

Test analyse

Testensen, Test 6/6/2014

Alder :44
BMI: 24.8 kg/m²

Test Metode

Idrett Bike ergometer

Start fart 140 Watt

Økning : 20 Watt

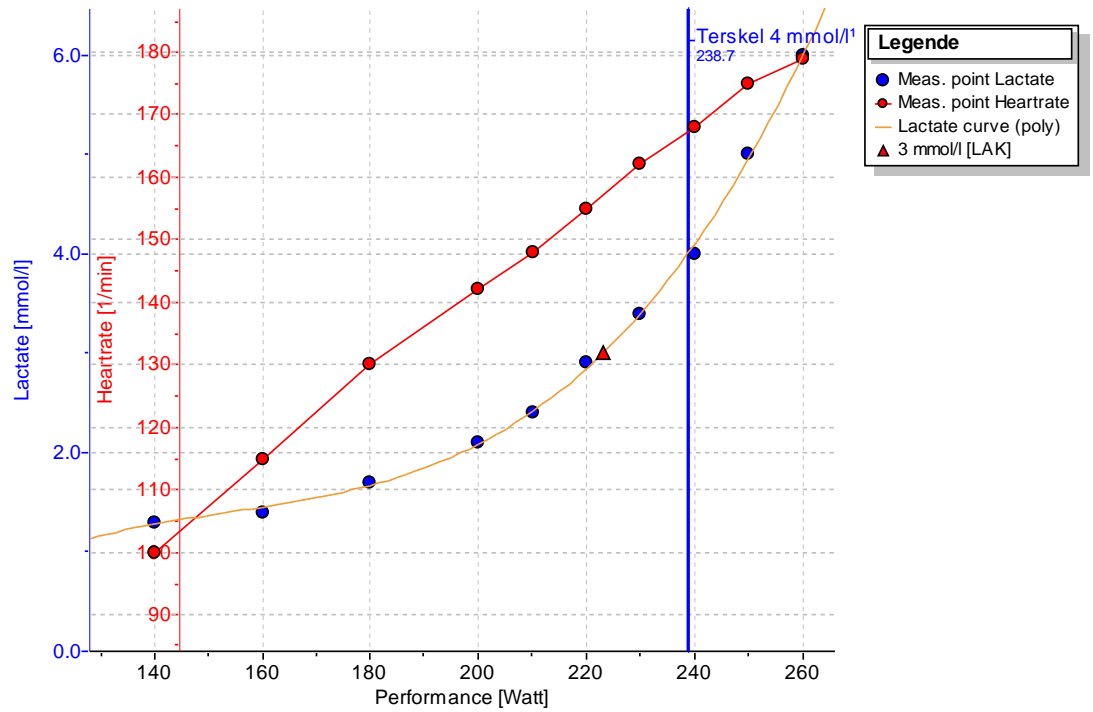
Intervall lengde
4 min

Hvile laktat

LAK [mmol/l]: 1.3 / Heartrate [1/min]

Kommentarer

Testprotokoll er 4 minutter innsats for hver laktat måling.



Test Data :

	3 mmol/l	Terskel 4 mmol/l
Lactate [mmol/l]	3.0	4.0
Heartrate [1/min]	157	167
Performance [Watt]	223	239
Performance/Weight [Watt/kg]	2.6	2.8
Energy usage (progn.) [kCal/h]	932	998

Intensitets soner

Description	Intensitet 1	Intensitet 2	Intensitet 3	Intensitet 4	Intensitet 5
Intensität	1	2	3	4	5
Lactate [mmol/l]	1.0 - 1.9	1.9 - 2.7	2.8 - 4.0	4.0 - 7.0	> 7.0
Heartrate [1/min]	85 - 137	138 - 153	154 - 167	168 - 182	> 182
Performance [Watt]	120 - 192	193 - 217	218 - 239	239 - 268	> 268
Performance/Weight [Watt/kg]	1.4 - 2.3	2.3 - 2.6	2.6 - 2.8	2.8 - 3.2	> 3.2