

BODY COMPOSITION ASSESSMENT
administered by the
SCHOOL OF HUMAN KINETICS
JOHN M BUCHANAN
EXERCISE SCIENCE LABORATORY
UNIVERSITY OF BRITISH COLUMBIA

Name: Tasso Velonas

Age: 35 years

Height: 182.6 cm 71.9 inches

Weight: 83.5 kgs 183.7 lbs

Test Date: 29-Oct-01

HYDROSTATIC WEIGHT

Underwater Weight: 3.6 kgs

Water Temperature: 30 °C

Body Density: 1.063

BODY COMPOSITION RESULTS

Actual Body Weight = 183.7 lbs 83.5 kgs with 28.9 lbs Body Fat 15.7%

Lean Body Weight = 154.8 lbs 70.4 kgs with 0.0 lbs Body Fat 0.0%

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Name: Tasso Velonas

Age: 35 years

Height: 183 cm 72.0 inches

Weight: 83.8 kgs 184.4 lbs

Test Date: 30-Sep-02

HYDROSTATIC WEIGHT

Underwater Weight: 4.6 kgs

Water Temperature: 33 °C

Body Density: 1.075

BODY COMPOSITION RESULTS

Actual Body Weight = 184.4 lbs 83.8 kgs with 19.0 lbs Body Fat 10.3%

Lean Body Weight = 165.4 lbs 75.2 kgs with 0.0 lbs Body Fat 0.0%