

Raport Metryk

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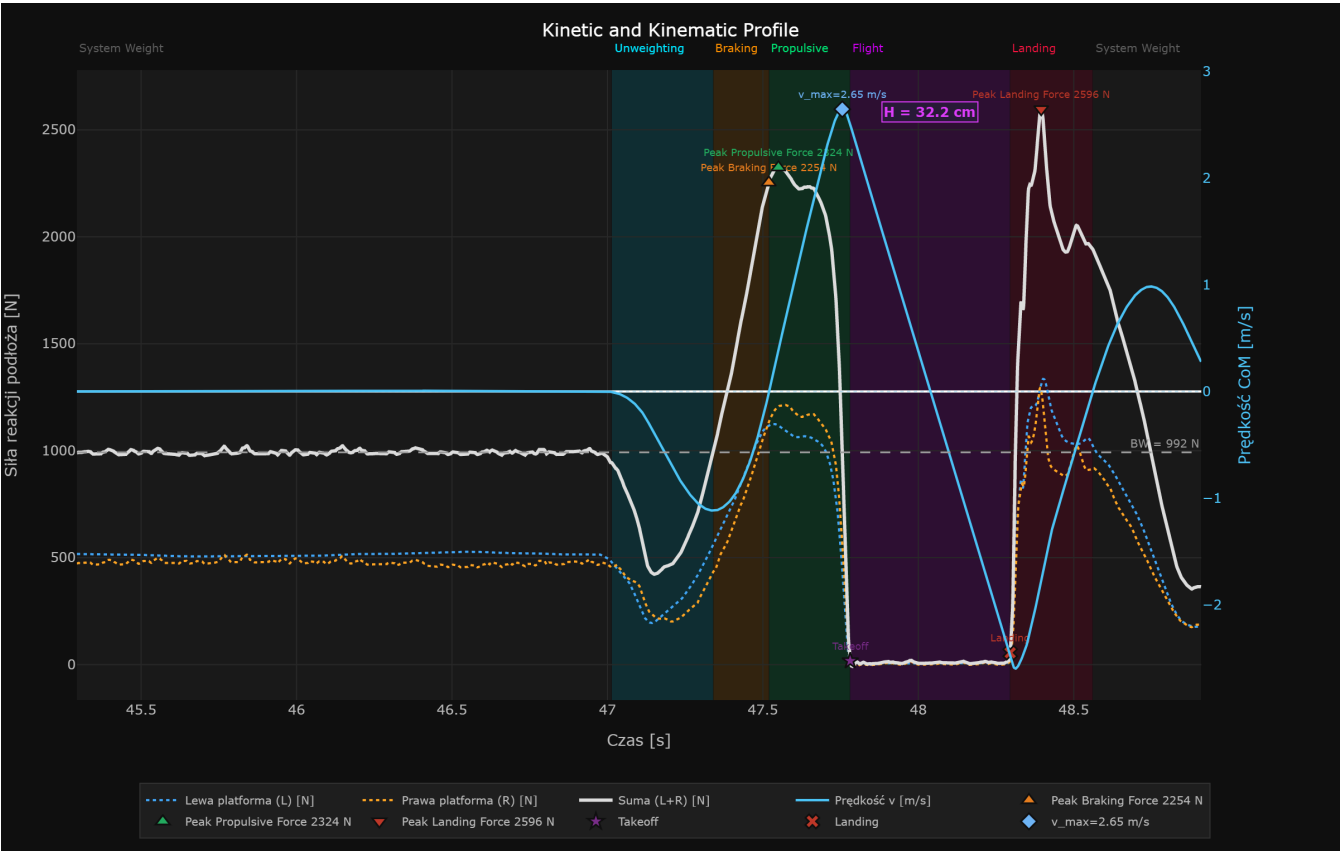
Typ testu
CMJ

Płeć
Mężczyzna

Wzrost
193 cm

Masa ciała
101.0 kg

Data pomiaru
2026-06-03 19:41:24



Basic & System

System Mass [kg]	101.2
System Weight [N]	992.3

Kinematics

Jump Height [cm]	32.2
Countermovement Depth [cm]	31.3
Takeoff Velocity [m/s]	2.51

Peak Velocity [m/s]	2.65
Average Propulsive Velocity [m/s]	1.56
Peak Braking Velocity [m/s]	1.12
Average Braking Velocity [m/s]	0.76

Time & RSI

Flight Time [s]	0.513
Time To Takeoff [s]	0.767
Modified RSI (mRSI)	0.42
RSI	0.67
Unweighting Phase [s]	0.325
Unweighting Phase %	42.4
Braking Phase [s]	0.178
Braking Phase %	23.3
Propulsive Phase [s]	0.259
Propulsive Phase %	33.8

Braking Phase (Kinetics)

Peak Braking Force [N]	2254.0
Peak Relative Braking Force [%]	227.1
Average Braking Force [N]	1617.0
Average Relative Braking Force [%]	162.9
Braking Net Impulse [Ns]	111.5
Relative Braking Net Impulse [Ns/kg]	1.1
Braking RFD [N/s]	7077.0

Propulsive Phase (Kinetics)

Peak Propulsive Force [N]	2324.0
Peak Relative Propulsive Force [%]	234.2

Average Propulsive Force [N]	1968.0
Average Relative Propulsive Force [%]	198.3
Propulsive Net Impulse [Ns]	254.3
Relative Propulsive Net Impulse [Ns/kg]	2.51
Jump Momentum [kg*m/s]	254.4
Impulse Ratio	2.28

Power

Peak Propulsive Power [W]	4785.0
Peak Relative Propulsive Power [W/kg]	47.3
Average Propulsive Power [W]	2772.0
Average Relative Propulsive Power [W/kg]	27.4
Peak Braking Power [W]	1404.0
Peak Relative Braking Power [W/kg]	13.9
Average Braking Power [W]	1104.0
Average Relative Braking Power [W/kg]	10.9

Landing

Landing Phase [s]	0.265
Peak Landing Force [N]	2596.0
Relative Peak Landing Force [%]	261.6
Average Landing Force [N]	1941.0
Landing Stiffness [N/m]	8239.0
Time To Stabilization [s]	0.901
Landing Height [cm]	31.5
Landing Performance Index	1.19

Asymmetry (L/R)

L/R Average Braking Force [%]	10.7
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L/R Peak Braking Force [%]	-1.4
L/R Braking Impulse Index [%]	10.7
L/R Average Landing Force [%]	11.4
L/R Peak Landing Force [%]	3.3
L/R Landing Impulse Index [%]	11.5
L/R Average Propulsive Force [%]	-9.9
L/R Peak Propulsive Force [%]	-7.4
L/R Propulsive Impulse Index [%]	-9.9