

CLIMBER'S DATA MEAN SCORES

Women's Scores

Grade defined as hardest redpoint in recent month.	Grip/weight Based on Grip 2	Back/weight	Sit-ups/min	Turn out	Reach	Dynamo meter Grip 1	Resistance Grip 3	Back	Endurance
5.9 or V0	0.6 - 0.65	1.3	34	88	5.5		79	168	22.68
5.10 / V0	0.6 - 0.7	1.5	32	88.6	5.2		83	196	23.9
5.11 / V1-V2	0.7 - 0.75	1.6	39.5	93.3	6.5		87	195	40.34
5.12 / V3-V6	0.75 - 0.9	1.75	43.5	96	6.7		95	204	53.8
5.13 / V7-V10	0.85 - 0.95	1.86	52	111.9	7.27		97	216.5	76
5.14 / V11+	0.94	1.89	45	102.5	6.67		92	180.7	78

Men's Scores

Grade defined as hardest redpoint in recent month.	Grip/weight Based on Grip 2	Back/weight	Sit-ups/min	Turn out	Reach	Dynamo meter Grip 1	Resistance Grip 3	Back	Endurance
5.9 / V0	0.6 - 0.65	1.6	40	90	4		99.7	168	27
5.10 / V0	0.6 - 0.7	1.8	43	88.6	3.4		115.7	196	34
5.11 / V1-V2	0.7 - 0.75	1.8	42	92.5	5.5		118.4	195	41
5.12 / V3-V6	0.75 - 0.9	1.9	46	90	4.7		118.6	204	53
5.13 / V7-V10	0.85 - 0.9	2.1	48	96.7	5		128.6	216.5	73
5.14 or V11+	0.99	2.24	50	96	4		143	180.7	84

Many factors can affect the scores of participants. These results are limited in their accuracy as a result. They are merely meant as a guideline.

Most important elements to reflect on:

1. Is there an imbalance in the grip/wt scores and the back to weight scores?
2. Is there imbalance in flexibility scores and strength parameters?
3. Is there a relationship between my climbing style and the results I am seeing?
4. How hard (on a scale of 1:10, with 1 being "not at all" and 10 being "big guttural scream effort") did I try?
5. Is the effort I put into the tests greater or lesser than I would on my hardest redpoints? How is it different?