



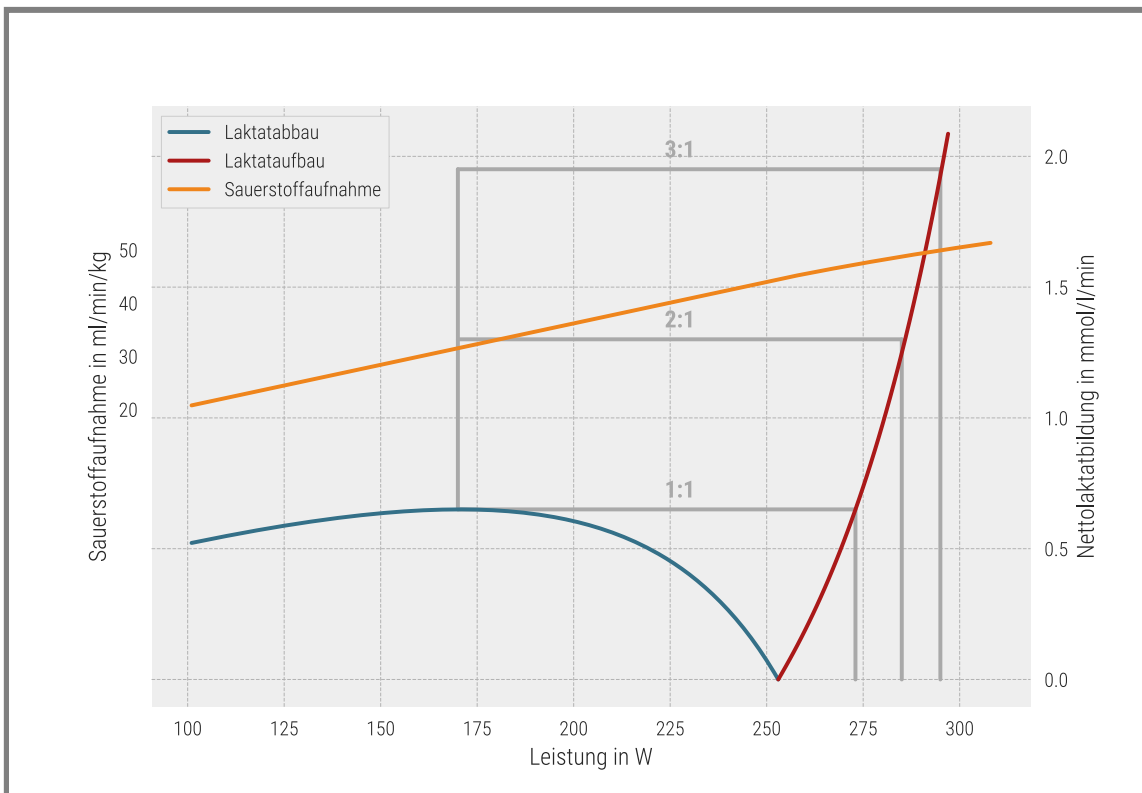
Physiological Performance Screening

am 14.09.2022 von
Joe Avarage



Höchste Leistung im Stufentest 367 W
 Schwellenleistung 253 W
 Gewicht 75,0 kg
 Ruhepuls 55 bpm
 Max. Puls 195 bpm

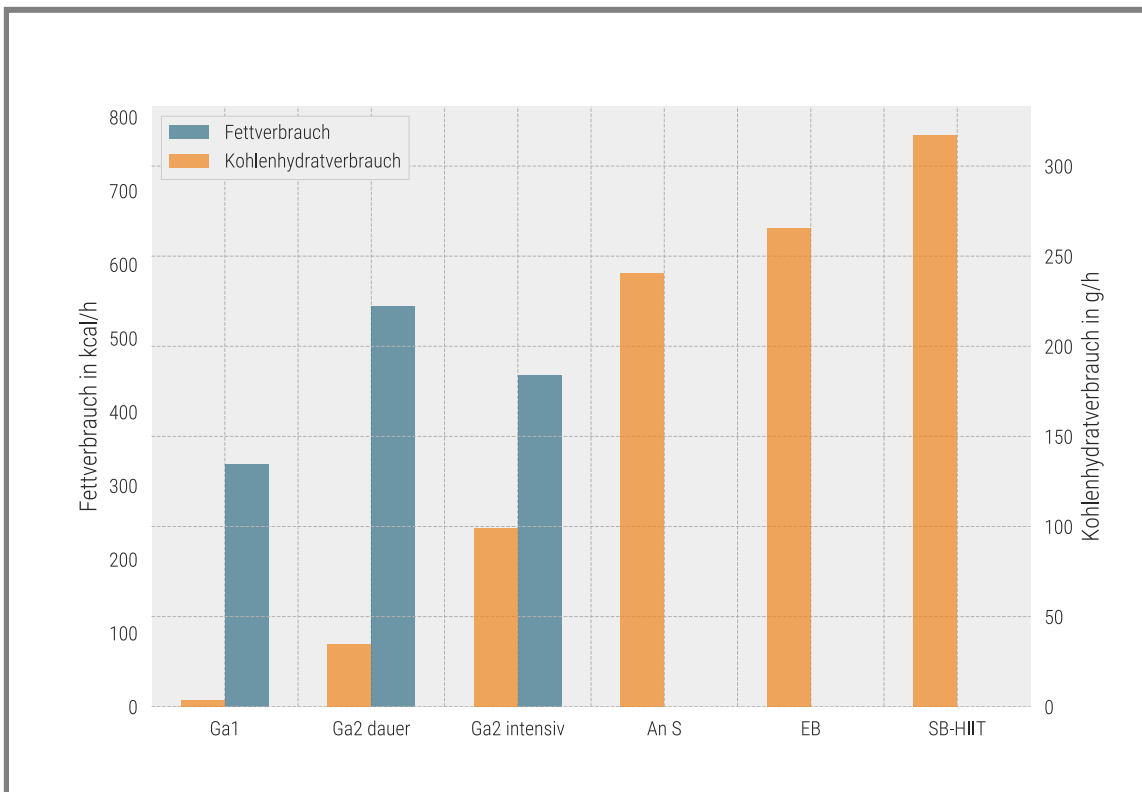
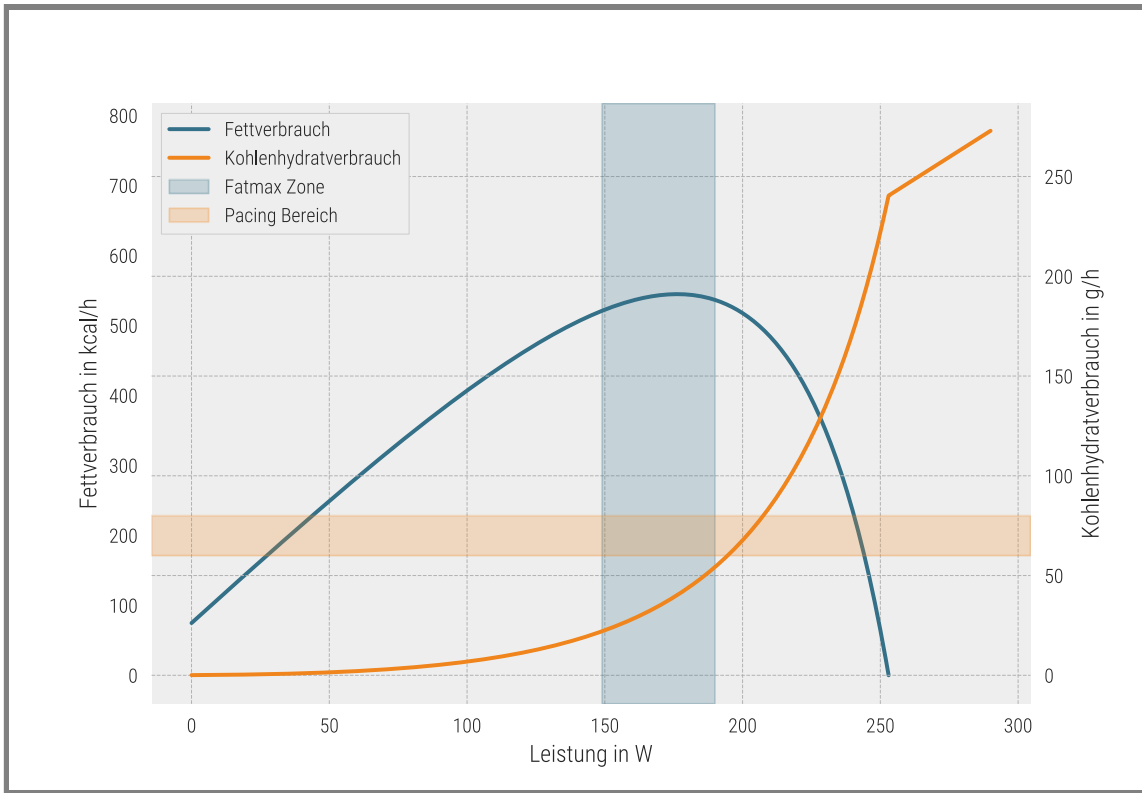
VLamax 0,54 mmol/l/s
 VO₂max 56,21 ml/min/kg
 VO₂max (absolut) 4216 ml/min
 VO₂ Schwelle 44,47 ml/min/kg
 Schwelle (absolut) 253 W
 Schwelle (anteilig) 79,11 % VO₂max
 Schwelle (pro kg) 3,37 W/kg
 VO₂ Fatmax 31,52 ml/min/kg
 Fatmax Zone 149 – 190 W
 Fatmax (pro kg) 2,27 W/kg
 MaxFatOx 59 g/h



Trainingszonen

55 – 112 bpm	Ga1	0 – 149 W
112 – 127 bpm	Ga2 dauer	149 – 190 W
127 – 148 bpm	Ga2 intensiv	190 – 244 W
148 – 155 bpm	An S	244 – 262 W
155 – 170 bpm	EB	262 – 301 W
170 – 200 bpm	SB-HIIT	301 – 380 W





Auswertung und Trainingsempfehlung

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