DEVELOPING THE TECHNICAL PERFORMANCE OF THE INDIVIDUAL BLOCKING WALL SKILL BY DEVELOPING SOME BIOMECHANICAL AND PHYSICAL VARIABLES FOR VOLLEYBALL PLAYERS

Dr. Muna Taha Idrees¹, Dr. Najah Salman², Dr. Eman Faeq Salih³

¹²University of Technology / Student Activities Department
³Ministry of Education/ Rasafa First

MUNA.T.IDREES@uotechnology.edu.iq
najahrabhawee75@yahoo.com
Ifsaleh15@gmail.com

ABSTRACT

Preparing physical - skill exercises to develop some biomechanical and physical variables, which are carried out according to some mechanical values, which can be identified through the precise motor path of the skill to design the training program to develop these variables to help coaches identify the shortcomings and weaknesses of the players when performing the skill and the goal is the effect of the exercises Bdnah- skill to develop some variables Albyumkanikih, physical and technical performance of the skill wall block for individual volleyball players.

Keywords: technical performance, blocking wall, biomechanics, volleyball

I. INTRODUCTION

1-1 Introduction to the research and its importance: The field of athlete excellence depends on his physical competence and skill, and finding mechanical solutions that achieve sports motor skills, and that the development of biomechanical variables The physicality of volleyball players is an important matter in developing the technical performance of the individual blocking skill of volleyball players, and they must be trained according to the correct mechanical track and conditions.

1-2 research problem: The skill wall of the individual block of volleyball players of important skills in defending the pitch against attack the opposing team process is an effective first - team defensive line, a offensive weapon at the same time, the team that has a wall good will finish the match in his favor early if exploit the right image and the non - Ebein must a good level of much data physical skills And meets the mechanical conditions, The goal of search numbers of physical exercises - skill to develop some variables Albyumkanikih and physical, which are made according to some mechanical values and the development of the technical performance of the skill of the individual wall block from the center 2 for volleyball players.

1-3 Research Objectives: To identify the values of some biomechanical and physical variables for the skill of the individual wall of the research sample. - Preparing skill-physical exercises according to the mechanical variables of the research sample. - Identify the larg thier physical exercise -almharrith to develop the technical performance of the skill of the individual wall to block the development of some variables Albyumkanikih and physical volleyball players.

Research hypotheses: There are statistically significant differences between the pre and post tests in the development of some biomechanical and physical variables and it has a positive effect on the technical performance of the individual blocking skill of the research sample.

1-5 Research Areas

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1.5.1 Human field: All players advanced to the club the industry sports with volleyball season 2020 - 2021.
1.5.2 Field Temporal : Duration of (6 - 6 - 2020) and up (25 - 8 - 2020).
1.5.3 Spatial field: - Club Industry Sports, and Club Police Sports.

II. RESEARCH METHODOLOGY AND FIELD PROCEDURES:

2-1 Research Methodology: The use of the experimental method to design a group of one.

2-2 research community and appointed: Select Search from the community players Industry Club B volleyball season 2020 and the number (12) player, sample of intentional players Club Industry And their number reached (6) players, as they constituted (50 %) from the research community.

2-3 the means, tools and devices used in the research

2-3-1 Means of collecting information:

Arab and foreign sources and references, personal interviews, tests and measurements.

2-3-2 tools and devices used

- A volleyball court, 20 legal balls, and a type stopwatch (Casio) Number (2), and a whistle.,

- Two (2) metal measuring tapes with a scale (1 m, 25 m), adhesive tape for setting targets, with a width of (5) cm

- The device Tradmill, and wooden boxes heights (30.50) cm, (4) Medical balls weighing (3 -5 kg), an iron bar + iron weights, carpet.

- camcorder typeSony) of Japanese origin, with a frequency of (25 r / s), number (1).

- Japanese video camera Sony) Ultra-fast with a frequency of (1200 r / s) number (1), and the speed was set to 210 r / s, a tripod for the camera (2) and a plug-in (1).

- laptop computerLaptop Type (Lenovo(with the use of a program)Kinovea) to analyze movements and identify biomechanical indicators.

- Balance Medical (ketectoJapanese-made, drawing scale, length 1 m, and a phosphorescent mark.

2-4 Field Research Procedures

2-4-1 Define search variables:

2-4-1-1 Survey of Expert Opinions:

Through analysis, review and scientific sources on determining physical abilities, a questionnaire was distributed to know the opinions of a group of professors and experts And taking from among the nominated abilities what achieved a percentage of (80) percent or above, as shown in Table (1).

Table (1) explains the relative importance of physical abilities nominated by experts and specialists

<table>
<thead>
<tr>
<th>NS</th>
<th>the purpose</th>
<th>Relative importance</th>
<th>candidate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>The speed characteristic of the muscles of the legs</td>
<td>92.86%</td>
<td>☑</td>
</tr>
<tr>
<td>2</td>
<td>The speed characteristic of the muscles of the arms</td>
<td>78.21</td>
<td>☑</td>
</tr>
<tr>
<td>3</td>
<td>the speed</td>
<td>89.47</td>
<td>☑</td>
</tr>
<tr>
<td>4</td>
<td>agility</td>
<td>85.70</td>
<td>☑</td>
</tr>
</tbody>
</table>

2-4-2 Questionnaire to evaluate the technical performance of the skill of the individual blocking wall in volleyball:

A form was prepared for the skill of the individual blocking wall to evaluate the technical performance of the players in the pre and post test. This form was presented to a group of professors and experts
specialized in the game of volleyball in order to evaluate the technical performance of each player, and the degree ranged from (1-10).

2-4-3 Tests used in the research:
2 -4- 3 -1 test characteristic strength of the two men as fast as vertical jump stability (McGinnis, 1982)
2.4 3 -2 test characteristic strength speed of the arms build on the front bend and extend your arms through (6) tha (Qais, 1987)
2.4 3 -3 speed test ran 20 meters high from the start (IFAB, 2004).
2.4 3 -4 Test Fitness (jogging switchback way Barrow) (Mohammed, 1982).

2 - 4 - 4 experience reconnaissance:

The first exploratory experiment was carried out on (3) players from the Police Sports Club from outside the research sample on one day Saturday on 6 - 6 - 2020 at time (5) Pm in the club hall, police sports, and conducted the second exploratory experiment on (6) player yen from the sample itself in exactly at four in the afternoon on Monday on 8 - 6 - 2020 experiment carried out in the weightlifting hall and hall club police sports workout exercises on the players to learn and find The maximum value, intensity, repetitions and times, and a high-speed video camera No. (1) was installed, and the camera was placed on a tripod so that the focus of the camera lens is perpendicular to the middle of the player’s movement path when performing the skill of the wall of the block, and the camera was at a distance of (9.20) meters from the line side of the stadium, and the height of the focus of the camera lens (2. 40) meters above ground level, it was filmed a scale drawing (1 m) to be a reference for measurement, and used a camera Fedoah (2) to portray the skill wall of the individual block of movement from the center (2).

2 -5 procedures Main experience:

2 - 5 -1 tribal test:

Tribal was conducted for the research sample tests on the Wednesday and Thursday (10-11) -6 -2020 m at time the fourth era of the indoor hall for volleyball court, the inner hall of the weights in the club industry Sports, tests were conducted were installed conditions for testing in terms of team assistant time and space, tools and only prepare it so that similar conditions died when a posteriori tests.

2 - 5 -2 the special exercises used in the research:

- Use plyometric exercises and resistance exercises with weights.

- The proposed exercises were implemented from Saturday (13/6/2020) until Saturday (22/8/2020), at a rate of (3) training units per week on days (Saturday, Monday, Wednesday) for a period of (10) weeks at a rate of (3) units Weekly training, that is, a total of (31) training units during a period of approximately two and a half months.

- The use of free weights and hurdles and high jump jogging.

- The exercises used are similar to the performance requirements during the competition in order to take advantage of the effects of these exercises to achieve the required fluidity.

- Used interval training the average method, low - intensity and method of iterative training which consists of exercises group consisting (6-10 repetitions) strongly between (60. The 85 %) The intensity used in weightlifting exercises ranging between (40-60) depending on the level of each player, as shown in Annex (1).

- The exercises included the duration of the special preparation (physical - skill) from the main part.

- Time training in the training module ranging from (40 - 45 minutes).

- Included training module on special exercises each according Tkartha to suit the research sample, and taking into account the work relative to the rest of skills (1: 2) or (3: 1) and in accordance with the exercise type and size, and comfort between a group brother Rey (2 d) In order to restore recovery again.

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The exercises applied in the research are separate. Each exercise has a new intensity and size according to the type of exercise given, whether it is exercises using a medicine ball or dumbbells.

- Using physical and skill exercises in a specific time and then extracting the training intensity by depending on time or repetition and according to the type of exercise.

2 - 5 -3 posteriori tests:

After only the expiry of tens Iv exercises were conducted only skills posteriori the research sample on Monday and Tuesday on (24-25) / 8/2020 m, promptly at four pm in the indoor hall of the volleyball court, the inner hall of the weights in the Club Industry Sports, it was initialized Z Rove itself where the procedure has been testing tribal in terms of time, place, devices and medicines data, and the method of implementation, and the team.

2 -5-4 computerized treatment:

Analysis software was used.Kinovea(in the form of)AVI) and extracting the biomechanical variables directly from the movie taken by the player during the performance of the individual blocking skill test from the movement.

2-5-4-1 biomechanical variables:

- Angle of body fulcrum (maximum flexion - moment of release) of the movement
- Trunk angle (maximum Antina- moment Turk) of the movement

The angular velocity of the body joints (knee, hip) from maximum flexion until reaching the highest height

- Angular velocity (trunk and body) of the maximum flexion even reach the highest height (degree / s)

Variables of the center of gravity of the body mass:

- From maximum flexion to the moment of leaving the ground (seconds).
- From the moment you leave the ground to reach the top of the Getty height (seconds).

- The total movement of time (seconds) of the movement

Time

- From maximum flexion to the moment of leaving the ground (seconds).
- From the moment you leave the ground until reaching the highest altitude (seconds).
- Time total movement (seconds).

Kinetic energy perpendicular to the center of mass of a body

The vertical momentum of the center of mass of a body

2-6 Statistical means: The data for the research was processed using the. program (SPSS).

III. PRESENTATION, ANALYSIS AND DISCUSSION OF THE RESULTS:

3 -1 display test results skill to defend the transmitter according to Albyumkanikih variables:

Table (2)

Arithmetic mean, standard deviation, calculated (t) value, arithmetic mean difference, standard deviation of differences and level of significance for the pre and post tests of some biomechanical variables when performing the skill of the individual wall of movement from the center 2 in volleyball :
By analyzing the results of the research variables results morale appeared in favor of the posttest in the angular velocity variable to the body of the maximum flexion until the moment of leaving the ground through the use of Albulaaometric exercises and exercises resistance weights and exercises used is similar to the requirements of performance while competition for the purpose of benefiting from these effects exercises to achieve the desired flow, where e n the player during the performance of the block wall movement moves to the side, leading to Milan trunk forward and thus moves (M.t.k.j) forward and increases the fulcrum body angle when a D player knees when performing the payment process to only the The torso will return to the perpendicular position and thus a more angular difference is achieved and accordingly the angular velocity of the body will increase, that the body rotates around some axes and has an angular velocity that shows how much the body’s velocity was by changing the angular position and we can measure the angular distance around which the body revolved and its value By the time duration of the movement (Al-Khalidi, 2010). And when the body move from one point to another cut a certain angle and that his move at a certain angle, and a time of a particular called speed angular velocity through it, the number of the most grades that cut the body in a wall to block the movement led to the increased speed of the corner (Hashemi, 1999). And through the results, it was found that there were statistically
significant differences in the vertical kinetic energy variable of (MTC) and the reason was that the vertical displacement of (MTC) was large and in a short time, which led to the vertical velocity being large, and since velocity is one of the two sides of the kinetic energy equation, then the vertical kinetic energy of (MTCG) is large, and since the denominator of the velocity and velocity equation is one of the two sides of the kinetic energy equation, the less time the kinetic energy increases and vice versa (McGinnis., 1999). The results appeared significant for variables Alp Yumkanak of (total movement of time, for vertical displacement (M.t.k.j), vertical speed for (M.t.k.j), vertical momentum of the body) that the player in the move side will acquire linear speed and thus a linear momentum taken advantage of it to turn it into a large vertical displacement and a time of a few and thus will increase the vertical speed and the vertical momentum will increase also. The existence of differences that did not reach the degree of significance for the variable angular velocity of the stem caused by the inclination of the trunk forward is more and thus the increase in the angular difference as a result of moving the trunk to the side of pulling the step and then stopping for the purpose of advancing to the highest point of repelling the ball and thus obtaining an angular difference for the trunk benefited from in the angular velocity.

3 - 2 p View the results of tests physical tests pre and post analysis and discussion:

Table (3)Arithmetic mean, standard deviation, difference of arithmetic means, standard deviation of differences, calculated (t) value, significance level and percentage of development for the research sample in the two tests, pre and post tests for some variables physical:

<table>
<thead>
<tr>
<th>physical variables</th>
<th>measuring unit</th>
<th>the test</th>
<th>Arithmetic mean</th>
<th>standard deviation</th>
<th>Q_4</th>
<th>P_P</th>
<th>NS</th>
<th>The significance of the differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>The speed characteristic of the muscles of the legs</td>
<td>meter</td>
<td>Tribal</td>
<td>9.53</td>
<td>7.34</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>after me</td>
<td></td>
<td>11.95</td>
<td>6.17</td>
<td>2.42</td>
<td>1.08</td>
<td>5.47</td>
<td>moral</td>
</tr>
<tr>
<td>The speed characteristic of the muscles of the arms</td>
<td>repetition</td>
<td>Tribal</td>
<td>3</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>after me</td>
<td></td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>0.78</td>
<td>6.25</td>
<td>moral</td>
</tr>
<tr>
<td>Transition speed</td>
<td>time</td>
<td>Tribal</td>
<td>2.85</td>
<td>2.41</td>
<td>0.16</td>
<td>0.07</td>
<td>5.33</td>
<td>moral</td>
</tr>
<tr>
<td></td>
<td>after me</td>
<td></td>
<td>3.01</td>
<td>1.97</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>agility</td>
<td>a second</td>
<td>Tribal</td>
<td>5.23</td>
<td>4.83</td>
<td>2.12</td>
<td>0.65</td>
<td>7.85</td>
<td>moral</td>
</tr>
<tr>
<td></td>
<td>after me</td>
<td></td>
<td>7.35</td>
<td>4.61</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note / tabular value of t at degree of freedom) 5 (and the probability of a line 0.01 =4.03
between the table (3) It is in the test vertical jump of consistency to measure the strength characteristic speed of the two men PAL depending on both the elk and the distance a hill and there are significant between the pre and posttests differences as a result of the use of special exercises in the search through the use of Almtqlat exercises special speed and strength and this confirms H (Adel Abdel-Baseer 1999) The power characteristic of speed plays an important role as one of the basic characteristics of the components of physical numbers that characterize sports activities (Adel, 1999). The evolution in the variable data of the physical return to the quality of exercises adopted and its effective impact and the nature of the implementation of that exercise maximum or almost maximum intensity and the shortest time, and as a result of the impact of training Akaddrhal distinctive speed of the muscles of the legs and arms through Albulayomtrkohma exercises confirmed by (Mohammad Hassan Allawi “There are some factors that work to develop and develop this speed, which are the structural characteristics of the muscle fibers for the ability to relax and the ability of the muscle to stretch and viscosity, and it has proven the possibility of developing speed as a result of the development and development of the strength of the muscle. ’’(Muhammad, 2000) It is known that speed training is given at the beginning of the training unit immediately after the warm-up period, as it is preferable to “start speed exercises immediately after the warm-up process,
especially within the training units that aim to develop more than one physical characteristic.” (Muhammad, 2000). And the possibility of developing the characteristic of moving speed as a result of developing the characteristic of strength characteristic of speed in the athlete, and also that relaxation exercises helped to acquire good speed and to give enough time to rest to repeat the exercise as well as the effect of lengthening exercises between speed exercises, and there is an evolution in the ability of agility as a result of allocating time for these. The ability in research exercises, as the performance of any skill requires a certain amount of agility, this is on the one hand, and on the other hand, the development of this ability was the result of training on the skill of the individual blocking wall of movement and the accompanying change in trends, attitudes and situations and the ball player needs The plane to agility to try to succeed in linking several motor skills in one frame, as is the case when the player blocks the wall and then performs the process of defending the field in different directions, as well as its performance is linked to many other abilities such as the transitional speed, which helped to develop the work of the nervous system. As confirmed by (Mufti Ibrahim Hammad 1998) which confirms its vital and important role in agility through the efficiency of receiving information from the training or competitive environment and by issuing motor commands to the executing muscles (Mufti, 1998).

3 - 3 presentation and discussion of the technical performance of the skill of the results of the accuracy of the skill of the wall of the individual to block the movement of the two tests analyzed and discussed:

Table (4)
The arithmetic mean, standard deviation, calculated (t) value, the arithmetic mean difference, the standard deviation of the differences, and the significance level of the two tests, the pre and post tests, of the development of the technical performance of the skill of the individual wall of the movement from center 2 in volleyball:

<table>
<thead>
<tr>
<th>technical performance</th>
<th>measuring unit</th>
<th>Arithmetic mean</th>
<th>standard deviation</th>
<th>Qₙ</th>
<th>Pₚ</th>
<th>)NS(calculated)</th>
<th>The significance of the differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single blocking movement skill</td>
<td>Tribal Degree</td>
<td>5.56</td>
<td>2.10</td>
<td>3.68</td>
<td>1.84</td>
<td>4.48</td>
<td>moral</td>
</tr>
<tr>
<td>after me</td>
<td></td>
<td>9.24</td>
<td>1.95</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note / tabular value of t at degree of freedom (5) and probability of line 0.01 = 4.03

through the table appeared that there are differences significant between the results of pre and posttest in favor of the post test will BP as a result of the application of exercises that E will pass t two months and a half used it exercises a variety of weightlifting, Albulaaomitri and exercise skills similar to the skills competition which affected significantly in the development of Albyumkanikih variables And helped to show the good results of the post-test of the technical performance of the skill “The accuracy of the motor performance of the skill depends on the special physical abilities and here accuracy, speed, and strength play a major role in enhancing the effectiveness of the skill (Richard, 2005).

IV. CONCLUSIONS

1 There is a development in the angular velocity variable of the body from maximum flexion until the moment of leaving the ground, and the vertical kinetic energy variable of (mth Kg) from maximum flexion until reaching the highest height.

2 There is a development in the variables of total time, displacement and vertical velocity of (mthcg), angular velocity of the knee joint, angular velocity of the trunk, and vertical momentum.

3 The various exercises have an effective impact in developing some biomechanical and physical variables for the development of the skillful performance of the skill of the wall skill in volleyball.

Recommendations

Emphasis on the continuity of training on the side step to prepare for advancement because it has a major role in the player obtaining a vertical displacement and thus obtaining a vertical speed that enables him to reach the highest height.
Conducting a similar study that takes other variables and for different skills.

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**Appendix**

<table>
<thead>
<tr>
<th>NS</th>
<th>exercises</th>
<th>The goal of the exercise</th>
<th>intensity</th>
<th>Exercise time</th>
<th>the size</th>
<th>Rest between groups</th>
<th>Exercise time</th>
<th>Rest between groups</th>
<th>Exercise time</th>
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<th>Exercise time</th>
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<th>Exercise time</th>
<th>Rest between groups</th>
<th>Exercise time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Performing the wall skill (3) times from the (2) position, and directing the ball to the position 3, (5) times during (13) seconds .</td>
<td>Develop the skill side, technique and skill accuracy</td>
<td>85%</td>
<td>13 sec</td>
<td>6</td>
<td>3: 1</td>
<td>2 d</td>
<td>156 sec</td>
<td>195 sec</td>
<td>351 sec 5.5 d</td>
<td></td>
<td></td>
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<tr>
<td>2</td>
<td>Performing the blocking wall from the center (2) with the addition of weight to the striking arm with an intensity of 5% of the arm's mass and continuously (5) times during (13) seconds .</td>
<td>Strengthening the shoulder muscles and developing the skill and technique side.</td>
<td>85%</td>
<td>13 sec</td>
<td>5</td>
<td>3: 1</td>
<td>2 d</td>
<td>130 sec 156 sec</td>
<td>286 sec 4.4 6 D</td>
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<tr>
<td>3</td>
<td>Throwing and receiving the medicine ball with two hands, a weight of (5) kg, on the wall at a distance of (2 m), (10) throws within (15) seconds .</td>
<td>Shoulder muscle strengthening</td>
<td>60%</td>
<td>13 sec</td>
<td>5</td>
<td>3: 1</td>
<td>2 d</td>
<td>130 sec 312 sec</td>
<td>442 sec 7.2 2 D</td>
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<tr>
<td>4</td>
<td>Sitting tall, with knees bent, holding a bar with a barbell on the chest and fixing it with the hands, lifting the weight by extending the arms high (bar weight 20 kg) 10 times within 10 seconds</td>
<td>Shoulder muscle strengthening</td>
<td>80%</td>
<td>10 sec</td>
<td>1</td>
<td>3: 1</td>
<td>2 d</td>
<td>200 sec 270 sec</td>
<td>470 sec 7.5 0 d</td>
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<tr>
<td>5</td>
<td>Balance sitting, bending the knees, fixing a weight between the feet, extending the legs forward, down, front high, and drawing a circle with the weight (weight 5 kg) (10 times in 13 seconds)</td>
<td>Strengthening the muscles of the legs</td>
<td>55%</td>
<td>13 sec</td>
<td>7</td>
<td>3: 1</td>
<td>2 d</td>
<td>182 sec 234 sec</td>
<td>416 sec 6.5 6 D</td>
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<td>Partridge to and from three boxes to the right and then to the left (10 times in 10 seconds)</td>
<td>Strengthening the muscles of the legs</td>
<td>70%</td>
<td>10 sec</td>
<td>5</td>
<td>3:1</td>
<td>2</td>
<td>2 d</td>
<td>100 sec</td>
<td>120 sec</td>
<td>220 th</td>
<td>3.4</td>
<td>0 d</td>
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<td>44.65</td>
<td>65</td>
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