

Table 1. N, mean and SD values of boy participants.

		Body weight (kg)	Height (cm)	BMI (kg/m ²)	ZigZag (sc)	Sprint 10m (sc)	Sprint 20m (sc)	Std Long Jump (cm)	Handgrip Right (kg)	Handgrip Left (kg)	Sit Up-30 sn (rep)	
BOY	7,1	N	135	135	135	123	124	125	134	123	122	119
		Mean	27.1	125.5	17.2	8.915	2.464	4.529	107.7	11.2	11.0	12.9
		SD	4.9	5.4	2.3	1.1	0.2	0.4	16.5	2.2	2.2	4.2
	7,2	N	146	146	146	138	137	140	143	132	132	130
		Mean	27.7	126.3	17.3	8.845	2.460	4.529	107.8	11.5	11.3	13.1
		SD	5.9	5.6	2.9	0.9	0.2	0.4	16.3	2.9	2.9	4.8
	7,3	N	152	152	152	145	146	146	151	135	135	132
		Mean	29.3	128.3	17.7	8.713	2.411	4.464	112.1	12.7	12.4	13.1
		SD	6.4	5.8	3.0	1.0	0.1	0.3	17.2	2.5	2.6	4.7
	7,4	N	194	195	194	181	185	180	189	151	151	145
		Mean	30.1	129.5	17.8	8.640	2.410	4.458	112.4	13.0	12.6	13.6
		SD	7.1	5.8	3.0	0.9	0.2	0.4	17.4	3.9	3.7	4.8
	8,1	N	264	262	261	253	253	250	253	179	178	171
		Mean	30.4	130.3	17.9	8.475	2.405	4.422	115.3	13.0	12.7	13.8
		SD	6.2	5.7	2.7	0.9	0.2	0.4	18.8	2.3	2.3	4.4
	8,2	N	303	299	299	294	297	293	296	220	220	224
		Mean	31.2	131.7	17.9	8.375	2.372	4.359	115.4	13.5	12.9	14.1
		SD	6.9	5.8	3.0	0.9	0.2	0.3	20.0	3.0	2.8	4.9
	8,3	N	292	295	292	281	285	282	284	202	202	203
		Mean	32.7	133.2	18.3	8.362	2.364	4.344	118.5	13.8	13.4	14.3
		SD	7.7	6.0	3.3	0.8	0.2	0.4	18.8	3.5	3.3	4.9
	8,4	N	328	331	328	308	309	304	315	209	209	217
		Mean	33.1	134.0	18.3	8.253	2.352	4.304	118.9	14.2	14.0	14.6
		SD	8.4	6.5	3.6	0.9	0.2	0.3	18.7	3.6	3.6	4.2
	9,1	N	343	341	341	326	331	323	333	257	256	256
		Mean	34.2	135.7	18.5	8.192	2.340	4.272	121.6	14.7	14.1	14.8
		SD	8.1	6.4	3.4	0.8	0.2	0.3	18.5	3.4	3.3	4.6
	9,2	N	408	409	407	396	399	389	398	295	295	291
		Mean	35.7	137.2	18.9	8.181	2.327	4.238	121.6	15.2	14.7	14.5
		SD	8.3	6.2	3.4	0.9	0.2	0.3	18.5	3.1	3.1	4.8
	9,3	N	458	456	456	444	436	430	455	302	302	298
		Mean	35.9	138.2	18.7	8.125	2.310	4.219	122.9	15.6	15.0	14.8
		SD	8.6	6.2	3.6	0.9	0.2	0.3	17.7	4.0	3.7	5.0
	9,4	N	529	530	529	498	487	488	515	309	309	311
		Mean	37.6	139.5	19.2	8.123	2.309	4.219	123.4	16.5	15.9	14.4
		SD	9.7	6.9	3.9	0.8	0.2	0.4	19.8	4.3	4.1	5.2
	10,1	N	464	466	464	446	437	424	460	255	255	250
		Mean	38.3	140.1	19.4	8.084	2.283	4.170	124.8	16.6	15.9	14.0
		SD	9.9	6.6	3.9	0.8	0.2	0.3	20.7	3.5	3.4	5.5
	10,2	N	503	505	502	496	470	464	507	256	256	256
		Mean	39.1	141.9	19.3	7.937	2.262	4.127	126.9	17.4	16.6	14.3
		SD	10.5	6.9	4.0	0.8	0.2	0.4	21.4	3.9	3.6	5.6
10,3	N	421	420	420	415	403	374	413	213	213	211	
	Mean	40.6	143.2	19.7	7.933	2.259	4.126	127.7	18.1	17.5	14.4	
	SD	10.8	7.1	4.2	0.9	0.2	0.4	21.2	4.1	3.9	5.3	
10,4	N	470	468	468	449	441	425	452	237	237	233	
	Mean	40.7	143.6	19.6	7.884	2.239	4.086	130.6	18.2	17.6	14.4	
	SD	10.2	6.7	3.7	0.8	0.2	0.3	20.6	3.7	3.6	5.2	
11,1	N	365	365	363	347	350	341	351	176	176	183	
	Mean	42.4	145.3	19.9	7.826	2.221	4.056	131.4	18.7	18.0	14.1	
	SD	10.9	7.5	4.1	0.8	0.2	0.4	20.6	3.6	3.7	5.4	
11,2	N	342	339	339	325	322	324	332	174	174	176	
	Mean	42.8	146.6	19.8	7.776	2.209	4.008	134.8	19.1	18.5	15.0	
	SD	11.0	7.3	3.9	0.8	0.2	0.4	22.0	4.3	4.0	4.6	
11,3	N	403	404	404	390	392	373	393	204	204	214	
	Mean	44.7	148.3	20.1	7.724	2.203	4.007	136.4	20.4	19.5	15.1	

	SD	12.3	7.9	4.5	0.8	0.2	0.3	20.9	4.5	4.4	4.4
	N	355	354	354	338	343	334	340	178	178	191
11,4	Mean	44.4	148.4	20.0	7.674	2.193	3.979	137.8	20.8	20.1	15.5
	SD	11.4	8.1	4.0	0.8	0.2	0.3	21.4	4.5	4.3	5.0
	N	213	210	210	207	203	190	201	150	150	163
12,1	Mean	45.8	150.4	20.2	7.606	2.156	3.923	141.0	21.9	21.0	15.1
	SD	11.7	7.7	4.0	0.7	0.2	0.4	24.0	5.1	4.9	5.1
	N	225	225	224	206	216	208	202	179	178	181
12,2	Mean	47.4	152.0	20.4	7.593	2.148	3.897	143.0	22.4	21.8	14.8
	SD	11.6	8.3	3.8	0.8	0.2	0.3	22.4	5.0	4.9	6.0
	N	236	234	233	235	228	216	224	197	197	198
12,3	Mean	47.8	153.3	20.2	7.587	2.142	3.896	143.4	23.2	22.1	13.8
	SD	11.6	8.6	3.7	0.7	0.2	0.3	23.1	5.3	4.9	6.2
	N	202	201	200	187	191	185	187	170	170	172
12,4	Mean	48.4	154.2	20.2	7.518	2.139	3.888	146.0	23.9	23.0	14.4
	SD	12.1	9.2	3.8	0.7	0.2	0.4	25.1	6.1	6.0	6.0
	N	137	138	136	127	131	128	131	120	120	128
13,1	Mean	49.7	157.1	20.0	7.421	2.104	3.781	150.1	26.3	25.2	14.0
	SD	12.0	8.6	3.5	0.6	0.2	0.3	25.4	6.2	5.8	6.1
	N	132	131	131	123	125	125	125	116	116	116
13,2	Mean	51.3	157.9	20.5	7.361	2.093	3.757	154.9	26.4	25.7	14.8
	SD	11.9	8.5	3.7	0.6	0.2	0.3	25.5	6.3	6.0	5.8
	N	113	113	111	109	109	108	110	102	102	105
13,3	Mean	53.8	160.6	20.8	7.308	2.070	3.698	158.6	28.7	27.4	14.6
	SD	13.6	8.6	4.0	0.6	0.2	0.3	22.3	8.0	7.6	5.7
	N	111	113	111	103	104	104	99	96	96	106
13,4	Mean	56.2	162.6	21.2	7.306	2.051	3.666	159.0	30.5	28.8	13.7
	SD	13.6	9.4	4.2	0.6	0.2	0.3	23.3	7.1	6.7	5.4
	N	8244	8237	8210	7890	7854	7673	7993	5337	5333	5380
Total	Mean	39.2	141.8	19.2	8.004	2.270	4.143	128.2	17.8	17.2	14.4
	SD	11.8	10.9	3.8	0.9	0.2	0.4	23.4	6.2	5.9	5.2

Table 2. N, mean and SD values of girl participants.

		Body Weight (kg)	Height (cm)	BMI (kg/m ²)	ZigZag (sc)	Sprint 10m (sc)	Sprint 20m (sc)	Std Long Jump (cm)	Handgrip Right (kg)	Handgrip Left (kg)	Sit Up-30 sc (rep)	
GIRL	7,1	N	82	81	81	78	79	81	79	79	76	
		Mean	25.9	124.6	16.7	9.349	2.545	4.754	99.8	10.3	10.1	12.3
		SD	4.9	4.9	2.4	0.9	0.2	0.4	17.3	2.6	2.9	4.8
	7,2	N	94	95	94	95	95	95	95	94	94	95
		Mean	26.4	125.3	16.7	9.328	2.534	4.674	104.1	11.5	11.1	13.6
		SD	4.8	6.0	1.9	0.9	0.2	0.4	16.8	3.1	3.1	5.4
	7,3	N	110	110	110	107	109	106	110	99	99	94
		Mean	27.9	127.2	17.1	9.296	2.529	4.673	104.3	11.7	11.4	13.7
		SD	5.9	5.9	2.5	1.0	0.2	0.4	17.1	2.8	2.7	4.6
	7,4	N	147	146	146	143	143	142	147	137	137	117
		Mean	28.1	127.5	17.2	8.998	2.480	4.607	105.6	11.8	11.7	13.5
		SD	6.1	6.2	2.7	0.9	0.2	0.4	16.3	3.2	3.4	5.0
	8,1	N	163	162	162	160	159	158	160	107	107	100
		Mean	30.4	130.1	17.9	8.874	2.459	4.579	107.7	12.1	12.1	14.1
		SD	7.1	6.2	3.2	0.9	0.2	0.4	15.8	2.6	2.7	5.4
	8,2	N	169	169	169	169	169	168	167	122	122	117
		Mean	30.5	130.9	17.7	8.787	2.430	4.509	108.5	12.4	12.2	14.5
		SD	7.0	6.2	3.1	0.9	0.2	0.4	18.2	3.3	3.5	4.8
	8,3	N	186	186	186	186	185	181	181	137	137	130
		Mean	32.2	132.5	18.2	8.775	2.424	4.498	109.8	13.1	13.0	14.3
		SD	7.6	6.3	3.1	1.0	0.2	0.3	18.9	4.2	3.5	5.8
	8,4	N	211	210	210	210	208	203	211	142	142	141
		Mean	32.3	133.4	18.1	8.714	2.411	4.461	112.6	13.4	13.3	14.5
		SD	6.8	6.2	2.8	0.8	0.2	0.4	17.3	3.8	3.4	4.8
	9,1	N	242	242	242	240	234	229	236	176	176	165
		Mean	33.2	135.4	18.0	8.658	2.408	4.430	112.8	13.5	13.3	14.8
		SD	7.3	6.1	3.0	0.8	0.2	0.3	19.1	2.8	2.7	5.5
	9,2	N	242	242	242	240	240	233	241	175	175	168
		Mean	34.8	137.0	18.4	8.634	2.389	4.406	114.7	14.1	13.9	14.4
		SD	8.3	6.7	3.3	0.9	0.2	0.4	19.4	3.4	3.2	5.4
	9,3	N	313	313	312	312	312	287	313	231	231	204
		Mean	35.2	137.4	18.5	8.626	2.385	4.392	115.0	14.4	14.0	14.3
		SD	8.8	6.8	3.5	0.8	0.2	0.3	16.7	3.1	3.1	5.6
9,4	N	348	351	348	349	325	307	342	183	183	173	
	Mean	37.9	139.8	19.2	8.583	2.376	4.368	115.6	15.3	15.2	14.1	
	SD	9.9	7.0	4.0	0.9	0.2	0.4	19.2	3.9	3.7	5.8	
10,1	N	399	400	399	392	361	347	394	201	201	180	
	Mean	38.4	141.1	19.2	8.563	2.375	4.356	117.1	15.7	15.3	14.1	
	SD	9.9	7.1	4.0	0.9	0.2	0.4	18.4	3.4	3.4	5.9	
10,2	N	329	330	329	324	296	278	324	160	160	156	
	Mean	39.0	142.0	19.3	8.515	2.346	4.332	117.6	16.2	15.5	14.0	
	SD	10.1	7.1	4.0	0.9	0.2	0.4	20.3	3.5	3.5	5.7	
10,3	N	323	325	323	317	322	282	322	154	154	144	
	Mean	39.9	143.4	19.3	8.463	2.344	4.322	118.0	16.8	16.2	13.0	
	SD	9.6	7.1	3.6	0.9	0.2	0.4	19.1	4.0	3.9	5.7	
10,4	N	314	314	314	307	294	284	308	144	144	144	
	Mean	42.1	144.9	19.9	8.372	2.339	4.291	119.7	17.6	17.0	14.2	
	SD	10.7	7.8	3.9	0.9	0.2	0.4	19.6	4.2	4.0	6.0	
11,1	N	247	249	247	240	235	215	246	108	108	103	
	Mean	42.2	146.7	19.5	8.314	2.305	4.230	122.5	17.9	17.1	13.7	
	SD	10.2	7.6	3.8	0.9	0.2	0.4	21.8	4.2	3.9	5.9	
11,2	N	272	272	272	265	265	252	270	110	110	108	
	Mean	43.4	147.6	19.8	8.303	2.300	4.225	122.6	19.6	19.1	14.6	
	SD	10.7	7.5	3.9	0.8	0.2	0.4	21.8	4.9	5.1	5.0	
11,3	N	245	245	245	243	242	226	243	102	102	96	
	Mean	45.7	149.7	20.2	8.221	2.283	4.199	126.1	20.3	19.5	15.1	
	SD	11.2	7.5	4.0	0.9	0.2	0.4	20.1	5.4	5.3	4.5	

11,4	N	204	204	204	196	204	202	199	92	92	88
	Mean	46.1	151.2	20.1	8.193	2.279	4.192	126.6	20.4	20.0	14.4
	SD	10.1	7.3	3.4	0.8	0.2	0.4	24.8	3.9	4.1	5.5
12,1	N	129	131	129	127	129	124	131	79	78	75
	Mean	47.5	152.6	20.3	8.194	2.281	4.194	127.4	20.4	20.1	13.3
	SD	11.5	8.2	4.1	0.9	0.2	0.4	21.2	4.9	4.7	5.8
12,2	N	123	124	123	119	124	121	120	96	96	95
	Mean	48.1	152.7	20.5	8.189	2.280	4.186	129.0	21.9	20.6	13.2
	SD	11.1	7.4	3.7	0.8	0.2	0.4	24.4	4.7	4.4	5.7
12,3	N	127	127	127	124	127	126	121	104	104	103
	Mean	48.6	153.4	20.6	8.174	2.277	4.163	131.0	22.4	21.7	12.4
	SD	12.0	8.4	4.5	0.8	0.2	0.4	25.2	5.0	4.7	5.8
12,4	N	118	119	118	116	118	118	119	106	106	106
	Mean	50.7	154.8	21.1	8.167	2.270	4.148	131.1	23.9	22.9	12.5
	SD	10.5	6.7	3.6	0.7	0.2	0.4	24.0	4.6	4.5	5.5
13,1	N	114	115	114	113	114	115	115	108	108	104
	Mean	51.0	156.0	20.9	8.166	2.266	4.147	129.6	23.7	22.7	10.9
	SD	10.8	6.0	3.7	0.7	0.2	0.3	20.8	4.9	4.5	5.1
13,2	N	118	117	117	118	118	117	116	114	114	108
	Mean	51.2	156.5	20.8	8.166	2.268	4.141	130.2	23.9	23.0	11.6
	SD	11.0	6.7	3.5	0.7	0.2	0.4	21.1	5.3	4.4	5.1
13,3	N	114	114	114	113	113	112	114	111	111	106
	Mean	52.9	156.5	21.6	8.176	2.265	4.146	129.2	24.5	23.4	12.1
	SD	12.2	5.8	4.5	0.6	0.2	0.4	23.2	4.7	4.6	4.5
13,4	N	74	73	73	74	74	74	72	72	72	69
	Mean	52.9	156.8	21.5	8.169	2.265	4.143	130.3	24.2	23.0	11.8
	SD	11.7	5.6	4.2	0.6	0.2	0.4	21.3	5.3	4.6	5.3
Total	N	5557	5566	5550	5477	5394	5181	5498	3543	3542	3365
	Mean	39.3	142.0	19.2	8.5	2.4	4.3	118.2	16.8	16.3	13.7
	SD	11.8	11.0	3.8	0.9	0.2	0.4	21.2	5.8	5.5	5.5

Table 3. Body weights (kg) of 7-13-year-old Turkish children by gender and age.

		WEIGHT (kg)																												
Age/month group		7.1	7.2	7.3	7.4	8.1	8.2	8.3	8.4	9.1	9.2	9.3	9.4	10.1	10.2	10.3	10.4	11.1	11.2	11.3	11.4	12.1	12.2	12.3	12.4	13.1	13.2	13.3	13.4	
BOY	Percentiles	5	20.3	20.3	20.5	22.5	22.0	23.1	23.1	23.9	23.9	24.7	25.0	25.5	26.6	26.8	27.6	27.9	28.8	29.3	29.4	30.3	30.1	31.7	32.1	31.2	34.4	33.8	34.7	36.4
		10	21.9	21.9	22.1	23.7	23.4	24.2	24.6	24.9	26.0	26.4	26.6	27.6	28.2	28.0	29.2	29.6	30.6	31.0	32.0	31.8	32.6	33.4	34.4	34.1	35.1	36.3	37.5	40.1
		20	23.1	23.2	24.2	24.6	25.1	25.8	26.4	26.2	27.6	28.4	28.8	29.8	30.0	31.0	31.5	32.1	32.9	33.5	34.1	34.6	35.8	36.7	37.8	38.3	39.1	40.9	41.9	45.1
		30	24.0	23.9	25.5	25.7	26.0	26.8	28.1	27.7	29.1	30.2	30.3	31.2	32.0	32.6	33.1	34.3	35.1	36.1	36.5	36.8	38.9	39.9	40.7	41.5	42.4	44.5	46.2	47.8
		40	25.2	24.6	26.5	27.0	27.5	27.9	29.4	29.1	30.4	32.5	31.9	33.2	33.8	34.6	35.0	36.5	37.4	37.7	39.0	39.0	41.3	42.7	42.7	44.4	45.2	46.4	48.7	51.9
		50	26.1	26.2	28.0	28.2	29.1	29.2	31.0	30.7	32.8	34.6	33.9	35.2	36.4	36.8	38.0	38.5	40.2	41.0	42.0	41.2	44.0	46.7	45.8	46.6	48.5	49.7	52.0	54.6
		60	27.4	27.5	29.7	29.5	31.2	30.9	33.4	32.6	34.5	37.3	36.2	38.0	38.6	39.1	40.8	41.1	42.5	43.7	44.9	45.3	46.7	49.9	49.9	50.1	50.8	51.9	55.6	56.8
		70	29.2	29.5	31.6	32.1	34.1	33.1	35.3	35.5	37.0	39.5	39.0	41.0	42.0	42.7	45.0	44.0	46.0	46.9	48.9	49.7	50.3	53.1	53.0	53.0	54.1	56.7	59.4	60.4
		80	31.2	32.6	34.1	34.7	35.9	36.9	37.9	38.7	39.9	41.6	42.7	45.2	45.8	46.8	49.3	47.7	51.3	51.4	54.6	54.0	54.2	56.7	56.1	56.3	58.9	61.4	66.6	67.6
		90	33.1	37.3	38.9	40.2	39.0	41.8	43.1	45.6	45.3	46.8	48.7	51.1	51.0	53.1	57.0	56.5	57.7	57.7	63.5	60.2	62.3	61.3	63.9	64.5	65.4	67.7	74.8	80.1
95	36.5	39.9	41.9	43.5	42.2	45.7	47.1	50.0	48.2	50.6	53.3	57.0	56.9	58.7	61.9	61.7	66.3	62.8	71.0	65.6	70.8	67.4	69.9	74.2	77.5	74.4	79.6	83.0		
GIRL	Percentiles	5	20.3	20.9	20.0	20.6	21.7	22.5	22.7	23.9	24.1	24.7	24.3	26.1	25.4	26.4	27.6	27.6	27.3	29.2	30.4	31.9	32.0	32.6	31.8	34.8	35.8	38.0	37.7	37.5
		10	21.0	21.6	21.1	21.6	22.8	23.4	23.9	24.7	25.7	26.2	25.6	27.3	27.5	28.2	29.3	29.6	30.3	31.6	32.0	34.4	34.2	35.5	35.0	39.7	40.3	39.7	39.5	41.3
		20	21.6	22.3	23.1	23.2	24.3	24.9	25.8	26.9	26.9	28.4	28.2	29.4	29.9	30.6	31.7	32.6	33.3	34.1	35.1	37.7	37.4	37.9	39.2	41.9	43.0	41.6	43.0	44.7
		30	22.8	23.2	24.2	24.3	25.9	26.3	27.1	28.3	28.6	29.2	29.6	31.6	31.4	32.4	33.8	34.9	36.2	36.4	37.9	40.2	41.5	40.9	42.2	44.5	44.7	43.2	45.1	46.5
		40	23.6	24.4	24.9	25.6	27.1	27.5	28.7	29.3	30.2	31.0	31.4	33.5	33.9	34.2	35.8	37.4	38.7	38.7	41.2	42.1	43.6	42.8	44.3	47.2	46.7	46.7	48.3	48.8
		50	24.6	25.7	26.7	26.7	29.2	28.3	30.8	30.9	32.0	33.1	33.2	35.1	35.8	36.5	37.7	41.1	40.6	41.7	44.6	44.3	46.4	47.0	47.3	49.0	48.4	48.4	51.0	50.2
		60	26.2	26.5	28.0	28.3	31.1	30.3	32.6	32.3	33.6	34.9	35.2	37.5	39.3	40.4	40.6	44.0	43.4	43.9	48.0	47.6	48.6	49.5	49.0	51.6	51.0	52.0	53.0	53.7
		70	27.8	27.9	30.0	30.1	32.8	32.2	35.0	34.1	35.6	37.4	37.9	41.8	43.0	43.0	44.3	47.3	47.1	47.5	51.5	50.3	51.6	53.0	50.6	55.0	54.6	56.8	56.1	57.5
		80	29.7	30.1	32.8	32.4	34.3	35.7	38.0	37.9	39.8	41.5	41.8	46.0	46.6	47.0	47.8	50.6	51.3	51.5	55.9	55.2	55.0	58.5	56.6	59.5	59.4	59.9	60.3	60.0
		90	32.0	32.6	37.1	35.8	40.0	39.2	42.9	41.5	42.3	45.8	47.1	51.9	51.3	52.8	53.3	56.3	55.2	58.3	60.6	59.7	61.7	64.3	66.4	66.0	64.2	68.3	67.5	68.2
95	36.7	36.1	40.2	39.3	43.9	43.7	47.0	46.9	46.1	51.3	54.2	56.6	57.8	56.8	57.3	59.3	60.1	65.4	65.2	64.3	71.5	69.4	75.0	70.3	74.1	72.8	82.0	75.1		

Table 4. Heights (cm) of 7-13-year-old Turkish children by gender and age.

		HEIGHT (cm)																												
Age/month group		7.1	7.2	7.3	7.4	8.1	8.2	8.3	8.4	9.1	9.2	9.3	9.4	10.1	10.2	10.3	10.4	11.1	11.2	11.3	11.4	12.1	12.2	12.3	12.4	13.1	13.2	13.3	13.4	
BOY	Percentiles	5	117.0	118.2	119.0	120.8	121.0	123.0	123.0	124.0	126.0	127.0	128.9	129.0	129.0	130.7	132.5	133.0	132.3	135.0	135.0	136.0	138.6	140.0	139.0	138.0	141.0	142.6	146.5	146.0
		10	118.8	120.0	121.0	122.0	123.0	125.0	126.0	126.0	128.1	129.0	131.0	132.0	132.0	133.3	134.0	134.9	136.0	137.0	138.0	139.0	141.0	142.0	142.5	143.0	146.0	146.0	151.0	149.4
		20	121.5	121.5	124.0	125.0	125.0	126.8	128.0	128.5	131.0	132.0	133.0	135.0	135.0	137.0	137.0	138.0	139.0	140.0	142.0	142.0	143.0	145.0	146.0	146.0	149.0	150.0	153.9	155.0
		30	123.0	123.1	125.0	126.7	127.0	128.0	130.0	130.5	133.0	134.0	135.0	136.0	137.0	138.4	139.0	140.0	141.9	143.0	144.0	144.3	146.2	148.0	149.0	150.0	152.0	153.0	156.1	158.0
		40	124.0	125.0	126.0	128.0	128.0	130.0	131.0	132.0	134.0	136.0	136.0	137.5	138.0	140.0	141.0	142.0	143.0	144.0	146.0	146.0	148.0	149.7	151.0	152.0	154.0	156.4	158.0	161.0
		50	125.5	126.0	128.0	129.0	130.0	132.0	133.0	134.0	135.5	137.0	138.0	139.3	140.0	142.0	143.0	144.0	145.5	146.0	148.0	148.0	150.0	152.0	153.0	154.0	158.0	159.0	161.0	164.0
		60	127.0	127.5	129.9	130.0	132.0	133.0	135.0	136.0	137.0	139.0	140.0	141.0	141.0	143.0	145.0	145.0	147.0	148.0	150.0	150.0	152.0	154.0	155.0	157.6	160.0	160.0	162.2	166.0
		70	128.5	128.5	131.0	132.1	133.5	134.0	137.0	137.0	139.0	140.0	141.0	143.0	143.5	145.0	147.0	147.0	150.0	150.5	152.0	152.0	155.0	156.0	157.0	160.0	162.0	162.0	164.5	167.8
		80	129.5	130.0	133.0	134.5	135.0	137.0	138.0	139.0	141.0	142.0	143.0	145.0	145.0	147.0	149.0	150.0	151.5	153.0	154.0	155.0	157.9	159.0	162.0	162.0	165.0	165.0	168.2	170.2
		90	132.0	133.3	136.0	136.5	138.0	139.0	140.7	142.0	143.8	145.0	146.2	148.0	149.0	150.0	152.5	152.0	154.2	155.8	159.0	158.8	160.0	163.0	165.0	166.0	168.0	168.0	171.0	174.0
95	133.2	136.3	139.0	138.1	140.0	141.0	143.0	145.0	146.0	147.0	148.0	151.5	151.5	154.0	155.0	154.6	158.0	159.0	162.0	162.0	163.2	165.4	168.0	167.0	171.0	170.8	174.3	175.6		
GIRL	Percentiles	5	117.0	117.0	119.3	119.0	120.6	122.0	122.4	123.0	126.0	126.1	126.0	128.6	130.0	130.6	132.0	131.0	133.5	135.0	138.0	139.0	139.6	140.0	140.4	142.0	145.8	146.9	146.5	148.0
		10	118.0	118.0	121.0	121.0	123.0	124.0	125.0	125.0	128.0	129.0	128.0	131.0	132.0	133.0	134.0	135.0	137.0	138.3	140.0	141.0	142.0	143.0	144.8	147.0	148.0	148.0	148.5	150.2
		20	120.2	120.0	122.5	122.7	125.0	126.0	127.2	128.0	130.0	131.3	132.0	134.0	135.0	136.0	137.0	138.0	140.0	141.0	143.0	144.5	146.4	147.0	149.0	149.5	151.0	151.0	151.0	153.0
		30	121.5	122.0	123.7	124.0	126.5	127.0	129.0	130.0	132.0	133.0	134.0	136.0	137.0	138.5	139.9	140.8	142.5	144.0	145.0	147.0	150.0	150.0	150.5	152.0	152.0	153.0	153.5	154.0
		40	123.0	124.0	124.7	126.0	128.1	128.5	130.5	132.0	134.0	135.0	136.0	138.0	139.0	140.0	142.0	142.0	144.5	146.0	147.0	150.0	151.0	151.5	153.0	153.0	154.0	155.0	155.0	155.6
		50	124.5	125.5	126.5	127.0	130.0	130.5	132.0	134.0	135.0	136.0	137.0	140.0	141.0	142.0	143.0	145.0	146.5	147.8	150.0	151.8	153.0	153.0	154.0	155.0	156.0	156.5	156.5	157.0
		60	126.0	126.8	128.0	129.0	132.0	132.0	134.0	135.0	137.0	138.0	139.0	141.0	143.0	144.0	145.0	147.0	149.0	150.0	152.0	153.0	155.0	154.5	156.0	157.0	157.0	158.0	159.0	158.0
		70	127.2	128.1	129.9	130.0	133.0	134.0	135.5	136.0	138.0	140.0	141.0	143.0	144.0	146.0	147.0	149.0	151.0	151.0	154.0	155.0	156.7	156.0	156.8	159.0	159.1	160.0	160.5	158.8
		80	129.3	129.8	131.9	131.5	135.0	135.0	138.0	138.4	141.0	142.0	143.0	145.4	147.0	148.0	149.0	152.0	154.0	154.0	156.9	158.0	159.0	158.0	159.0	160.5	161.0	161.5	161.5	161.0
		90	131.4	132.4	135.6	134.3	137.7	138.0	141.0	141.0	143.1	145.3	146.0	148.7	151.0	152.0	153.0	155.0	157.0	156.0	159.4	161.0	162.8	161.0	162.0	162.0	164.0	165.2	163.5	164.2
95	132.5	134.1	138.0	138.3	140.4	140.8	143.0	143.3	145.9	149.9	148.2	152.0	153.0	154.2	155.4	158.0	158.0	159.4	161.7	163.4	166.0	165.9	164.1	166.0	166.2	168.2	165.4	166.3		

Table 5. BMI (kg/cm²) values of 7-13-year-old Turkish children by gender and age.

		BMI (kg/cm²)																											
Age/month group		7.1	7.2	7.3	7.4	8.1	8.2	8.3	8.4	9.1	9.2	9.3	9.4	10.1	10.2	10.3	10.4	11.1	11.2	11.3	11.4	12.1	12.2	12.3	12.4	13.1	13.2	13.3	13.4
BOY	Percentiles																												
	5	14.3	14.0	14.0	14.5	14.5	14.5	14.4	14.5	14.5	14.4	14.6	14.7	14.5	14.8	15.1	15.1	14.9	14.8	15.4	15.0	15.3	15.4	15.8	15.7	16.1	15.7	16.4	
	10	14.7	14.4	14.7	14.9	15.0	14.8	15.1	15.0	15.0	15.1	15.0	15.3	15.2	15.5	15.3	15.8	15.6	15.6	15.5	15.9	15.8	15.9	16.0	16.4	16.2	16.5	16.0	16.8
	20	15.4	15.1	15.2	15.4	15.6	15.4	15.5	15.5	15.6	15.9	15.7	15.9	15.9	16.2	16.1	16.4	16.4	16.6	16.5	16.7	16.7	16.9	17.1	17.0	17.3	17.4	17.3	17.6
	30	15.9	15.6	15.7	15.9	16.0	16.0	16.2	16.1	16.3	16.6	16.4	16.7	16.7	16.8	16.7	17.2	17.2	17.5	17.4	17.5	17.4	17.9	18.1	17.9	17.9	18.3	18.6	18.4
	40	16.2	16.0	16.4	16.4	16.5	16.5	16.9	16.5	16.9	17.4	17.1	17.3	17.5	17.4	17.5	17.9	17.9	18.3	18.3	18.0	18.4	18.8	18.6	18.6	18.7	18.7	18.9	19.2
	50	16.6	16.4	17.2	17.1	17.2	17.1	17.6	17.1	17.9	18.3	17.8	18.2	18.5	18.2	18.5	18.6	18.8	19.0	19.2	19.0	19.5	20.0	19.5	19.2	19.3	19.8	19.9	20.0
	60	17.0	16.8	17.9	17.7	18.1	17.8	18.4	17.9	18.7	19.2	18.7	19.2	19.6	19.3	19.9	19.6	20.0	19.9	20.2	20.4	20.4	21.1	20.4	19.9	19.7	20.4	21.1	21.6
	70	18.1	18.3	18.9	18.8	19.2	18.8	19.2	19.0	19.5	20.1	19.9	20.6	21.0	20.5	21.3	21.0	21.9	21.3	21.7	21.7	21.6	22.3	21.8	21.3	20.8	21.4	22.2	22.4
	80	19.3	19.4	19.9	20.3	20.3	20.4	21.0	20.9	20.9	21.7	21.7	22.2	22.6	22.4	23.2	22.5	23.3	22.7	23.5	23.0	23.6	23.5	23.0	23.6	21.7	23.2	23.6	24.5
90	20.2	21.5	21.5	22.0	21.3	22.4	22.9	23.7	22.9	24.2	23.8	24.9	24.7	25.0	25.9	25.0	25.9	25.4	26.6	25.6	25.9	25.7	25.7	26.6	25.3	25.7	27.2	27.1	
95	21.2	24.2	23.2	23.3	23.3	24.5	25.2	25.0	25.2	25.6	25.7	27.0	27.1	27.2	27.7	27.1	27.9	27.4	29.0	26.9	28.3	27.3	27.8	28.3	27.9	28.9	29.4	30.1	
GIRL	Percentiles																												
	5	13.9	14.4	13.4	13.8	13.8	14.0	14.2	14.5	14.1	14.3	14.4	14.6	14.3	14.4	14.7	14.8	14.8	15.0	14.9	15.3	15.1	15.5	15.4	16.2	15.8	15.9	15.7	16.0
	10	14.3	14.8	14.3	14.3	14.4	14.6	14.6	14.9	14.7	14.8	14.9	14.9	15.1	14.9	15.3	15.6	15.4	15.6	15.7	15.9	15.9	16.3	16.0	17.3	16.5	16.9	16.5	17.6
	20	15.0	15.2	14.9	15.0	15.1	15.3	15.4	15.8	15.5	15.6	15.7	15.8	15.8	15.9	16.2	16.5	16.3	16.6	16.5	17.1	17.0	17.4	16.8	18.1	17.8	18.1	18.3	18.5
	30	15.1	15.6	15.7	15.7	16.0	15.7	16.0	16.2	16.2	16.3	16.3	16.6	16.4	16.8	16.7	17.5	17.2	17.4	17.4	18.1	17.8	18.1	17.8	18.9	18.8	18.9	19.1	19.0
	40	15.5	15.9	16.2	16.1	16.6	16.1	16.8	16.9	16.9	16.9	17.0	17.5	17.0	17.6	17.7	18.2	17.8	18.2	18.4	18.9	18.6	18.6	19.0	19.8	19.4	19.5	20.0	19.8
	50	15.9	16.4	16.8	16.6	17.3	17.1	17.6	17.6	17.4	17.6	17.7	18.2	18.1	18.5	18.5	19.3	18.8	19.0	19.6	19.7	19.2	19.8	19.7	20.4	20.7	20.1	20.8	20.6
	60	16.4	16.8	17.3	17.2	18.1	17.7	18.5	18.3	18.1	18.7	18.4	19.6	19.5	19.6	19.5	20.4	19.7	19.7	21.1	20.6	20.3	21.1	20.5	21.3	21.4	21.2	21.5	21.8
	70	17.4	17.4	18.0	18.3	19.2	18.6	19.5	18.9	19.0	19.7	19.9	20.5	20.7	20.9	20.8	21.5	20.9	21.1	21.8	21.7	21.6	22.7	21.5	22.2	22.2	22.0	22.7	22.5
	80	19.0	18.1	19.3	19.2	20.1	19.9	20.7	20.7	20.4	21.4	21.1	22.3	22.7	22.1	22.5	23.0	22.6	22.5	23.8	23.0	23.4	23.8	23.2	23.8	24.2	23.5	24.1	23.8
90	20.0	19.6	20.4	20.6	21.8	22.0	22.6	21.9	22.5	23.1	23.9	24.7	25.2	24.1	24.7	25.3	25.0	25.8	25.8	24.9	26.1	25.2	27.7	26.3	25.9	25.8	26.7	27.3	
95	22.3	20.3	22.5	22.2	24.4	23.8	24.2	23.3	23.8	25.0	25.9	27.1	26.4	26.3	25.6	27.3	26.9	27.6	27.7	26.4	27.3	27.6	30.7	28.4	28.5	28.0	33.4	29.8	

Table 6. 10m sprint values (sec) of 7-13-year-old Turkish children by gender and age.

		10 m SPRINT (sec)																											
Age/month group		7.1	7.2	7.3	7.4	8.1	8.2	8.3	8.4	9.1	9.2	9.3	9.4	10.1	10.2	10.3	10.4	11.1	11.2	11.3	11.4	12.1	12.2	12.3	12.4	13.1	13.2	13.3	13.4
BOY	Percentiles																												
	5	2.833	2.749	2.660	2.712	2.799	2.692	2.664	2.609	2.639	2.607	2.617	2.627	2.574	2.580	2.567	2.536	2.548	2.490	2.479	2.463	2.486	2.452	2.456	2.529	2.392	2.342	2.401	2.393
	10	2.681	2.701	2.606	2.661	2.644	2.617	2.598	2.557	2.554	2.523	2.542	2.533	2.516	2.478	2.482	2.460	2.447	2.412	2.403	2.406	2.343	2.342	2.350	2.388	2.305	2.307	2.316	2.271
	20	2.613	2.645	2.549	2.552	2.544	2.489	2.505	2.474	2.467	2.456	2.445	2.448	2.421	2.375	2.408	2.371	2.349	2.340	2.328	2.329	2.288	2.271	2.273	2.267	2.237	2.239	2.207	2.162
	30	2.546	2.589	2.477	2.492	2.476	2.441	2.439	2.419	2.421	2.393	2.377	2.380	2.354	2.328	2.344	2.311	2.300	2.278	2.281	2.253	2.235	2.217	2.223	2.214	2.184	2.170	2.138	2.125
	40	2.473	2.507	2.439	2.425	2.436	2.397	2.394	2.385	2.372	2.346	2.327	2.335	2.301	2.284	2.296	2.258	2.243	2.228	2.234	2.211	2.203	2.167	2.170	2.171	2.136	2.124	2.089	2.075
	50	2.427	2.461	2.410	2.378	2.395	2.361	2.350	2.335	2.322	2.302	2.288	2.297	2.265	2.246	2.253	2.221	2.196	2.190	2.191	2.171	2.139	2.122	2.123	2.123	2.091	2.090	2.061	2.034
	60	2.401	2.414	2.375	2.330	2.345	2.314	2.309	2.293	2.285	2.273	2.248	2.252	2.220	2.202	2.210	2.188	2.159	2.153	2.147	2.133	2.095	2.094	2.090	2.073	2.059	2.058	2.009	2.010
	70	2.349	2.338	2.321	2.290	2.292	2.277	2.265	2.259	2.247	2.236	2.207	2.209	2.189	2.170	2.161	2.149	2.123	2.123	2.105	2.095	2.060	2.064	2.047	2.027	2.013	2.009	1.967	1.960
	80	2.295	2.278	2.264	2.254	2.244	2.228	2.202	2.208	2.206	2.186	2.169	2.161	2.152	2.124	2.109	2.101	2.088	2.086	2.061	2.057	2.017	2.012	2.012	1.981	1.961	1.981	1.916	1.912
90	2.227	2.204	2.228	2.218	2.180	2.172	2.154	2.151	2.140	2.130	2.118	2.102	2.096	2.059	2.028	2.035	2.023	1.987	2.020	1.995	1.969	1.967	1.952	1.910	1.916	1.883	1.857	1.828	
95	2.176	2.147	2.203	2.139	2.096	2.127	2.108	2.114	2.092	2.092	2.075	2.048	2.049	2.009	1.977	1.986	1.960	1.928	1.962	1.950	1.915	1.931	1.880	1.846	1.875	1.843	1.836	1.793	
GIRL	Percentiles																												
	5	2.909	2.890	2.879	2.815	2.771	2.763	2.695	2.716	2.709	2.796	2.724	2.715	2.714	2.663	2.707	2.667	2.643	2.579	2.590	2.628	2.613	2.653	2.585	2.629	2.574	2.628	2.565	2.553
	10	2.852	2.799	2.787	2.700	2.694	2.697	2.633	2.659	2.641	2.616	2.666	2.614	2.635	2.575	2.595	2.567	2.531	2.522	2.506	2.552	2.546	2.582	2.513	2.568	2.496	2.488	2.476	2.509
	20	2.701	2.684	2.685	2.591	2.585	2.557	2.572	2.534	2.537	2.525	2.534	2.522	2.534	2.474	2.492	2.478	2.458	2.434	2.436	2.447	2.463	2.445	2.466	2.440	2.398	2.396	2.388	2.409
	30	2.635	2.595	2.637	2.556	2.541	2.493	2.506	2.484	2.478	2.457	2.462	2.451	2.449	2.418	2.442	2.418	2.396	2.375	2.375	2.371	2.358	2.369	2.386	2.364	2.318	2.329	2.349	2.359
	40	2.562	2.561	2.558	2.514	2.493	2.454	2.467	2.436	2.435	2.402	2.416	2.401	2.396	2.376	2.384	2.362	2.336	2.327	2.322	2.316	2.314	2.306	2.300	2.315	2.301	2.289	2.303	2.324
	50	2.521	2.535	2.519	2.456	2.450	2.414	2.425	2.403	2.403	2.363	2.377	2.356	2.355	2.331	2.325	2.315	2.296	2.279	2.278	2.260	2.274	2.263	2.256	2.249	2.255	2.265	2.275	2.275
	60	2.486	2.468	2.464	2.426	2.421	2.373	2.371	2.359	2.357	2.322	2.330	2.314	2.304	2.300	2.295	2.281	2.245	2.247	2.236	2.206	2.214	2.199	2.235	2.194	2.218	2.211	2.227	2.203
	70	2.445	2.450	2.417	2.379	2.365	2.338	2.324	2.324	2.318	2.286	2.265	2.281	2.275	2.259	2.233	2.250	2.187	2.207	2.182	2.158	2.162	2.154	2.171	2.141	2.166	2.185	2.182	2.163
	80	2.378	2.402	2.366	2.319	2.312	2.281	2.300	2.274	2.269	2.237	2.206	2.238	2.220	2.216	2.164	2.196	2.145	2.166	2.124	2.117	2.102	2.093	2.092	2.106	2.122	2.122	2.122	2.117
90	2.303	2.298	2.299	2.291	2.226	2.202	2.205	2.201	2.201	2.158	2.139	2.152	2.141	2.139	2.110	2.125	2.090	2.083	2.055	2.039	2.027	2.014	2.047	2.037	2.048	2.070	2.042	2.041	
95	2.250	2.213	2.234	2.217	2.183	2.151	2.122	2.150	2.142	2.107	2.114	2.098	2.076	2.076	2.055	2.063	2.056	2.043	1.993	2.003	2.001	1.947	1.988	1.964	2.003	2.009	1.993	1.962	

Table 7. 20m sprint values (sec) of 7-13-year-old Turkish children by gender and age.

		20 m SPRINT (sec)																												
Age/month group		7.1	7.2	7.3	7.4	8.1	8.2	8.3	8.4	9.1	9.2	9.3	9.4	10.1	10.2	10.3	10.4	11.1	11.2	11.3	11.4	12.1	12.2	12.3	12.4	13.1	13.2	13.3	13.4	
BOY	Percentiles	5	5.285	5.229	4.988	5.112	5.193	4.971	5.021	4.825	4.851	4.779	4.827	4.855	4.758	4.818	4.707	4.677	4.674	4.611	4.539	4.552	4.501	4.540	4.519	4.598	4.352	4.261	4.440	4.387
		10	5.054	5.025	4.839	4.907	4.955	4.788	4.795	4.740	4.730	4.603	4.676	4.658	4.581	4.570	4.555	4.549	4.507	4.493	4.391	4.365	4.309	4.322	4.303	4.390	4.208	4.173	4.126	4.081
		20	4.835	4.858	4.727	4.757	4.755	4.605	4.654	4.559	4.493	4.469	4.433	4.494	4.428	4.368	4.388	4.304	4.325	4.263	4.248	4.242	4.157	4.129	4.158	4.151	4.083	3.967	3.986	3.890
		30	4.680	4.694	4.609	4.600	4.579	4.484	4.477	4.428	4.400	4.375	4.334	4.379	4.299	4.265	4.271	4.210	4.200	4.146	4.151	4.117	4.073	4.021	4.013	4.033	3.899	3.896	3.830	3.786
		40	4.552	4.603	4.511	4.484	4.459	4.405	4.381	4.347	4.332	4.273	4.259	4.258	4.219	4.170	4.188	4.120	4.092	4.060	4.065	4.025	4.005	3.931	3.934	3.940	3.812	3.819	3.720	3.720
		50	4.465	4.495	4.431	4.385	4.387	4.328	4.273	4.263	4.253	4.204	4.188	4.171	4.124	4.071	4.097	4.061	3.995	3.981	3.972	3.943	3.917	3.868	3.866	3.842	3.741	3.741	3.641	3.644
		60	4.384	4.383	4.372	4.280	4.283	4.233	4.209	4.185	4.168	4.151	4.101	4.091	4.065	4.006	4.009	3.977	3.955	3.896	3.894	3.878	3.813	3.813	3.787	3.769	3.682	3.674	3.574	3.562
		70	4.263	4.296	4.304	4.223	4.192	4.189	4.142	4.119	4.070	4.072	4.024	4.030	3.993	3.917	3.918	3.903	3.877	3.818	3.819	3.788	3.723	3.751	3.716	3.687	3.597	3.604	3.495	3.484
		80	4.200	4.159	4.198	4.154	4.095	4.074	4.037	4.021	3.995	3.990	3.958	3.944	3.920	3.834	3.821	3.818	3.786	3.750	3.725	3.703	3.608	3.633	3.636	3.560	3.494	3.507	3.389	3.369
		90	4.104	4.064	4.122	4.084	3.968	3.961	3.957	3.946	3.886	3.852	3.856	3.810	3.804	3.733	3.715	3.710	3.644	3.547	3.632	3.603	3.512	3.500	3.521	3.453	3.418	3.378	3.292	3.281
	95	4.010	3.972	4.036	4.015	3.845	3.884	3.849	3.887	3.837	3.760	3.770	3.703	3.696	3.640	3.634	3.614	3.519	3.427	3.546	3.505	3.450	3.408	3.412	3.325	3.340	3.301	3.236	3.151	
GIRL	Percentiles	5	5.567	5.366	5.350	5.211	5.307	5.292	5.036	5.007	4.954	5.104	5.056	5.001	5.082	4.991	4.964	5.054	4.995	4.901	4.832	4.873	4.943	4.932	4.856	4.957	4.813	4.905	4.833	4.689
		10	5.299	5.194	5.159	5.006	5.099	5.041	4.930	4.914	4.886	4.848	4.855	4.845	4.889	4.790	4.825	4.765	4.744	4.714	4.684	4.742	4.758	4.834	4.690	4.705	4.601	4.597	4.638	4.620
		20	5.069	4.984	4.931	4.852	4.891	4.766	4.816	4.759	4.714	4.672	4.683	4.649	4.668	4.588	4.653	4.601	4.545	4.537	4.517	4.512	4.553	4.551	4.462	4.568	4.378	4.408	4.411	4.486
		30	4.957	4.831	4.877	4.745	4.744	4.669	4.655	4.608	4.556	4.577	4.513	4.529	4.525	4.504	4.519	4.459	4.406	4.377	4.372	4.379	4.369	4.360	4.354	4.349	4.243	4.281	4.317	4.340
		40	4.796	4.699	4.765	4.674	4.636	4.568	4.577	4.516	4.485	4.443	4.439	4.409	4.410	4.427	4.384	4.363	4.285	4.288	4.256	4.236	4.217	4.231	4.215	4.180	4.188	4.196	4.244	4.295
		50	4.709	4.623	4.654	4.570	4.548	4.459	4.481	4.426	4.409	4.343	4.365	4.324	4.329	4.326	4.287	4.265	4.170	4.216	4.185	4.141	4.108	4.119	4.116	4.073	4.129	4.102	4.159	4.176
		60	4.611	4.559	4.585	4.507	4.438	4.389	4.380	4.348	4.333	4.287	4.295	4.257	4.254	4.233	4.185	4.193	4.093	4.102	4.109	4.064	4.050	4.039	4.052	3.959	4.064	4.005	4.060	4.055
		70	4.532	4.510	4.465	4.403	4.335	4.314	4.312	4.248	4.278	4.201	4.202	4.174	4.161	4.134	4.100	4.106	4.022	4.045	3.998	3.978	3.967	3.941	3.917	3.871	3.984	3.908	3.946	3.948
		80	4.440	4.423	4.309	4.316	4.253	4.228	4.209	4.182	4.158	4.107	4.095	4.092	4.052	4.028	4.015	4.008	3.915	3.920	3.894	3.860	3.856	3.853	3.837	3.782	3.877	3.846	3.817	3.849
		90	4.219	4.229	4.207	4.203	4.100	4.052	4.103	4.032	4.055	3.971	3.965	3.944	3.917	3.901	3.884	3.828	3.817	3.751	3.759	3.717	3.715	3.675	3.720	3.685	3.762	3.687	3.618	3.704
	95	4.110	4.029	4.089	4.126	4.011	3.950	4.001	3.942	3.901	3.841	3.902	3.861	3.700	3.755	3.746	3.657	3.649	3.674	3.674	3.574	3.580	3.514	3.595	3.593	3.616	3.605	3.443	3.380	

Table 8. Agility values (sec) of 7-13-year-old Turkish children by gender and age.

AGILITY - ZIG ZAG (sec)																														
Age/month group		7.1	7.2	7.3	7.4	8.1	8.2	8.3	8.4	9.1	9.2	9.3	9.4	10.1	10.2	10.3	10.4	11.1	11.2	11.3	11.4	12.1	12.2	12.3	12.4	13.1	13.2	13.3	13.4	
BOY	Percentiles	5	11.044	10.455	10.503	10.492	10.170	10.125	9.946	9.945	9.443	9.755	9.607	9.520	9.412	9.427	9.628	9.128	9.166	9.238	8.945	9.092	8.785	9.097	9.114	8.846	8.524	8.253	8.300	8.359
		10	10.544	9.940	10.143	9.779	9.790	9.536	9.508	9.422	9.202	9.225	9.290	9.216	9.037	9.020	9.092	8.811	8.852	8.776	8.639	8.661	8.395	8.649	8.455	8.377	8.078	8.096	8.124	8.115
		20	9.718	9.580	9.607	9.292	9.136	8.935	9.020	8.890	8.803	8.802	8.699	8.777	8.672	8.616	8.660	8.490	8.459	8.430	8.221	8.220	8.104	8.074	8.041	8.059	7.772	7.803	7.690	7.790
		30	9.241	9.228	9.009	9.033	8.772	8.699	8.684	8.482	8.556	8.468	8.420	8.502	8.430	8.270	8.352	8.214	8.122	8.154	7.980	7.964	7.891	7.847	7.805	7.820	7.597	7.579	7.567	7.645
		40	8.897	8.908	8.787	8.680	8.500	8.381	8.444	8.263	8.310	8.238	8.168	8.210	8.219	8.041	8.073	7.980	7.901	7.890	7.774	7.756	7.759	7.656	7.644	7.589	7.522	7.523	7.434	7.438
		50	8.601	8.749	8.505	8.492	8.300	8.203	8.290	8.100	8.075	8.060	7.987	8.042	8.040	7.836	7.820	7.784	7.730	7.700	7.615	7.580	7.596	7.486	7.520	7.414	7.393	7.395	7.317	7.244
		60	8.428	8.533	8.360	8.315	8.113	8.044	8.092	7.947	7.847	7.917	7.803	7.880	7.900	7.620	7.579	7.626	7.561	7.484	7.475	7.413	7.407	7.299	7.382	7.291	7.244	7.230	7.166	7.118
		70	8.188	8.299	8.075	8.097	7.920	7.885	7.846	7.755	7.708	7.689	7.607	7.690	7.661	7.442	7.431	7.405	7.390	7.318	7.296	7.249	7.293	7.150	7.178	7.088	7.146	6.990	6.990	6.945
		80	8.093	8.017	7.871	7.905	7.778	7.650	7.642	7.561	7.522	7.490	7.430	7.430	7.422	7.264	7.209	7.250	7.186	7.082	7.111	7.078	7.079	6.998	7.012	6.890	7.022	6.812	6.839	6.778
		90	7.859	7.832	7.556	7.584	7.523	7.410	7.431	7.247	7.302	7.200	7.140	7.170	7.117	6.973	6.920	7.000	6.890	6.810	6.888	6.729	6.716	6.773	6.754	6.684	6.760	6.684	6.561	6.530
95	7.645	7.641	7.393	7.425	7.271	7.213	7.104	7.075	7.173	7.011	6.971	6.949	6.827	6.809	6.572	6.820	6.632	6.566	6.688	6.539	6.514	6.584	6.573	6.514	6.578	6.611	6.360	6.449		
GIRL	Percentiles	5	10.937	10.977	11.117	10.769	10.627	10.599	10.561	10.155	10.150	10.722	9.897	10.108	10.167	9.965	9.960	9.848	9.880	9.660	9.878	9.522	9.923	9.401	9.511	9.394	9.307	9.300	9.194	9.295
		10	10.748	10.548	10.710	10.341	9.982	10.085	10.056	9.815	9.868	10.026	9.588	9.784	9.760	9.726	9.435	9.488	9.450	9.380	9.286	9.241	9.420	9.210	9.264	9.088	9.126	9.134	8.940	8.885
		20	10.074	10.129	10.028	9.760	9.597	9.533	9.598	9.370	9.289	9.296	9.254	9.322	9.276	9.250	9.103	9.082	8.911	8.940	8.890	8.846	8.862	8.859	8.856	8.723	8.799	8.709	8.730	8.574
		30	9.850	9.730	9.767	9.307	9.235	9.086	9.257	9.066	8.969	8.852	9.060	9.030	8.981	8.923	8.817	8.782	8.690	8.673	8.601	8.539	8.586	8.512	8.621	8.562	8.577	8.476	8.569	8.444
		40	9.364	9.566	9.416	9.059	8.970	8.854	8.974	8.835	8.762	8.710	8.807	8.742	8.727	8.670	8.646	8.568	8.492	8.482	8.323	8.382	8.314	8.300	8.415	8.340	8.327	8.268	8.289	8.225
		50	9.200	9.228	9.212	8.845	8.729	8.627	8.676	8.573	8.535	8.493	8.606	8.490	8.478	8.449	8.440	8.323	8.301	8.240	8.118	8.162	8.149	8.164	8.139	8.168	8.141	8.162	8.143	8.119
		60	8.969	8.990	8.954	8.701	8.492	8.400	8.402	8.437	8.390	8.240	8.392	8.236	8.274	8.190	8.241	8.142	8.121	8.061	7.899	7.960	7.884	7.986	7.891	7.901	7.955	7.969	8.018	8.030
		70	8.807	8.750	8.701	8.490	8.274	8.250	8.192	8.254	8.216	8.096	8.160	8.020	8.065	7.949	7.999	7.876	7.828	7.826	7.725	7.787	7.672	7.770	7.711	7.768	7.789	7.809	7.892	7.902
		80	8.542	8.587	8.361	8.278	8.100	8.063	7.995	8.031	8.019	7.943	7.955	7.820	7.807	7.785	7.714	7.570	7.550	7.631	7.479	7.466	7.393	7.514	7.471	7.500	7.650	7.650	7.584	7.711
		90	8.346	8.240	8.163	7.852	7.895	7.729	7.507	7.805	7.714	7.551	7.672	7.517	7.535	7.434	7.371	7.322	7.195	7.287	7.188	7.186	7.081	7.190	7.290	7.225	7.234	7.370	7.412	7.391
95	7.956	7.879	7.905	7.697	7.646	7.600	7.271	7.464	7.431	7.401	7.339	7.343	7.310	7.246	7.067	7.028	7.066	7.039	6.904	6.918	6.815	7.021	6.931	6.985	7.063	7.030	7.123	7.277		

Table 9. Standing long jump values (cm) of 7-13-year-old Turkish children by gender and age.

STANDING LONG JUMP (cm)																															
Age/month group	7.1	7.2	7.3	7.4	8.1	8.2	8.3	8.4	9.1	9.2	9.3	9.4	10.1	10.2	10.3	10.4	11.1	11.2	11.3	11.4	12.1	12.2	12.3	12.4	13.1	13.2	13.3	13.4			
BOY	Percentiles	5	79.5	83.2	81.6	80.0	83.0	83.9	88.3	88.0	89.9	91.0	96.8	93.0	95.1	95.0	97.4	96.7	100.0	100.0	101.7	103.0	100.1	105.5	106.3	101.2	113.6	119.2	120.8	119.0	
		10	85.5	86.0	89.2	90.0	90.0	91.7	96.5	97.0	100.0	99.4	100.6	98.0	100.0	101.0	102.0	103.0	106.0	107.0	111.0	110.0	112.8	112.5	113.5	112.9	117.4	125.0	131.1	127.0	
		20	95.0	95.0	99.4	100.0	100.0	100.0	104.0	102.0	106.0	105.0	107.0	106.2	108.0	109.0	110.0	114.0	112.5	116.0	120.0	118.0	121.0	124.0	123.0	128.0	129.4	132.4	139.2	141.0	
		30	100.5	99.0	104.6	105.0	106.0	107.0	108.0	107.0	112.6	111.0	112.0	112.0	114.0	115.0	116.0	120.0	121.0	122.9	126.0	126.0	129.6	131.0	129.5	134.0	136.6	139.0	145.3	148.0	
		40	104.0	103.0	110.0	108.3	111.0	112.0	112.0	114.4	116.0	116.6	118.0	116.2	120.0	120.0	122.0	126.2	126.0	129.0	131.0	133.0	135.8	136.4	138.0	141.2	143.8	147.0	153.0	151.0	
		50	107.0	106.0	113.0	112.0	115.0	116.0	118.0	120.0	121.0	120.0	122.0	122.0	125.5	125.0	127.0	131.0	130.0	134.0	136.0	138.5	141.0	143.0	143.5	148.0	149.9	152.0	160.0	155.0	
		60	111.0	110.0	117.0	116.0	119.4	120.0	123.0	124.0	126.0	125.0	126.0	128.0	129.0	130.0	132.0	135.5	136.0	139.8	141.0	144.0	146.0	149.0	149.0	155.0	156.0	156.0	168.0	165.0	
		70	115.5	115.0	121.0	122.0	123.8	126.0	128.0	130.0	130.0	130.0	132.0	134.0	134.0	138.0	138.8	142.0	141.0	145.0	148.0	149.1	154.4	154.0	155.0	160.0	164.0	165.6	172.7	174.0	
		80	123.0	122.0	126.0	126.0	128.0	131.0	133.0	135.0	136.0	138.0	139.0	140.4	140.9	145.0	145.0	147.0	148.0	154.0	154.0	158.0	160.0	160.8	161.0	166.0	171.0	179.8	178.8	181.0	
		90	130.5	130.0	135.0	133.0	138.6	141.0	142.3	144.0	145.0	149.0	146.0	149.0	150.0	154.0	155.6	155.0	157.8	163.0	162.6	166.0	171.0	172.7	175.5	173.2	182.0	193.4	187.0	190.0	
95	138.0	135.8	137.2	141.6	148.9	145.7	149.5	150.0	155.3	154.0	154.2	155.0	159.0	163.6	160.3	165.4	165.4	174.0	170.3	173.0	182.9	178.0	184.0	185.6	188.6	204.7	192.0	195.0			
GIRL	Percentiles	5	70.0	71.4	77.6	73.2	79.1	72.4	81.0	87.8	82.6	84.0	90.0	84.2	87.8	88.0	90.0	93.0	88.7	90.6	100.0	90.0	91.8	93.1	93.2	93.0	96.2	94.7	97.0	99.3	
		10	78.0	81.0	81.1	82.6	85.0	90.0	86.2	94.0	89.7	91.2	94.0	93.2	94.5	93.0	95.2	98.9	98.8	99.0	100.4	98.0	100.0	100.0	100.0	102.0	104.0	102.0	99.0	106.0	
		20	85.0	91.0	90.0	93.2	95.0	95.0	95.4	100.0	99.0	100.0	102.0	100.0	100.0	100.0	100.0	103.0	105.0	105.0	107.8	103.0	110.4	109.0	111.0	110.0	113.5	113.4	110.0	115.2	
		30	90.0	98.0	95.6	100.0	100.0	100.0	100.0	104.0	103.0	103.0	107.0	104.9	107.0	107.0	108.0	108.0	110.0	111.0	115.0	112.0	115.0	115.0	115.0	116.0	118.0	118.9	119.0	117.0	118.9
		40	96.8	101.0	100.0	103.0	104.0	104.0	104.2	108.0	106.0	109.0	110.0	110.0	112.0	111.0	112.0	113.0	116.0	118.4	120.0	119.0	122.0	120.0	121.8	126.0	123.4	124.4	122.0	122.0	
		50	101.0	105.0	104.5	107.0	109.0	109.0	111.0	112.0	110.0	115.0	114.0	114.0	116.0	116.0	117.8	117.5	121.0	122.0	125.0	125.0	127.0	127.0	128.0	129.0	128.0	129.0	126.5	125.5	
		60	105.0	109.0	110.0	110.0	112.0	112.0	115.0	116.2	116.0	120.0	117.0	120.0	121.0	120.0	122.0	121.0	127.0	127.5	129.0	133.0	132.2	133.5	136.2	134.0	132.0	136.0	132.0	131.8	
		70	109.7	113.0	114.7	115.6	116.0	115.0	120.0	120.0	122.0	123.5	121.8	125.0	126.0	128.0	126.0	129.0	132.9	133.0	135.0	139.0	136.8	142.7	141.5	145.0	138.2	142.9	137.5	140.0	
		80	113.6	119.4	120.8	120.0	120.8	123.0	125.6	125.0	130.0	130.0	128.0	131.0	133.0	134.0	132.0	136.0	140.0	140.4	143.0	148.0	144.0	147.0	151.6	152.0	147.8	149.6	149.0	147.4	
		90	122.0	124.4	126.5	125.2	126.9	131.2	131.9	133.0	137.0	139.8	137.0	140.0	141.0	145.0	144.7	146.0	152.3	149.8	154.0	159.0	154.4	160.5	170.8	162.8	157.8	161.3	164.5	157.0	
95	130.5	129.6	130.0	130.0	132.0	137.6	138.7	142.2	146.0	147.9	144.3	148.0	151.0	153.0	153.9	155.0	159.7	159.5	161.8	167.0	165.6	170.2	180.9	175.0	170.0	165.2	174.3	169.8			

Table 10. Right handgrip strength values (kg) of 7-13-year-old Turkish children by gender and age

HANDGRIP - RIGHT (kg)																														
Age/month group		7.1	7.2	7.3	7.4	8.1	8.2	8.3	8.4	9.1	9.2	9.3	9.4	10.1	10.2	10.3	10.4	11.1	11.2	11.3	11.4	12.1	12.2	12.3	12.4	13.1	13.2	13.3	13.4	
BOY	Percentiles	5	7.6	7.3	8.5	8.4	10.0	9.2	8.7	8.8	9.7	9.9	10.2	11.1	11.0	12.0	12.5	12.5	13.7	12.6	13.4	14.3	14.9	14.6	15.1	14.7	16.4	18.1	15.9	19.1
		10	8.2	7.8	9.5	9.2	10.2	9.9	10.0	10.8	10.9	11.3	11.1	12.2	11.9	13.1	13.8	13.7	14.4	13.9	14.9	15.9	15.9	16.1	16.8	16.9	18.6	20.1	18.9	22.3
		20	9.4	9.0	10.5	10.0	11.4	11.2	11.1	11.6	12.0	12.7	12.7	13.3	13.7	14.4	14.9	15.0	15.9	15.7	16.9	16.9	17.8	18.7	19.0	19.5	21.7	21.4	21.2	24.5
		30	10.1	9.9	11.4	11.0	11.9	11.9	12.2	12.5	12.6	13.6	13.6	14.4	14.7	15.4	15.9	16.3	16.6	17.1	18.0	18.0	19.3	20.0	20.1	20.8	22.9	22.5	24.0	26.6
		40	10.7	10.8	12.1	11.7	12.2	12.6	12.7	13.1	13.9	14.3	14.6	15.1	15.4	16.1	17.0	17.0	17.4	17.9	19.0	19.0	20.4	21.0	21.3	22.0	24.2	24.5	26.4	28.0
		50	11.2	11.4	12.5	12.7	12.8	13.3	13.6	13.9	14.6	15.0	15.3	15.9	16.4	17.0	18.0	17.7	18.4	18.9	19.9	20.1	21.0	21.8	22.5	23.3	25.8	25.9	28.0	29.6
		60	11.7	12.1	13.4	13.4	13.2	13.9	14.1	14.7	15.3	15.9	16.1	16.9	17.3	17.9	18.8	18.8	19.5	19.7	20.9	21.2	22.6	23.2	24.4	24.3	26.6	27.2	30.0	31.2
		70	12.1	12.6	13.9	14.3	13.8	14.7	15.1	15.4	16.4	16.9	16.9	17.9	18.3	18.7	19.9	20.1	20.4	20.5	22.6	22.7	23.8	24.4	26.1	25.7	28.1	29.4	32.9	33.8
		80	13.4	13.6	14.6	15.1	14.6	15.7	16.1	16.3	17.3	17.8	17.9	19.2	19.5	20.1	21.0	21.4	22.1	22.2	23.8	24.4	26.0	26.4	27.4	28.6	31.6	31.6	34.9	37.2
		90	14.2	15.3	15.9	16.2	15.7	16.9	17.5	18.1	19.2	19.3	19.7	20.4	21.1	21.7	22.6	23.0	23.4	24.3	25.6	27.0	29.3	29.0	30.3	32.9	35.4	34.8	40.4	41.8
	95	14.9	16.8	16.9	17.7	16.9	18.3	19.1	19.7	20.7	20.4	21.3	22.6	22.9	23.6	23.5	24.3	24.7	26.5	28.2	29.2	30.7	30.8	32.2	35.8	36.9	36.6	44.4	43.9	
GIRL	Percentiles	5	6.8	7.3	7.6	7.1	7.8	8.2	8.3	8.6	9.1	9.2	10.0	9.9	11.0	11.2	10.6	11.0	11.7	13.2	13.4	14.5	11.3	14.3	15.4	16.9	14.8	15.0	17.3	15.8
		10	7.2	8.1	8.2	7.9	8.7	9.2	9.5	9.5	10.0	10.7	10.7	10.9	11.7	12.0	12.2	12.8	12.4	14.4	14.0	15.8	14.5	16.0	16.6	17.8	18.0	17.3	18.9	18.2
		20	8.3	9.2	9.3	9.4	9.6	10.0	10.7	10.8	11.1	11.3	12.0	12.3	13.0	13.1	13.7	14.0	14.6	16.7	14.9	16.9	16.7	17.9	17.7	20.0	19.9	19.1	20.8	20.3
		30	8.9	10.0	10.1	10.1	10.6	11.0	11.2	11.7	12.1	12.3	13.0	13.1	14.3	14.1	14.9	15.0	15.4	17.8	16.6	18.0	17.4	19.0	19.2	21.3	21.1	21.2	21.9	21.4
		40	9.4	10.7	10.8	10.9	11.0	11.6	11.8	12.4	12.6	13.1	13.5	14.2	14.7	15.2	15.8	16.1	16.3	18.5	18.2	19.0	18.6	20.7	20.1	22.7	22.3	23.1	22.5	23.0
		50	10.1	11.4	11.3	11.7	11.9	12.0	12.4	13.0	13.3	13.6	14.1	15.1	15.4	16.1	16.5	17.5	17.3	19.0	19.4	20.5	20.3	21.8	21.8	23.4	23.2	23.9	23.8	24.1
		60	10.7	12.1	11.9	12.6	12.7	12.6	13.2	13.8	14.0	14.4	14.6	15.9	16.0	16.9	17.4	18.7	18.3	20.2	20.7	21.7	22.2	22.6	23.7	24.4	24.9	25.6	25.1	25.0
		70	11.1	12.4	12.8	13.0	13.7	13.2	14.2	14.5	14.6	15.7	15.6	16.6	16.9	17.4	18.7	19.7	19.5	21.3	22.1	22.6	23.4	23.9	25.3	26.2	26.2	27.0	26.4	26.1
		80	11.9	13.1	14.4	14.0	14.2	14.0	15.3	15.6	15.6	16.6	16.5	18.0	18.1	19.0	19.8	21.4	21.3	21.9	25.5	23.7	25.1	25.7	26.8	27.2	27.8	28.5	28.7	28.0
		90	12.3	14.4	15.3	15.3	15.7	15.6	16.3	16.8	17.0	17.9	18.2	19.7	20.1	20.1	21.7	23.0	23.9	24.6	28.2	24.2	26.5	28.8	29.4	30.1	30.2	29.7	30.7	30.6
	95	16.0	16.4	16.6	17.3	16.8	17.2	18.4	20.4	18.0	20.1	19.7	21.1	21.7	22.4	23.6	24.8	25.4	26.2	30.7	26.0	28.4	31.2	31.5	31.8	31.7	31.5	32.8	31.5	

Table 11. Left hand handgrip strength values (kg) of 7-13-year-old Turkish children by gender and age.

HANDGRIP - LEFT (kg)																															
Age/month group		7.1	7.2	7.3	7.4	8.1	8.2	8.3	8.4	9.1	9.2	9.3	9.4	10.1	10.2	10.3	10.4	11.1	11.2	11.3	11.4	12.1	12.2	12.3	12.4	13.1	13.2	13.3	13.4		
BOY	Percentiles	5	7.6	7.1	8.3	7.7	9.6	8.9	8.9	9.4	9.2	9.8	10.2	10.3	10.4	11.5	12.0	12.4	12.0	12.9	12.4	14.1	13.6	14.4	14.4	14.5	16.6	17.6	16.5	18.4	
		10	8.2	8.0	9.1	9.1	10.0	9.5	9.7	10.3	10.0	10.9	10.8	11.6	11.5	12.6	12.8	13.5	13.4	14.0	13.8	15.0	15.4	15.8	16.1	15.8	17.6	18.9	18.0	20.3	
		20	9.1	9.0	10.3	9.9	10.8	10.4	10.7	11.5	11.4	12.0	12.0	13.2	13.1	13.7	14.5	14.7	15.0	15.1	15.8	16.1	16.8	18.0	17.7	18.2	21.1	20.7	20.0	22.6	
		30	9.5	9.9	10.9	10.9	11.5	11.3	11.7	12.0	12.3	13.0	12.9	13.8	14.3	14.7	15.5	15.6	15.8	16.1	17.3	17.2	18.0	19.3	18.9	20.1	22.1	21.9	22.5	25.7	
		40	10.1	10.6	11.6	11.7	12.1	12.1	12.2	12.8	13.3	14.1	13.7	14.7	14.9	15.5	16.6	16.1	16.9	17.4	18.1	18.4	19.5	20.2	20.7	21.0	23.4	23.9	25.6	26.6	
		50	10.9	11.3	12.1	12.4	12.4	12.8	13.0	13.7	13.9	14.7	14.7	15.4	15.8	16.3	17.4	17.0	18.0	18.4	19.6	19.8	20.7	21.5	22.0	22.1	24.7	25.0	27.5	28.1	
		60	11.5	12.0	12.7	12.9	13.0	13.5	13.9	14.4	14.7	15.4	15.5	16.3	16.6	17.4	18.1	17.9	18.9	19.4	20.5	20.9	22.0	22.5	23.4	23.5	25.7	26.4	29.7	30.4	
		70	12.2	12.4	13.6	13.5	13.5	14.1	15.1	15.1	15.4	16.2	16.4	17.0	17.6	18.3	19.2	19.5	19.9	20.4	21.5	22.4	23.2	23.8	25.1	25.1	27.0	28.0	30.9	31.7	
		80	12.8	13.2	14.5	14.6	14.4	15.0	16.0	16.0	16.8	17.0	17.7	18.0	18.8	19.3	20.5	21.0	21.1	21.5	22.8	23.7	24.4	25.5	26.1	27.4	29.6	30.0	34.5	34.0	
		90	13.7	14.9	15.7	15.8	15.3	16.4	17.3	17.8	18.2	18.6	19.3	19.4	20.1	21.0	21.9	22.6	22.4	23.2	25.0	25.4	26.9	28.0	28.4	30.2	33.1	32.7	37.7	38.7	
	95	15.3	16.6	16.9	17.0	16.3	18.3	18.6	19.5	20.2	20.0	21.2	22.4	21.9	22.8	23.1	23.9	23.6	24.7	26.4	28.0	30.4	30.5	30.2	35.5	36.3	37.0	41.4	40.9		
GIRL	Percentiles	5	6.1	7.0	7.8	6.4	7.9	8.0	8.9	8.6	9.0	9.2	9.9	10.3	10.3	10.2	10.7	10.7	11.0	11.7	12.5	14.2	10.6	12.6	15.1	16.7	14.9	15.7	16.2	16.1	
		10	6.9	7.2	8.3	7.9	8.8	8.7	9.9	9.6	10.2	10.6	10.4	11.3	11.5	10.7	11.5	12.2	11.8	13.3	13.7	14.6	12.8	14.5	16.1	17.3	17.0	16.6	17.2	17.7	
		20	7.8	8.6	9.1	8.9	10.0	9.9	10.4	10.9	11.1	11.1	11.3	12.4	12.7	12.7	13.1	13.5	14.1	15.7	15.1	16.6	16.0	16.9	17.4	19.2	18.8	19.0	19.3	19.9	
		30	8.9	9.6	9.9	9.9	10.6	10.5	11.2	11.7	11.8	11.9	12.1	13.5	13.5	13.7	14.4	14.5	15.0	17.2	15.9	17.8	18.7	17.3	18.2	18.8	20.3	20.1	20.6	20.7	20.8
		40	9.4	10.4	10.5	10.7	11.0	11.3	11.9	12.4	12.4	12.5	12.8	14.3	14.2	14.6	15.3	15.4	16.1	17.9	17.8	18.7	19.3	19.9	19.7	21.4	21.9	22.0	22.1	21.7	
		50	10.0	11.3	11.3	11.4	12.0	12.0	12.4	13.3	13.1	13.7	13.7	14.7	15.0	15.1	15.9	17.0	16.9	18.7	18.8	20.0	20.1	21.0	20.9	22.4	22.8	23.1	23.3	22.5	
		60	10.5	12.0	11.8	12.0	12.5	12.3	13.1	13.7	13.7	14.4	14.8	15.3	15.9	16.0	16.5	18.0	17.7	19.3	20.1	20.7	21.8	21.6	22.9	23.7	23.9	24.0	24.4	23.6	
		70	10.9	12.5	12.4	12.7	13.3	13.1	14.2	14.0	14.4	15.0	15.4	15.9	16.6	16.9	17.8	19.1	18.9	20.4	21.6	21.5	22.7	22.6	24.4	24.8	25.1	25.7	25.3	24.5	
		80	11.6	12.9	13.5	14.0	14.1	13.6	15.2	14.9	15.3	16.2	16.1	17.2	18.0	18.0	19.1	20.3	20.2	21.9	23.5	22.8	24.2	23.8	26.7	26.0	26.6	27.0	27.3	26.8	
		90	12.4	14.4	15.5	16.0	15.5	15.0	17.0	16.9	16.4	17.7	17.3	19.3	19.0	19.9	21.1	22.0	22.3	24.2	26.8	24.4	25.7	27.1	27.9	28.6	28.3	28.7	29.9	28.0	
	95	12.9	16.1	16.1	18.2	18.2	16.5	19.2	20.1	18.1	19.7	19.2	21.2	20.6	22.1	22.0	24.2	23.9	27.7	30.1	26.5	26.8	28.7	29.6	32.5	30.7	29.7	31.9	28.5		

Table 12. Sit-up values (30 sec) of 7-13-year-old Turkish children by gender and age.

		SIT UP 30sec																													
Age/month group		7.1	7.2	7.3	7.4	8.1	8.2	8.3	8.4	9.1	9.2	9.3	9.4	10.1	10.2	10.3	10.4	11.1	11.2	11.3	11.4	12.1	12.2	12.3	12.4	13.1	13.2	13.3	13.4		
BOY	Percentiles	5	4.0	5.0	4.0	5.0	7.0	5.0	5.0	6.9	7.0	5.0	5.0	5.0	3.0	3.0	3.6	5.7	5.0	5.0	5.8	7.0	4.4	2.1	2.0	3.0	2.0	4.0	1.3	4.0	
		10	7.0	6.0	6.0	7.0	8.2	8.0	7.0	9.0	9.0	8.0	9.0	8.0	6.1	6.0	7.2	7.0	6.0	9.0	10.0	9.0	8.0	5.0	4.0	5.3	3.0	5.7	5.6	5.0	
		20	10.0	9.2	9.0	10.0	10.0	10.0	11.0	11.0	11.0	11.0	11.0	10.0	10.0	10.4	11.0	10.0	9.0	12.0	13.0	12.0	12.0	10.0	8.8	9.0	9.0	8.8	10.0	8.4	
		30	11.0	11.0	11.0	11.0	11.0	12.0	13.0	13.0	13.0	13.0	12.7	12.0	11.0	12.0	12.0	12.0	12.0	13.0	14.0	14.0	13.0	13.0	11.0	12.0	12.0	12.0	13.0	11.0	
		40	13.0	12.0	13.0	13.0	13.0	13.0	14.0	14.0	14.0	14.0	14.0	13.0	13.0	14.0	14.0	13.0	13.0	14.0	14.0	15.0	14.0	15.0	13.0	14.0	14.0	14.0	14.4	14.0	
		50	13.0	13.0	14.0	14.0	14.0	14.0	14.0	15.0	15.0	15.0	15.0	14.0	14.0	15.0	15.0	15.0	15.0	15.0	15.0	16.0	16.0	16.0	15.0	15.0	15.0	15.0	16.0	15.0	
		60	14.0	15.0	15.0	15.0	15.0	15.0	15.0	16.0	16.0	16.0	16.0	16.0	16.0	16.0	16.0	16.0	16.0	16.0	16.0	17.0	17.0	17.0	16.0	16.0	16.4	17.0	17.0	16.0	
		70	15.0	15.0	16.0	16.0	16.0	16.0	17.0	17.0	17.0	17.0	17.0	18.0	17.0	17.0	17.0	17.0	17.0	17.0	17.0	18.0	18.0	18.0	17.0	18.0	18.0	18.9	18.0	17.0	
		80	15.0	17.0	17.0	17.0	17.0	18.0	18.0	18.0	18.0	19.0	19.0	19.0	18.8	19.0	19.0	19.0	19.0	19.0	18.6	18.0	19.0	19.0	20.0	18.2	19.4	19.2	20.0	19.0	18.6
		90	18.0	19.0	19.0	20.0	19.0	20.5	20.0	20.0	21.0	20.0	22.0	21.0	21.0	21.0	20.0	21.0	20.0	21.0	20.0	21.0	21.0	21.0	21.0	21.0	22.0	20.0	22.0	21.0	20.0
	95	20.0	20.9	20.0	21.0	21.0	23.0	22.0	21.1	23.0	22.0	23.0	22.4	23.0	24.0	22.0	23.0	23.0	22.2	21.3	23.4	22.8	22.9	23.0	24.0	22.0	23.2	22.0	21.0		
GIRL	Percentiles	5	1.9	3.0	4.8	4.0	2.1	5.0	2.0	6.0	5.0	5.0	3.3	3.7	4.0	3.0	2.3	3.0	2.2	4.5	7.0	3.9	2.8	3.8	2.2	2.4	2.3	2.0	4.0	5.0	
		10	4.7	5.6	8.0	6.8	6.0	8.0	6.0	8.0	7.0	8.0	6.5	6.0	6.0	6.0	5.0	5.0	5.0	6.8	8.7	7.8	4.0	5.0	3.4	4.0	3.5	3.0	6.7	5.0	
		20	8.0	10.0	11.0	10.0	10.2	10.0	10.0	11.0	10.0	10.0	10.0	9.0	10.0	8.0	9.0	9.0	10.8	11.0	11.0	8.0	8.2	6.0	9.0	5.0	7.0	8.0	7.0		
		30	11.0	12.0	12.0	11.0	13.0	12.4	12.0	12.0	13.0	11.0	12.0	11.0	11.0	11.1	10.0	12.0	11.0	13.0	13.0	12.0	10.0	10.0	10.0	10.0	8.0	9.0	10.0	10.0	
		40	12.0	13.0	13.0	13.0	14.0	14.0	13.4	13.0	14.0	13.6	14.0	13.0	13.0	13.0	12.0	14.0	12.0	14.0	14.0	13.0	12.0	12.0	12.0	12.0	10.0	10.6	11.0	10.0	
		50	13.5	14.0	14.0	14.0	15.0	15.0	14.5	15.0	15.0	15.0	15.0	15.0	15.0	15.0	13.5	15.0	15.0	15.0	15.0	14.0	13.0	13.0	13.0	13.0	12.0	12.0	12.0	11.0	
		60	15.0	15.6	15.0	15.0	16.0	16.0	16.0	16.0	16.0	15.4	16.0	16.0	16.0	16.0	15.0	16.0	15.0	16.0	16.2	15.0	15.0	15.0	14.4	14.0	13.0	13.4	13.0	12.0	
		70	15.0	17.0	16.0	16.0	17.0	17.0	18.0	17.0	17.2	17.0	17.0	18.0	17.0	17.0	17.0	18.0	17.0	18.0	17.0	16.3	17.0	16.0	15.0	15.0	14.0	15.0	14.9	14.0	
		80	16.0	18.0	17.0	17.0	18.8	18.0	19.0	18.6	19.0	19.0	19.0	19.0	19.0	18.6	18.0	19.0	19.0	19.0	18.6	18.0	19.0	18.0	17.0	17.0	15.0	16.0	15.0	16.0	
		90	17.3	19.4	19.0	19.0	20.0	20.0	21.9	20.8	21.0	21.0	21.0	21.0	21.0	21.0	20.0	21.0	21.0	21.0	21.0	20.2	21.0	20.4	20.0	19.3	17.0	17.1	18.0	21.0	
	95	19.2	20.6	21.0	24.0	23.0	22.1	23.5	22.0	24.0	24.0	22.0	23.0	23.0	23.0	22.0	23.5	24.6	21.0	23.2	24.6	23.0	23.2	21.0	21.0	19.8	19.6	19.0	22.0		