Aug-11-2023 (Thu)
Training
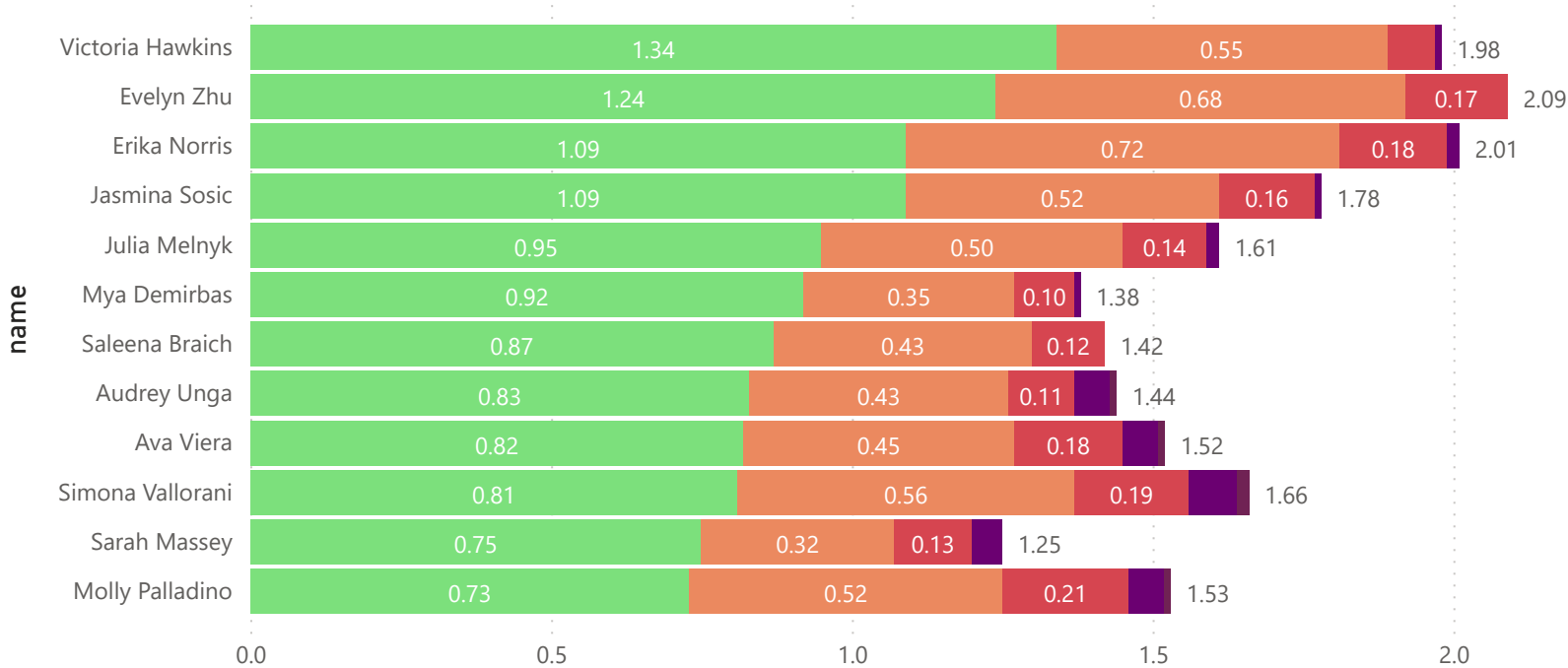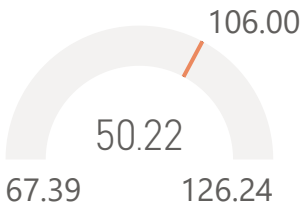# [GD-2]

NOVANTA

Team Distance Covered in Game by SpeedBand
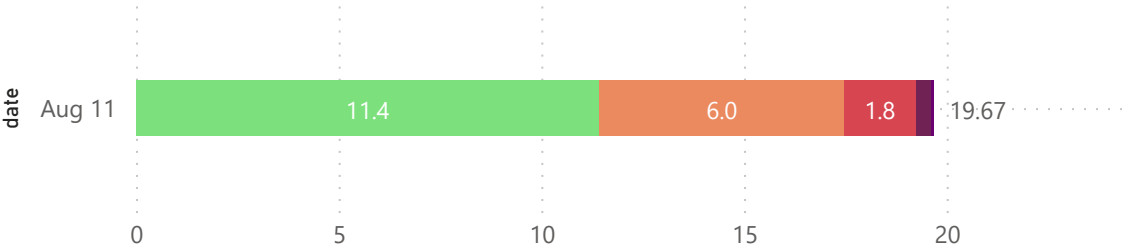
Comparison to Previous Game Distance

date
Aug 11 | 11.4 | 6.0 | 1.8 | 19.67

0 5 10 15 20

106.00
67.39 50.22 126.24

name

Victoria Hawkins	1.34	0.55	1.98
Evelyn Zhu	1.24	0.68	0.17	2.09
Erika Norris	1.09	0.72	0.18	2.01
Jasmina Sosic	1.09	0.52	0.16	1.78
Julia Melnyk	0.95	0.50	0.14	1.61
Mya Demirbas	0.92	0.35	0.10	1.38
Saleena Braich	0.87	0.43	0.12	1.42
Audrey Unga	0.83	0.43	0.11	1.44
Ava Viera	0.82	0.45	0.18	1.52
Simona Vallorani	0.81	0.56	0.19	1.66
Sarah Massey	0.75	0.32	0.13	1.25
Molly Palladino	0.73	0.52	0.21	1.53

0.0 0.5 1.0 1.5 2.0
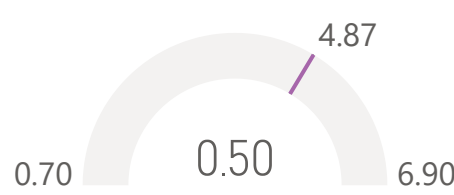
Player Name	Sum of Sprints Count	Sum of Sprints Distance (km)	Sum of Session Load	TotalDec(<-2 m/s/s)	TotalAcc(> 2 m/s/s)	Average of RPE
Molly Palladino	7	0.10	40.20	98	98	
Simona Vallorani	7	0.10	43.50	98	109	
Ava Viera	6	0.10	35.70	114	115	4.80
Audrey Unga	5	0.10	32.00	87	110	
Sarah Massey	5	0.10	26.50	86	99	3.60
Erika Norris	2	0.00	38.00	129	129	
Julia Melnyk	2	0.00	29.00	98	104	
Mya Demirbas	2	0.00	22.80	91	104	9.00
Jasmina Sosic	1	0.00	30.40	127	138	
Victoria Hawkins	1	0.00	27.90	128	129	
Evelyn Zhu	0	0.00	36.00	126	133	
Saleena Braich	0	0.00	24.00	114	110	
Total	**38**	**0.50**	**386.00**	**1296**	**1378**	**5.80**

Comparison to Previous Game Count
225
55 38 300
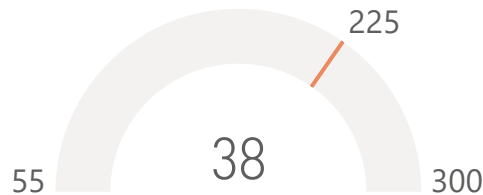
Comparison to Previous Game Sprint Distance
4.87
0.70 0.50 6.90

Comparison to Previous Session Load
1.51K
453.90 386.00 2.23K

Compare to previous GD -2

Sum of S...
1K
0K
May... May... May... June... June... June... June... July... Aug... Aug...
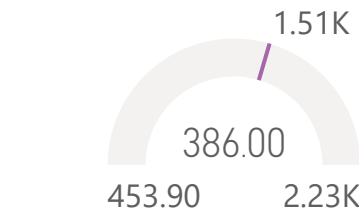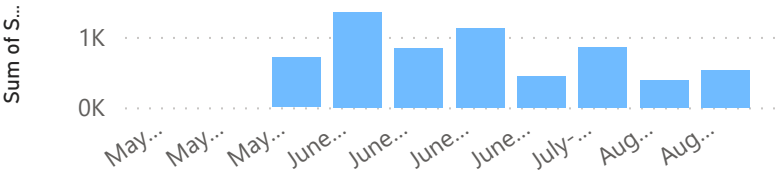
Week of Aug 7th (Total Distance)

20

(Blank) (Blank) (Blank) GD-3 GD-2 (Blank) GD
Augus... Augus... Augus... Augus... Augus... Augus... Augus...