Enter the athlete's times for 150 metres, 300 metres \& 600 metres

| 150 m time | 16.00 | seconds |
| :--- | ---: | ---: |
| 300m time | 33.00 | seconds |
| 600m Time | 70.00 | seconds |

Speed Endurance Index 1.00 Target Index Value ..... 2.55
Strength \& General Endurance Index ..... 4.00
Target Index Value ..... 8.12

