

Tabla 26. PERCENTILES: CHICOS DE 15 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	38,3	149,0	15"5/10	4,3	24"5/10	0"0/10	135	14	23,6	4,5
5	45,0	155,0	13"6/10	9,7	21"6/10	6"0/10	165	18	28,0	5,0
10	48,1	158,0	12"9/10	11,7	20"6/10	9"6/10	172	20	29,0	6,0
15	50,0	160,0	12"6/10	15,3	19"7/10	12"1/10	177	21	30,5	6,5
20	51,0	162,0	12"3/10	17,0	19"3/10	13"3/10	180	22	33,5	7,0
25	52,0	163,0	12"0/10	18,0	18"9/10	14"8/10	184	23	35,0	7,5
30	53,4	165,0	11"9/10	19,0	18"6/10	17"3/10	188	23	36,0	7,5
35	55,0	166,0	11"6/10	20,0	18"4/10	19"9/10	193	23	6,5	8,0
40	56,5	167,0	11"5/10	20,6	18"2/10	22"0/10	197	24	37,0	8,0
45	57,1	167,0	11"2/10	21,4	17"9/10	24"1/10	199	24	38,0	8,5
50	58,5	168,0	11"1/10	22,0	17"6/10	25"8/10	201	25	0,0	8,5
55	59,6	169,0	10"9/10	22,9	17"4/10	27"2/10	204	25	0,5	9,0
60	61,4	170,0	10"8/10	23,4	17"2/10	29"1/10	207	26	42,0	9,5
65	62,9	171,0	10"6/10	24,6	17"0/10	31"6/10	210	26	43,0	9,5
70	64,0	173,0	10"4/10	25,3	16"9/10	33"8/10	213	27	44,0	9,5
75	65,1	174,0	10"1/10	26,0	16"8/10	36"9/10	215	27	45,0	10,0
80	66,5	175,0	9"9/10	27,0	16"6/10	40"1/10	219	28	46,2	10,5
85	68,0	177,0	9"7/10	28,8	16"3/10	42"7/10	222	29	48,0	11,0
90	71,0	178,0	9"4/10	31,0	16"0/10	47"4/10	230	29	52,0	11,0
95	76,0	182,8	9"1/10	33,0	15"4/10	55"4/10	241	31	54,9	11,5
99	84,4	189,0	8"6/10	46,2	12"8/10	75"9/10	261	35	59,4	12,0

Tabla 27. PERCENTILES: CHICAS DE 15 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	40,0	145,4	16"8/10	12,8	23"6/10	0"0/10	120	11	19,0	1,5
5	42,5	149,0	14"6/10	18,7	21"8/10	0"0/10	132	16	21,0	3,0
10	44,8	151,0	13"6/10	20,4	21"2/10	0"0/10	143	18	22,9	3,5
15	46,0	152,1	13"2/10	23,0	20"9/10	1"9/10	149	19	24,0	4,0
20	47,6	154,0	12"6/10	24,0	20"6/10	2"8/10	151	19	25,0	4,0
25	49,0	155,0	12"4/10	25,0	20"2/10	3"9/10	155	20	25,0	4,5
30	50,0	156,0	12"1/10	25,8	20"1/10	5"2/10	160	20	27,0	5,0
35	51,0	157,0	11"9/10	26,5	19"8/10	6"2/10	160	20	27,0	5,0
40	51,4	158,0	11"6/10	27,2	19"6/10	6"7/10	163	21	28,0	5,0
45	52,0	159,0	11"4/10	27,7	19"4/10	7"8/10	165	22	28,0	5,0
50	53,0	159,5	11"3/10	28,1	19"1/10	8"3/10	169	22	29,0	5,5
55	54,0	160,0	11"2/10	29,0	19"0/10	9"3/10	170	22	29,0	5,5
60	54,7	161,0	11"0/10	29,9	18"7/10	10"8/10	172	23	30,0	6,5
65	55,8	162,0	10"8/10	30,4	18"5/10	12"4/10	174	24	30,0	6,0
70	57,0	163,0	10"7/10	31,0	18"3/10	14"1/10	176	24	31,0	6,5
75	58,0	164,0	10"6/10	32,0	18"2/10	15"8/10	180	25	31,6	6,5
80	59,5	165,0	10"4/10	32,9	17"8/10	18"2/10	182	26	32,6	7,0
85	61,0	166,0	10"2/10	34,0	17"7/10	21"0/10	186	26	34,0	7,5
90	63,0	168,0	10"0/10	35,5	17"5/10	24"4/10	190	27	35,0	8,0
95	66,9	170,0	9"5/10	37,9	17"1/10	29"7/10	201	30	36,0	8,5
99	75,3	176,5	9"1/10	41,9	16"2/10	44"7/10	220	33	41,0	10,0

Tabla 28 . PERCENTILES: CHICOS DE 16 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) períodos
1	45,1	155,0	16"8/10	7,9	26"4/10	0"5/10	150	17	26,3	3,5
5	49,1	158,0	13"1/10	11,0	21"8/10	7"0/10	168	20	30,0	6,0
10	50,9	161,0	12"5/10	14,1	19"9/10	12"6/10	181	21	32,0	6,5
15	52,0	163,0	12"1/10	16,0	19"4/10	15"2/10	188	22	34,5	7,0
20	53,9	164,0	11"8/10	17,0	18"9/10	17"6/10	190	23	36,4	7,5
25	55,5	165,0	11"6/10	18,0	18"5/10	19"5/10	195	23	37,0	8,0
30	56,5	166,0	11"4/10	19,7	18"2/10	21"9/10	200	24	38,0	8,0
35	57,4	167,0	11"1/10	20,5	18"1/10	23"5/10	201	25	39,0	8,5
40	58,5	168,0	11"0/10	21,0	17"9/10	25"3/10	203	25	40,0	8,5
45	59,7	169,0	10"8/10	22,0	17"7/10	27"9/10	205	25	41,0	9,0
50	61,0	169,0	10"5/10	23,0	17"6/10	29"6/10	209	26	42,5	9,5
55	62,0	170,0	10"4/10	24,1	17"4/10	30"9/10	211	26	44,0	9,5
60	63,2	171,0	10"1/10	25,0	17"2/10	33"5/10	213	27	45,0	9,5
65	64,8	173,0	10"0/10	25,7	16"9/10	35"4/10	215	27	45,5	10,0
70	66,5	174,0	9"9/10	26,6	16"7/10	38"6/10	220	28	46,1	10,0
75	67,6	175,0	9"7/10	27,2	16"6/10	41"5/10	221	28	47,0	10,0
80	70,0	175,0	9"5/10	28,2	16"3/10	44"9/10	225	29	49,0	10,5
85	71,5	177,0	9"3/10	30,0	16"0/10	48"0/10	228	29	51,0	11,0
90	75,2	178,0	9"2/10	31,0	15"6/10	55"0/10	233	30	53,0	11,5
95	78,0	181,0	9"0/10	33,4	15"3/10	60"8/10	245	32	55,0	11,5
99	83,0	185,0	7"8/10	37,3	14"4/10	71"3/10	280	35	60,4	13,0

Tabla 29. PERCENTILES: CHICAS DE 16 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	40,3	145,0	17"8/10	10,6	25"4/10	0"0/10	119	10	20,9	2,0
5	44,6	151,0	14"3/10	17,2	22"2/10	0"0/10	135	14	22,5	2,5
10	47,0	153,7	13"1/10	20,0	21"0/10	0"0/10	142	17	24,0	3,0
15	47,8	155,0	12"9/10	23,0	20"5/10	1"0/10	147	18	25,0	3,5
20	49,0	156,0	12"7/10	24,5	20"2/10	2"6/10	150	19	25,0	4,0
25	50,0	156,0	12"3/10	25,3	20"1/10	3"4/10	153	20	26,0	4,0
30	51,0	157,0	12"0/10	26,5	19"9/10	3"9/10	156	20	26,5	4,5
35	52,0	158,0	11"8/10	27,0	19"7/10	4"7/10	158	21	27,0	4,5
40	52,6	159,0	11"7/10	27,5	19"5/10	5"6/10	160	22	27,5	4,5
45	53,4	160,0	11"4/10	28,0	19"3/10	6"7/10	162	22	28,2	5,0
50	54,5	160,0	11"2/10	28,6	19"1/10	7"6/10	165	22	29,0	5,0
55	55,2	161,0	11"0/10	29,0	19"0/10	8"6/10	168	23	30,0	5,5
60	56,2	161,0	10"9/10	30,0	18"7/10	10"2/10	172	23	30,0	5,5
65	57,0	162,0	10"8/10	30,6	18"5/10	11"6/10	175	23	31,0	6,0
70	58,0	162,9	10"5/10	31,4	18"3/10	12"8/10	178	24	31,8	6,5
75	58,6	164,0	10"4/10	32,0	18"0/10	15"1/10	181	25	32,0	6,5
80	60,0	165,6	10"2/10	32,5	17"7/10	18"0/10	185	26	33,0	7,0
85	62,0	167,0	9"9/10	33,9	17"3/10	21"4/10	189	27	34,0	7,0
90	65,0	169,0	9"6/10	35,1	17"1/10	25"2/10	192	27	35,0	7,5
95	68,4	171,0	9"1/10	32,7	16"3/10	30"6/10	202	29	36,4	8,5
99	74,7	178,3	8"5/10	42,3	12"8/10	40"5/10	210	30	41,1	9,5

Tabla 30. PERCENTILES: CHICOS DE 17 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	42,4	153,4	16"1/10	4,7	22"9/10	0"0/10	146	17	20,6	4,5
5	52,1	160,0	12"7/10	10,7	20"8/10	5"9/10	170	20	29,3	6,0
10	54,5	163,0	12"0/10	14,9	19"7/10	13"7/10	186	21	33,8	7,0
15	56,5	165,0	11"6/10	16,0	18"8/10	16"4/10	192	22	36,0	7,5
20	57,5	166,0	11"3/10	17,4	18"3/10	19"0/10	199	23	38,0	7,5
25	59,0	167,0	11"1/10	19,0	18"0/10	21"3/10	200	24	39,5	8,0
30	60,0	168,0	10"9/10	20,0	17"7/10	23"3/10	204	25	40,5	8,0
35	61,0	169,0	10"7/10	20,8	17"5/10	26"9/10	205	25	42,0	8,5
40	61,6	170,0	10"5/10	21,5	17"3/10	28"4/10	210	26	42,4	9,0
45	62,2	171,0	10"4/10	22,4	17"1/10	32"1/10	212	26	44,0	9,0
50	63,5	172,0	10"2/10	23,5	16"9/10	34"0/10	215	27	45,0	9,0
55	64,3	172,4	10"1/10	24,5	16"8/10	35"4/10	217	27	45,4	9,5
60	66,0	174,0	9"9/10	25,9	16"6/10	38"3/10	220	28	46,0	9,5
65	67,0	174,0	9"7/10	26,2	16"4/10	39"9/10	220	28	47,0	10,0
70	68,1	175,0	9"6/10	27,1	16"2/10	41"4/10	225	29	48,0	10,0
75	69,3	176,0	9"4/10	29,0	16"0/10	43"7/10	230	29	50,0	10,5
80	71,1	178,0	9"3/10	30,0	15"7/10	47"1/10	235	30	51,0	10,5
85	72,5	180,0	9"2/10	31,2	15"4/10	50"5/10	241	31	53,0	11,0
90	75,0	181,2	8"8/10	32,2	15"2/10	56"7/10	246	32	55,3	11,0
95	77,6	184,0	8"5/10	33,8	14"9/10	63"6/10	253	34	57,5	12,0
99	86,7	190,6	7"9/10	38,6	14"4/10	81"4/10	276	44	64,1	12,8

Tabla 31. PERCENTILES: CHICAS DE 17 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) períodos
1	42,7	148,0	16"2/10	14,0	22"7/10	0"0/10	129	13	19,9	2,5
5	46,0	150,4	14"5/10	18,8	22"1/10	0"0/10	139	16	23,0	3,0
10	47,0	153,0	13"1/10	21,2	21"2/10	0"0/10	142	17	24,5	3,5
15	49,0	155,0	12"6/10	23,5	20"9/10	2"0/10	149	18	25,0	3,5
20	49,8	156,0	12"1/10	24,5	20"6/10	3"2/10	152	19	26,0	4,0
25	50,4	157,2	11"9/10	25,4	20"2/10	4"5/10	156	20	27,0	4,0
30	51,7	158,0	11"7/10	26,1	29"9/10	5"5/10	160	20	27,0	4,5
35	52,4	158,0	11"5/10	27,0	19"6/10	6"3/10	161	21	27,5	4,5
40	53,0	159,0	11"3/10	17,6	19"4/10	7"2/10	165	21	28,0	5,0
45	54,0	160,0	11"2/10	28,1	19"1/10	8"2/10	168	21	29,0	5,0
50	55,0	161,0	11"1/10	29,0	18"9/10	10"1/10	170	22	30,0	5,5
55	56,0	161,0	10"9/10	30,0	18"7/10	11"5/10	172	23	30,0	5,5
60	56,8	162,0	10"7/10	30,7	18"5/10	12"2/10	175	24	30,6	6,0
65	58,0	163,0	10"4/10	31,5	18"3/10	13"7/10	178	24	31,0	6,0
70	59,0	164,0	10"3/10	32,0	18"1/10	15"5/10	180	25	32,0	6,0
75	60,0	165,0	10"2/10	33,0	17"8/10	16"9/10	183	25	33,0	6,5
80	61,0	166,0	10"0/10	33,5	17"4/10	18"6/10	187	26	34,0	7,0
85	62,0	168,0	9"9/10	34,4	17"2/10	22"2/10	190	27	34,0	7,5
90	64,0	170,0	9"6/10	36,0	16"8/10	25"5/10	196	27	35,0	7,5
95	67,3	171,0	9"1/10	37,9	16"4/10	32"4/10	203	29	36,0	8,5
99	72,4	176,0	8"2/10	41,7	10"5/10	45"9/10	218	34	42,5	9,5

Tabla 32. PERCENTILES: CHICOS DE 18 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) períodos
1	43,2	151,6	19"9/10	7,4	20"9/10	0"0/10	159	16	19,6	4,0
5	51,5	162,0	13"0/10	12,9	20"2/10	9"3/10	173	20	26,0	5,5
10	55,0	163,0	12"0/10	15,6	19"7/10	14"1/10	185	21	35,0	6,5
15	57,0	165,0	11"5/10	17,5	19"3/10	16"8/10	196	22	38,0	7,0
20	58,5	166,2	11"2/10	18,4	18"7/10	18"7/10	201	23	40,0	7,0
25	60,0	168,0	11"0/10	19,7	18"5/10	22"1/10	205	24	40,7	7,5
30	61,3	168,0	10"7/10	20,4	18"0/10	24"4/10	208	25	42,0	8,0
35	62,0	169,0	10"5/10	21,1	17"7/10	25"8/10	210	25	43,5	8,0
40	63,2	170,0	10"3/10	22,6	17"3/10	27"3/10	213	26	44,2	8,0
45	64,0	171,7	10"1/10	23,4	17"0/10	29"1/10	219	26	45,0	8,5
50	65,4	172,0	10"0/10	24,0	16"9/10	31"4/10	221	27	46,5	9,0
55	66,0	173,0	9"9/10	25,0	16"7/10	34"4/10	224	28	47,0	9,0
60	67,5	174,0	9"8/10	26,4	16"5/10	37"7/10	226	28	48,0	9,5
65	68,5	174,0	9"6/10	27,4	16"3/10	40"2/10	228	29	49,4	9,5
70	70,0	175,0	9"5/10	28,4	*16"1/10	41"7/10	231	29	50,0	10,0
75	70,9	175,0	9"4/10	29,5	15"9/10	44"3/10	232	30	52,0	10,0
80	71,8	177,0	9"3/10	30,9	15"7/10	47"4/10	235	31	52,9	10,5
85	74,0	179,0	9"1/10	32,5	15"6/10	51"5/10	238	32	55,0	11,0
90	77,5	181,0	8"9/10	34,5	15"5/10	55"7/10	240	34	57,5	11,0
95	81,3	184,0	8"6/10	36,7	15"0/10	60"7/10	254	38	59,8	12,0
99	99,3	190,3	7"6/10	40,1	12"9/10	70"5/10	272	49	70,6	13,5

Tabla 33. PERCENTILES: CHICAS DE 18 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette" (1) períodos
1	41,7	147,0	15"3/10	9,4	24"2/10	0"0/10	122	10	17,7	1,5
5	45,4	150,0	13"3/10	16,7	23"5/10	0"0/10	130	15	24,0	2,5
10	47,0	152,0	13"2/10	19,0	22"0/10	0"0/10	144	16	25,0	3,0
15	48,5	154,0	12"8/10	22,0	21"5/10	0"0/10	150	17	26,0	3,5
20	50,0	154,0	12"4/10	23,0	20"7/10	1"6/10	153	18	27,0	4,0
25	50,2	156,0	12"2/10	24,0	20"4/10	2"4/10	158	20	27,0	4,0
30	51,0	156,0	11"9/10	25,5	20"0/10	4"2/10	160	21	28,0	4,0
35	52,0	157,0	11"8/10	26,3	19"8/10	5"1/10	162	21	28,1	4,5
40	52,6	157,0	11"6/10	26,9	19"6/10	6"2/10	165	22	29,0	4,5
45	53,7	158,0	11"4/10	28,0	19"5/10	6"8/10	167	23	29,5	5,0
50	54,7	159,0	11"2/10	28,9	19"3/10	8"3/10	168	23	30,0	5,0
55	56,0	160,0	11"0/10	29,6	18"9/10	9"3/10	170	23	30,0	5,0
60	56,5	161,0	10"8/10	30,0	18"6/10	11"0/10	173	24	31,0	5,5
65	58,0	162,0	10"7/10	31,0	18"4/10	12"1/10	177	24	32,0	5,5
70	59,1	162,0	10"6/10	32,0	18"2/10	13"2/10	180	24	32,5	6,0
75	60,9	163,0	10"5/10	32,4	18"0/10	15"7/10	182	25	33,0	6,0
80	61,9	164,0	10"4/10	33,0	17"9/10	20"3/10	188	25	34,0	6,5
85	62,3	166,0	10"0/10	34,8	17"6/10	23"5/10	192	26	34,5	7,0
90	65,0	167,0	9"9/10	36,0	17"3/10	27"6/10	199	27	35,0	7,0
95	66,5	169,0	9"6/10	37,9	16"2/10	37"5/10	204	29	36,9	8,0
99	78,7	179,0	8"8/10	43,7	14"5/10	52"6/10	215	31	48,2	9,0