

Performance diagnostic

2014/2/22

Sport Performance Diagnostic Institute

SPDI

33303 Taoyuan

250. Wen Hua 1St Rd.

Master data

Name of athlete

Street

ZIP Town

Birthdate 2014/2/22

Anamnesis

Weight 0

Height 0

BMI 0

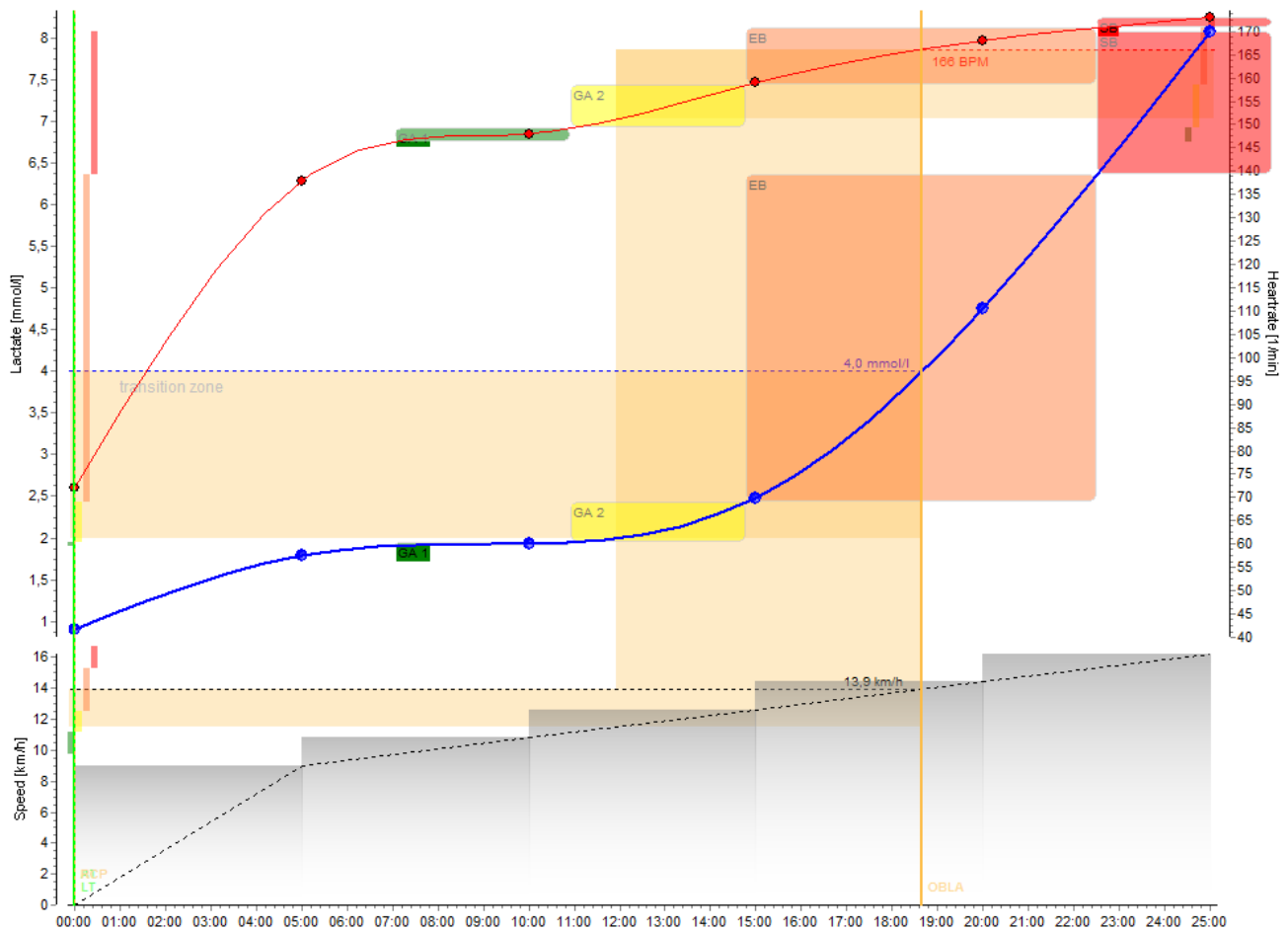
Test remarks

Remark

Step test / Load data

km/h	Time	HR	Lactate	kCal/h
0,00	00:00	72	0,90	0
9,00	05:00	138	1,79	0
10,80	10:00	148	1,93	0
12,60	15:00	159	2,48	0
14,40	20:00	168	4,76	0
16,20	25:00	173	8,08	0

Diagram



Predicted maximum oxygen consumption

VO₂max(abs) = 4,10 l/min

VO₂max(rel) = 58,55 ml/min/kg

Results

Thresholds

The following results are calculated from the threshold analysis:

	2 mmol/l	4 mmol/l	6 mmol/l	LT	OBLA	MAX
km/h	11,5	13,9	15,1	0,0	13,9	16,2
Lactate	2,0	4,0	6,0	0,0	4,0	8,1
HR	151	166	170	0	166	173
% max	71,0	85,9	93,2	0,0	85,9	100,0
Marathon	03:40:12	03:01:56	02:47:36		03:01:56	02:36:16

used abbreviations:

LT = Lactate threshold

OBLA = Onset of blood lactate

Training areas

These training intensity ranges are derived from the threshold analysis:

	GA 1	GA 2	EB	SB
km/h	9,7 - 11,1	11,1 - 12,5	12,5 - 15,3	15,3 - 16,7
Lactate	1,9 - 1,9	1,9 - 2,4	2,4 - 6,4	6,4 - 8,1
HR	146 - 149	149 - 158	158 - 171	171 - 173
1000 m	6:09 - 5:23	5:23 - 4:47	4:47 - 3:55	3:55 - 3:35