400 metre Control Test Calculator

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

150m 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