

# Performance Test - Overview

Test Test | 15.03.23

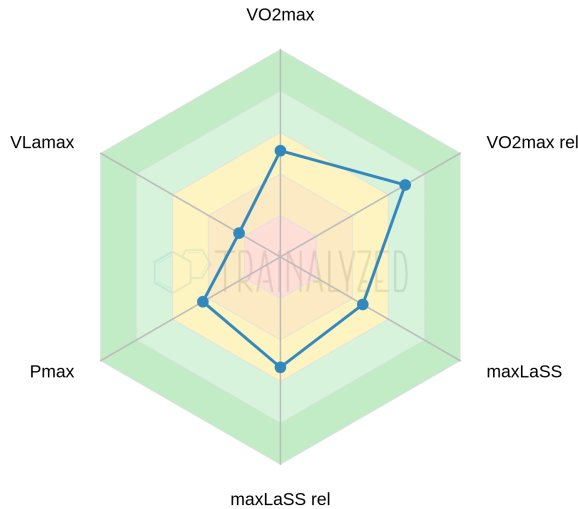


## Anthropometry

15.03.23

Body Height [cm]:	180
Body Weight [kg]:	61.5
Body Fat [%]:	12

## Performance Marker



### Maximal Oxygen Uptake (VO2max):

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

### Maximal Rate of Glycolysis (VLamax):

0.46 mmol/kgm/s

### Maximal Lactate Steady State (maxLaSS):

229 W | 3,7 W/kg

### Peak Power (Pmax):

1078 W | 17,5 W/kg

## Trainingzones

	Power [W]		Heart Rate [bpm]	
	from	to	from	to
<b>ZONE I</b>	0	213	0	130
extensive	0	200	0	127
intensive	201	213	128	130
<b>ZONE II</b>	214	242	131	141
<b>ZONE III</b>	243	326	142	163
extensive	243	284	142	152
intensive	285	326	153	163
<b>ZONE IV</b>	≥327	-	≥164	179

## Substrates & Energy

	Carbohydrates [g/min]		Carbohydrates [g/h]		Fat [g/h]		Protein [g/h]		Energy [kcal/h]	
	from	to	from	to	from	to	from	to	from	to
<b>ZONE I</b>	0	2.7	0	162	0	19	0	11	0	887
extensive	0	2.1	0	127	0	30	0	10	0	841
intensive	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
extensive	4.5	8.1	272	484	0	0	13	0	984	889
intensive	8.1	12.2	484	731	0	0	0	14	889	1165
<b>ZONE IV</b>	≥12.2	-	≥731	-	≥0	-	≥14	-	≥1165	-

# Performance Test - NIRS -Data

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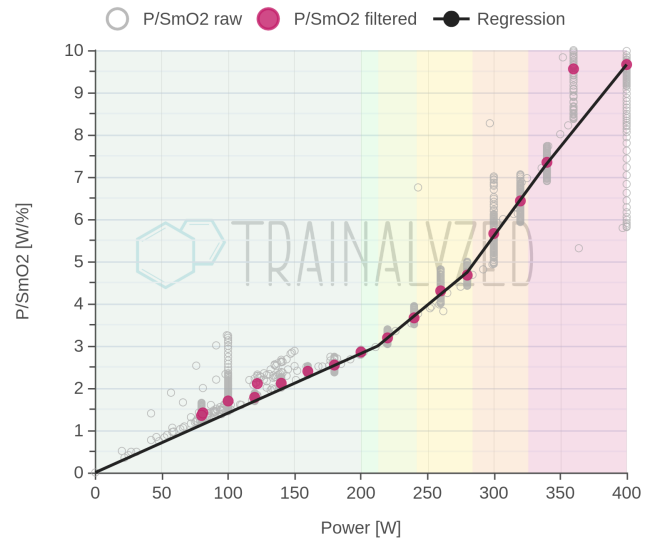
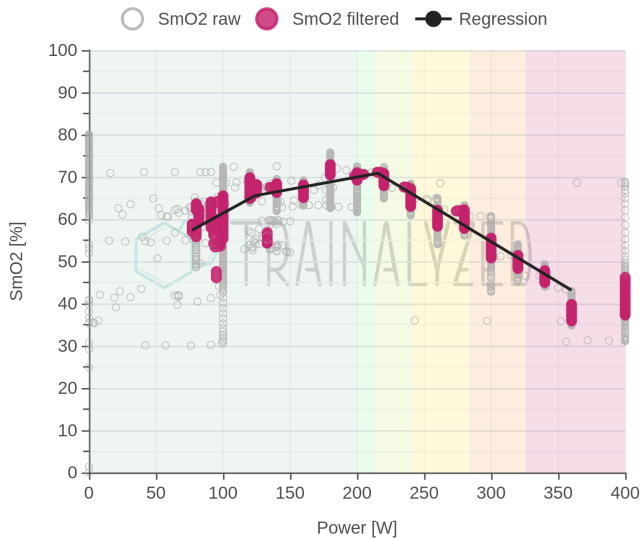
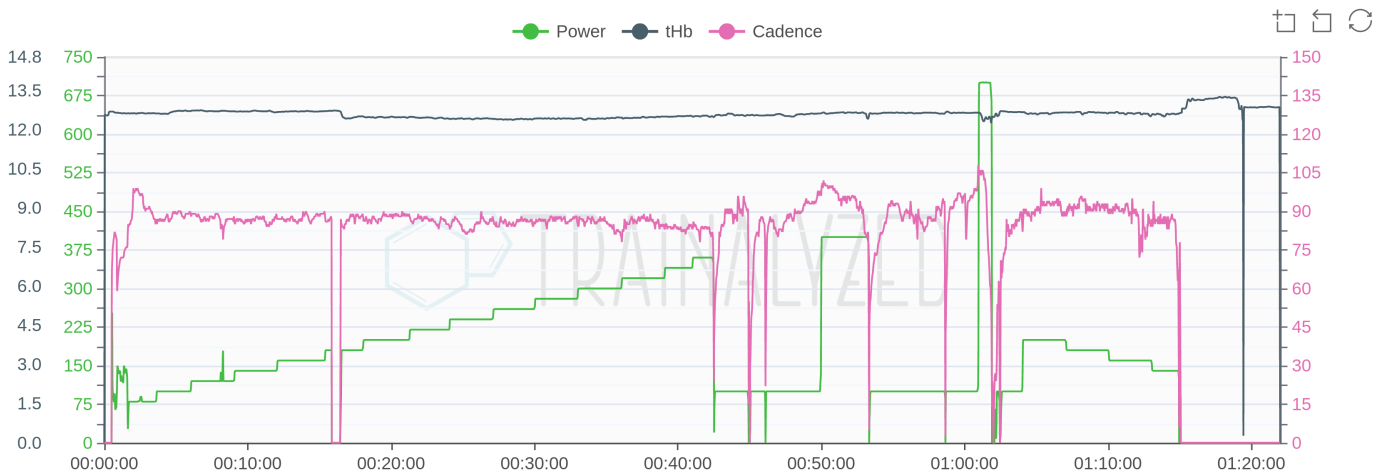
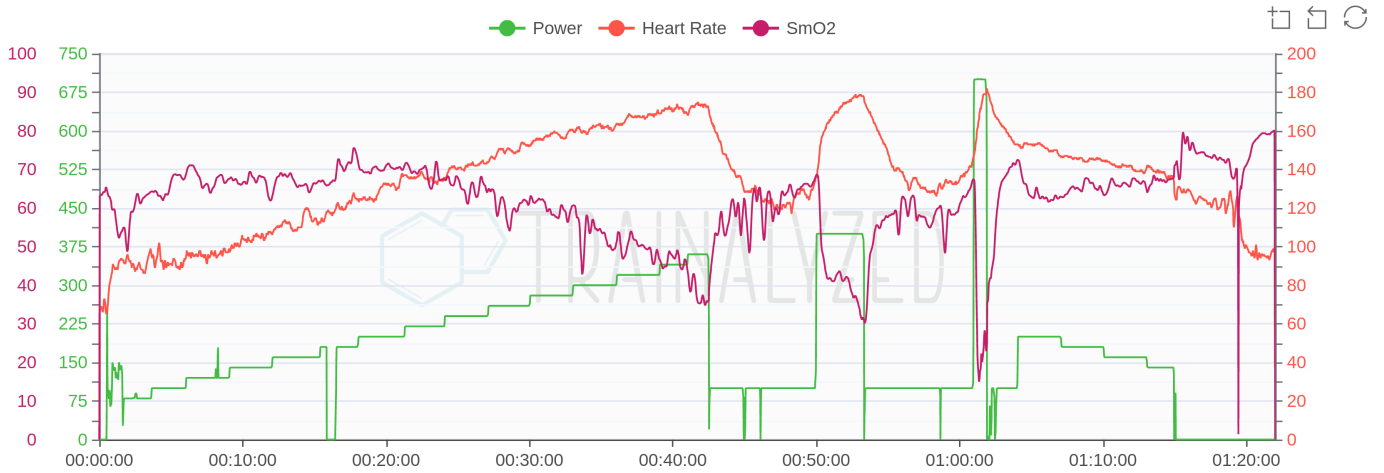
## Performance Data

### Maximal Oxygen Saturation

Power [W]:	200
Power [W/kg]:	3,3
Heart Rate [bpm]:	127

### Maximal Oxygen Steady State

Power [W]:	229
Power [W/kg]:	3,7
Heart Rate [bpm]:	148



# Performance Test - Metabolism & Performance Data

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## Performance Data

### Maximal Fat Oxidation (FATmax)

Power [W]:	147
Power [W/kg]:	2.4
Heart Rate [bpm]:	127

### Maximal Lactate Steady State

Power [W]:	229
Power [W/kg]:	3.7
Heart Rate [bpm]:	148

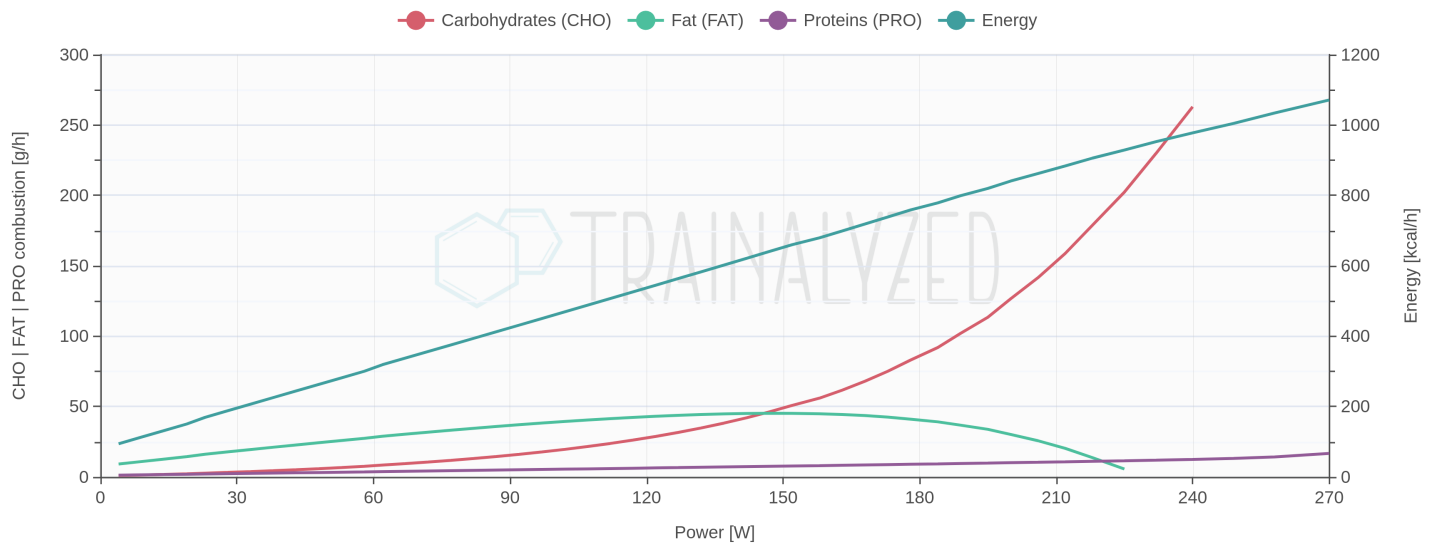
### Maximal Oxygen Uptake

VO2max [ml/min]:	3841
VO2max [ml/kg/min]:	62.5
Power [W]:	283

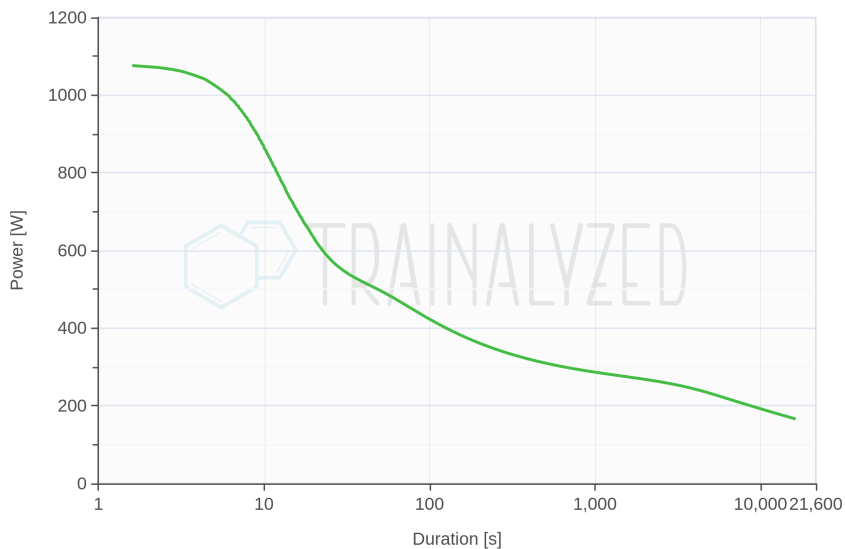
### Additional Parameters

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

## Substrates & Energy



## Performance Data



Duration	Power
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

# Performance Test - Performance Prediction & Comments

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## Performance Prediction

Duration	Current	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