



JEFFREY GITOMERS
SALES-MANIFEST
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Sie lernen durch die Klärung
der Situation und der Gelegenheit.

Sie erwerben Fähigkeiten,
indem Sie handeln.

Sie meistern den Prozess,
indem Sie ihn immer wieder
wiederholen.

Jeffrey Gitomer
KING of SALES

Table 1. Mean (SD) values for the dependent variables in the four conditions. The dependent variables are defined in the text

Condition	Time to complete (s)	Number of steps	Number of steps per second	Number of steps per second per second
Control	16.4 (1.2)	11.4 (1.0)	0.69 (0.08)	0.04 (0.01)
Control + 10% load	16.6 (1.2)	11.5 (1.1)	0.69 (0.08)	0.04 (0.01)
Control + 20% load	16.9 (1.3)	11.7 (1.1)	0.69 (0.08)	0.04 (0.01)
Control + 30% load	17.2 (1.4)	11.9 (1.1)	0.69 (0.08)	0.04 (0.01)

was 16.4 s (SD 1.2 s) for the control condition, 16.6 s (SD 1.2 s) for the 10% load condition, 16.9 s (SD 1.3 s) for the 20% load condition and 17.2 s (SD 1.4 s) for the 30% load condition. The number of steps was 11.4 (SD 1.0) for the control condition, 11.5 (SD 1.1) for the 10% load condition, 11.7 (SD 1.1) for the 20% load condition and 11.9 (SD 1.1) for the 30% load condition.

The number of steps per second was 0.69 (SD 0.08) for the control condition, 0.69 (SD 0.08) for the 10% load condition, 0.69 (SD 0.08) for the 20% load condition and 0.69 (SD 0.08) for the 30% load condition. The number of steps per second per second was 0.04 (SD 0.01) for the control condition, 0.04 (SD 0.01) for the 10% load condition, 0.04 (SD 0.01) for the 20% load condition and 0.04 (SD 0.01) for the 30% load condition.

Discussion

The present study was designed to investigate the effects of load carriage on the time to complete a 10-m walk, the number of steps taken, the number of steps per second and the number of steps per second per second. The results showed that the time to complete a 10-m walk, the number of steps taken, the number of steps per second and the number of steps per second per second were not significantly affected by load carriage.

The results of the present study are consistent with the findings of other studies. For example, a study by Smith et al. (1999) found that the time to complete a 10-m walk was not significantly affected by load carriage. The number of steps taken was also not significantly affected by load carriage. The number of steps per second and the number of steps per second per second were also not significantly affected by load carriage. The results of the present study are also consistent with the findings of a study by Roberts et al. (2004) who found that the time to complete a 10-m walk, the number of steps taken, the number of steps per second and the number of steps per second per second were not significantly affected by load carriage.

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