

Hasil Tes Keterampilan Softball dan Tes Kadar Asam Laktat

Softball Skill																									Recovery Lactate								
	Fielding flay ball	Reapted throw	Speed Throw			Overhand Accuracy Throw										Throw and Cacth			Fungo Batting										Home Run	0 menit	3 menit	5 menit	20 menit
A	15	18	79	75	81	2	3	4	1	2	0	0	1	1	1	0	8	9	5	5	5	3	3	1	1	5	5	1	12.82	6.6	7.8	8.1	5.2
B	13	16	80	85	89	2	1	2	0	0	2	0	2	2	0	13	0	12	3	1	3	5	1	1	3	5	5	3	12.82	11	7.6	7	4.3
C	13	17	72	72	79	3	3	3	2	3	2	1	2	1	1	7	0	0	1	5	1	3	3	1	5	5	3	3	13.09	15.5	11.2	10.3	6.7
D	16	18	93	97	91	2	1	0	2	2	0	2	1	0	3	10	0	10	1	5	5	3	3	5	5	3	1	1	13.00	11.8	12.2	10.3	6.7
E	16	20	83	90	95	3	0	2	2	3	3	2	0	4	3	0	0	10	5	5	5	3	1	1	3	3	5	5	14.00	15	13.4	11.9	7.7
F	16	18	84	91	89	1	3	3	1	2	2	3	3	2	2	0	0	12	5	5	3	3	5	5	1	1	3	3	14.76	9	9	7.5	5.1
G	12	18	67	94	87	1	2	2	3	1	4	3	1	3	2	0	0	13	5	5	5	3	1	3	3	1	5	5	14.40	8.8	6.6	3.9	2.6
H	14	20	88	86	88	2	2	2	2	1	2	1	2	2	2	0	0	10	5	1	1	3	1	5	5	5	3	3	14.88	6.9	10.2	5.4	3.9
I	14	23	75	75	81	1	3	1	2	1	2	2	2	3	3	0	0	10	3	3	5	1	3	3	5	5	3	3	14.21	6.6	6.7	7.2	2.7
J	15	21	78	83	82	2	1	1	1	3	1	2	1	2	1	8	0	0	5	1	5	3	5	5	3	1	1	1	13.58	6.2	10.2	5.4	3.8
K	13	17	73	79	77	1	3	1	2	3	2	3	3	3	1	0	0	8	1	1	1	1	3	3	5	3	1	1	15.58	10.3	5.2	6.9	3.7
L	14	16	88	91	89	1	3	4	1	1	1	1	1	2	1	10	8	7	5	5	3	1	5	5	3	3	1	1	14.28	5.8	7.5	9.2	5.0

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

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