

Opzioni

Generale Atleta Apparenza Campi Dati Misure Intervalli Allenamento

A proposito di Modello **Misurazioni** HRV Zone Account Importo automatico Backup

Peso di base 70.0 kg

Misurazioni che dipendono dal tempo

Da data - Orario 01/08/2023 10:32

Peso 72.7 kg

Massa Grassa 0.0 kg

Massa Muscolare 0.0 kg

Massa Ossea 0.0 kg

Massa Magra 0.0 kg

Percentuale di Grasso 0.0 %

Commento

Da data - Orario	Peso	Massa Grassa	Massa Muscolare	Massa Ossea	Massa Magra	Percentu
3 ott, 2022 - 09:17:31	76.5	0.0	0.0	0.0	0.0	0
4 ott, 2022 - 09:17:31	76.6	0.0	0.0	0.0	0.0	0
7 ott, 2022 - 09:17:31	77.5	0.0	0.0	0.0	0.0	0
8 ott, 2022 - 09:17:31	77.1	0.0	0.0	0.0	0.0	0
9 ott, 2022 - 09:17:31	74.9	0.0	0.0	0.0	0.0	0
10 ott, 2022 - 18:50:17	77.1	0.0	0.0	0.0	0.0	0
11 ott, 2022 - 18:50:17	76.3	0.0	0.0	0.0	0.0	0
15 ott, 2022 - 18:50:17	76.4	0.0	0.0	0.0	0.0	0
17 ott, 2022 - 18:50:17	75.9	0.0	0.0	0.0	0.0	0
18 ott, 2022 - 18:50:17	76.5	0.0	0.0	0.0	0.0	0
21 ott, 2022 - 18:50:17	76.8	0.0	0.0	0.0	0.0	0
22 ott, 2022 - 18:50:17	76.9	0.0	0.0	0.0	0.0	0
24 ott, 2022 - 18:50:17	77.8	0.0	0.0	0.0	0.0	0
31 ott, 2022 - 18:50:17	76.8	0.0	0.0	0.0	0.0	0
20 nov, 2022 - 18:50:17	76.4	0.0	0.0	0.0	0.0	0
26 nov, 2022 - 18:50:17	78.0	0.0	0.0	0.0	0.0	0
10 dic, 2022 - 18:50:17	77.5	0.0	0.0	0.0	0.0	0
16 dic, 2022 - 18:50:17	78.5	0.0	0.0	0.0	0.0	0
17 dic, 2022 - 18:50:17	77.4	0.0	0.0	0.0	0.0	0
19 dic, 2022 - 18:50:17	76.6	0.0	0.0	0.0	0.0	0
2 gen, 2023 - 13:01:39	79.4	0.0	0.0	0.0	0.0	0
7 gen, 2023 - 16:16:11	79.0	0.0	0.0	0.0	0.0	0
8 gen, 2023 - 16:16:11	78.2	0.0	0.0	0.0	0.0	0
10 gen, 2023 - 16:06:06	80.2	0.0	0.0	0.0	0.0	0

Chiudi Salva

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Zone di Potenza Zone Frequenza Cardiaca Zone di Ritmo

Sport Bicicletta

Potenza Critica (CP) Base

Da data 01/08/2023 Usa CP per tutte le misure

Potenza Critica (CP) 0 FTP 0 W 0 Pmax 0

Da data	Potenza Critica (CP)	W	Pmax
23 feb, 2022	215	20000	580
25 apr, 2022	233	20000	580
28 apr, 2022	236	20000	580
15 mag, 2022	219	20000	580
15 mag, 2022	215	20000	580
5 lug, 2022	220	20000	580
26 ago, 2022	219	20000	580
1 set, 2022	221	20000	580
16 set, 2022	222	20000	580
27 set, 2022	225	20000	580
8 ott, 2022	237	20000	707
2 gen, 2023	225	20000	520
21 gen, 2023	225	20000	601
25 feb, 2023	245	20000	601
23 mar, 2023	252	15000	627