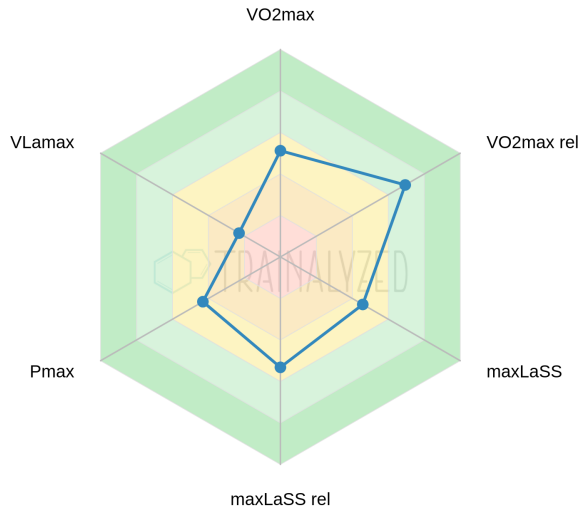


## Körperanalyse

15.03.23

|                 |      |
|-----------------|------|
| Größe [cm]:     | 180  |
| Gewicht [kg]:   | 61.5 |
| Körperfett [%]: | 12   |

## Performance Marker



**maximale Sauerstoffaufnahme (VO2max):**

3841 ml/min | 62,5 ml/kg/min

**maximale Glykolyserate (VLamax):**

0.46 mmol/kgm/s

**maximales Laktat-Steady-State (maxLaSS):**

229 W | 3,7 W/kg

**maximale Leistung (Pmax):**

1078 W | 17,5 W/kg

## Trainingsbereiche

|                 | Leistung [W] |     | Herzfrequenz [bpm] |     |
|-----------------|--------------|-----|--------------------|-----|
|                 | von          | bis | von                | bis |
| <b>ZONE I</b>   | 0            | 213 | 0                  | 130 |
| extensiv        | 0            | 200 | 0                  | 127 |
| intensiv        | 201          | 213 | 128                | 130 |
| <b>ZONE II</b>  | 214          | 242 | 131                | 141 |
| <b>ZONE III</b> | 243          | 326 | 142                | 163 |
| extensiv        | 243          | 284 | 142                | 152 |
| intensiv        | 285          | 326 | 153                | 163 |
| <b>ZONE IV</b>  | ≥327         | -   | ≥164               | 179 |

## Substrat- & Energieverbrauch

|                 | Kohlenhydrate [g/min] |      | Kohlenhydrate [g/h] |     | Fett [g/h] |     | Eiweiß [g/h] |     | Energie [kcal/h] |      |
|-----------------|-----------------------|------|---------------------|-----|------------|-----|--------------|-----|------------------|------|
|                 | von                   | bis  | von                 | bis | von        | bis | von          | bis | von              | bis  |
| <b>ZONE I</b>   | 0                     | 2.7  | 0                   | 162 | 0          | 19  | 0            | 11  | 0                | 887  |
| extensiv        | 0                     | 2.1  | 0                   | 127 | 0          | 30  | 0            | 10  | 0                | 841  |
| intensiv        | 2.1                   | 2.7  | 127                 | 162 | 30         | 19  | 10           | 10  | 841              | 887  |
| <b>ZONE II</b>  | 2.7                   | 4.5  | 162                 | 272 | 19         | 19  | 11           | 13  | 887              | 984  |
| <b>ZONE III</b> | 4.5                   | 12.2 | 272                 | 731 | 0          | 0   | 13           | 14  | 984              | 1165 |
| extensiv        | 4.5                   | 8.1  | 272                 | 484 | 0          | 0   | 13           | 0   | 984              | 889  |
| intensiv        | 8.1                   | 12.2 | 484                 | 731 | 0          | 0   | 0            | 14  | 889              | 1165 |
| <b>ZONE IV</b>  | ≥12.2                 | -    | ≥731                | -   | ≥0         | -   | ≥14          | -   | ≥1165            | -    |

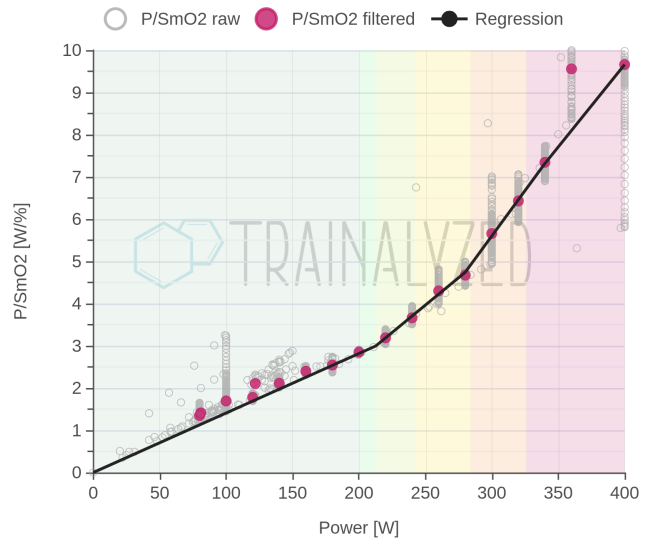
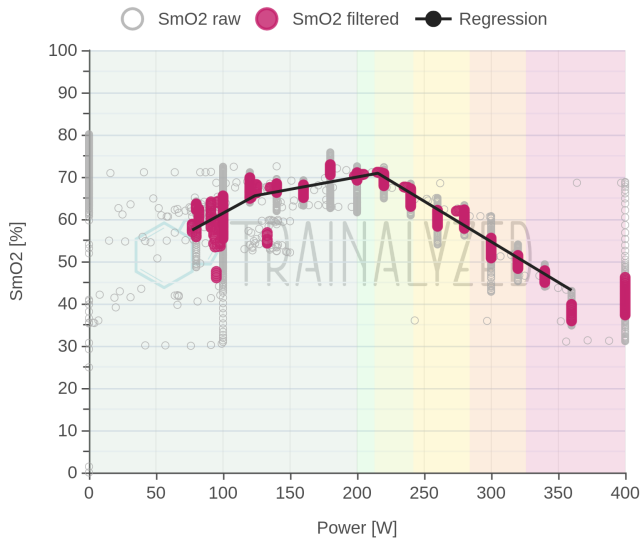
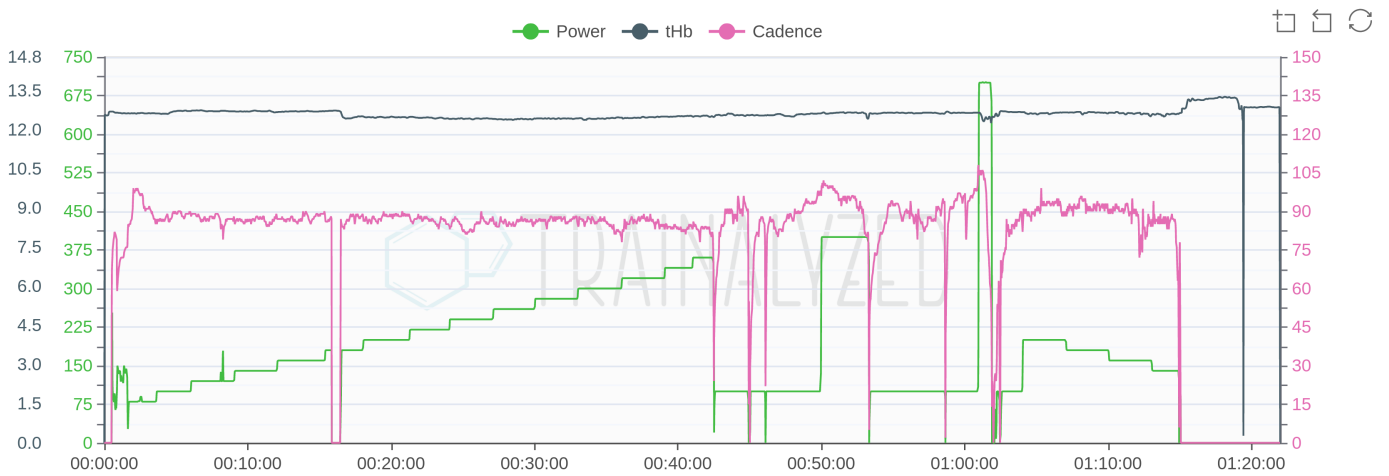
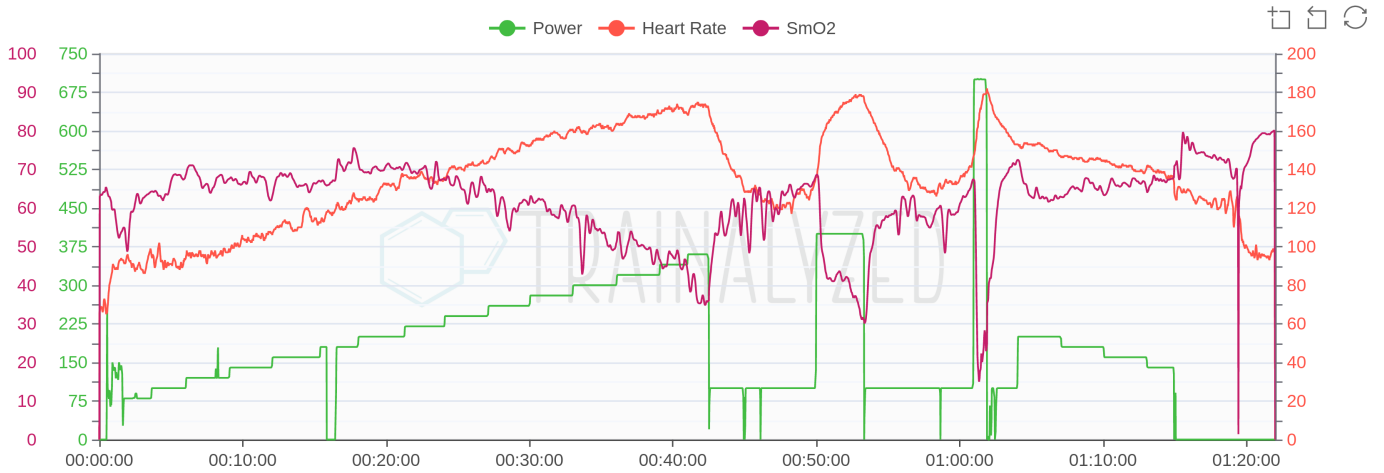
## Leistungswerte

### maximale Sauerstoffversorgung

|                     |     |
|---------------------|-----|
| Leistung [W]:       | 200 |
| Leistung [W/kg]:    | 3,3 |
| Herzfrequenz [bpm]: | 127 |

### maximales Sauerstoffgleichgewicht

|                     |     |
|---------------------|-----|
| Leistung [W]:       | 229 |
| Leistung [W/kg]:    | 3,7 |
| Herzfrequenz [bpm]: | 148 |



## Leistungswerte

### maximale Fettverbrennung (FATmax)

|                     |     |
|---------------------|-----|
| Leistung [W]:       | 147 |
| Leistung [W/kg]:    | 2.4 |
| Herzfrequenz [bpm]: | 127 |

### maximales Laktatgleichgewicht

|                     |     |
|---------------------|-----|
| Leistung [W]:       | 229 |
| Leistung [W/kg]:    | 3.7 |
| Herzfrequenz [bpm]: | 148 |

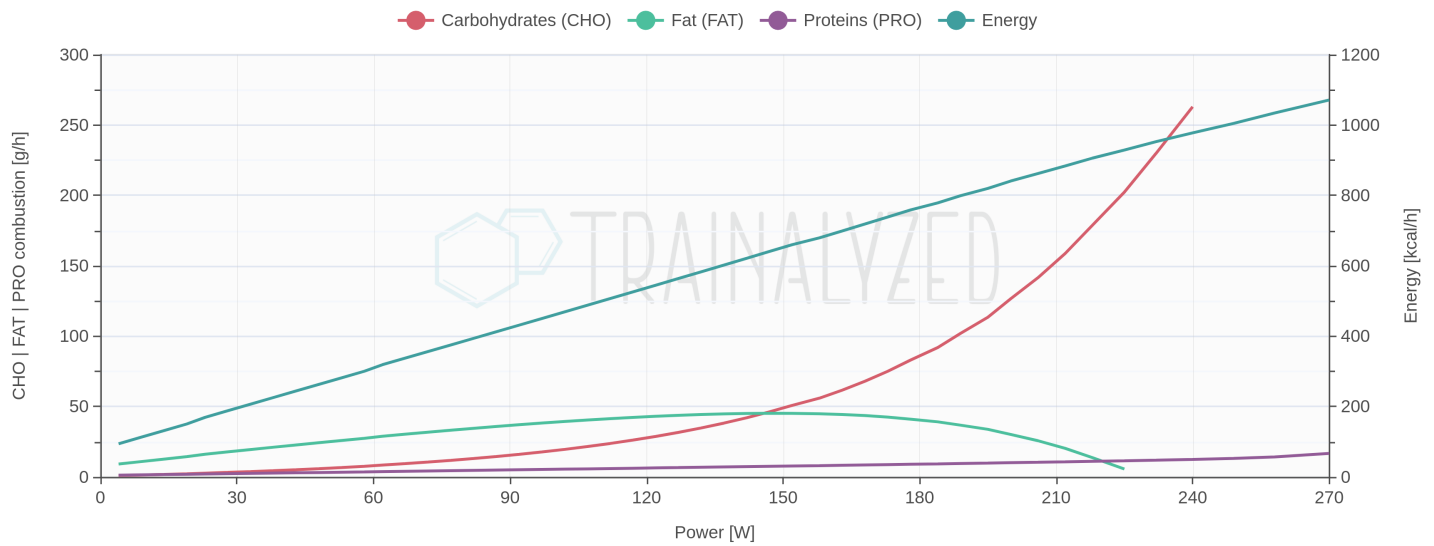
### maximale Sauerstoffaufnahme

|                     |      |
|---------------------|------|
| VO2max [ml/min]:    | 3841 |
| VO2max [ml/kg/min]: | 62.5 |
| Leistung [W]:       | 283  |

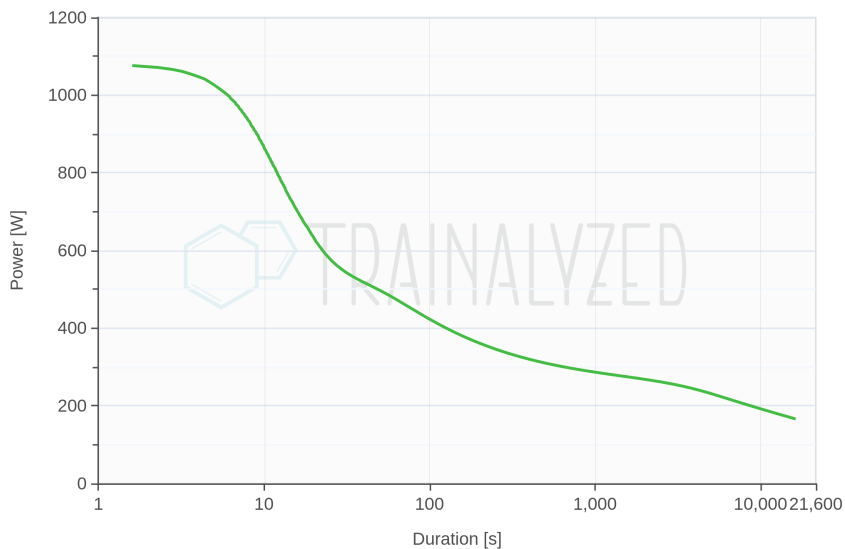
### weitere Parameter

|                      |      |
|----------------------|------|
| VLamax [mmol/kgm/s]: | 0.46 |
| Peak Power [W]:      | 1078 |

## Substrat- & Energieverbrauch



## Leistungswerte



| Dauer            | Leistung     |
|------------------|--------------|
| 5 s              | 1027 W       |
| 15 s             | 720 W        |
| 30 s             | 549 W        |
| 1 min            | 479 W        |
| 3 min            | 369 W        |
| 5 min            | 335 W        |
| 10 min           | 303 W        |
| 20 min           | 282 W        |
| 30 min           | 271 W        |
| <b>1 h (FTP)</b> | <b>248 W</b> |
| 1.5 h            | 227 W        |
| 3 h              | 188 W        |

## Leistungsprognose

| Dauer    | aktuell | VO2max +5% |             |             |             |           |
|----------|---------|------------|-------------|-------------|-------------|-----------|
|          |         | VO2max +5% | VLamax +20% | VLamax -20% | VLamax -20% | Pmax +10% |
| VO2max*  | 3841    | 4033       | 3841        | 3841        | 4033        | 3841      |
| VLamax** | 0.46    | 0.46       | 0.55        | 0.37        | 0.37        | 0.46      |
| Pmax     | 1078 W  | 1078 W     | 1078 W      | 1078 W      | 1078 W      | 1186 W    |
| maxLaSS  | 229 W   | 244 W      | 220 W       | 239 W       | 254 W       | 229 W     |
| FATmax   | 147 W   | 157 W      | 138 W       | 157 W       | 171 W       | 147 W     |
| 5 s      | 1027 W  | 1027 W     | 1027 W      | 1027 W      | 1027 W      | 1115 W    |
| 15 s     | 720 W   | 724 W      | 742 W       | 700 W       | 704 W       | 734 W     |
| 30 s     | 549 W   | 559 W      | 584 W       | 514 W       | 524 W       | 549 W     |
| 1 min    | 479 W   | 492 W      | 496 W       | 455 W       | 468 W       | 479 W     |
| 3 min    | 369 W   | 384 W      | 372 W       | 365 W       | 380 W       | 369 W     |
| 5 min    | 335 W   | 349 W      | 336 W       | 334 W       | 349 W       | 335 W     |
| 10 min   | 303 W   | 317 W      | 302 W       | 304 W       | 318 W       | 303 W     |
| 20 min   | 282 W   | 296 W      | 280 W       | 283 W       | 297 W       | 282 W     |
| 30 min   | 271 W   | 285 W      | 270 W       | 273 W       | 286 W       | 271 W     |
| 1 h      | 248 W   | 260 W      | 246 W       | 250 W       | 262 W       | 248 W     |
| 1.5 h    | 227 W   | 238 W      | 225 W       | 230 W       | 241 W       | 227 W     |
| 3 h      | 188 W   | 197 W      | 184 W       | 194 W       | 203 W       | 188 W     |

\* in ml/min

\*\* in mmol/kgm/s