Repeated sprints on traditional stationary ergometer Z-score 1.5 t01=1545 W t02=1526 W t03=1526 W t04=1565 W t05=1614 W t06=1544 W t07=1553 W t08=1611 W t09=1519 W Standard deviation from mean 0.5 t10=1608 W t11=1571 W t12=1566 W Sprint trial number 8 10 2 6 -0.5 -1.5