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[Average jump height for untrained females: 12-16 inches \(30-40 cm\)](#)

[Average jump height for trained males: 24-28 inches \(60-70 cm\)](#)

[Power Testing: Vertical Jump Test](#)

[matassessm ent : blog : vertical-jump-test](#)

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[College-aged females: The average Broad Jump distance for college-aged females is approximately 6-7 feet \(1.8-2.1 m\)](#)

[athletes is approximately 9-10 feet \(2.7-3 meters\) for males and 7-8 feet \(2.1-2.4 m\)](#)

[Power Testing: Broad Jump](#)

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meBox Office, Inc., ela

pria uma unidade de propriedade de Warner Bros. Discovery. HBO - 127817; Wikipedia pt.wikipedia

: wiki HBO Como 233,, tanto da 20th Century Fox (21st Century), Warner Brothers e

e, apenas 21

Por que 127817; a Disney comprou a 20th Century Foxonline apostasonline apostas vez da Warner Bros.

mente 227;o estat-padding com muitos passes curto