end speed and running endurance — with every result set against the athlete's own age group.

BASELINE · First testing round

0-10M ACCELERATION

2.54 s

Average speed 3.94 m/s · 14.2 km/h

FLYING 30M

4.17 s

Average speed 7.19 m/s · 25.9 km/h

1200M TIME TRIAL

5:02 min

302 seconds · pace 4:12 min/km

PROGRESSION · personal bests in teal

TEST	ROUND 1	ROUND 2	PERSONAL BEST
0-10m Acceleration (s)	2.54	2.24 PB	2.24
Flying 30m (s)	4.17	3.94 PB	3.94
1200m Time Trial (min)	5:02	4:48 PB	4:48

IMPROVEMENT · First round → personal best

0-10M ACCELERATION

11.8% faster

2.54 s → 2.24 s (-0.30 s)
Speed 3.94 → 4.46 m/s
+1.9 km/h (14.2 → 16.1 km/h)

FLYING 30M

5.5% faster

4.17 s → 3.94 s (-0.23 s)
Speed 7.19 → 7.61 m/s
+1.5 km/h (25.9 → 27.4 km/h)

1200M TIME TRIAL

4.6% faster

5:02 → 4:48 (-14 s)
Pace 4:12 → 4:00 min/km
+0.7 km/h (14.3 → 15.0 km/h)

AGE-GROUP STANDING · personal best ranked within the athlete's age group

0-10M ACCELERATION

2nd of 7

Boys · age 14 group

Their best	2.24 s
Age-group average	2.38 s
Age-group high	2.20 s

FLYING 30M

3rd of 7

Boys · age 14 group

Their best	3.94 s
Age-group average	4.13 s
Age-group high	3.67 s

1200M TIME TRIAL

2nd of 7

Boys · age 14 group

Their best	4:48
Age-group average	5:06
Age-group high	4:35