

	glucose[c]	lactate[c]	O2[c]	H2O[c]	CO2[c]	ADP[c]	Pi[c]	ATP[c]	H[m]	H[c]
glucose[c]	-1	-1								
lactate[c]	2									
O2[c]		-6								
H2O[c]	2	10	1	-1						
CO2[c]		6								
ADP[c]	-2	-4	-1	1						
Pi[c]	-2	-4	-1	1						
ATP[c]	2	4	1	-1						
H[m]		-112	4							
H[c]		112	-4							

glycolysis
respiration
ATP synthase
ATP demand
glucose exchange
lactate exchange
O₂ exchange
H₂O exchange
CO₂ exchange