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Lampiran 1. Surat Penelitian

	KEMENTERIAN PENDIDIKAN TINGGI, SAINS, DAN TEKNOLOGI															
	UNIVERSITAS JAMBI															
	FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN															
	Kampus Pinang Masak Jalan Raya Jambi – Ma. Bulian, KM. 15, Mendalo Indah, Jambi Kode Pos. 36361, Telp. (0741)583453 Laman. www.fkip.unja.ac.id Email. fkip@unja.ac.id															
Nomor : 1156/UN21.3/PT.01.04/2024		17 Maret 2025														
Hal : Permohonan Izin Penelitian																
Yth : Ketua Koni Provinsi Jambi																
Tempat																
Dengan hormat, Dengan ini diberitahukan kepada Bapak/Ibu/Saudara bahwa untuk keperluan penelitian dalam rangka penulisan tugas akhir/skripsi mahasiswa. Kami mohon berkenan Bapak/Ibu/Saudara untuk dapat memberikan izin penelitian bagi mahasiswa Fakultas Keguruan dan Ilmu Pendidikan Universitas Jambi atas nama: <table border="0"><tr><td>Nama</td><td>: Indah Putri Prameswari</td></tr><tr><td>NIM</td><td>: A1H121099</td></tr><tr><td>Program Studi</td><td>: Pendidikan Olahraga dan Kesehatan</td></tr><tr><td>Jurusan</td><td>: Pendidikan Olahraga dan Kepeleatihan</td></tr><tr><td>Dosen Pembimbing Skripsi</td><td>: 1. Endarman Saputra, Ph.D 2. Sri Murniati, S.Pd, M.Pd</td></tr></table> Penelitian akan dilaksanakan pada: <table border="0"><tr><td>Waktu</td><td>: 24 Maret s.d 24 April 2025.</td></tr><tr><td>Judul Skripsi</td><td>: <i>"Analisis Kondisi Fisik Atlet Pelatda Provinsi Jambi: Korelasi Antara Parameter Fisik Dan Prestasi Olahraga".</i></td></tr></table> Demikian surat permohonan izin penelitian ini dibuat atas bantuan dan kerjasamanya di ucapkan terima kasih.			Nama	: Indah Putri Prameswari	NIM	: A1H121099	Program Studi	: Pendidikan Olahraga dan Kesehatan	Jurusan	: Pendidikan Olahraga dan Kepeleatihan	Dosen Pembimbing Skripsi	: 1. Endarman Saputra, Ph.D 2. Sri Murniati, S.Pd, M.Pd	Waktu	: 24 Maret s.d 24 April 2025.	Judul Skripsi	: <i>"Analisis Kondisi Fisik Atlet Pelatda Provinsi Jambi: Korelasi Antara Parameter Fisik Dan Prestasi Olahraga".</i>
Nama	: Indah Putri Prameswari															
NIM	: A1H121099															
Program Studi	: Pendidikan Olahraga dan Kesehatan															
Jurusan	: Pendidikan Olahraga dan Kepeleatihan															
Dosen Pembimbing Skripsi	: 1. Endarman Saputra, Ph.D 2. Sri Murniati, S.Pd, M.Pd															
Waktu	: 24 Maret s.d 24 April 2025.															
Judul Skripsi	: <i>"Analisis Kondisi Fisik Atlet Pelatda Provinsi Jambi: Korelasi Antara Parameter Fisik Dan Prestasi Olahraga".</i>															
a.n. Dekan Wakil Dekan BAK,  Delia Sartika, S.S., M.I.TS., Ph.D NIP:198110232005012002																
 																

Lampiran 2 Data Penelitian

Nama Cabor : Wushu		Item Test																							
No	Nama Atlet	Vo2Max			Leg Dynamo		Back Dynamo		Medic Ball		Vertical Jump		Lari 50 m		Sit Up		Pull Up	Squat Jump		Push Up		Back Lift	Flex Arm H	huttle 6x10	
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket		Nilai	Ket	Nilai	Ket				
1	Ananda Sri Mardiana	6.4	34.30	KS	74	K	70	B	2,6	K	52	BS	7,81	S	40	BS		35	S	45	BS			15,3	BS
2	Anastasya Astuti	6.4	34.30	KS	97	K	96	BS	2,7	K	53	BS	8,48	K	40	BS		40	S	62	BS			15,5	BS
3	Anggi Natalia Siahaan	8.3	40.80	K	115	K	112	BS	2,9	S	40	S	8,66	K	48	BS		40	S	51	BS			16,6	BS
4	Candika Nugraha	11.5	51.65	S	90	KS	79	KS	3,2	KS	60	S	6,14	S	38	K		40	K	41	BS			14,6	BS
5	Dewi Ervani	9.5	44.65	S	115	K	96	BS	2,7	K	45	B	7,36	B	48	BS		55	B	80	BS			14,8	BS
6	Maulana Ahmad Yusuf	9.1	43.60	K	134	KS	127	B	3,5	KS	65	B	6,64	S	50	S		50	S	53	BS			14,9	BS
7	Melisa Try Andani	9.9	46.20	S	120	K	116	BS	3,2	S	42	S	7,36	B	60	BS		30	K	46	BS			14,1	BS
8	Mohammad Dimas Sakti	12.3	54.55	S	160	K	176	BS	3,6	K	63	B	6,91	K	48	K		57	S	66	BS			14	BS
9	Ragusia Tiffani	6.5	34.65	KS	100	K	90	BS	2,5	K	44	B	8,41	K	43	BS		42	S	70	BS			15,1	BS
10	Raymond Chan	13.5	58.45	B	157	K	139	B	3,6	K	68	B	6,8	S	64	S		67	B	95	BS			13,9	BS
11	Rizky Rama Desriani	11.1	50.50	B	119	K	112	BS	2,7	K	45	B	7,37	B	62	BS		58	BS	81	BS			15,6	BS
12	Roni Adiputra	11,5	51.65	S	161	K	165	BS	4	K	65	B	6,47	B	52	S		40	K	82	BS			15,6	BS
13	Sukma Tri Nur Azizah	7.5	38.15	KS	79	K	76	BS	2,6	K	42	S	8,79	K	40	BS		45	B	55	BS			15,6	BS
14	Veren Aprilia	6.10	36.40	KS	70	K	66	B	2,8	K	48	BS	7,83	S	44	BS		47	B	48	BS			15,6	BS
15	Zio Catradi	8.10	43.00	KS	93	KS	109	S	3,2	KS	69	B	6,69	S	45	K		55	S	50	BS			15,6	BS

[illegible]

Data Tes Fisik Atlet Pelatda Jambi																										
Nama Cabor : Anggar			Item Test																							
No	Nama Atlet	Vo2Max			Leg dynamo		Bek dynamo		Medicalball		Vertical jump		Lari 50m		Sit up		Pull Up	Squant Jump	Push up	Back Lift	Flex Arm	Flex Hip	Flex Trur	ittle 6x10m		
		Nilai	Vo2m%	Ket	nilai	ket	nilai	ket	nilai	ket	nilai	ket	nilai	ket	nilai	ket	Up	Jump	nilai	ket	Lift	Arm	Hip	Trur	nilai	Ket
1	Muhammad Rizky Saputra	9.2	43.90	K	110	KS	102	S	3.9	K	69	B	7.07	K	46	K			37	B					15.40	BS
2	Ria Azaningsih	4.3	27.20	KS	78	K	83	BS	2.2	KS	36	K	9.54	KS	47	BS			55	BS					16.06	BS

Data Tes Fisik Atlet Pelatda Jambi																										
Nama Cabor : Angkat Berat																										
No	Nama Atlet	Vo2Max	Leg Dynamo		Back Dynamo		Medic Ball		Vertical Jump		Lari 50 m	Sit Up		Pull Up	Squat Jump	Push Up		Back Lift	Flex Arm H	Flex Trunk	Shuttle 6x10m					
			Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket		Nilai	Ket			Nilai	Ket				Nilai	Ket				
1	Abdul Latif Manna																									
2	Dahrul Ulum		181	K	216	BS	4,3	K	42	KS		20	KS			50	BS					14	BS			
3	Meisi Ananda Putri		108	K	126	BS	2,8	K	31	KS		41	BS			42	BS					19	KS			
4	Melda Aulia Ali		79	K	76	BS	2	KS	38	K		36	BS			40	BS					21	KS			
5	Muhammad Iskandar																									
6	Reza		248	S	236	BS	5,2	S	56	S		16	KS			40	BS					22	KS			
7	Rosa Gina Sonia		124	S	131	BS	2,9	K	23	KS		29	BS			50	BS					24	KS			
8	Yuli Sulastri		117	K	124	BS	3	S	33	K		16	S			40	BS					19	KS			

Data Tes Fisik Atlet Pelatda Jambi																											
Nama Cabor : Angkat Besi																											
No	Nama Atlet	Item Test																									
		Vo2Max		Leg dynamo		Back dynamo		Medic ball		Vertical jump		Lari 50m		Sit up		Pull	Squat jump		Push up		Back	Flex	Flex	shuttle 6x10m			
		nilai	ket	nilai	ket	nilai	ket	nilai	ket	nilai	ket	nilai	ket	nilai	ket	Up	nilai	ket	nilai	ket	Lift	Arm H	Tru	Nilai	Ket		
1	Fannie Wahyu Agnie	110	K	120	BS	2,8	K	48	BS	8,35	K	41	BS				40	S	41	BS				18	S		
2	Jihan Syaftri	131	S	132	BS	3,1	S	35	S	10,51	KS	17	S				33	K	24	BS				19	K		
3	Juliana Klarika																										
4	Melinda Gusti	112	K	116	BS	2,45	K	30	S	11,48	KS	25	B				2	KS	50	BS				20	KS		
5	Muhammad Ibnu Rizqi																										
6	Muhammad Ripqy R	180	K	172	BS	4	K	63	B	8,32	KS	20	KS				40	K	40	BS				18	KS		
7	Tania Constantina	89	K	86	BS	2,8	K	48	BS	9,63	KS	23	B				30	K	40	BS				17	S		

Data Tes Fisik Atlet Pelatda Jambi																											
Nama Cabor : Arung Jeram																											
No	Nama Atlet	Item Test																									
		Vo2Max		Leg dynamo		Back dynamo		Medic Ball	Vertical Jump		Lari 50m		Sit up		Pull	Squat jump		Push up		Backlift	Flex arm H	Flex	Shuttle 6x10m				
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Up	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Tru	Nilai	Ket	
1	Ade Irawan	10,2	47,40	K	117	KS	82	K	32	K	7,85	K	50	S		50	S	43	BS	83	BS	50,88	B	17,02	K		
2	Dinda Amelia	7,2	37,10	KS	51	KS	68	B	33	K	8,65	K	48	BS		58	BS	53	BS	88	BS	37,51	B	18,85	K		
3	Dini Sakabala	5,1	29,85	KS	58	KS	55	S	25	KS	9,84	KS	56	BS		38	S	30	BS	85	BS	15,27	K	19,23	KS		
4	Fathan Aziz	7,4	37,80	KS	112	KS	98	K	50	K	7,09	K	55	S		57	S	43	BS	120	BS	40,69	B	18,69	KS		
5	Heru Hariyanto	9,8	45,90	K	112	KS	97	K	50	K	6,59	S	59	S		58	S	66	BS	120	BS	42,38	B	16,62	S		
6	Inanda Syafira	5,5	31,40	KS	62	KS	64	B	32	KS	8,88	K	60	BS		67	BS	53	BS	122	BS	25,15	S	18,57	KS		
7	M. Padli	9,6	45,20	K	108	KS	112	S	59	S	7,18	K	50	S		50	S	66	BS	80	BS	43,44	BS	15,64	BS		
8	Maya Ulpa	5,1	29,85	KS	87	KS	76	BS	31	KS	9,45	KS	52	BS		53	B	48	BS	85	BS	05,30	KS	19,36	KS		
9	Nanda	10,2	47,40	K	107	KS	107	K	48	K	6,93	K	55	S		48	S	53	BS	90	BS	50,88	B	16,52	S		
10	Rani Oktavia	5,5	31,40	KS	93	KS	65	B	36	K	8,87	K	60	BS		63	BS	49	BS	115	BS	19,16	K	19,00	KS		
11	Siti Wahyuni	4,5	27,95	KS	107	KS	120	BS	24	KS	9,72	KS	57	BS		64	BS	36	BS	102	BS	18,44	K	19,27	KS		
12	Sukron																										

Data Tes Fisik Atlet Pelatda Jambi																											
Nama Cabor : Catur																											
No	Nama Atlet	Item Test																									
		Vo2Max			Leg Dynamo		Back dynamo		Medic ball		Vertical jump		Lari 50 m	Sit up		Pull	Squat jump		Push up		Back lift		Flex Arm H	Flex Tru	Shuttle 6x10m		
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	50 m	Nilai	Ket	Up	Nilai	Ket	Nilai	Ket	Nilai	Ket	Arm H	Tru	Nilai	Ket	
1	Izhur Bafadhal	5,3	30,60	KS	94	KS	99	K	3,3	KS	47	K		15	KS				10	KS	15	KS					
2	Arif Rahman Saragih																										
3	M. Bintang Saputra																										
4	Rori Mukdianto	3,8	25,70	KS	115	KS	114	S	3,1	KS	46	K		15	KS				10	KS	15	KS					
5	Sugianto	2,3	20,75	KS	89	KS	70	KS	3,5	KS	23	KS		15	KS				10	KS	15	KS					

Data Tes Fisik Atlet Pelatda Jambi																											
Nama Cabor : Dayung Canoeing																											
No	Nama Atlet	Item Test																									
		Vo2Max			Leg dynamo		Back dynamo		Medic ball		Vertical jump		Lari 50m		Sit up		Pull	Squat jump		Push up		Back	Flex	Flex	Shuttle 6x10m		
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Up	Nilai	Ket	Nilai	Ket	Lift	Arm H	Tru	Nilai	Ket	
1	Subhi																										
2	Chinta Audia	9,8	45,90	S	101	K	100	BS	2,4	K	44	B	6,56	B				64	BS			70	BS	60	BS		
3	Devita Safiri	8,1	40,20	K	121	K	108	BS	2,5	K	38	S	7	S				70	BS			55	B	61	BS		
4	Fuad Putra Bahari	8,9	42,70	KS	176	K	145	BS	4,4	K	52	K	7,92	K				37	K			61	S	80	BS		
5	M. Roni Padli	9,2	43,90	K	161	K	147	BS	3,8	K	44	KS	6,57	S				35	K			61	S	77	BS		
6	M. Royhan Febriansyah	9,9	46,20	K	142	KS	126	B	3,5	KS	46	K	7,56	K				56	S			60	S	63	BS		
7	M. Arjun Saputra	8,2	40,50	KS	181	K	176	BS	4,4	K	47	K	6,95	K				54	S			60	S	62	BS		
8	Sabrina Ayesa Putri	7,9	39,55	K	99	K	97	BS	2,2	KS	31	KS	8,28	S				50	BS			90	BS	66	BS		
9	Susilo Saputra	11,8	52,50	S	186	K	179	BS	3,8	K	43	KS	6,32	S				63	S			80	B	80	BS		
10	Wini Winanda	9,2	43,90	S	91	K	93	BS	2,3	K	31	KS	8,33	S				50	BS			68	BS	83	BS		

Data Tes Fisik Atlet Pelatda Jambi																													
Nama Cabor : Judo																													
No	Nama Atlet	Item Test																											
		Vo2Max			Leg dynamo		Back dynamo		Medic ball		Vertical jump		Lari 50m		Sit up		Pull	Squat jump		Push up		Back up		Flex	Flex	6x10m			
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Up	Nilai	Ket	Nilai	Ket	Nilai	Ket	Arm H	Tru	Nilai	Ket		
1	Ade Muhammad Yusuf	5.5	31.40	KS	236	S	222	BS	5,5	B	50	K	8,03	KS	48	K		30	K	59	BS	45	B					16	B
2	Agus Rinto	7.1	36.75	KS	164	K	182	BS	4,1	S	40	KS	8,06	KS	55	S		48	S	59	BS	50	B					17	K
3	Andika Syabani	9.10	45.50	K	280	S	142	B	3,7	K	54	S	7,29	K	79	B		62	S	76	BS	80	BS					15	BS
4	Ike Faridha Nurjannah				131	S	110	BS	2,8	K					35	K				71	BS	55	B						
5	Leovi Awatia Santri	7.9	39.55	K	162	S	99	BS	2,8	K	37	K	8,25	S	58	BS		55	B	50	BS	70	BS					17	B
6	M. Ahila Alfaridzi																												
7	Melijo Nur Marselina	6.7	35.35	K	159	S	100	BS	2,2	KS	32	K	9,19	KS	40	BS		86	BS	47	BS	90	BS					18	S

Data Tes Fisik Atlet Pelatda Jambi																																		
Nama Cabor : Balap Sepeda Menembak																																		
No	Nama Atlet	Item Test																																
		Vo2Max			Leg dynamo		Back dynamo		Medicball	Vertical jump		Lari 50m		Sit up		Pull up	Squat jump		Push up		Back lift		Flex Arm H	Flex Trunk	Shuttle 10m									
		Nilai	Vo2M%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Nilai	Ket	Nilai	Ket	Nilai	Ket	Up	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Arm H	Trunk	10m					
1	M. Fajar Ramadhan																																	
2	Ibnu	10.6	48.70	KS	78	KS	75	KS		33	KS	09.12	KS	30	K		63	S	40	B5	50	B5			17.57	KS								
3	Julian	8.8	42.40	KS	79	KS	60	KS		51	K	7.90	K	40	K		52	K	30	B5	80	B5			16.82	S								
4	Devin				81	K	59	S		34	K																							
5	Caesar																																	

Data Tes Fisik Atlet Pelatda Jambi																													
Nama Cabor : Muaythai																													
No	Nama Atlet	Item Test																											
		Vo2Max			Leg dynamo		Back	Medic Ball	Vertical Jump		Lari 50m		Sit Up		Pull up	Squat Jump	Push Up	Back Lift	Flex arm H	Flex Trus	Shuttle 6x10m								
		Nilai	Vo2m%	Ket	Nilai	Ket	Dynamo	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Up	Nilai	Ket	Nilai	Ket	Nilai	Ket	Arm H	Trus	Nilai	Ket			
1	M. Agusti Sapatra	10.7	49.00	K	128	KS		4,2	K	52	K	7	K	50	S		53	S	62	B5	120	B5			15	B5			
2	Mutiara Kumala Sari	6.7	35.35	KS	96	K		3,2	S	29	KS	9,37	KS	48	B5		76	B5	49	B5	109	B5			15	B5			

Data Tes Fisik Atlet Pelatda Jambi																													
Nama Cabor : Panjat Tebing																													
No	Nama Atlet	Item Test																											
		Vo2Max			Leg	Back	Medic	Vertical Jump		Lari 50m		Sit up		Pull up		Squat	Push up	Back	Flex arm H	Flex Trus	Shuttle 6X10m								
		Nilai	Vo2m%	Ket	Dyanamo	Ball	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Jump	Nilai	Ket	Lift	Nilai	Ket	Flex	Trus	Nilai	Ket					
1	Clara Alyuson	6.10	36.40	KS				40	S	7.79	K	50	B5	19	KS	39	B5	38.94	B5		15.54	B5							
2	Desmaiti Amdiah Putri	6.9	36.05	KS				41	S	8.05	KS	46	B5	22	KS	34	B5	56.05	B5		16.31	B5							
3	Melisa Gusma Ningsih	6.5	36.95	KS				36	K	7.56	K	50	B5	35	KK	62	B5	45.37	B		15.68	B5							
4	Nur Halimah	5.6	31.80	KS				34	K	8.82	KS	50	B5	26	KS	40	B5	43.59	B5		17.52	B5							
5	Putra Bima Airlana	6.3	33.95	KS				49	K	6.69	B5	26	Ket	24	B5	50	B5		33	S	15.92	B5							

Data Tes Fisik Atlet Pelatda Jambi																													
Nama Cabor : Pencak Silat																													
No	Nama Atlet	Item Test																											
		Vo2Max			Leg dynamo		Back dynamo		Medic ball		Vertical jump		Lari 50m		Sit up		Pull up	Squat jump	Push up	Back lift	Flex arm H	Flex Trus	Shuttle 6X10m						
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Arm H	Trus	Nilai	Ket			
1	Arbi Rifaul Khusna	9.4	44.50	KS	110	KS	103	S	3.8	K	53	S	07.07	K	48	K	10	S	46	S	53	B5	73	B5	29.94	S	15.12	S	
2	Iham Amir Rokik																												

Data Tes Fisik Atlet Pelatda Jambi																													
Nama Cabor : Gulat																													
No	Nama Atlet	Item Test																											
		Vo2Max			Leg dynamo		Back dynamo		Medic ball		Vertical jump		Lari 50m		Sit up		Pull up	Squat jump	Push up	Back lift	Flex arm H	Flex Trus	Shuttle 6x10m						
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Up	Jump	Nilai	Ket	Nilai	Ket	Arm H	Trus	Nilai	Ket			
1	Agusto	4.6	28.30	KS	56	KS	75	KS	2.8	KS	31	KS	9.03	KS										17	K				
2	Elriadi	6.3	33.95	KS	186	K	180	B5	4.6	S	39	KS	8.5	KS	50	B			87	B5				17	K				
3	Indri Sukmaningsih	7.1	36.75	KS	130	S	130	B5	3.2	S	39	K	8.29	S	40	B5			55	B5				17	B				
4	M. Rizky Saputra	7.8	39.20	KS	204	K	210	B5	4.8	S	56	S	6.64	S	45	B			55	B5				15	B5				
5	Resti Sahabilah	7.8	39.20	K	110	K	94	B5	2.4	K	48	B5	8.1	S	51	B5			70	B5				16	B5				
6	Retno Astrini	8.6	41.80	K	117	K	129	B5	3	S	33	K	8.2	S	50	B5			80	B5				15	B5				
7	Rizki Gego Romansyah	9.1	43.60	K	154	K	165	B5	4.6	S	61	B5	5.56	B	51	B			35	B5				15	B5				
8	Silvia Wulandari	8.7	42.10	K	120	K	110	B5	3.6	B	33	K	8.49	K	42	B5								18	S				
9	Susilowati	6.1	33.25	KS	134	S	120	B5	3.2	S	27	KS	8.73	K	55	B5								18	S				
10	Wendra.S	10.1	47.10	K	160	K	202	B5	5	S	56	S	6.3	S	64	B								14	B5				
11	Widya.S	8.6	41.80	KS	113	K	115	B5	3	S	35	K	8.13	S	48	B5								16	B5				
12	Beni Hendro	10.10	49.90	K	150	K	162	B5	4.1	K	56	S	5.56	B	68	B								15	B5				
13	Riski A.	6.1	33.25	KS	202	K	215	B5	4.2	K	49	K	6.7	S	35	K			35	B				16	B5				

Data Tes Fisik Atlet Pelatda Jambi																									
Nama Cabor : Panahan																									
No	Nama Atlet	Item Test																							
		Vo2Max			Leg	Back	Medic	Vertica	Lari	Sit Up		Pull	Squat	Push	Back Lift		Flex	Flex	Shuttle 6x10m						
		Nilai	Vo2m%	Ket	Dyanamo	Dynamo	Ball	Jump	50 m	Nilai	Ket	Up	Jump	Up	Nilai	Ket	Arm H	Trur	Nilai	Ket					
1	Arya Dwiputra Umarella	9.3	44.20	KS						38	K					101	BS							16	B
2	Inantha Mufqi	5.1	29.85	KS						30	K					55	BS							17	K
3	M. Ja'far Shodiq	9.1	43.60	KS						45	K					90	BS							15	BS
4	Taufik Hanan	9.1	43.60	KS						42	K					84	BS							15	BS
5	Yogi Firmansyah	8.2	40.50	KS						37	K					104	BS							16	B

Data Tes Fisik Atlet Pelatda Jambi																										
Nama Cabor : Kempo																										
No	Nama Atlet	Item Test																								
		Vo2Max			Leg dynamo		Back dynamo		Medicball		Vertical jump		Lari 50m		Sit up		Pull	Squat	Push up	Back lift	Flex	Flex	Shuttle 6x10m			
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Arm Hf	Trus	Nilai	Ket		
1	M.A. L. Adam Pangesti	8.1	40.20	KS	122	KS	117	S	430	K	55	S	7.17	K	50	S			49	BS	77	BS			15.10	BS

Data Tes Fisik Atlet Pelatda Jambi																														
Nama Cabor : Renang																														
No	Nama Atlet	Item Test																												
		Vo2Max			Leg dynamo		Back dynamo		Medicball		Vertical jump		Lari 50m		Sit up		Pull up		Squat jump		Push up		Back lift		Flex	Flex	Shuttle 6x10m			
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Arm Hf	Trun	Nilai	Ket		
1	M. Dimas Suidarmanto	11.8	52.50	S	144	KS	156	BS	5	S	51	K	07.42	K	59	K	18	BS	45	K	50	BS	10	KS			15.98	BS		

Data Tes Fisik Atlet Pelatda Jambi																										
Nama Cabor : Pentaque																										
No	Nama Atlet	Item Test																								
		Vo2Max			Leg dynamo		Back dynamo		Medic	Vertic	Lari	Sit	Pull	Squat	Push	Back	Flex	Flex	Shuttle							
		Nilai	Vo2M%	Ket	Nilai	Ket	Nilai	Ket	Ball	Jump	50 m	Up	Up	Jump	Up	Lift	Arm H	Of Tr	6x10m							
1	Andini Segonang	3.5	24.65	KS	71	K	61	BS																		
2	Andreas Saputra	8.1	40.20	KS	125	S	116	S																		
3	Anni Saputri	3.4	24.30	KS	69	KS	70	BS																		
4	Avria Ningsih	2.2	20.40	KS	53	KS	61	BS																		
5	Eksye Aulia Hananda	5.2	30.20	KS	79	K	76	BS																		
6	Ena Novia Salsabila	4.3	27.20	KS	81	K	74	BS																		
7	Fadli	7.5	38.15	KS	85	KS	70	KS																		
8	Fitriani	4.3	27.20	KS	87	K	74	BS																		
9	Nurul Aman Hadi	6.4	34.30	KS	96	K	96	BS																		
10	Rama Okta Setiawan	6.4	34.30	KS	94	KS	85	K																		
11	Ramadhani	5.6	31.80	KS	110	KS	76	KS																		
12	Selyana Johar	3.8	25.70	KS	63	KS	62	BS																		
13	Topan Satria	7.2	37.10	KS	93	KS	94	K																		
14	Warda Asifa	4.3	27.20	KS	66	K	52	S																		

Data Tes Fisik Atlet Pelatda Jambi																													
Nama Cabor : Soft Tennis																													
No	Nama Atlet	Item Test																											
		Vo2Max			Leg Dynamo		Back Dynamo		Medic Ball		Vertical Jump		Lari 50m		Sit Up		Pull	Squat Jump		Push Up		Back Lift		Flex Arm Hf	Flex Trus	Shuttle 6x10m			
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Up	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket				
1	Danang Setiawan	7.1	36.75	KS	172	K	153	BS	2,8	K	56	S	7,03	K	36	K		51	S	36	B	61	BS			15	BS		
2	Khana Amalia Rizki	7.1	36.75	KS	110	K	100	BS	3,6	B	36	K	8,69	S	35	BS		50	B	27	BS	95	BS			16	BS		
3	M. Iqbal Ahab																												
4	Purni Intan Rahayu																												

Data Tes Fisik Atlet Pelatda Jambi																										
Nama Cabor : Dayung Rowing																										
No	Nama Atlet	Item Test																								
		Vo2Max			Leg dynamo		Back dynamo		Hand	Hand	Flexio	Medicball	Vertical jump		Lari 50m		Sit up		Pull	Squat jump	Push up	Back lift	Flex	Flex	Shuttle 6x10m	
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Dynamo	Grips	Meter	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Up	Nilai	Ket	Nilai	Ket	Nilai	Ket
1	Leni Nopkiasari	7.9	39.55	KS	102	K	100	BS				2.65	K	32	KS	8.95	KS	45	K		40	Ket	46	BS		
2	M. Ali Mandiansyah	12.11	57.10	B	170	K	170	BS				4.7	S	64	B	6.47	S	58	S		64	S	78	BS		
3	Fikri Hikal	9.4	44.50	KS	160	K	160	BS				5	S	54	S	6.87	S	60	S		53	S	40	BS		
4	M. Zakky Pratama	11.6	51.90	B	165	K	165	BS				3.5	S	49	K	7.38	K	52	S		52	S	55	BS		
5	M. Alam Putra	10.6	48.70	S	150	K	159	BS				4.2	K	49	K	6.6	S	40	K		54	S	56	BS		
6	Mutiara Rahma Putri																									
7	Nailah Ramadhani	7.3	37.45	KS	80	K	83	BS				2.9	K	27	KS	9.15	K	50	BS		57	BS	60	BS		
8	Nur Alim	10.8	49.30	S	140	KS	160	BS				4.5	K	56	S	6.9	K	50	S		37	K	40	BS		
9	Rafid Panji Sanjaya	11.7	52.20	B	160	K	182	BS				4.5	K	50	K	6.8	K	55	S		60	S	59	BS		
10	Yuni Putri Fany Ridwan	8.4	41.10	S	90	K	92	BS				2.4	K	37	K	7.97	S	54	BS		60	BS	56	BS		

Data Tes Fisik Atlet Pelatda Jambi																										
Nama Cabor : Sepak Takraw																										
No	Nama Atlet	Item Test																								
		Vo2Max			Leg Dynamo	Back Dynamo	Medic Ball	Vertical jump		Lari 50 m	Sit up		Pull Up	Squat Jump	Push up		Back lift		Flex Arm Hf	Flex Trus	Shuttle 6x10m					
		Nilai	Vo2mx	Ket				Nilai	Ket		Nilai	Ket			Nilai	Ket	Nilai	Ket			Nilai	Ket				Nilai
1	Andri Yanti	6.5	34.65	KS				41	S		56	BS			27	BS	104	BS				16.03	BS			
2	Laura Dinda Yana Tasya	6.5	34.65	KS				40	S		57	BS					90	BS				16.73	BS			
3	Sonia Anggi Maharani	6.4	34.30	KS				34	K		60	BS			31	BS	70	BS				16.50	BS			
4	Tesa Adisma Putri	6.5	34.65	KS				38	K		62	BS			35	BS	94	BS				16.65	BS			
5	Vina	6.8	34.70	KS				42	S		55	BS			33	S	80	BS				18.78	BS			

Data Tes Fisik Atlet Pelatda Jambi																												
Nama Cabor : Sepatu Roda																												
No	Nama Atlet	Item Test																										
		Vo2Max			Leg dynamo		Back dynamo		Medicball		Vertical jump		Lari 50m		Sit up		Pull up		Squat jump		Push up		Back up		Flex arm H		Flex Shuttle 6x10m	
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket
1	Adam Zuhri Ramadhan	11.2	50.80	S	109	KS	108	S	3.6	K	58	S	6.9	K	45	K	28	BS	75	B	80	BS	121	BS	27.43	S	14.56	BS
2	Fadli Dikara Anugrah	10.2	47.40	K							58	S	6.81	K	58	S			70	B			110	BS			14.83	BS

Data Tes Fisik Atlet Pelatda Jambi																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																						
Nama Cabor : Taekwondo																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																						
No	Nama Atlet	Item Test																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
		Vo2Max			Leg Dynamo		Back Dynamo	Medic Ball		Vertical Jump		Lari 50m		Sit Up		Pull UP		Squat Jump		Push Up		Back Lift		Flex Arm H	Flex Trunk	Shuttle 6x10m																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												</

Data Tes Fisik Atlet Pelatda Jambi																												
Nama Cabor : Tinju																												
No	Nama Atlet	Item Test																										
		VoC5:AD172Max			Leg dynamo		Back dynamo		Medic ball		Vertical jump		Lari 50m		Sit up		Pull up		Squat Jump		Push up		Back up		Flex arm H		Flex Shuttle	
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket
1	M. Sohid	13.12	60.60	B	78	KS	79	KS	3.8	K	53	S	7.09	K	46	K	18	BS	70	BS	76	BS	26.3	K	Trun	6x10m		

Data Tes Fisik Atlet Pelatda Jambi																													
Nama Cabor : Dayung Traditional Boat Race																													
No	Nama Atlet	Item Test																											
		Vo2Max			Leg Dynamo		Back Dynamo		Medical Ball		Vertical Jump		Lari 50m		Sit Up		Pull Up		Squat Jump		Push Up		Back Lift		Flex Arm H		Flex Shuttle 6x10m		
		Nilai	Vo2m%	Ket-	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket-	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	
1	Wandiasyah	13.1	57.46	B	146	K	161	BS	3	KS	43	KS	6.63	KS	60	S	41	BS	64	S	74	BS							
2	Anelia	6.6	35.00	KS	78	K	86	BS	2.3	K	32	KS	10.69	KS	45	BS	21	KS	65	BS	68	BS							
3	Ferdinan Maryunda	8.9	42.70	KS	139	KS	131	B	3.3	KS	34	KS	9.76	KS	47	K	33	BS	60	S	73	BS							
4	Feri Ramadhan	10.1	47.10	K	152	K	166	BS	3.8	K	51	K	6.86	S	41	K	35	BS	61	S	67	BS							
5	Heti Pratama	11.4	51.40	S	191	K	148	B	3.9	K	34	KS	7.88	K	41	K	40	BS	69	B	90	BS							
6	Bhan Anggrani	7.5	38.15	KS	87	K	94	BS	2.5	K	32	KS	8.17	S	55	BS	33	K	65	BS	61	BS							
7	M. Fadhil Ramadhan	10.6	48.70	K	146	K	145	B	3.5	KS	45	KS	8.45	KS	50	S	41	BS	94	BS	63	BS							
8	Muhammad Yusran	12.2	54.30	S	219	S	178	BS	3.2	KS	52	K	6.53	S	57	S	42	BS	102	BS	61	BS							
9	Nabila	5.8	32.54	KS	133	S	130	BS	3.3	S	42	K	8.04	S	55	BS	21	KS	70	BS	70	BS							
10	Pera Amelia																												
11	Rickina Dwi Putri	8.8	42.40	K	120	K	107	BS	2.5	K	29	KS	7.38	B	50	BS			65	BS	69	BS							
12	Riz. Nabila Syahrani	7.3	37.45	KS	92	K	90	BS	2.2	KS	26	KS	8.05	S	45	BS			65	BS	40	BS							
13	Sandi Anugrah	13.3	57.90	B	172	K	172	BS	3.4	KS	48	K	6.04	S	51	S			67	B	68	BS							
14	Shella Sastia Andini																												
15	Synta Ananda Putri	9.1	43.60	K	130	S	113	BS	2.3	K	42	K	7.37	B	51	BS			80	BS	69	BS							
16	Vioni Cahaya Restu	8.4	41.10	K	105	K	119	BS	2.1	KS	25	KS	8.1	S	57	BS			76	BS	73	BS							
17	Willy Septian	13.1	57.46	B	175	K	151	B	3.7	K	48	K	6.53	S	40	K			95	BS	73	BS							
18	Zaskia Ramadani	8.8	42.40	K	109	K	94	BS	1.8	KS	28	KS	8.25	S	50	BS			60	BS	75	BS							

Data Tes Fisik Atlet Pelatda Jambi																													
Nama Cabor : Tarung Derajat																													
No	Nama Atlet	Item Test																											
		Vo2Max		Leg dynamo		Back dynamo		Medicball		Vertical jump		Lari 50m		Sit up		Pull up		Squat Jump		Push up		Back lift		Flex arm H		Flex Shuttle 6x10m			
		Nilai	Vo2m%	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	Nilai	Ket	
1	Aditya Dwi Pranata	7.7	38.85	KS	119	KS	125	B	4.3	K	63	B	6.8	S	39	K	10	S	68	BS	105	BS	24	K	14.43	BS			
2	Indira Larasati	8.1	40.20	K	97	K	98	BS	2.9	S	50	BS	7.9	S	50	BS	42	K	49	BS	95	BS	7	KS	17.48	BS			
3	Bism Amalia Atiqah	7.5	38.15	KS	82	K	84	BS	2.4	K	34	K	8.2	S	45	BS	13	KS	46	BS	89	BS				16.51	BS		
4	M. Arya Ramadhan	12.9	56.25	B	86	KS	95	K	3.3	KS	55	S	6.7	S	47	K	14	B	73	BS	114	BS	38	S	15.19	BS			
5	Preni. S	10.3	47.70	S	64	KS	70	BS	2.2	KS	32	K	8.7	K	43	BS	51	S	57	BS	94	BS	13	K	16.54	BS			
6	Raja Ardian																												

[illegible]

151	Imantha Mukti	1						2				5		2	10	25	
152	M. Ja'far Shodiq	1						2				5		5	13	25	
153	Taufik Hanan	1						2				5		5	13	25	
154	Yogi Firmansyah	1						2				5		4	12	25	
155	Clara Alyson	1												5	5	27	25
156	Desnisti Ardiah Putri	1				3	2	5	1	5			5	5	5	26	25
157	Melisa Gusma Ningsih	1				2	2	5	22	5			4	5	5	46	25
158	Nur Hailani	1				2	1	5	1	5			5	5	5	25	25
159	Putra Bimo Ardiana	1				2		5	2et	5			3	5	5	26	25
160	M. Fajar Ramadhan															0	25
161	Iham	1	1	1			1	1	2		5	3	5		1	21	25
162	Julian	1	1	1			2	2	2		5	2	5		3	24	25
163	Delvin		2	3			2									7	25
164	Caesar															0	25
165	Subhi															0	75
166	Chinta Aulia	3	2	5	2	4	4	5		5	5					35	25
167	Devita Saffri	2	2	5	2	3	3	5		5	4					31	75
168	Fuad Putra Bahari	1	2	5	2	2	2	2		5	3					24	25
169	M. Romi Padli	2	2	5	2	1	3	2		5	3					25	50
170	M. Royhan Febriansyah	2	1	4	1	2	2	3		5	3					23	25
171	M. Arjan Saputra	1	2	5	2	2	2	3		5	3					25	25
172	Sabrina Ayessa Putri	2	2	5	1	1	3	5		5	5					29	25
173	Susilo Saputra	3	2	5	2	1	3	3		5	4					28	25
174	Wwi Winanda	3	2	5	2	1	3	5		5	5					31	25
175	Ade Irawan	2	1	2		2	2	3		5	3	5	4	2		31	25
176	Dinda Amelia	1	1	4		2	2	5		5	5	5	4	2		36	25
177	Dia Sakabala	1	1	3		1	1	5		5	3	5	2	1		28	25
178	Fathan Aziz	1	1	2		2	2	3		5	3	5	4	1		29	25
179	Heru Hariyanto	2	1	2		2	3	3		5	3	5	4	3		33	25
180	Inunda Syafira	1	1	4		1	2	5		5	5	5	3	1		33	25
181	M. Padli	2	1	3		3	2	3		5	3	5	5	5		37	25
182	Marya Ulpa	1	1	5		1	1	5		5	4	5	1	1		30	25
183	Nanda	2	1	2		2	2	3		5	3	5	4	3		32	25
184	Rani Oktavia	1	1	4		2	2	5		5	5	5	2	1		33	25
185	Sri Wahyuni	1	1	5		1	1	5		5	5	5	2	1		32	25
186	Sukron															0	25
187	Jani Fajri Rohman															0	50
188	M. Akhi Muklani															0	50
189	Riki Nur Fajar Rohman															0	50
190	Adila Reta Sabila															0	25
191	Aureli Syasyabila Putri															0	25
192	Alfan Juliansyah															0	25
193	Caesar Herlanbang															0	25
194	Iham Firmansyah															0	25
195	M. Awakidlin Iham															0	75
196	Rana Yulha Sakotika															0	25
197	Sapandah															0	25
198	Andi Hamza Marwan															0	25
199	Rizky															0	50
200	Ihoni Setiawan															0	50
201	Rio Nuryadla															0	25
202	Aprilia Yohanes															0	75
203	Renal Sori Cahyono															0	25
204	Reyfatdohwanggara B															0	75
205	Farel Valentino W.															0	25
206	Maruli															0	25
207	Dwi Tiansi Anggairi															0	25
208	Violine Intan Puspita															0	75
209	Aprilan Anggara															0	100
210	Friti Khairunnisa															0	75
211	M. Angger Dharmawan															0	100
212	M. Angger Setiawan															0	100
213	Veronica															0	25
214	Bintang Ta Tarigan															0	25
215	Christian Michael S.															0	75
216	Diki Ahmad Hidayah															0	25
217	Lidia Gusma Citra															0	25

Lampiran 3 Dokumentasi

1. Tes VO2Max



2. Tes Leg Dynamometer



3. Back Dynamometer



4. Tes Medicine Ball



5. Tes Vertical Jump



6. Tes Sprint 50m



7. Tes Sit Up



8. Pull Up/Chinning Up



9. Push Up



10. Back Lift



11. Shuttle Run 6x10m



Dokumentasi Pendukung

