10/15/2025

Training Duration	Start	End
78	11:13	12:31

Daily GPS Report

Match Day -3

# of players	Week Number
22	18

Athlete Name	Total Distance	Tempo Distance	HSR Distance	#5	Sprint Distance	#6	Accelerations	Decelerations	HML Distance	Max Speed	TD%	HSR%	Sprint%	Acc%	Dec%	HMLD%	D Since 95%
Adnan Aganovic	6979	1039	440	16	166	5	41	31	1504	29.6	115%	160%	461%	105%	61%	113%	12
Akos Nistor	4724	540	331	21	96	2	49	49	1013	30.1	91%	111%	234%	140%	114%	97%	34
Alin Dobrosavlevici	6524	869	306	13	84	4	40	47	1210	28.3	61%	81%	125%	74%	59%	86%	6
Bogdan Otelita	6386	737	345	16	218	9	57	63	1298	31.7	59%	52%	92%	79%	75%	70%	4
Boris Cmiljanic	6064	649	265	10	146	8	38	29	993	31.0	55%			38%	29%	66%	2
Daniel Iglesias	6402	912	142	3	99	2	38	36	1108	29.2	62%	34%	146%	60%	56%	80%	17
Daniel Virtej	6078	771	349	19	115	2	46	51	1235	30.9	60%	71%	70%	73%	60%	74%	17
Darius Oroian	7154	1154	435	26	217	7	54	61	1581	30.9	68%	69%	81%	56%	65%	85%	60
Denis Harut	5357	1204	151	7	108	2	27	12	773	28.9	167%	176%		169%	46%	130%	0
Dimitri Oberlin	6613	1109	383	25	83	5	53	54	1389	28.5	65%	50%	18%	59%	58%	72%	17
Dino Skorup	6191	587	328	17	148	5	26	33	1046	33.4	62%	99%	274%	41%	63%	114%	17
Fabio Vianna	6914	931	360	19	166	6	55	46	1300	30.6	62%	65%	46%	71%	53%	67%	4
Giovani Ghimfus	6895	1024	425	20	166	5	36	44	1423	31.6	54%	56%	136%	42%	58%	60%	34
Heras Nacho	6544	947	335	13	183	8	69	56	1414	30.6	59%			69%	56%	94%	0
Matei Cosmin	6857	1197	412	26	101	3	50	59	1490	28.8	68%	93%	66%	71%	100%	92%	32
Mavis Tchibota	5910	734	370	20	107	4	39	37	1140	28.4	141%	159%	198%	195%	100%	165%	4
Mihajlo Neskovic	7059	1008	473	22	160	6	54	42	1483	30.7	124%	90%	73%	104%	66%	109%	17
Paun Nicolae	7509	1359	475	25	127	4	47	50	1654	30.1	120%	106%	397%	157%	104%	116%	17
Raul Cimpean	6328	831	322	14	142	4	35	44	1172	30.4	53%	53%	95%	54%	48%	57%	17
Robert Silaghi	7435	1129	493	24	162	6	44	51	1594	30.1	61%	118%	579%	107%	75%	115%	34
Siger David	7337	1489	244	15	71	1	65	77	1640	28.1	59%	41%	77%	74%	62%	153%	17
Veregut Daniel	6719	960	366	16	102	5	57	55	1359	29.5	65%	100%	101%	104%	104%	161%	34

Daily Team Averages

Total Distance	HSR Distance	Sprint Distance	Accelerations	Decelerations	HML Distance
6,545	352	135	46	47	1,310

% Daily Team Average

Total Distance	HSR Distance	Sprint Distance	Accelerations	Decelerations	HDML Distance
79%	89%	172%	88%	69%	99%

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10/15/2025

Mechanical Load Report - Quadrant Model

Accelerations / Deceleations Load

High Dec / Low Acc

High Acc/ High Dec

Low Acc/ Low Dec

High Acc/ Low Dec

Siger David, Acc: 65, Dec: 77

Bogdan Otelita, Acc: 57, Dec: 63

Darius Oroian, Acc: 54, Dec: 61

Matei Cosmin, Acc: 50, Dec: 59

Veregut Daniel, Acc: 57, Dec: 55

Heras Nacho, Acc: 69, Dec: 56

Robert Silaghi, Acc: 44, Dec: 51

Paun Nicolae, Acc: 47, Dec: 50

Dimitri Oberlin, Acc: 53, Dec: 54

Daniel Virtej, Acc: 46, Dec: 51

Raul Cimpean, Acc: 35, Dec: 44

Akos Nistor, Acc: 49, Dec: 49

Alin Dobrosavlevici, Acc: 40, Dec: 47

Fabio Vianna, Acc: 55, Dec: 46

Giovani Ghimfus, Acc: 36, Dec: 44

Mihajlo Neskovic, Acc: 54, Dec: 42

Mavis Tchibota, Acc: 39, Dec: 37

Daniel Iglesias, Acc: 38, Dec: 36

Dino Skorup, Acc: 26, Dec: 33

Adnan Aganovic, Acc: 41, Dec: 31

Boris Cmiljanic, Acc: 38, Dec: 29

Denis Harut, Acc: 27, Dec: 12

Deceleration Load

100

80

60

40

20

20

40

60

80

100

Acceleration Load

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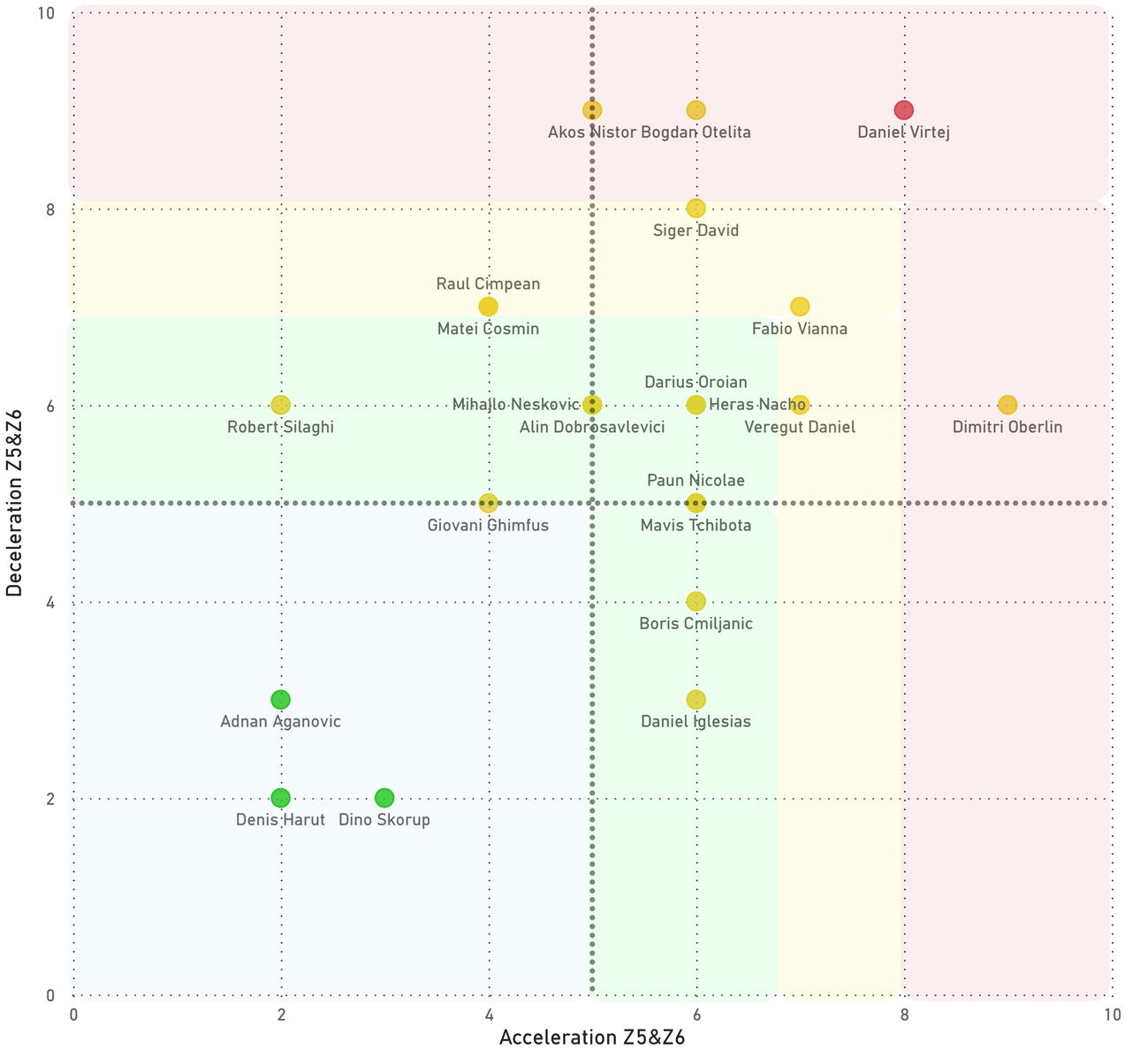
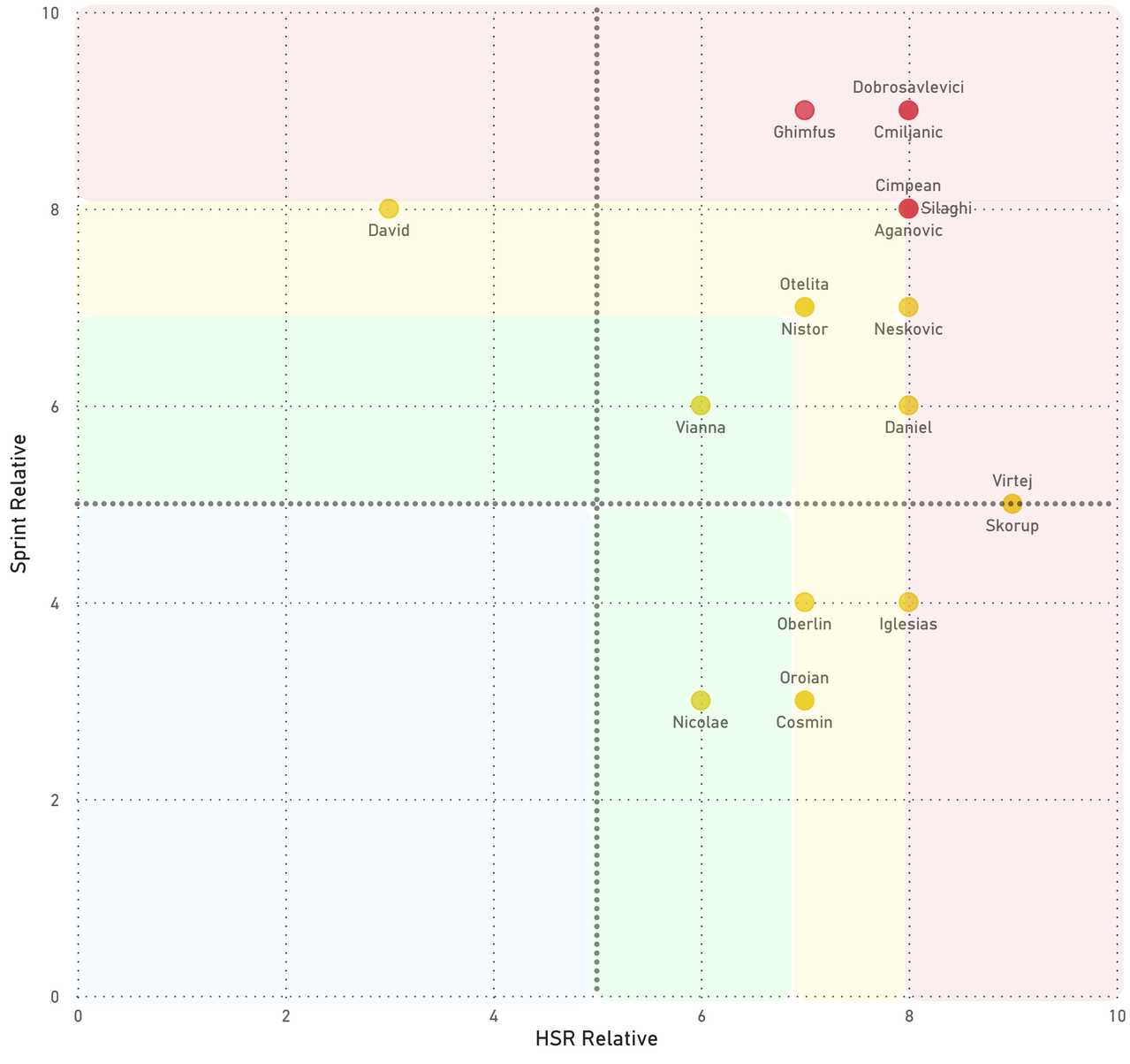
10/15/2025

STEN SCORE - Mechanical Load & HSR/Sprint - High Zones Only

Accelerations / Deceleations



HSR / Sprint Relative



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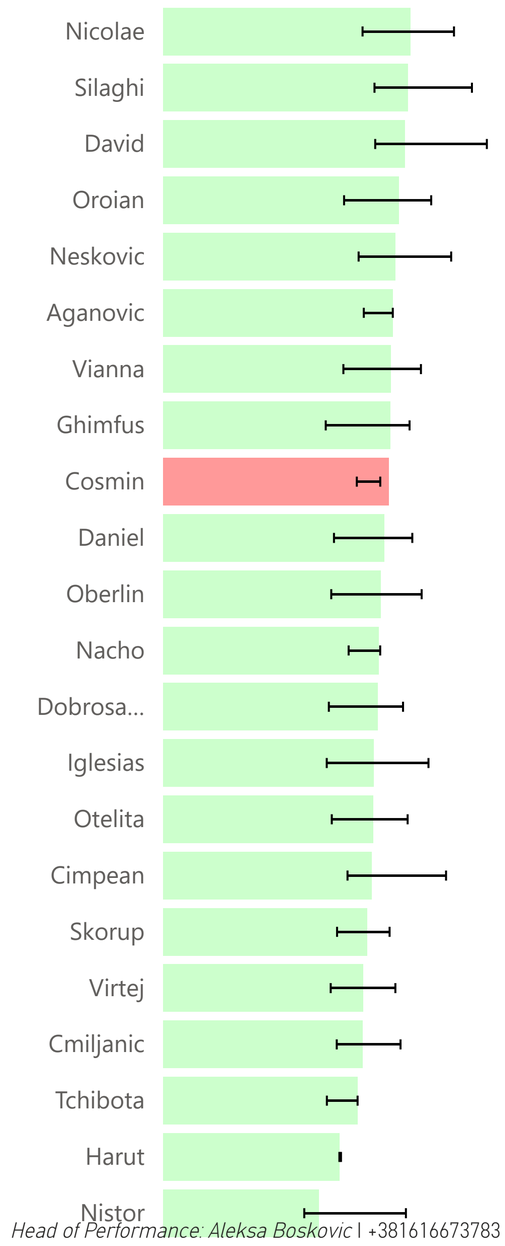
10/15/2025

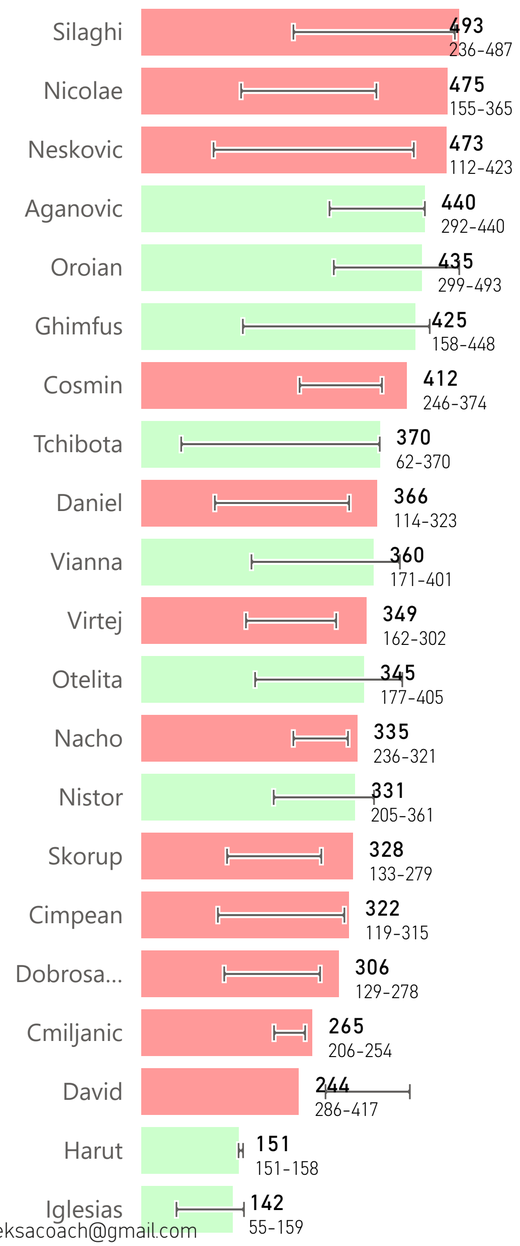
Standard Deviation +- Average

Match Day -3

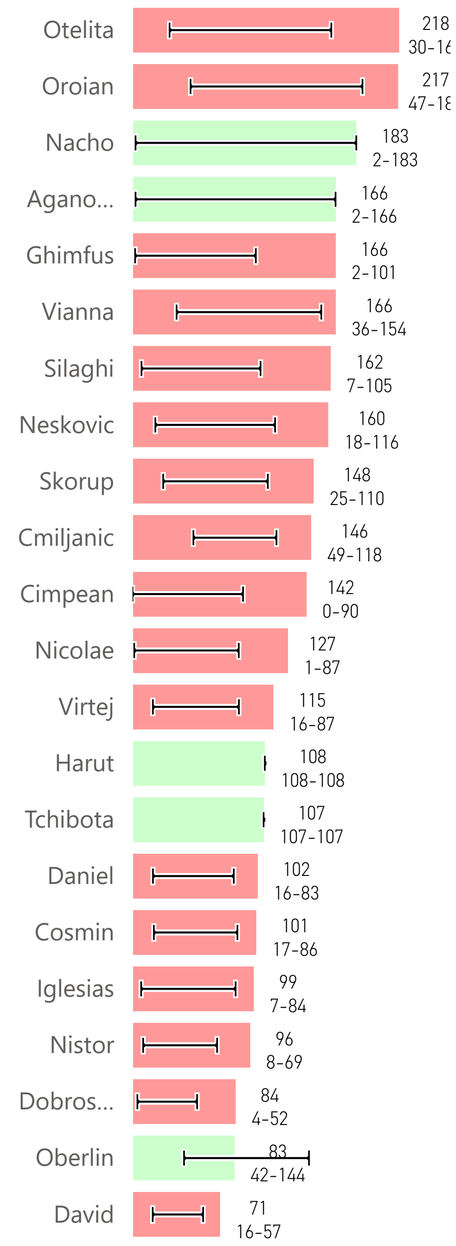
Total Distance



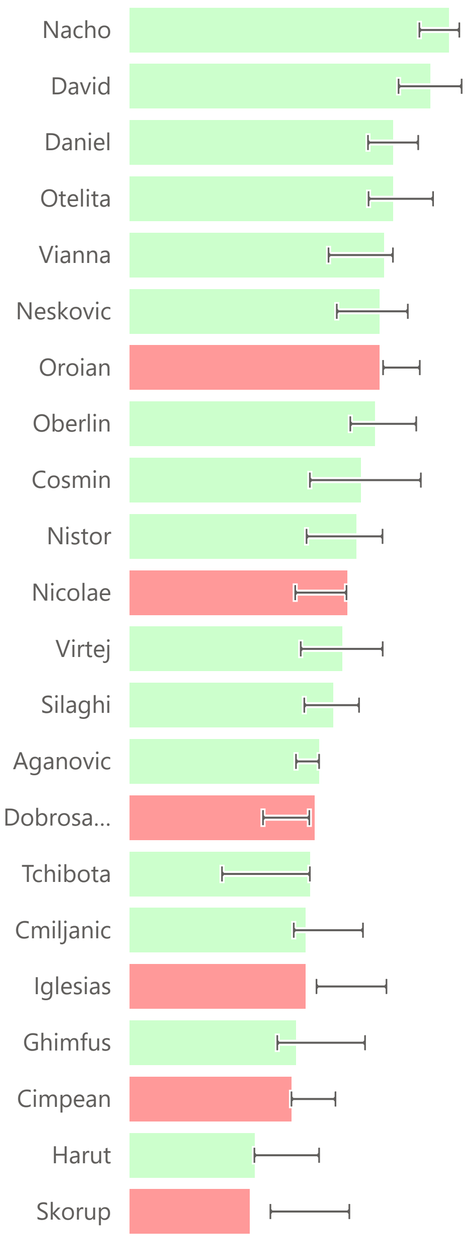
HSR Distance



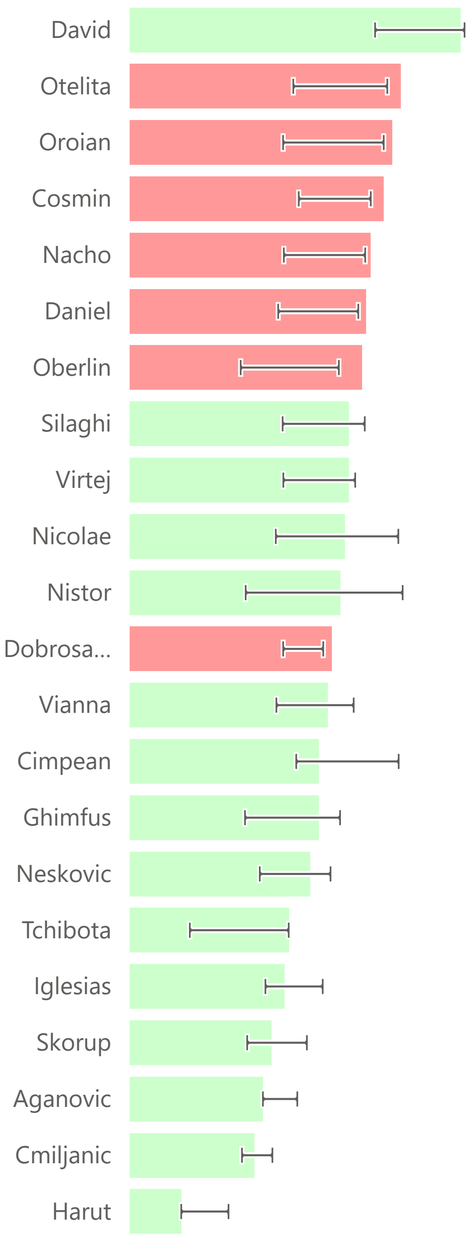
Sprint Distance



Accelerations



Decelerations



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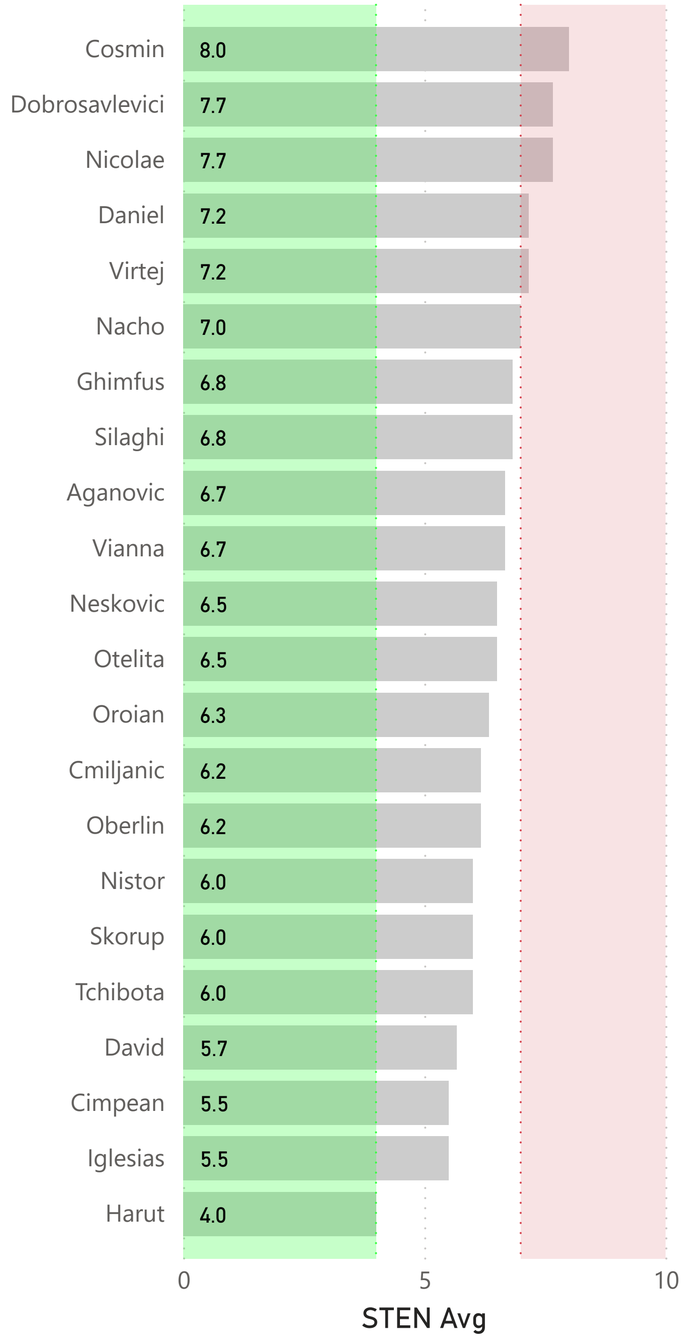
Session Date

10/15/2025

STEN Score - Match Day Tag

Last Name	TD STEN	Tempo STEN	HSR STEN	Sprint STEN	Accels STEN	Decels STEN
Aganovic	8	4	8	8	8	4
Cimpean	4	4	8	10	3	4
Cmiljanic	5	6	8	9	4	5
Cosmin	9	9	9	8	5	8
Daniel	6	6	8	9	6	8
David	5	5	2	9	6	7
Dobrosavlevici	6	6	8	10	8	8
Ghimfus	7	6	7	10	4	7
Harut	4	8	4		4	4
Iglesias	5	5	7	8	3	5
Nacho	7	5	8	8	6	8
Neskovic	5	5	8	9	6	6
Nicolae	6	6	10	10	8	6
Nistor	4	4	7	9	6	6
Oberlin	6	6	7	5	5	8
Oroian	6	7	6	8	3	8
Otelita	6	5	6	9	5	8
Silaghi	5	5	8	10	6	7
Skorup	6	5	9	9	2	5
Tchibota	8	4	8		8	8
Vianna	6	6	7	8	7	6

Avg Daily STEN Score

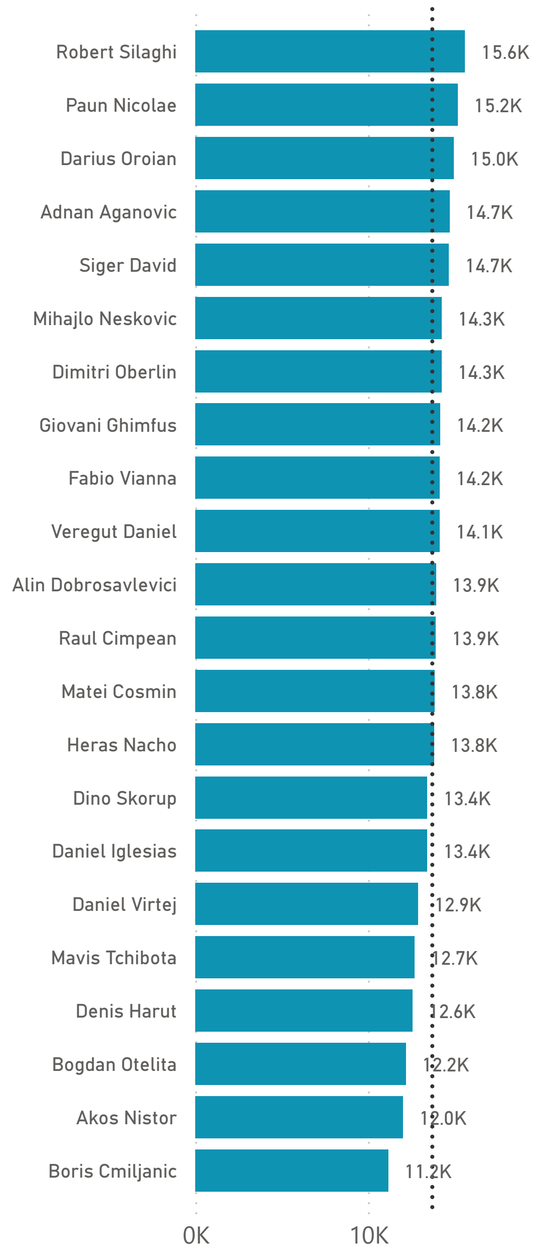


Last Name	Range
Cosmin	Above Range
Daniel	Above Range
Dobrosavlevici	Above Range
Nicolae	Above Range
Virtej	Above Range
Aganovic	Normal Range
Cimpean	Normal Range
Cmiljanic	Normal Range
David	Normal Range
Ghimfus	Normal Range
Harut	Normal Range
Iglesias	Normal Range
Nacho	Normal Range
Neskovic	Normal Range
Nistor	Normal Range
Oberlin	Normal Range
Oroian	Normal Range
Otelita	Normal Range
Silaghi	Normal Range
Skorup	Normal Range
Tchibota	Normal Range
Vianna	Normal Range

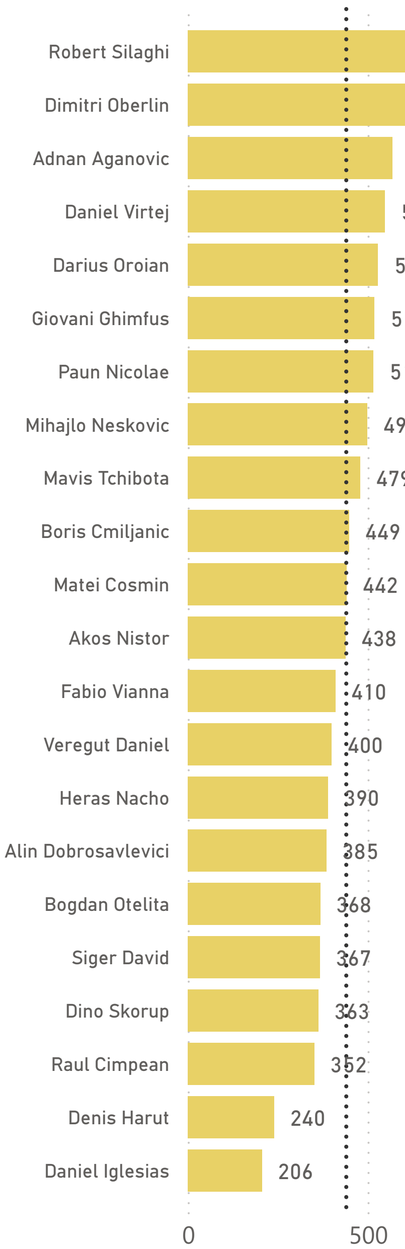
10/13/2025 10/15/2025

Longitudinal (Weekly) Load Monitoring - Team

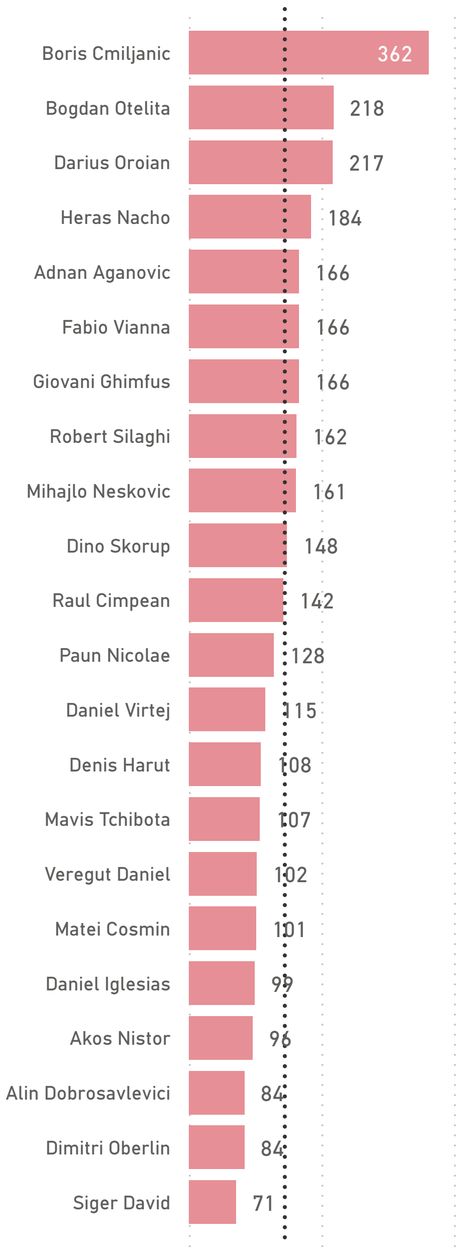
Total Distance (m)



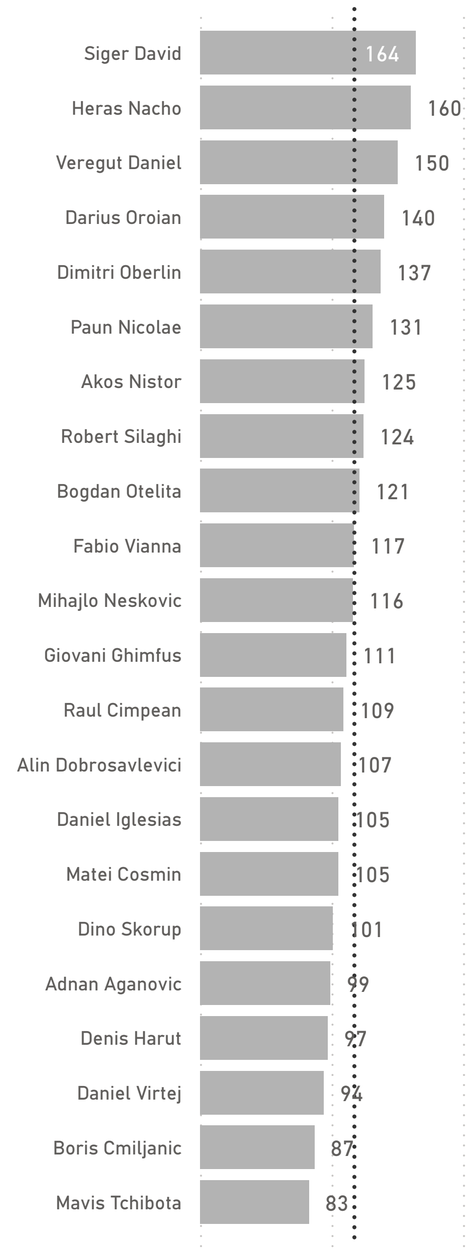
HSR Distance (m)



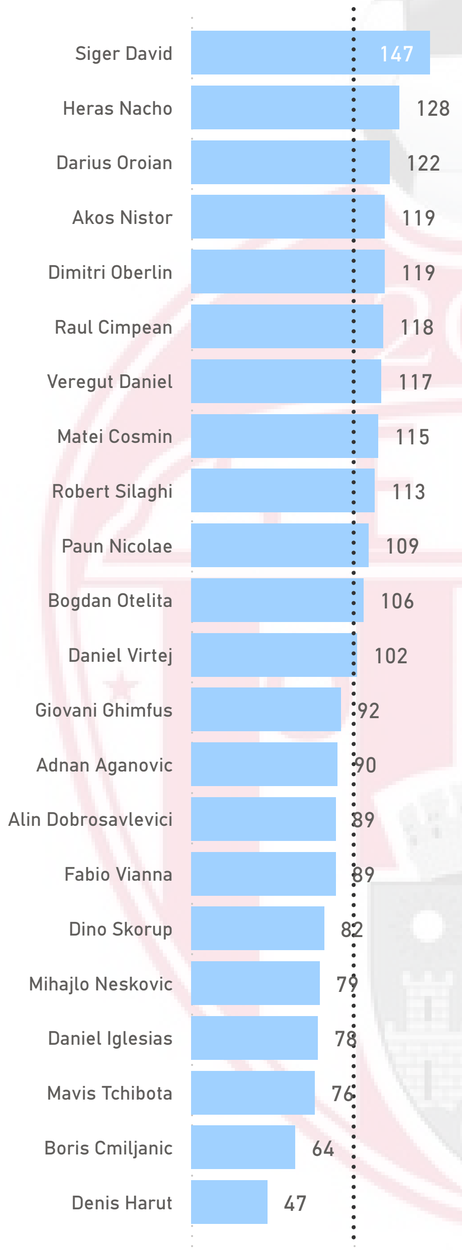
Sprint Distance (m)



Accelerations



Decelerations



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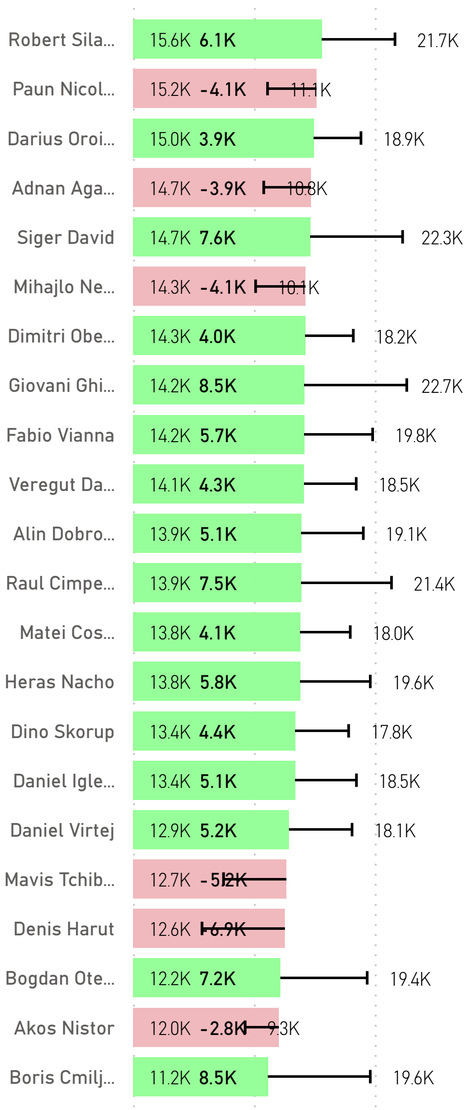
10/13/2025

Daily Value / Achieved / Difference

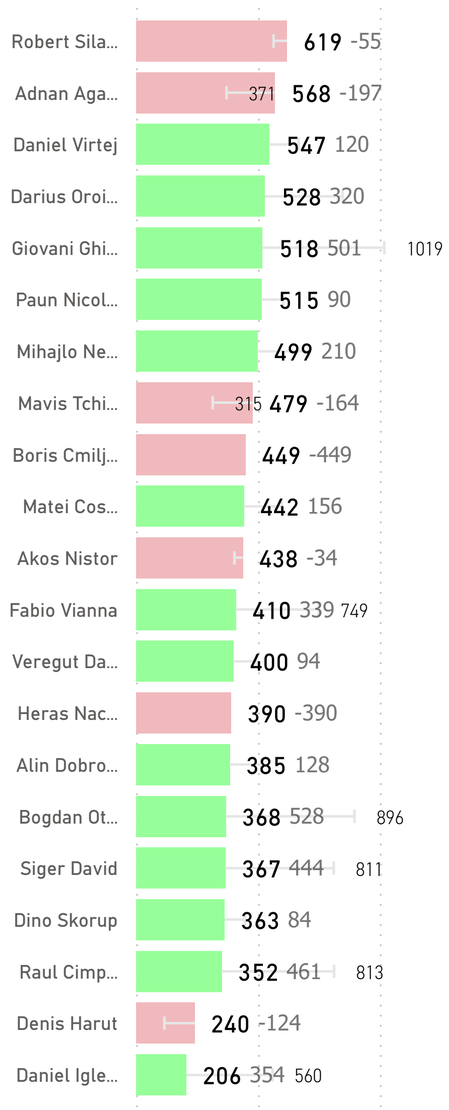
Weekly 210% | Daily 85%

Total Distance



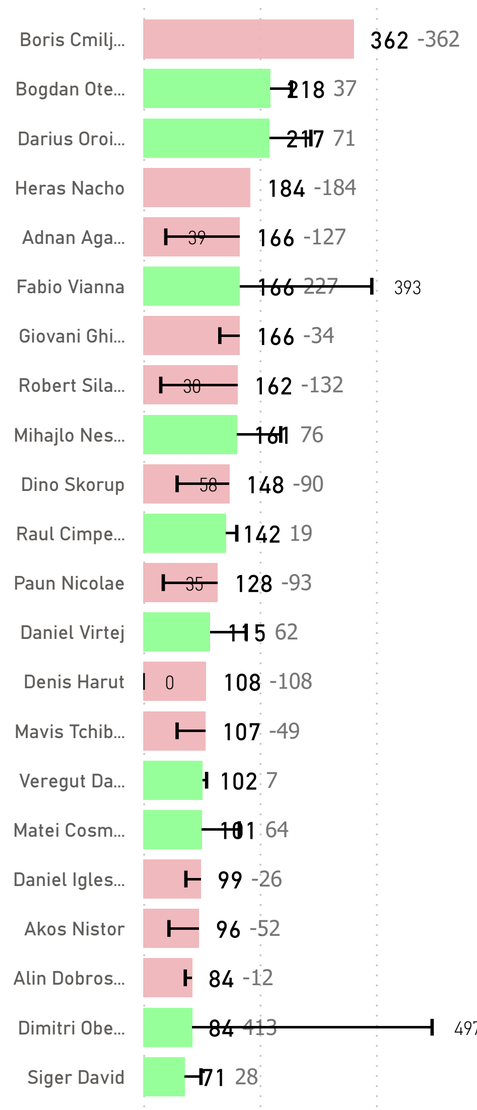
Weekly 150% | Daily 90%

HSR Distance (m)



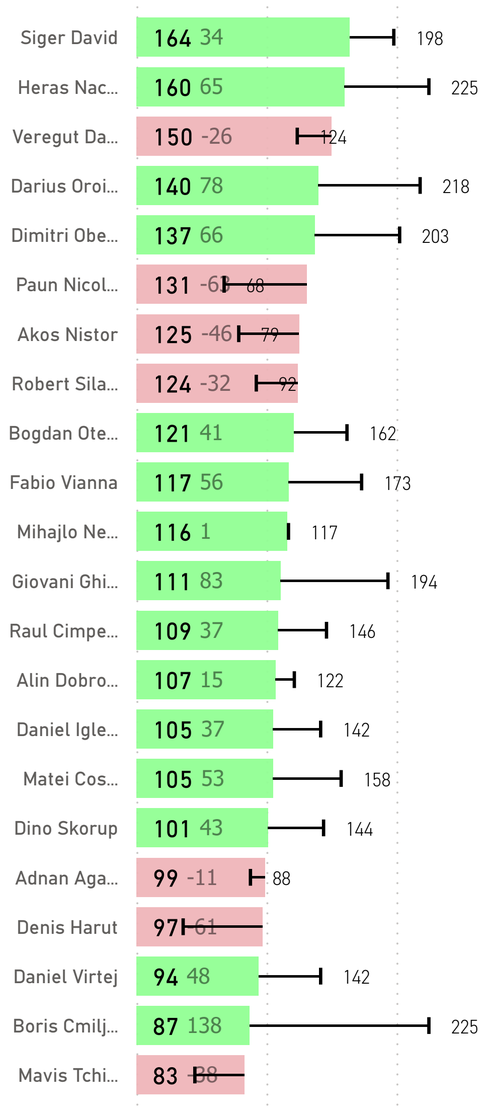
Weekly 120% | Daily 90%

Sprint Distance (m)



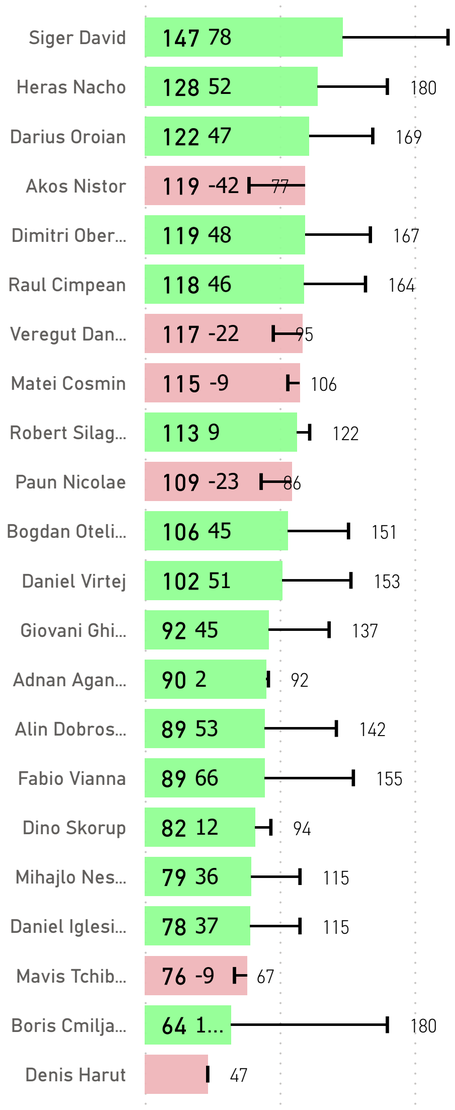
Weekly 250% | Daily 90%

Accelerations



Weekly 200% | Daily 90%

Decelerations



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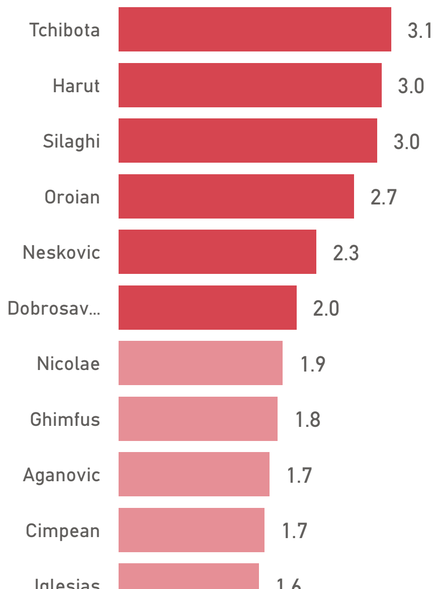
10/15/2025

Acute: Chronic Workload Ratio - Selector

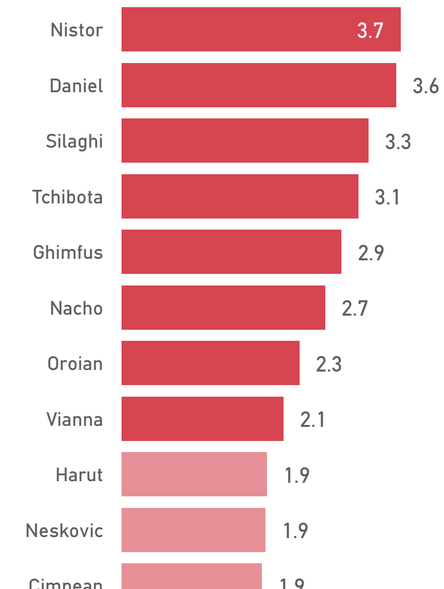
X Measure

- Accelerations
- Decelerations
- High Speed Running
- Sprint Distance
- Total Distance

X Measure Variable



Y Measure Variable



Y Measure

- Accelerations
- Decelerations
- High Speed Running
- Sprint Distance
- Total Distance

X Axis Selected and Y Axis Selected

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Max Speed Exposure Analysis

Athlete Name	October 8	October 9	October 10	October 11	October 13	October 14	October 15
Adnan Aganovic	68%	51%	63%	70%	53%	55%	72%
Akos Nistor	80%	85%			62%	65%	88%
Alin Dobrosavlevici	82% ↑	96%	74%	85%	64%	75%	87%
Bogdan Otelita	74%	90%	82% ↑	95%	58%	67%	89%
Boris Cmiljanic		55%	59%	63% ↑	95%	76%	83%
Daniel Iglesias	62%	65%	57%	68%	55%	68%	83%
Daniel Virtej	73%	84%	63%	86%	63%	67%	86%
Darius Oroian	72%	90%	74%	80%	60%	67%	84%
Dimitri Oberlin	68%	89%	73% ✓	92%	67%	72%	80%
Dino Skorup		66%	57%	86%	56%	65% ✓	93%
Fabio Vianna	69%	87%	74% ↑	96%	53%	67%	83%
Giovani Ghimfus	67%	75%	78% ✓	93%	62%	70% ✓	91%
Heras Nacho	85% ↑	98%	68%		64%	83% ↑	100%
Marian Draghiceanu	74%	83%	79%				
Matei Cosmin		63%	63%	54%	54%	61%	81%
Mavis Tchibota	75%	82%	80% ↑	100%	62%	73%	86%
Mihajlo Neskovic	63%	75%	64%	85%	57%	74%	86%
Paun Nicolae	70%	75%	73%	82%	60%	75%	88%
Raul Cimpean	72%	85%	66%	88%	61%	74%	89%
Robert Silaghi			68%	82%	65%	70%	89%
Siger David			66%	58%	67%	73%	86%
Veregut Daniel	76% ✓	91%			61%	71%	87%

Days since 90 or 95% exposure

Athlete Name	Days Since >90%	Days Since >95%
Adnan Aganovic	! 12	! 12
Akos Nistor	✗ 34	✗ 34
Alin Dobrosavlevici	✓ 6	✓ 6
Alin Techeres	✓ 7	! 7
Bogdan Otelita	✓ 4	✓ 4
Boris Cmiljanic	✓ 2	✓ 2
Cristian Gyulai	! 10	! 10
Daniel Iglesias	✗ 17	✗ 17
Daniel Virtej	✗ 17	✗ 17
Darius Oroian	! 10	✗ 60
David Siger	✓ 0	✓ 0
Denis Harut	✓ 0	✓ 0
Dimitri Oberlin	✓ 4	✗ 17
Dino Skorup	✓ 0	✗ 17
Fabio Vianna	✓ 4	✓ 4
Giovani Ghimfus	✓ 0	✗ 34
Heras Nacho	✓ 0	✓ 0
Hunor Batzula	✗ 23	✗ 23
Joonas Tamm	✗ 48	✗ 48
Marian Draghiceanu	! 12	! 12
Matei Cosmin	✗ 25	✗ 32
Mavis Tcibota	✓ 5	✓ 5
Mavis Tchibota	✓ 4	✓ 4
Mihajlo Neskovic	✗ 17	✗ 17
Nacho Heras	✓ 3	✓ 5
Paun Nicolae	✗ 17	✗ 17
Raul Cimpean	! 14	✗ 17
Robert Silaghi	✗ 32	✗ 34
Siger David	✗ 17	✗ 17

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Week % Analysis - Individual

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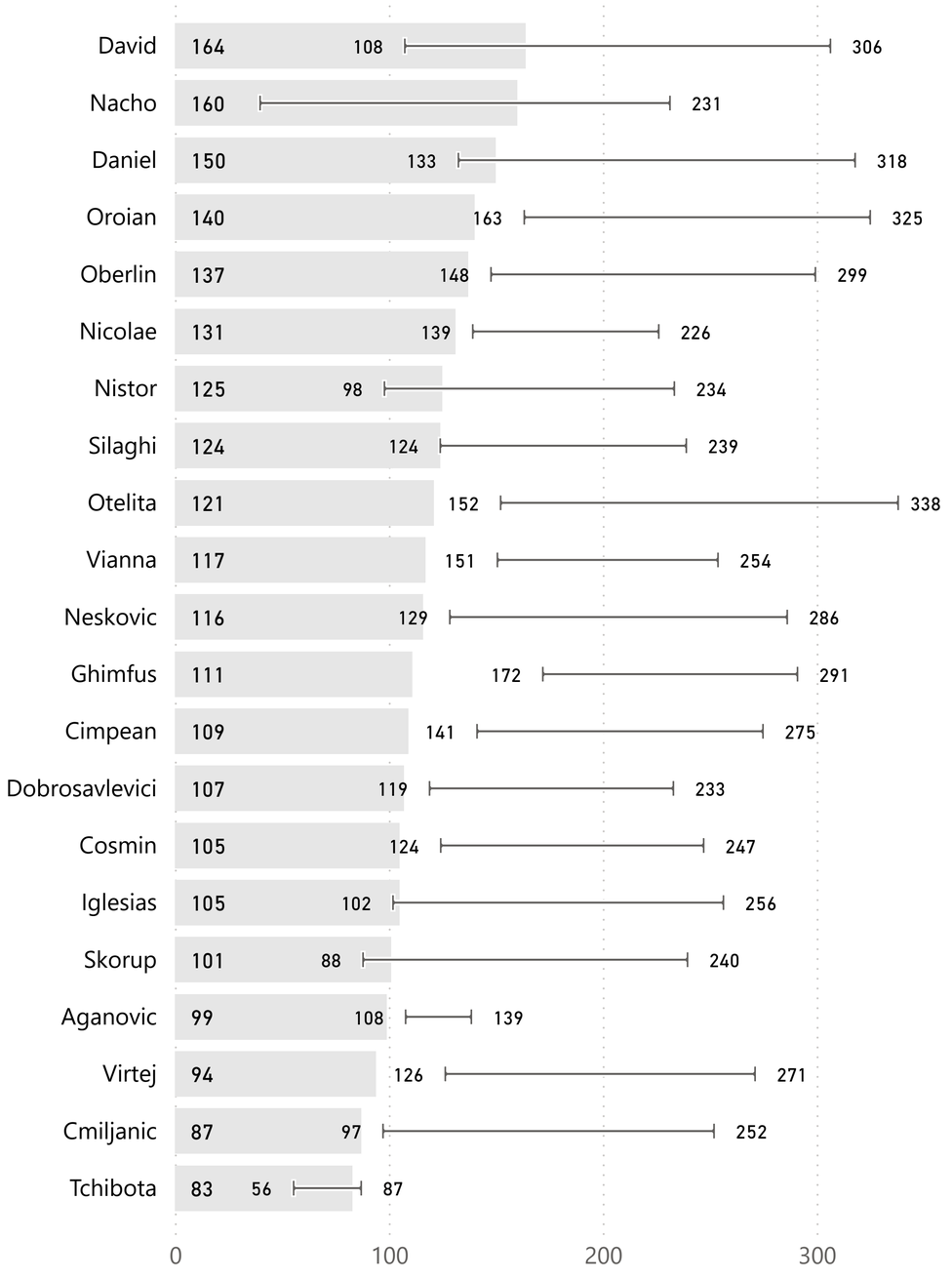
Athlete Name	Total Distance	Last TD	TD	TD/3	HSR Distance	Last HSR	HSR	HSR/3	Sprint Dist	Last Sprint	Sprint	Accelerations	Last Acc	Acc	Decelerations	Last Dec	Dec
Adnan Aganovic	243%	324%	H Deload ↓	326%	207%	437%	H Deload ↓	347%	461%	108%	High ↑	254%	349%	H Deload ↓	176%	275%	H Deload ↓
Alin Dobrosavlevici	130%	206%	H Deload ↓	219%	101%	291%	H Deload ↓	199%	125%	137%	Stable →	198%	230%	Deload ↓	113%	197%	H Deload ↓
Bogdan Otelita	112%	154%	Deload ↓	175%	55%	86%	Deload ↓	78%	92%	59%	Increase ↑	168%	229%	H Deload ↓	126%	181%	H Deload ↓
Boris Cmiljanic	102%	129%	Deload ↓	162%			Stable →				Stable →	87%	80%	Stable →	64%	24%	Increase ↑
Daniel Iglesias	129%	197%	H Deload ↓	246%	50%	151%	H Deload ↓	140%	146%	0%	High ↑	167%	263%	H Deload ↓	122%	198%	H Deload ↓
Daniel Virtej	127%	204%	H Deload ↓	222%	111%	149%	Deload ↓	127%	70%	58%	Stable →	149%	224%	H Deload ↓	120%	205%	H Deload ↓
Darius Oroian	142%	184%	Deload ↓	155%	84%	219%	H Deload ↓	155%	81%	69%	Stable →	144%	209%	H Deload ↓	130%	173%	Deload ↓
Denis Harut	393%	557%	H Deload ↓	396%	279%	1080%	H Deload ↓	595%			Stable →	606%	813%	H Deload ↓	181%	365%	H Deload ↓
Dimitri Oberlin	140%	195%	H Deload ↓	262%	81%	125%	Deload ↓	171%	18%	45%	Deload ↓	152%	181%	Deload ↓	128%	126%	Stable →
Dino Skorup	134%	122%	Stable →	195%	110%	83%	Increase ↑	148%	274%	100%	High ↑	158%	161%	Stable →	158%	179%	Deload ↓
Fabio Vianna	127%	208%	H Deload ↓	249%	74%	137%	H Deload ↓	152%	46%	107%	H Deload ↓	152%	252%	H Deload ↓	103%	207%	H Deload ↓
Giovani Ghimfus	112%	166%	H Deload ↓	168%	69%	192%	H Deload ↓	139%	136%	66%	High ↑	129%	220%	H Deload ↓	121%	216%	H Deload ↓
Heras Nacho	126%	109%	Stable →	72%			Stable →				Stable →	160%	150%	Stable →	128%	88%	Increase ↑
Matei Cosmin	137%	137%	Stable →	177%	100%	14%	High ↑	62%	66%	0%	High ↑	150%	74%	High ↑	195%	58%	High ↑
Mavis Tchibota	302%	418%	H Deload ↓	301%	206%	225%	Stable →	157%	198%	141%	High ↑	415%	410%	Stable →	205%	259%	H Deload ↓
Mihajlo Neskovic	251%	404%	H Deload ↓	459%	95%	364%	H Deload ↓	218%	74%	55%	Stable →	223%	352%	H Deload ↓	123%	242%	H Deload ↓
Paun Nicolae	243%	389%	H Deload ↓	482%	115%	492%	H Deload ↓	325%	400%	125%	High ↑	437%	460%	Deload ↓	227%	321%	H Deload ↓
Raul Cimpean	116%	210%	H Deload ↓	215%	58%	118%	H Deload ↓	106%	95%	70%	Increase ↑	168%	209%	Deload ↓	130%	214%	H Deload ↓
Robert Silaghi	129%	103%	Increase ↑	136%	148%	259%	H Deload ↓	187%	579%	100%	High ↑	302%	232%	High ↑	166%	166%	Stable →
Siger David	117%	76%	Increase ↑	139%	61%	1%	High ↑	87%	77%	0%	High ↑	186%	59%	High ↑	118%	34%	High ↑
Veregut Daniel	137%	95%	Increase ↑	96%	109%	45%	High ↑	102%	101%	26%	High ↑	273%	164%	High ↑	221%	128%	High ↑

Head of Performance: Aleksa Boskovic I +381616673783 I aleksacoach@gmail.com

Current Week / Upper & Lower Bounds



Week

18

Variable Selector

Accelerations | Decelerations | High Speed Running | Sprint Distance | Total Distance

Last Name	% vs Lower	% vs Upper	% vs Avg	Weekly - SD	Weekly Avg	Sten Score
Aganovic	-8%	-29%	-20%	15	123	3
Cimpean	-23%	-60%	-48%	67	208	3
Cmiljanic	-11%	-65%	-50%	77	175	3
Cosmin	-16%	-58%	-43%	61	186	3
Daniel	13%	-53%	-33%	93	225	4
David	53%	-46%	-21%	99	207	4
Dobrosavlevici	-10%	-54%	-39%	57	176	4
Ghimfus	-35%	-62%	-52%	60	232	3
Iglesias	3%	-59%	-41%	77	179	4
Nacho	301%	-31%	18%	96	136	6
Neskovic	-10%	-59%	-44%	79	207	3
Nicolae	-6%	-42%	-28%	43	183	3
Nistor	28%	-46%	-25%	68	166	4
Oberlin	-7%	-54%	-39%	76	224	3
Oroian	-14%	-57%	-43%	81	244	3
Otelita	-21%	-64%	-51%	93	245	3
Silaghi	-0%	-48%	-32%	58	182	4
Skorup	15%	-58%	-38%	76	164	4
Tchibota	49%	-5%	16%	16	71	5
Vianna	-22%	-54%	-42%	52	202	2
Virtej	-26%	-65%	-53%	72	199	3

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Match Day

All

Last 3 Weeks % Based Appeoach

Week Selector

1 2 3

Total Distance

Athlete Name	16	17	18	Total
Denis Harut	235%	557%	393%	1185%
Paun Nicolae	461%	389%	243%	1093%
Mavis Tchibota	184%	418%	302%	904%
Mihajlo Neskovic	217%	404%	251%	872%
Adnan Aganovic	265%	324%	243%	833%
Akos Nistor	203%	185%	231%	619%
Fabio Vianna	247%	208%	127%	583%
Daniel Iglesias	254%	197%	129%	580%
Dimitri Oberlin	220%	195%	140%	555%
Daniel Virtej	201%	204%	127%	532%
Raul Cimpean	172%	210%	116%	498%
Darius Oroian	127%	184%	142%	453%
Giovani Ghimfus	175%	166%	112%	453%
Dino Skorup	185%	122%	134%	442%
Alin Dobrosavlevici	99%	206%	130%	436%
Bogdan Otelita	126%	154%	112%	392%
Siger David	183%	76%	117%	376%
Veregut Daniel	98%	95%	137%	329%
Matei Cosmin		137%	137%	274%
Heras Nacho	27%	109%	126%	262%
Robert Silaghi		103%	129%	231%
Boris Cmiljanic		129%	102%	231%
Alin Techeres	204%			204%
Joonas Tamm	182%			182%
Hunor Batzula	180%			180%
Marian Draghiceanu	43%	111%		154%
Nacho Heras	77%			77%

HSR Distance

Athlete Name	16	17	18	Total
Denis Harut	110%	1080%	279%	1470%
Adnan Aganovic	256%	437%	207%	899%
Paun Nicolae	274%	492%	115%	881%
Akos Nistor	256%	179%	146%	581%
Mavis Tchibota	88%	225%	206%	519%
Mihajlo Neskovic	60%	364%	95%	519%
Alin Dobrosavlevici	39%	291%	101%	431%
Giovani Ghimfus	169%	192%	69%	430%
Robert Silaghi		259%	148%	407%
Dino Skorup	205%	83%	110%	398%
Darius Oroian	90%	219%	84%	393%
Daniel Virtej	118%	149%	111%	378%
Daniel Iglesias	169%	151%	50%	370%
Dimitri Oberlin	157%	125%	81%	363%
Fabio Vianna	122%	137%	74%	334%
Veregut Daniel	158%	45%	109%	312%
Raul Cimpean	91%	118%	58%	268%
Siger David	138%	1%	61%	200%
Hunor Batzula	199%			199%
Bogdan Otelita	15%	86%	55%	157%
Alin Techeres	124%			124%
Matei Cosmin		14%	100%	113%
Marian Draghiceanu	0%	107%		107%
Joonas Tamm	99%			99%
Nacho Heras	33%			33%

Accelerations

Athlete Name	16	17	18	Total
Adnan Aganovic	310%	349%	254%	913%
Akos Nistor	377%	251%	357%	986%
Alin Dobrosavlevici	154%	230%	198%	581%
Alin Techeres	241%			241%
Bogdan Otelita	103%	229%	168%	500%
Boris Cmiljanic		80%	87%	167%
Daniel Iglesias	322%	263%	167%	752%
Daniel Virtej	214%	224%	149%	587%
Darius Oroian	143%	209%	144%	497%
Denis Harut	244%	813%	606%	1663%
Dimitri Oberlin	253%	181%	152%	587%
Dino Skorup	255%	161%	158%	573%
Fabio Vianna	316%	252%	152%	719%
Giovani Ghimfus	265%	220%	129%	614%
Heras Nacho	45%	150%	160%	355%
Hunor Batzula	306%			306%
Joonas Tamm	208%			208%
Marian Draghiceanu	4%	114%		118%
Matei Cosmin		74%	150%	224%
Mavis Tcibota	67%			67%
Mavis Tchibota	245%	410%	415%	1070%
Mihajlo Neskovic	208%	352%	223%	783%
Nacho Heras	102%			102%
Paun Nicolae	670%	460%	437%	1567%
Raul Cimpean	254%	209%	168%	631%
Robert Silaghi		232%	302%	534%
Siger David	250%	59%	186%	495%

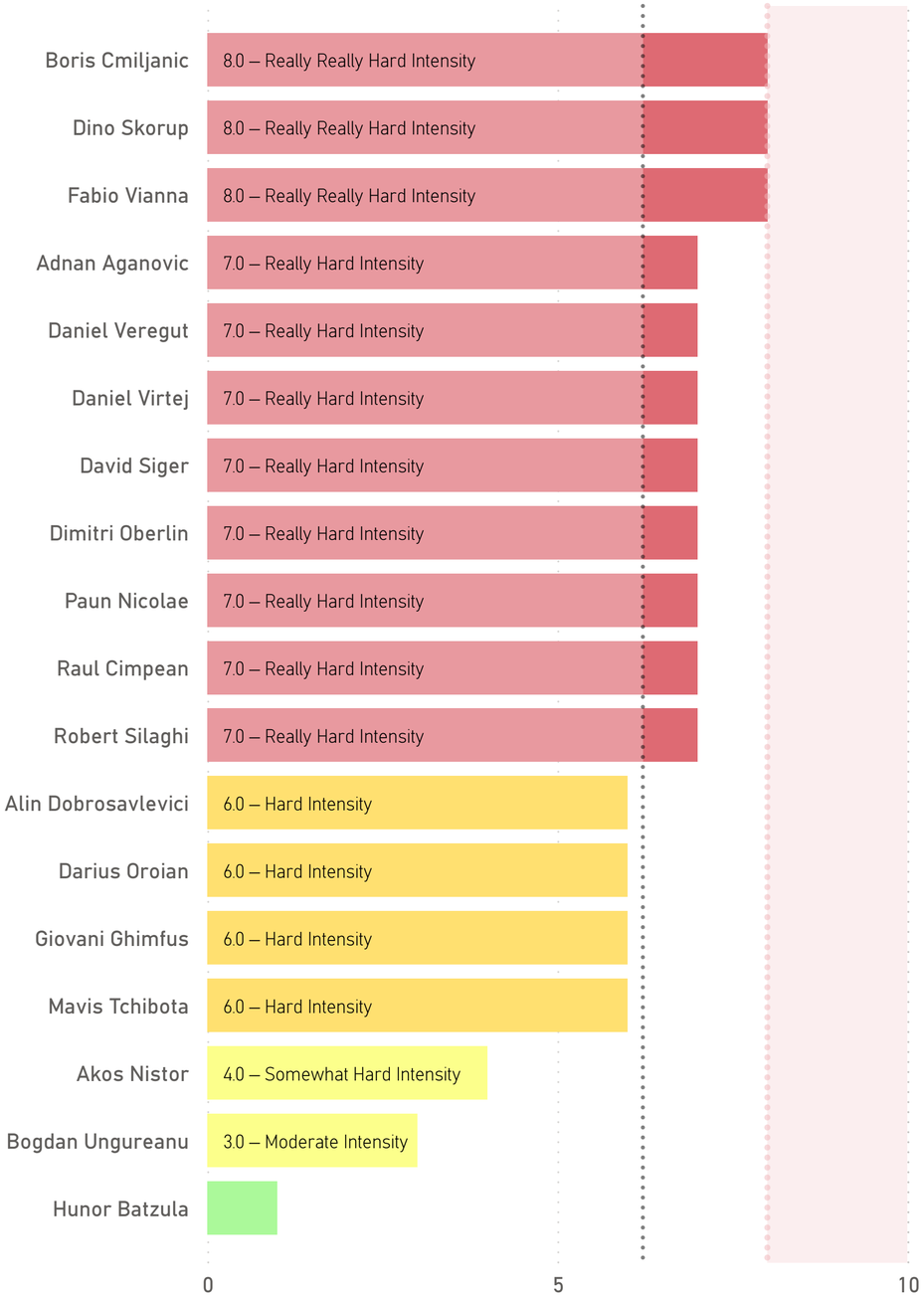
Decelerations

Athlete Name	16	17	18	Total
Paun Nicolae	519%	321%	227%	1067%
Akos Nistor	288%	221%	277%	786%
Adnan Aganovic	212%	275%	176%	663%
Denis Harut	88%	365%	181%	635%
Daniel Iglesias	286%	198%	122%	606%
Mavis Tchibota	122%	259%	205%	586%
Giovani Ghimfus	233%	216%	121%	570%
Raul Cimpean	207%	214%	130%	551%
Dino Skorup	198%	179%	158%	535%
Fabio Vianna	207%	207%	103%	517%
Veregut Daniel	164%	128%	221%	513%
Mihajlo Neskovic	131%	242%	123%	497%
Daniel Virtej	120%	205%	120%	445%
Dimitri Oberlin	187%	126%	128%	441%
Darius Oroian	133%	173%	130%	436%
Alin Dobrosavlevici	86%	197%	113%	396%
Bogdan Otelita	64%	181%	126%	371%
Robert Silaghi		166%	166%	332%
Siger David	180%	34%	118%	331%
Hunor Batzula	253%			253%
Matei Cosmin		58%	195%	253%
Heras Nacho	31%	88%	128%	247%
Alin Techeres	184%			184%
Joonas Tamm	160%			160%
Boris Cmiljanic		24%	64%	88%
Marian Draghiceanu	2%	77%		79%
Nacho Heras	71%			71%

10/15/2025

Rating of Percieved Exertion (RPE) & Self-Performance Accessement

Session RPE



Team Average RPE

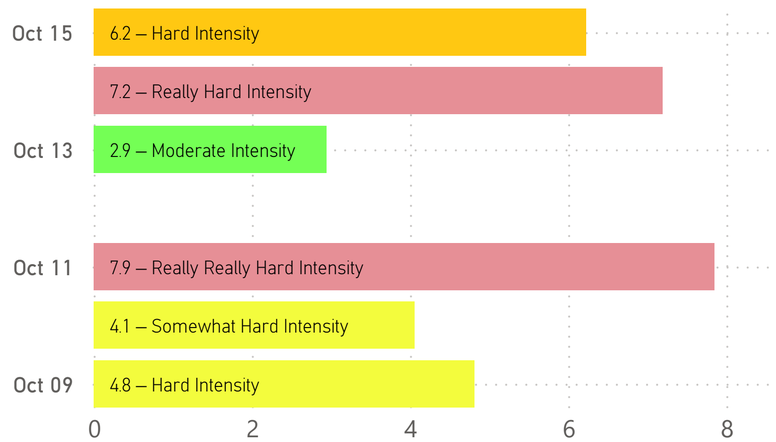
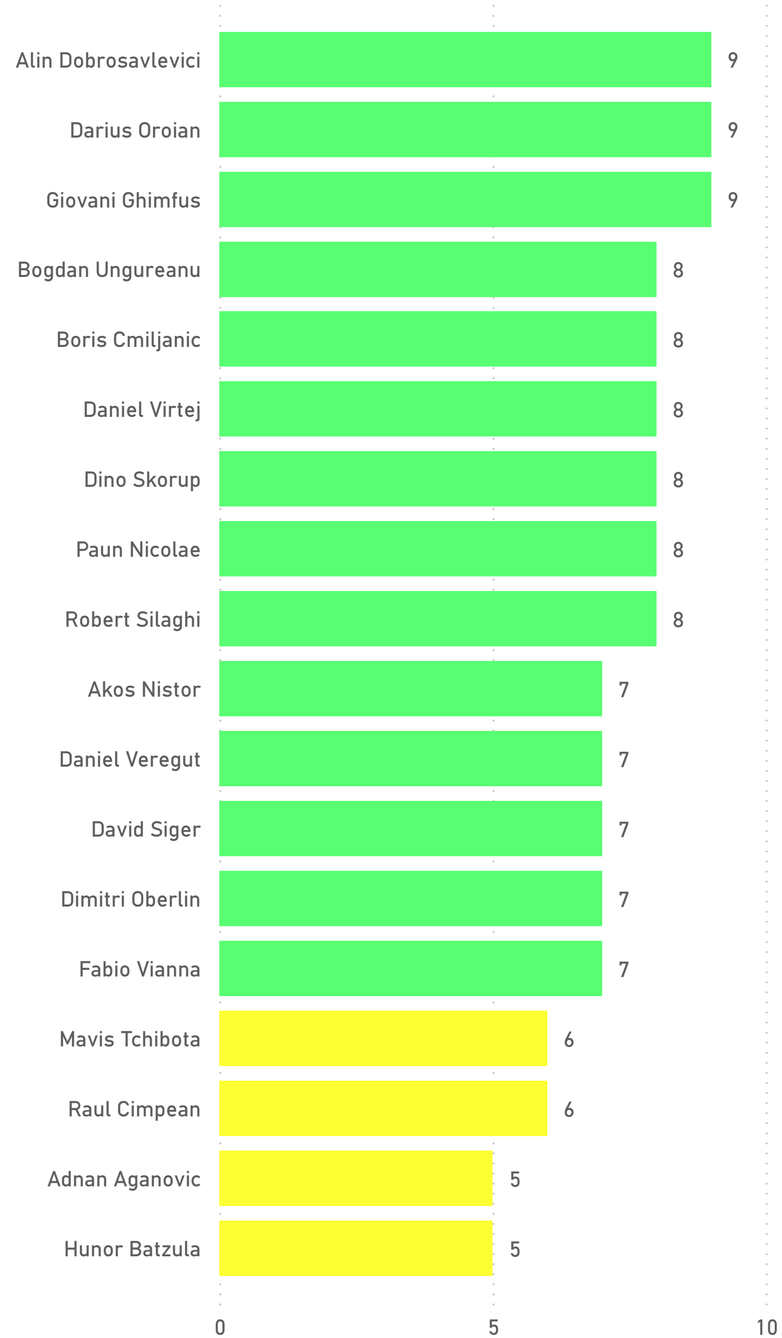
6.2

Hard Intensity

Post Training Reported Painful Areas

Athlete Name	Body Part	Pain Scale
Daniel Virtej	Left Back Shoulder	1
Darius Oroian	Right Adductor Long	1
Darius Oroian	Right Pubic Area	1
Darius Oroian	Right Pubis Adductor	3
Dino Skorup	Left Foot Front	2
Mavis Tchibota	Right Patella	1

Last 5 days Avg Team RPe



Subjective Training Performance