

BART SIMPSON Report

22/02/2019

| Stage | Velocity (km/h) | HR | VO2/Kg | Blood Lactate | Stage Finish Time |
|-------|-----------------|-----|--------|---------------|-------------------|
| 0 | 10 | 144 | 36 | 1.1 | 05:00 |
| 1 | 11 | 156 | 41 | 1.1 | 08:00 |
| 2 | 12 | 164 | 44 | 1.3 | 11:00 |
| 3 | 13 | 173 | 46 | 1.6 | 14:00 |
| 4 | 14 | 179 | 50 | 1.9 | 17:00 |
| 5 | 15 | 185 | 54 | 2.7 | 20:00 |
| 6 | 16 | 186 | 55 | 3.8 | 23:00 |
| 7 | 17 | 194 | 59 | 5.9 | 26:00 |

| | |
|---------------|---------|
| Last name: | SIMPSON |
| First name: | BART |
| Sex: | M |
| Age: | 16 |
| Height (cm): | 171.5 |
| Weight (Kg): | 58 |
| BMI (Kg/m^2): | 19.72 |
| HR max (bpm): | 204 |
| VO2 Max | 63.95 |



