

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
DMax Velocity	14.29
DMax Blood Lactate	2.08



