

12-MINUTE RUN TEST FOR MEN (KM)

Highest death risk (from any cause)		49% lower	64% lower	76% lower	80% lower
Age	Poor (worst 20%)	Fair (21-40%)	Good (41-60%)	Excellent (61-80%)	Superior (top 20%)
18-19	<2.20*	2.21 → 2.53	2.54 → 2.69	2.70 → 3.05	>3.06
20-29	<2.12	2.13 → 2.37	2.38 → 2.64	2.65 → 2.96	>2.97
30-39	<2.07	2.08 → 2.25	2.26 → 2.53	2.54 → 2.84	>2.85
40-49	<2.05	2.06 → 2.22	2.23 → 2.45	2.46 → 2.80	>2.81
50-59	<1.79	1.80 → 2.06	2.07 → 2.28	2.29 → 2.69	>2.70
60-69	<1.60	1.61 → 1.83	1.84 → 2.06	2.07 → 2.53	>2.54
70-79	<1.45	1.46 → 1.59	1.60 → 1.83	1.84 → 2.30	>2.31
80+	<1.31	1.32 → 1.48	1.49 → 1.64	1.65 → 2.06	>2.07
77%		91%	93.5%	96%	97%
10-year survival rate (from middle age/50s)					

Sources: Cooper K, et al 1968, Mandsager, Harb, Cremer et al 2018

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Nederlandse Sport Federatie

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the text 'Nederlandse Sport Federatie'.

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Embracing the Song of Appearance: An Mental Symphony within **Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4**

In a global used by displays and the ceaseless chatter of fast connection, the melodic beauty and emotional symphony created by the written word frequently diminish into the backdrop, eclipsed by the constant noise and distractions that permeate our lives. Nevertheless, nestled within the pages of **Trim U Fit Kenneth Cooper Test Trimbrochure Nr 4** a stunning literary prize overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this charming masterpiece conducts readers on an emotional journey, well unraveling the hidden tunes and profound impact resonating within each carefully constructed phrase. Within the depths of the moving evaluation, we shall examine the book is key harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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