

Welsh Triathlon Academy

Female Profiling Tables

13-YEAR-OLD FEMALE			1	2	3	4	5
SWIM	Speed	50m	36.5	35.5	34.5	33.5	32.5
	Aerobic Capacity	200m	02:43	02:38	02:33	02:28	02:23
	Endurance	800m	11:50	11:30	11:10	10:50	10:30
BIKE	Dustbin Test	DBT	03:33	03:28	03:23	03:18	03:13
RUN	Speed	400m	75	73	71	69	67
	Aerobic Capacity	1500m	05:40	05:30	05:20	05:10	05:00

14-YEAR-OLD FEMALE			1	2	3	4	5
SWIM	Speed	50m	36.0	35.0	34.0	33.0	32.0
	Aerobic Capacity	200m	02:40	02:35	02:30	02:25	02:20
	Endurance	800m	11:40	11:20	11:00	10:40	10:20
BIKE	Dustbin Test	DBT	03:30	03:25	03:20	03:15	03:10
RUN	Speed	400m	74	72	70	68	66
	Aerobic Capacity	1500m	05:35	05:25	05:15	05:05	04:55

15-YEAR-OLD FEMALE			1	2	3	4	5
SWIM	Speed	50m	35.5	34.5	33.5	32.5	31.5
	Aerobic Capacity	200m	02:37	02:32	02:27	02:22	02:17
	Endurance	800m	11:30	11:10	10:50	10:30	10:10
BIKE	Dustbin Test	DBT	03:27	03:22	03:17	03:12	03:07
RUN	Speed	400m	73	71	69	67	65
	Aerobic Capacity	1500m	05:30	05:20	05:10	05:00	04:50

16-YEAR-OLD FEMALE			1	2	3	4	5
SWIM	Speed	50m	35.0	34.0	33.0	32.0	31.0
	Aerobic Capacity	400m	05:30	05:20	05:10	05:00	04:50
	Endurance	1500m	21:40	21:00	20:20	19:40	19:00
BIKE	Dustbin Test	DBT	03:25	03:20	03:15	03:10	03:05
RUN	Speed	400m	72	70	68	66	64
	Aerobic Capacity	3000m	11:40	11:20	11:00	10:40	10:20

17-YEAR-OLD FEMALE			1	2	3	4	5
SWIM	Speed	50m	34.5	33.5	32.5	31.5	30.5
	Aerobic Capacity	400m	05:25	05:15	05:05	04:55	04:45
	Endurance	1500m	21:20	20:40	20:00	19:20	18:40
BIKE	Dustbin Test	DBT	03:22	03:17	03:12	03:07	03:02
RUN	Speed	400m	71	69	67	65	63
	Aerobic Capacity	3000m	11:25	11:05	10:45	10:25	10:05

18-YEAR-OLD FEMALE			1	2	3	4	5
SWIM	Speed	50m	34.0	33.0	32.0	31.0	30.0
	Aerobic Capacity	400m	05:20	05:10	05:00	04:50	04:40
	Endurance	1500m	20:40	20:20	19:40	19:00	18:20
BIKE	Dustbin Test	DBT	03:20	03:15	03:10	03:05	03:00
RUN	Speed	400m	70	68	66	64	62
	Aerobic Capacity	3000m	11:15	10:55	10:35	10:15	09:55