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[1-4], 20-  
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( ) [1].  
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[1, 5].

[1, 3]

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ó

85 95 . 0,145 [7]. 10,20 11,60 / , 0,86 ,

40/60%,

[1, 2]

37.3/62.7% [4].

1,4%

3,1 4,8%.

[1].

( - ) « »

M. oh [4] 14,10±0,38 / 4,47 / .

(14,54 / )

[4] ( )

3600N ( = 95 ,  
tc = 0,091 , tf = 0,132 ), 3250N ( = 73 ,  
tc = 0,070 tf = 0,132 ) 3590N  
( = 88 , tc = 0,080 , tf = 0,131 ).

(tc = 0,086 ). 41  
100 , 162,2 .

100 3,53  
(t 100 ( ) = tc 3,53 + tf

5,96 = 9,49 ].

ó 5,96

41%/59%. T. Gay

47%:

53%, A. Powell ó 39%: 61%.  
40,92 , . 45,94 .

100

44,45 [6].

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, ,

Beneke Taylor [7]

100 12-

2009

72,5 É -1,

76,7 É -1.

[1].

37,3%: 62,7%,

0,030 ,

ó 0,056 .

[5].

5,45±0,65 / -

[8]

J. Slawinski [9]

100

[10]

CG

T. Haugen [10]

« »

(m. biceps femoris)

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