

Endurance shuttle run

On each audio signal touch one line and run to the other. Keep up as long as possible. The two lines are 20 m apart.

Starting position

- Sports shoes
- Behind the starting line

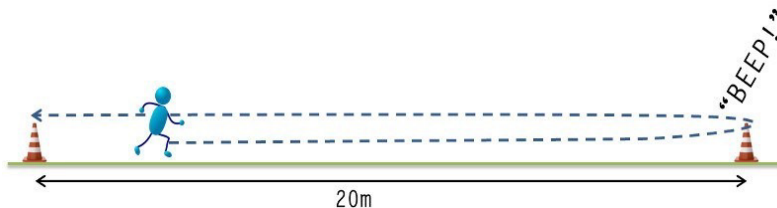
Score

Time is recorded in minutes to the nearest 0.5 minute

Attempts

1 attempt

- ✓ On each signal the line should be touched
- ✓ Depart only after the signal
- ✓ When arriving after the signal two warnings are given, arriving after the signal for the third time in a row means the test is finished



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