

| Time taken to complete the task | 10s   | 15s   | 20s   | 25s    | 30s |
|---------------------------------|-------|-------|-------|--------|-----|
| Preparation                     | 10    | 15    | 20    | 25     | 30  |
| Execution                       | 20    | 25    | 30    | 35     | 40  |
|                                 |       |       |       |        |     |
| Total Time                      |       |       |       |        |     |
| Age                             | 12-15 | 16-18 | 19-25 | 26-35  |     |
| Height (cm)                     | 150   | 160   | 170   | 180    |     |
| Weight (kg)                     | 50    | 60    | 70    | 80     |     |
| Gender                          | Male  | Male  | Male  | Female |     |
| Experience                      | Low   | Low   | Low   | High   |     |
|                                 |       |       |       |        |     |
|                                 |       |       |       |        |     |