ABSTRACT

AN ANALYSIS OF SPRINT ABILITY IN GRADE V STUDENTS OF SD NEGERI 102 OF SOUTH BENGKULU <u>TRISNO</u> Student Reg. ID: 19190012

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The study aims to describe the ability of male and female students' running speed to the results of the 60 meter sprint. This research is descriptive quantitative, with a survey method with a 60 meter test. The population in this study were class V students of SD Negeri 102 of South Bengkulu, totaling 33 people. Data analysis techniques using percentage statistics. The results showed that the average male running ability was 14.74 seconds, with the fastest run of 13 seconds and the slowest run of 16.69 seconds. For 8 female students, the fastest time was 17.87 seconds, 19.90 seconds late with an average gain of 18.50 seconds.

Keywords: Students, Sprint Running.



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