

COMBINE DATA

MEASURABLES

PHYSICAL & PERFORMANCE TESTING

Metric	Result	College Avg	Tested
10m Sprint Acceleration	— pending		
30m Sprint Top-end speed	— pending		
100m (Track) Track PR	14.4s		2026-07-03
200m (Track) Track PR	33.2s		2026-07-03
400m (Track) Track PR	— pending		
5-10-5 Shuttle Pro agility	5.01s		2026-07-31
Yo-Yo IR1 Intermittent endurance	— pending		
Mile Run Aerobic base	— pending		
2000m Erg Row Rowing endurance	8:50	≈7:30 (D1 rowing)	2026-07-31
5000m Erg Row Rowing endurance	25:45		2026-08-04
Vertical Jump Lower-body power	— pending		
Broad Jump Explosive power	— pending		
Juggling Record Ball mastery	— pending		

GET IN TOUCH

CONTACT

PARENT EMAIL — HECTOR RODRIGUEZ

hector@sfla-elec.com

PARENT PHONE — HECTOR RODRIGUEZ

(786) 299-2337

CLUB

Pinecrest Premier SC

INSTAGRAM

@CR20_31

