

Wiederholungsfragen		Frage	Antwort
Wiederholungsfragen		Wiederholungsfragen	Wiederholungsfragen
Wiederholungsfragen		Wiederholungsfragen	Wiederholungsfragen
Wiederholungsfragen		Wiederholungsfragen	Wiederholungsfragen

Wiederholungsfragen		Frage	Antwort
Wiederholungsfragen		Wiederholungsfragen	Wiederholungsfragen
Wiederholungsfragen		Wiederholungsfragen	Wiederholungsfragen
Wiederholungsfragen		Wiederholungsfragen	Wiederholungsfragen
Wiederholungsfragen		Wiederholungsfragen	Wiederholungsfragen

1. The first part of the document is a list of names and addresses of the members of the committee.

2. The second part of the document is a list of the names and addresses of the members of the committee.

3. The third part of the document is a list of the names and addresses of the members of the committee.

4. The fourth part of the document is a list of the names and addresses of the members of the committee.

5. The fifth part of the document is a list of the names and addresses of the members of the committee.

FPnr	Funksjon T2	Funksjon T4	Differanse	Selvfølelse T2
504	100.0	100.0	0.0	100.0
506	95.5	95.5	0.0	92.9
507	100.0	100.0	0.0	100.0
509	93.2	93.2	0.0	92.9
511	100.0	100.0	0.0	85.7
512	88.6	100.0	11.4	75.0
513	100.0	100.0	0.0	100.0
514	90.9	97.7	6.8	57.1
515	93.2	97.7	4.5	100.0
516	97.7	100.0	2.3	100.0
581	97.7	97.7	0.0	96.4
520	77.3	84.1	6.8	78.6
521	90.9	95.5	4.6	100.0
524	100.0	100.0	0.0	100.0
525	90.9	95.5	4.6	100.0
526	84.1	100.0	15.9	53.6
531	100.0	100.0	0.0	82.1
532	95.5	100.0	4.5	85.7
534	95.5	93.2	-2.3	67.9
537	97.7	93.2	-4.5	42.9
538	50.0	43.2	-6.8	42.9
517	81.8	100.0	18.2	96.4
518	93.2	93.2	0.0	89.3
541	81.8	84.1	2.3	71.4
542	54.5	63.6	9.1	53.6
543	90.9	93.2	2.3	85.7
544	86.4	97.7	11.3	85.7
545	88.6	75.0	-13.6	92.9
551	86.4	88.6	2.2	96.4
552	84.1	84.1	0.0	39.3
553	56.8	63.6	6.8	60.7
555	84.1	70.5	-13.6	96.4
561	90.9	95.5	4.6	71.4
564	56.8	68.2	11.4	7.1
565	54.5	56.8	2.3	25.0
571	88.6	90.9	2.3	92.9
572	54.5	65.9	11.4	71.4
575	81.8	84.1	2.3	67.9
576	65.9	100.0	34.1	42.9
577	31.8	93.2	61.4	3.6
578	47.7	50.0	2.3	42.9
535	84.1	95.5	11.4	60.7
631	100.0	100.0	0.0	60.7
635	56.8	54.5	-2.3	42.9
638	43.2	47.7	4.5	46.4
641	79.5	88.6	9.1	89.3
642	65.9	56.8	-9.1	42.9

645	90.9	95.5	4.6	89.3
651	77.3	77.3	0.0	71.4
652	47.7	65.9	18.2	28.6

Selvfølelse T2 Differanse**Seksualliv T2 Seksualliv T4 Differanse**

100.0	0.0	100.0	100.0	0.0
100.0	7.1	100.0	100.0	0.0
92.9	-7.1	100.0	100.0	0.0
100.0	7.1	100.0	100.0	0.0
85.7	0.0	100.0	100.0	0.0
100.0	25.0	100.0	100.0	0.0
100.0	0.0	100.0	100.0	0.0
100.0	42.9	75.0	100.0	25.0
96.4	-3.6	100.0	100.0	0.0
92.9	-7.1	100.0	100.0	0.0
100.0	3.6	100.0	100.0	0.0
100.0	21.4	100.0	100.0	0.0
100.0	0.0	100.0	100.0	0.0
100.0	0.0	100.0	100.0	0.0
100.0	0.0	100.0	100.0	0.0
100.0	46.4	93.8	100.0	6.2
100.0	17.9	100.0	100.0	0.0
100.0	14.3	100.0	100.0	0.0
64.3	-3.6	100.0	100.0	0.0
53.6	10.7	43.8	56.3	12.5
17.9	-25.0	75.0	50.0	-25.0
100.0	3.6	100.0	100.0	0.0
82.1	-7.2	100.0	100.0	0.0
92.9	21.5	100.0	100.0	0.0
46.4	-7.2	87.5	93.8	6.3
92.9	7.2	81.3	93.8	12.5
100.0	14.3	100.0	100.0	0.0
100.0	7.1	100.0	100.0	0.0
100.0	3.6	100.0	100.0	0.0
50.0	10.7	93.8	75.0	-18.8
57.1	-3.6	87.5	100.0	12.5
92.9	-3.5	87.5	75.0	-12.5
67.9	-3.5	75.0	75.0	0.0
10.7	3.6	56.3	75.0	18.7
32.1	7.1	68.8	68.8	0.0
75.0	-17.9	100.0	100.0	0.0
60.7	-10.7	100.0	93.8	-6.2
57.1	-10.8	50.0	75.0	25.0
75.0	32.1	37.5	100.0	62.5
60.7	57.1	18.8	93.8	75.0
57.1	14.2	100.0	100.0	0.0
71.4	10.7	75.0	93.8	18.8
42.9	-17.8	100.0	87.5	-12.5
50.0	7.1	68.8	56.3	-12.5
25.0	-21.4	50.0	6.3	-43.7
92.9	3.6	81.3	81.3	0.0
64.3	21.4	37.5	75.0	37.5

96.4	7.1	100.0	100.0	0.0
85.7	14.3	81.3	75.0	-6.3
32.1	3.5	56.3	62.5	6.2

Offentlig T2	Offentlig T4	Differanse	Arbeid T2	Arbeid T4
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	93.8	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	95.0	-5.0	87.5	81.3
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
95.0	100.0	5.0	75.0	87.5
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	100.0	100.0
100.0	100.0	0.0	93.8	100.0
90.0	90.0	0.0	100.0	100.0
85.0	70.0	-15.0	75.0	87.5
65.0	55.0	-10.0	56.3	50.0
100.0	95.0	-5.0	87.5	87.5
100.0	100.0	0.0	100.0	100.0
90.0	90.0	0.0	62.5	68.8
100.0	95.0	-5.0	81.3	81.3
100.0	100.0	0.0	100.0	100.0
75.0	100.0	25.0	62.5	81.3
65.0	80.0	15.0	100.0	100.0
60.0	95.0	35.0	87.5	100.0
65.0	100.0	35.0	56.3	100.0
70.0	70.0	0.0	75.0	56.3
100.0	100.0	0.0	100.0	100.0
30.0	35.0	5.0	81.3	68.8
75.0	60.0	-15.0	62.5	50.0
60.0	40.0	-20.0	75.0	68.8
100.0	100.0	0.0	93.8	100.0
60.0	80.0	20.0	87.5	68.8

95.0	100.0	5.0	100.0	100.0
95.0	90.0	-5.0	87.5	62.5
90.0	90.0	0.0	93.8	100.0

Differanse	LBM T2	LBM T4	Differanse	Fett% T2
0.0	62672	64278	1606	27.6
0.0	72791	74210	1419	28.7
0.0	75602	78576	2974	31.7
0.0	71257	72200	943	20.8
0.0	53998	54579	581	33.4
0.0	58463			37.6
0.0	53662	54982	1320	35.7
0.0	64449	65439	990	31.7
0.0	54350	56429	2079	31.4
0.0	60906	62112	1206	34.4
0.0	56129	56757	628	29.6
6.2	66324	65774	-550	33.2
0.0	40024	42697	2673	27.6
0.0	41011	42722	1711	39.8
0.0	43493	44550	1057	29.7
0.0	41291	40773	-518	44
0.0	38870	40966	2096	45.3
0.0	39918	41426	1508	34.9
0.0	43413			39.6
0.0	39825	41083	1258	43.6
-6.2	50892	50834	-58	38.1
0.0	56444	57572	1128	37.5
0.0	53409			36.3
0.0	60472	61854	1382	41.2
12.5	67441			34.1
0.0	61980	60299	-1681	37.7
0.0	79061	80422	1361	32.5
6.2	56333			40.1
0.0	69123	67734	-1389	37.3
12.5	67624	69753	2129	37
-6.3	76686	77406	720	42.6
0.0	62976			45.8
0.0	60453			32.9
6.3	46240			47.4
0.0	48646	49791	1145	43.7
0.0	49655	50580	925	49.3
18.8	52975		-52975	50.3
0.0	55245	54506	-739	49.9
12.5	62902			50.8
43.7	43821	45019	1198	59.8
-18.7	59333	59551	218	50.7
0.0	52739	52158	-581	42.7
-12.5	62225	60719	-1506	44.9
-12.5	49976	51915	1939	47.7
-6.2	45079	46722	1643	51.8
6.2	67353	70567	3214	30.3
-18.7	55624	55286	-338	49.9

0.0	79721	789224	709503	25
-25.0	43359	43668	309	47.3
6.2	43817	42496	-1321	55.3

Fett% T4	Differanse	1RM H T2	1RM V T2	Kroppsvekt T2
23.7	-3.9	172.5	142.5	89.9
28.6	-0.1	187.5	175	74.8
31.9	0.2	95	102.5	78.4
21.9	1.1	150	150	92.9
32.9	-0.5	155	135	83.2
		145	130	96.6
32.7	-3	130	36.3	84.8
30.4	-1.3	125	140	96.5
kr 29.20	-2.2	145.5	135	83.0
32.1	-2.3	152.5	132.5	94.1
29.1	-0.5	135	130	82.4
33	-0.2	130	135	102.4
24.3	-3.3	85	80	57.6
37.3	-2.5	82.5	80	68.9
28	-1.7	112.5	107.5	63.5
35.5	-8.5	115	122.5	77.7
39	-6.3	113.8	113.8	73.3
30.4	-4.5	115	120	64.6
		90	87.5	72.3
40.4	-3.2	100	100	74.0
38.6	0.5	122.5	97.5	83.8
36.5	-1	180	175	98.1
		275	250	85.6
41	-0.2	130	110	105.3
		207.5	217.5	105.6
38.8	1.1	225	190	99.1
32.1	-0.4	200	180	116.2
		160	167.5	96.2
35.9	-1.4	267.5	245	111.5
37.2	0.2	182.5	142.5	113.0
41.9	-0.7	165	130	135.0
		122.5	115	116.6
		105	112.5	95.9
		110	125	89.0
44.4	0.7	152.5	150	88.7
49.7	0.4	147.5	120	99.5
		110	127.5	108.3
47.6	-2.3	95	92.5	114.1
		190	215	135.9
59.7	-0.1	105		109.8
49.3	-1.4	150	130	123.6
44.9	2.2	110	110	93.9
46.9	2			114.7
45.7	-2			97.9
52.3	0.5			96.2
30.3	0			100.5
48	-1.9			114.1

24.3	-0.7	110.5
46.7	-0.6	84.1
56.1	0.8	100.2

1RM H T4**1RM V T4**

172.5	165
210	202.5
115	115
175	175
160	152.5
142.5	132.5
133.75	152.5
152.5	150
157.5	150
155	150
100	100
95	90
130	112.5
125	136.25
115	117.5
127.5	147.5
122.5	122.5
135	118
170	177.5
302.5	270
152.5	115
245	215
205	192.5
175	175
155	155
135	140
130.5	132.5
172.5	167.5
167.5	137.5
107.5	100
147.5	140
192.5	172.5
110	122.5

1RM H T2/Kroppsvekt 1RM V T2/Kroppsvekt

1.9	1.59
2.5	2.34
1.2	1.31
1.6	1.61
1.9	1.62
1.5	1.35
1.5	0.43
1.3	1.45
1.8	1.63
1.6	1.41
1.6	1.58
1.3	1.32
1.5	1.39
1.2	1.16
1.8	1.69
1.5	1.58
1.6	1.55
1.8	1.86
1.2	1.21
1.4	1.35
1.5	1.16
1.8	1.78
3.2	2.92
1.2	1.04
2.0	2.06
2.3	1.92
1.7	1.55
1.7	1.74
2.4	2.20
1.6	1.26
1.2	0.96
1.1	0.99
1.1	1.17
1.2	1.40
1.7	1.69
1.5	1.21
1.0	1.18
0.8	0.81
1.4	1.58
1.0	0.00
1.2	1.05
1.2	1.17

Gj.snitt 1RM H gr.1

126.6

Gj.snitt 1RM V gr.1

116.8

Gj.snitt 1RM H gr.2

161.4

Gj.snitt 1RM V gr.2

155.3

Gj.snittlig endring 1RM

7.1

13.8

16.5

16.7

7.8

11.8

8

7.8

16

15.1

21.2

13.8

10.2

10

2.2

17

22.5

15

-2.1

9

11.5

10.8

4.6

22.8

19.2

26.4

11.9

12.4

14

10.7

36.9

30.4

5.7