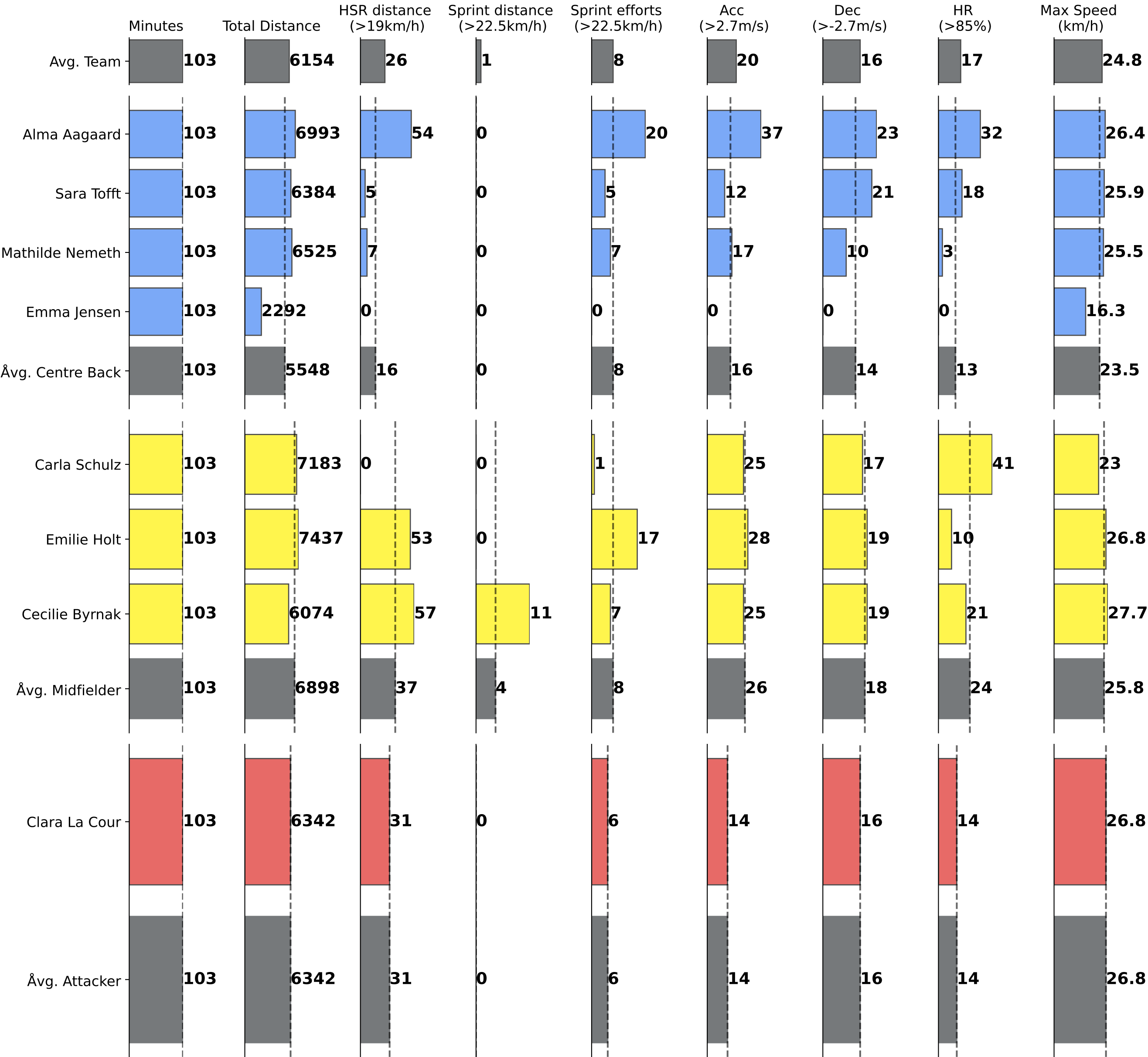


Physical Volume Football Training

FC
Nordsjaelland
Girls
U18



Centre Back | Full Back | Midfielder | Attacker

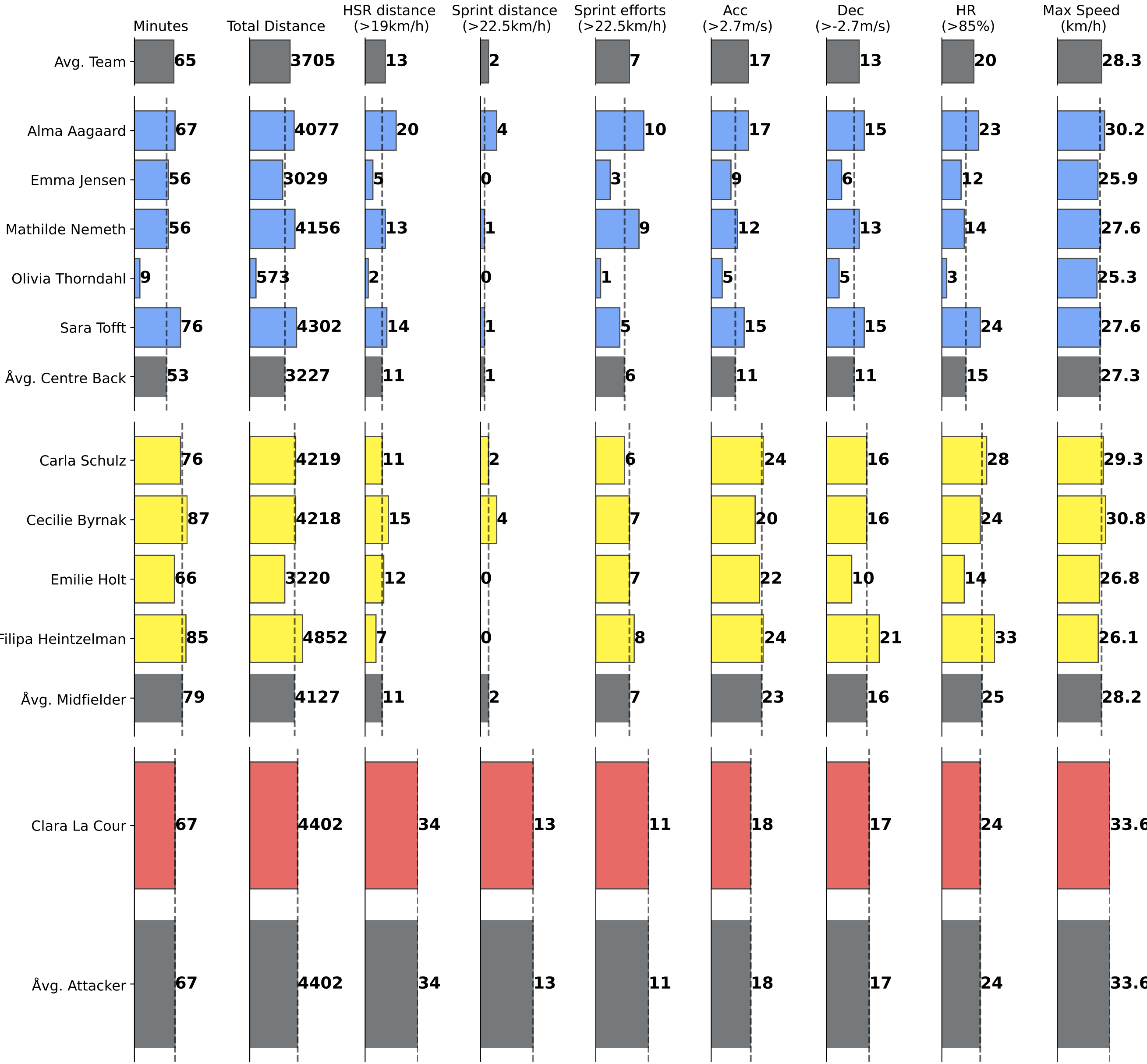


Rolling 7 days
22-10-2022 to 29-10-2022

FC
Nordsjaelland
Girls
U18



Centre Back | Full Back | Midfielder | Attacker



Physical Volume Football Training									
athlete_name	Minutes	Total Distance	HSR distance (>19km/h)	Sprint distance (>22.5km/h)	Sprint efforts (>22.5km/h)	Acc (>2.7m/s)	Dec (>-2.7m/s)	HR (>85%)	Max Speed (km/h)
Emilie Holt	103	7437	53	0	17	28	19	10	26.8
Carla Schulz	103	7183	0	0	1	25	17	41	23.0
Alma Aagaard	103	6993	54	0	20	37	23	32	26.4
Mathilde Nemeth	103	6525	7	0	7	17	10	3	25.5
Sara Tofft	103	6384	5	0	5	12	21	18	25.9
Clara La Cour	103	6342	31	0	6	14	16	14	26.8
Cecilie Byrnak	103	6074	57	11	7	25	19	21	27.7
Emma Jensen	103	2292	0	0	0	0	0	0	16.3

Rolling 7 days

22-10-2022 to 29-10-2022

athlete_name	Minutes	Total Distance	HSR distance (>19km/h)	Sprint distance (>22.5km/h)	Sprint efforts (>22.5km/h)	Acc (>2.7m/s)	Dec (>-2.7m/s)	HR (>85%)	Max Speed (km/h)
Filipa Heintzelman	85	4852	7	0	8	24	21	33	26.1
Clara La Cour	67	4402	34	13	11	18	17	24	33.6
Sara Tofft	76	4302	14	1	5	15	15	24	27.6
Carla Schulz	76	4219	11	2	6	24	16	28	29.3
Cecilie Byrnak	87	4218	15	4	7	20	16	24	30.8
Mathilde Nemeth	56	4156	13	1	9	12	13	14	27.6
Alma Aagaard	67	4077	20	4	10	17	15	23	30.2
Emilie Holt	66	3220	12	0	7	22	10	14	26.8
Emma Jensen	56	3029	5	0	3	9	6	12	25.9
Olivia Thorndahl	9	573	2	0	1	5	5	3	25.3