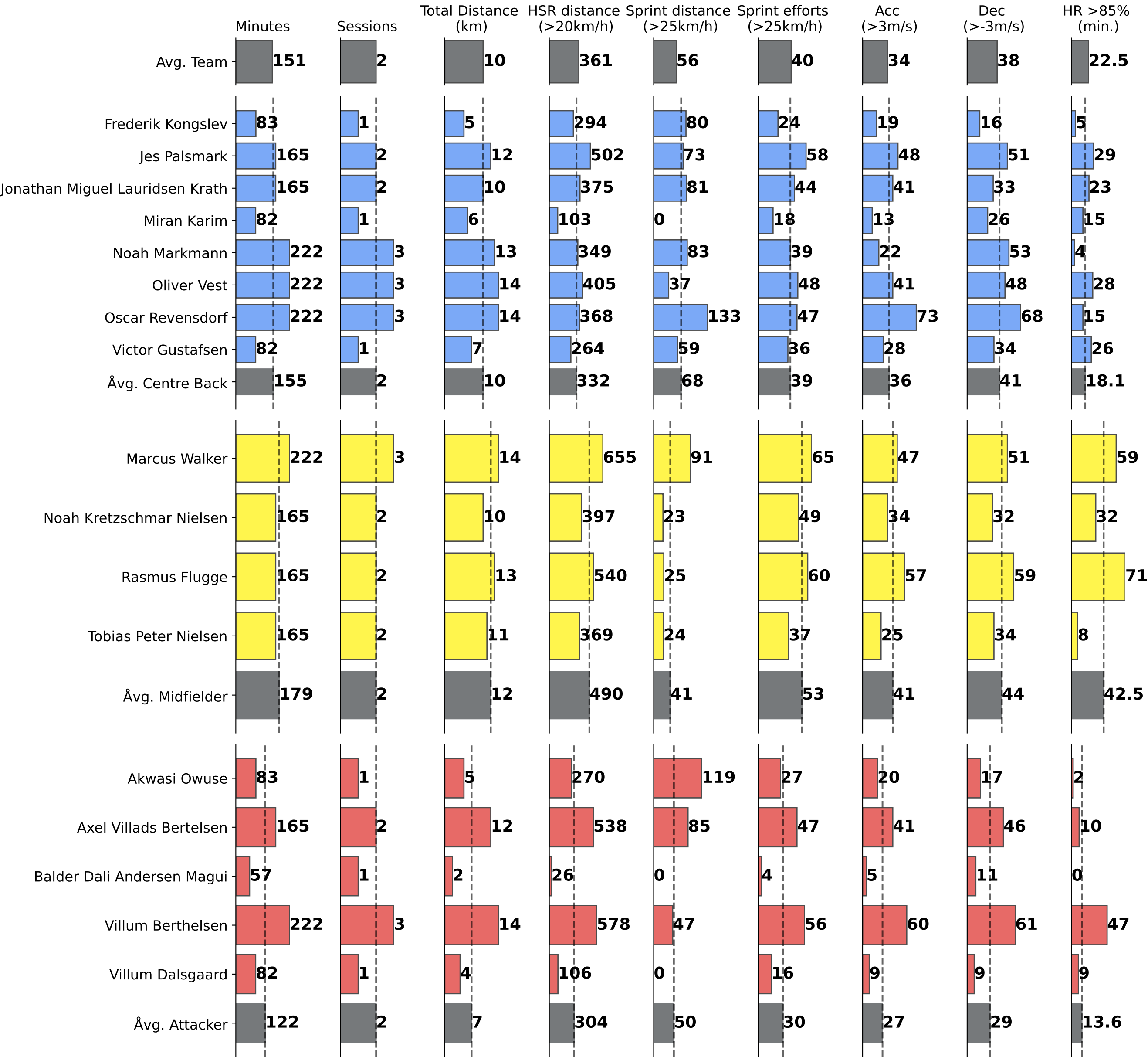


Physical Load  
26-10-2022 to 02-11-2022

FC  
Nordsjaelland  
U17

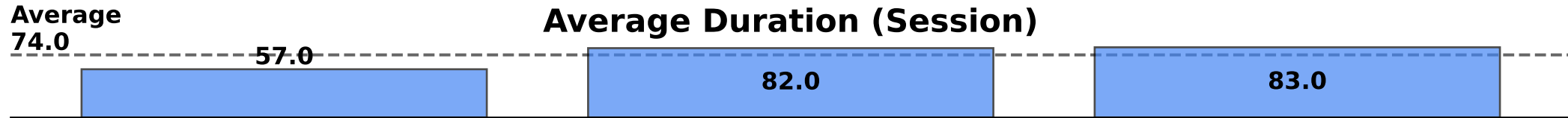
Centre Back | Full Back | Midfielder | Attacker



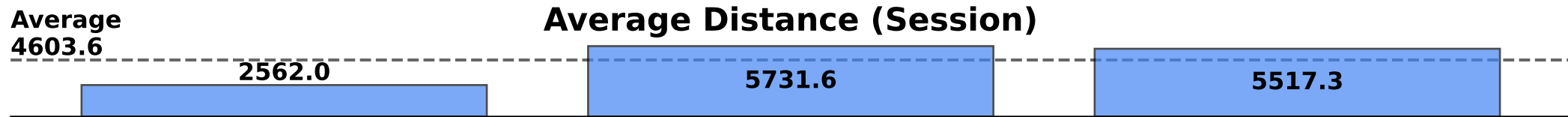
# Daily Physical Load

## 26-10-2022 to 02-11-2022

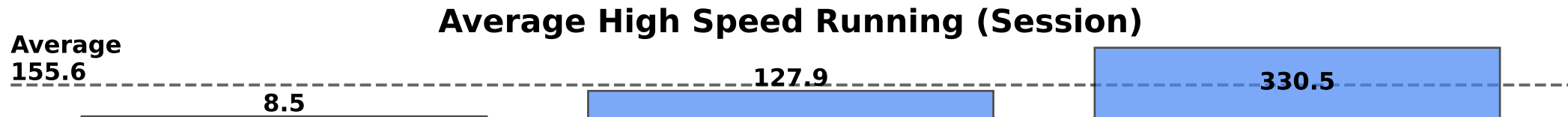
**Average Duration (Session)**



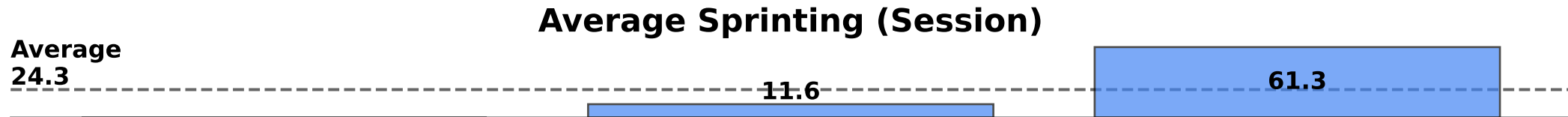
**Average Distance (Session)**



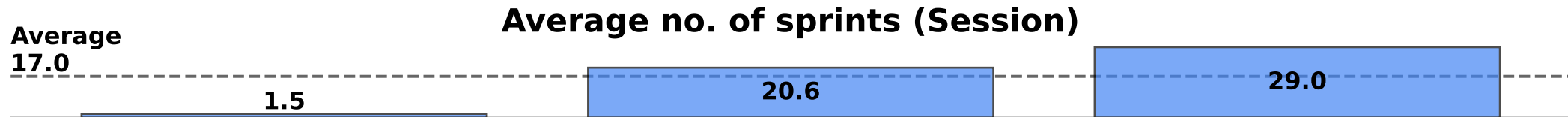
**Average High Speed Running (Session)**



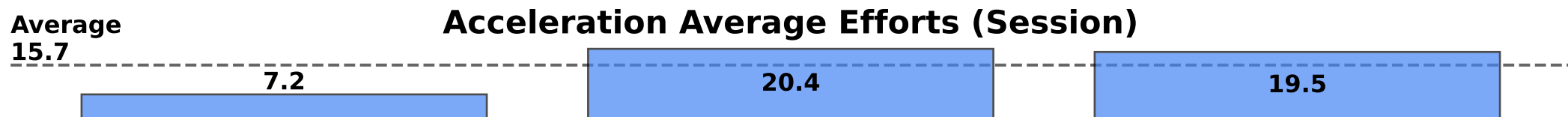
**Average Sprinting (Session)**



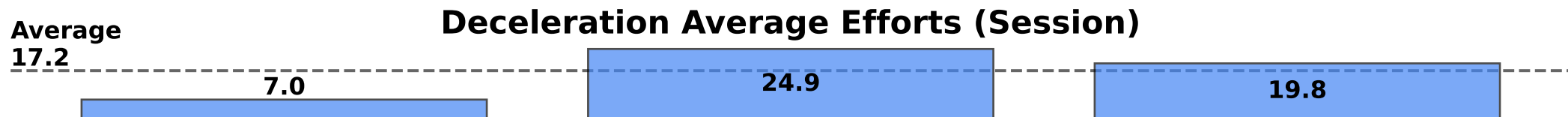
**Average no. of sprints (Session)**



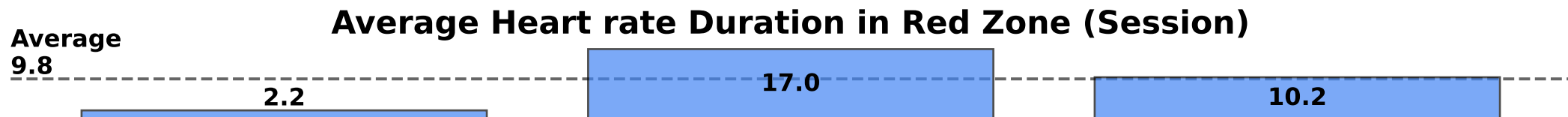
**Acceleration Average Efforts (Session)**



**Deceleration Average Efforts (Session)**



**Average Heart rate Duration in Red Zone (Session)**



Football Training (2022-10-27, 07:43-09:12)

Football Training (2022-10-27, 16:39-18:23)

Football Training (2022-10-28, 16:21-18:21)

# Physical Volume

## 26-10-2022 to 02-11-2022

athlete_name	Minutes	Sessions	Total Distance (km)	HSR distance (>20km/h)	Sprint distance (>25km/h)	Sprint efforts (>25km/h)	Acc (>3m/s)	Dec (>-3m/s)	HR >85% (min.)
Marcus Walker	222	3	14	655	91	65	47	51	59.0
Villum Berthelsen	222	3	14	578	47	56	60	61	47.0
Oscar Revensdorf	222	3	14	368	133	47	73	68	15.0
Oliver Vest	222	3	14	405	37	48	41	48	28.0
Rasmus Flugge	165	2	13	540	25	60	57	59	71.0
Noah Markmann	222	3	13	349	83	39	22	53	4.0
Jes Palsmark	165	2	12	502	73	58	48	51	29.0
Axel Villads Bertelsen	165	2	12	538	85	47	41	46	10.0
Tobias Peter Nielsen	165	2	11	369	24	37	25	34	8.0
Jonathan Miguel Lauridsen Krath	165	2	10	375	81	44	41	33	23.0
Noah Kretzschmar Nielsen	165	2	10	397	23	49	34	32	32.0
Victor Gustafsen	82	1	7	264	59	36	28	34	26.0
Miran Karim	82	1	6	103	0	18	13	26	15.0
Frederik Kongslev	83	1	5	294	80	24	19	16	5.0
Akwasi Owuse	83	1	5	270	119	27	20	17	2.0
Villum Dalsgaard	82	1	4	106	0	16	9	9	9.0
Balder Dali Andersen Magui	57	1	2	26	0	4	5	11	0.0