# Torque

Con-Trex MJ, human kinetics 1.7.5 Filter V 1.7.3

951.69.288.123 Sample Peter

1 31.10.2006 18:45:5( Left Knee Ext/Flex 500 Nm Isokinetic classic Con/Con 60/60 Measurement 5 repet. pause 0s, Gravity Correction

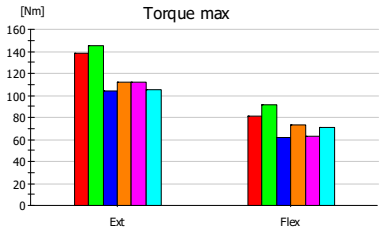
2 31.10.2006 18:29:1! Right Knee Ext/Flex 500 Nm Isokinetic classic Con/Con 60/60 Measurement 5 repet. pause 0s, Gravity Correction

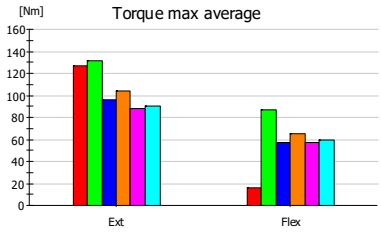
3 31.10.2006 18:50:4( Left Knee Ext/Flex 500 Nm Isokinetic classic Con/Con 180/180 Measurement 15 repet. pause 60s, Gravity Correction

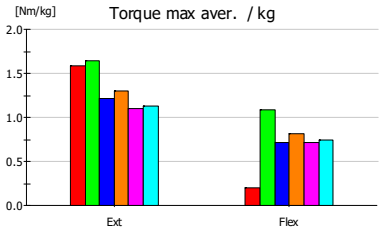
4 31.10.2006 18:33:2' Right Knee Ext/Flex 500 Nm Isokinetic classic Con/Con 180/180 Measurement 15 repet. pause 60s, Gravity Correction

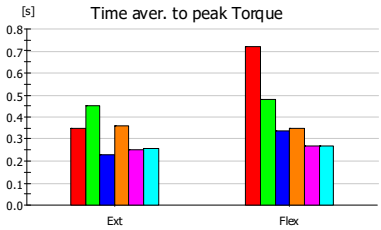
5 31.10.2006 18:53:5( Left Knee Ext/Flex 500 Nm Isokinetic classic Con/Con 300/300 Measurement 25 repet. pause 60s, Gravity Correction

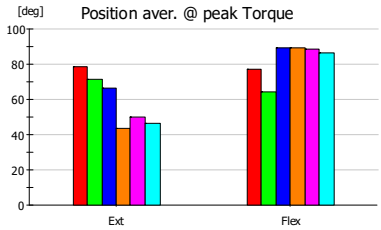
6 31.10.2006 18:36:4( Right Knee Ext/Flex 500 Nm Isokinetic classic Con/Con 300/300 Measurement 25 repet. pause 60s, Gravity Correction

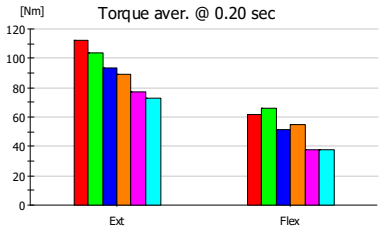



| Description | Unit | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|---|
| Number of repetitions Ext | [n] | 5 | 5 | 15 | 15 | 25 | 25 |
| Maximum RoM Ext | [deg] | -42.4 | -39.6 | -42.4 | -39.6 | -42.4 | -39.6 |
| Maximum RoM Flex | [deg] | -96.6 | -94.4 | -96.6 | -94.5 | -96.6 | -94.5 |
| Speed max average Ext | [deg/s] | 61 | 61 | 181 | 180 | 288 | 288 |
| Speed max average Flex | [deg/s] | -61 | -61 | -181 | -181 | -284 | -285 |
| Torque max Ext | [Nm] | 137.8 | 144.9 | 104.5 | 112.1 | 112.0 | 105.5 |
| Torque max Flex | [Nm] | -80.6 | -91.5 | -61.9 | -73.5 | -63.2 | -70.5 |
| Torque max average Ext | [Nm] | 127.0 | 131.8 | 96.5 | 104.4 | 88.0 | 90.1 |
| Torque max average Flex | [Nm] | -16.1 | -86.6 | -57.0 | -65.6 | -57.6 | -59.3 |
| Torque max aver. Flex/ Ext | [%] | 12.6 | 65.7 | 59.1 | 62.8 | 65.4 | 65.8 |
| Torque max aver. Ext/ kg | [Nm/kg] | 1.59 | 1.65 | 1.21 | 1.30 | 1.10 | 1.13 |
| Torque max aver. Flex/ kg | [Nm/kg] | -0.20 | -1.08 | -0.71 | -0.82 | -0.72 | -0.74 |
| Time aver. to peak Torque Ext | [s] | 0.35 | 0.45 | 0.23 | 0.36 | 0.25 | 0.26 |
| Time aver. to peak Torque Flex | [s] | 0.72 | 0.48 | 0.34 | 0.35 | 0.27 | 0.27 |
| Position aver. @ peak Torque Ext | [deg] | -78.8 | -71.1 | -66.7 | -43.9 | -50.0 | -46.2 |
| Position aver. @ peak Torque Flex | [deg] | -77.2 | -64.6 | -89.5 | -89.3 | -88.7 | -86.6 |
| Torque aver. @ 0.20 sec Ext | [Nm] | 112.5 | 103.7 | 93.5 | 89.5 | 77.2 | 72.9 |
| Torque aver. @ 0.20 sec Flex | [Nm] | -61.5 | -65.9 | -51.2 | -54.6 | -37.5 | -37.7 |