

**NAMA : Gilang**

### **1. Tes Keterampilan Softball**

Fielding Fkay Ball 30 detik	15									
Reapted Throw 30 detk	18									
Speed Throw*	79	75	81							
Overhand Accuracy Throw	2	3	4	1	2	0	0	1	1	1
Throw and Cacth 3 x	0	8	9							
Fungo Batting	5	5	5	3	3	1	1	5	5	1
Home run*	12.82									

Keterangan :

\* : Dihitung dengan satuan waktu

### **2. Tes Recovery AL**

0 Menit	6.6
3 Menit	7.8
5 Menit	8.1
20 Menit	5.2

**NAMA : M Bagus**

### **1. Tes Keterampilan Softball**

Fielding Fkay Ball 30 detik	13									
Reapted Throw 30 detk	16									
Speed Throw*	80	85	89							
Overhand Accuracy Throw	2	1	2	0	0	2	0	2	2	0
Throw and Cacth 3 x	13	0	12							
Fungo Batting	3	1	3	5	1	1	3	5	5	3
Home run*	12.82									

Keterangan :

\* : Dihitung dengan satuan waktu

### **2. Tes Recovery AL**

0 Menit	11
3 Menit	7.6
5 Menit	7
20 Menit	4.3

**NAMA : Agus**

### **1. Tes Keterampilan Softball**

Fielding Fkay Ball 30 detik	13									
Reapted Throw 30 detk	17									
Speed Throw*	72	72	79							
Overhand Accuracy Throw	3	3	3	2	3	2	1	2	1	1
Throw and Cacth 3 x	7	0	0							
Fungo Batting	1	5	1	3	3	1	5	5	3	3
Home run*	13.09									

Keterangan :

\* : Dihitung dengan satuan waktu

### **2. Tes Recovery AL**

0 Menit	15.5
3 Menit	11.2
5 Menit	10.3
20 Menit	6.7

**NAMA : Yogi**

### **1. Tes Keterampilan Softball**

Fielding Fkay Ball 30 detik	16									
Reapted Throw 30 detk	18									
Speed Throw*	93	97	91							
Overhand Accuracy Throw	2	1	0	2	2	0	2	1	0	3
Throw and Cacth 3 x	10	0	10							
Fungo Batting	1	5	5	3	3	5	5	3	1	1
Home run*	13.00									

Keterangan :

\* : Dihitung dengan satuan waktu

### **2. Tes Recovery AL**

0 Menit	11.8
3 Menit	12.2
5 Menit	10.3
20 Menit	6.7

**NAMA : Ikwan**

### **1. Tes Keterampilan Softball**

Fielding Fkay Ball 30 detik	16									
Reapted Throw 30 detk	20									
Speed Throw*	83	90	95							
Overhand Accuracy Throw	3	0	2	2	3	3	2	0	4	3
Throw and Cacth 3 x	0	0	10							
Fungo Batting	5	5	5	3	1	1	3	3	5	5
Home run*	14.00									

Keterangan :

\* : Dihitung dengan satuan waktu

### **2. Tes Recovery AL**

0 Menit	15
3 Menit	13.4
5 Menit	11.9
20 Menit	7.7

**NAMA : Rido Bahari**

### **1. Tes Keterampilan Softball**

Fielding Fkay Ball 30 detik	16									
Reapted Throw 30 detk	18									
Speed Throw*	84	91	89							
Overhand Accuracy Throw	1	3	3	1	2	2	3	3	2	2
Throw and Cacth 3 x	0	0	12							
Fungo Batting	5	5	3	3	5	5	1	1	3	3
Home run*	14.76									

Keterangan :

\* : Dihitung dengan satuan waktu

### **2. Tes Recovery AL**

0 Menit	9
3 Menit	9
5 Menit	7.5
20 Menit	5.1

**NAMA : Ayub**

### **1. Tes Keterampilan Softball**

Fielding Fkay Ball 30 detik	12									
Reapted Throw 30 detk	18									
Speed Throw*	67	94	87							
Overhand Accuracy Throw	1	2	2	3	1	4	3	1	3	2
Throw and Cacth 3 x	0	0	13							
Fungo Batting	5	5	5	3	1	3	3	1	5	5
Home run*	14.40									

Keterangan :

\* : Dihitung dengan satuan waktu

### **2. Tes Recovery AL**

0 Menit	8.8
3 Menit	6.6
5 Menit	3.9
20 Menit	2.6

**NAMA : Ade Isa**

### **1. Tes Keterampilan Softball**

Fielding Fkay Ball 30 detik	14									
Reapted Throw 30 detk	20									
Speed Throw*	88	86	88							
Overhand Accuracy Throw	2	2	2	2	1	2	1	2	2	2
Throw and Cacth 3 x	0	0	10							
Fungo Batting	5	1	1	3	1	5	5	5	3	3
Home run*	14.88									

Keterangan :

\* : Dihitung dengan satuan waktu

### **2. Tes Recovery AL**

0 Menit	6.9
3 Menit	10.2
5 Menit	5.4
20 Menit	3.9



**NAMA : Indra**

### **1. Tes Keterampilan Softball**

Fielding Fkay Ball 30 detik	14									
Reapted Throw 30 detk	23									
Speed Throw*	75	75	81							
Overhand Accuracy Throw	1	3	1	2	1	2	2	2	3	3
Throw and Cacth 3 x	0	0	10							
Fungo Batting	3	3	5	1	3	3	5	5	3	3
Home run*	14.21									

Keterangan :

\* : Dihitung dengan satuan waktu

### **2. Tes Recovery AL**

0 Menit	6.6
3 Menit	6.7
5 Menit	7.2
20 Menit	2.7

**NAMA : Carudin**

### **1. Tes Keterampilan Softball**

Fielding Fkay Ball 30 detik	15									
Reapted Throw 30 detk	21									
Speed Throw*	78	83	82							
Overhand Accuracy Throw	2	1	1	1	3	1	2	1	2	1
Throw and Cacth 3 x	8	0	0							
Fungo Batting	5	1	5	3	5	5	3	1	1	1
Home run*	13.58									

Keterangan :

\* : Dihitung dengan satuan waktu

### **2. Tes Recovery AL**

0 Menit	6.2
3 Menit	10.2
5 Menit	5.4
20 Menit	3.8

**NAMA : Dadan**

### **1. Tes Keterampilan Softball**

Fielding Fkay Ball 30 detik	13									
Reapted Throw 30 detk	17									
Speed Throw*	73	79	77							
Overhand Accuracy Throw	1	3	1	2	3	2	3	3	3	1
Throw and Cacth 3 x	0	0	8							
Fungo Batting	1	1	1	1	3	3	5	3	1	1
Home run*	15.58									

Keterangan :

\* : Dihitung dengan satuan waktu

### **2. Tes Recovery AL**

0 Menit	10.3
3 Menit	5.2
5 Menit	6.9
20 Menit	3.7

Tono Haryono, 2014

*RECOVERY ASAM LAKTAT PADA PEMBELAJARAN SOFTBALL (Studi Eksperimen pada UKM Softball UPI Bandung)*

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**NAMA : Heri Ade**

### **1. Tes Keterampilan Softball**

Fielding Fkay Ball 30 detik	14									
Reapted Throw 30 detk	16									
Speed Throw*	88	91	89							
Overhand Accuracy Throw	1	3	4	1	1	1	1	1	2	1
Throw and Cacth 3 x	10	8	7							
Fungo Batting	5	5	3	1	5	5	3	3	1	1
Home run*	14.28									

Keterangan :

\* : Dihitung dengan satuan waktu

### **2. Tes Recovery AL**

0 Menit	5.8
3 Menit	7.5
5 Menit	9.2
20 Menit	5.0