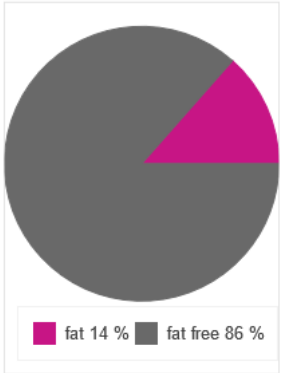
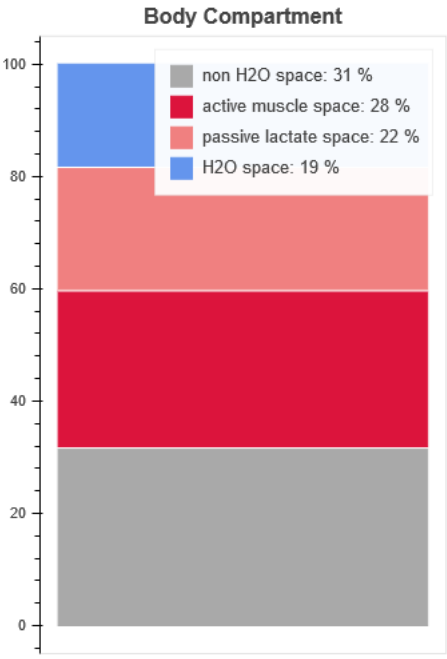
Performance Test Report

Date	
Place	
Athlete	Tofel
Coach	
Email	
Sport	Cycling

Body Composition





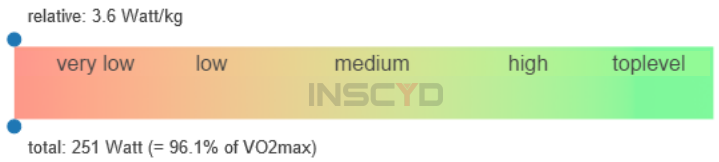
Body Mass	70.5 kg
Body Height	183.0 cm
Body Mass Index	21.1 kg/m2
Projected BSA	1.898 m2
Body Fat	13.5 % of body mass / 9.5 kg
Fat Free	86.5 % of body mass / 61.0 kg

Metabolic Capacities

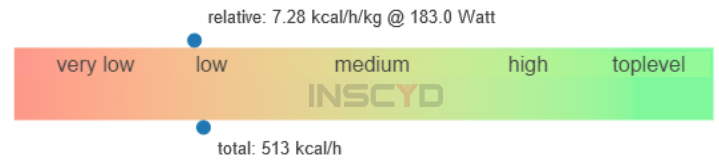
VO2max - aerobic capacity

VLamax - anaerobic capacity

AT - anaerobic threshold

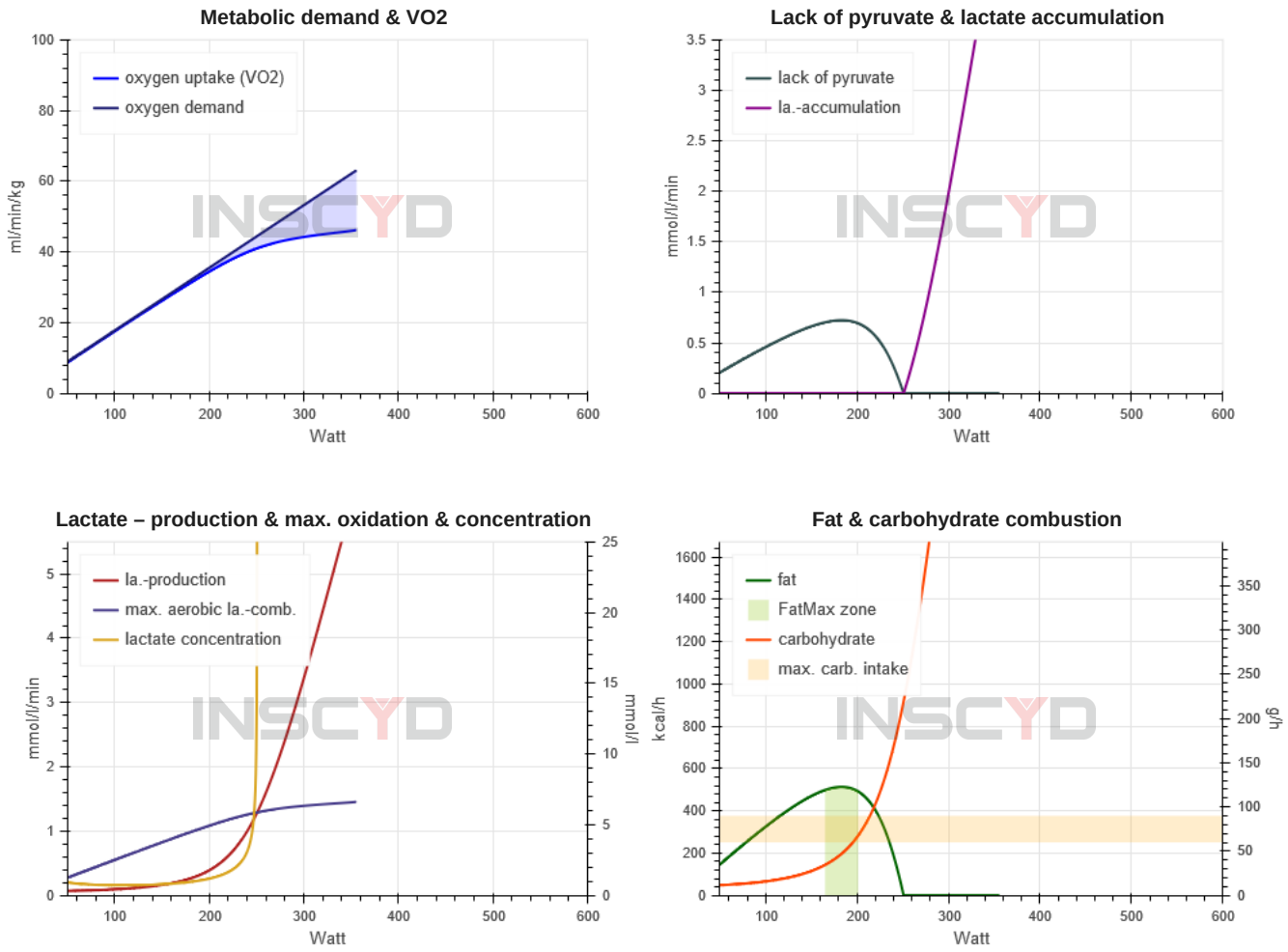


FatMax - maximum fat metabolism



CarbMax - carbohydrate metabolism

Load Characteristics



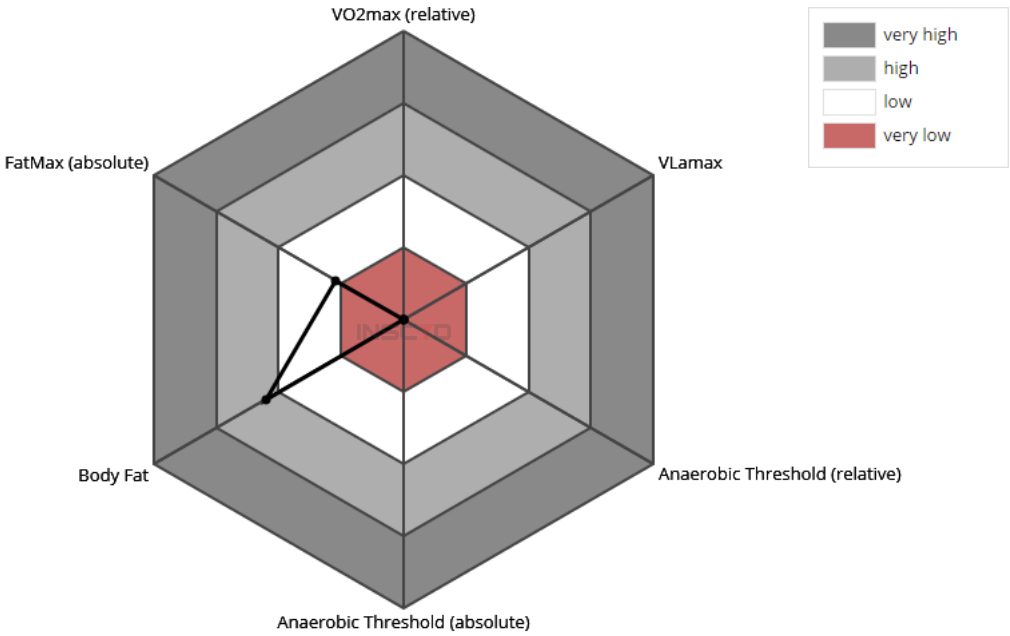
Tofel's remarks:

bottom left - Lactate production and lactate combustion are rates, so the left axis applies. Lactate concentration is the theoretical amount of lactate that is reached when staying at this intensity forever (integration time to infinity), the right axis applies here

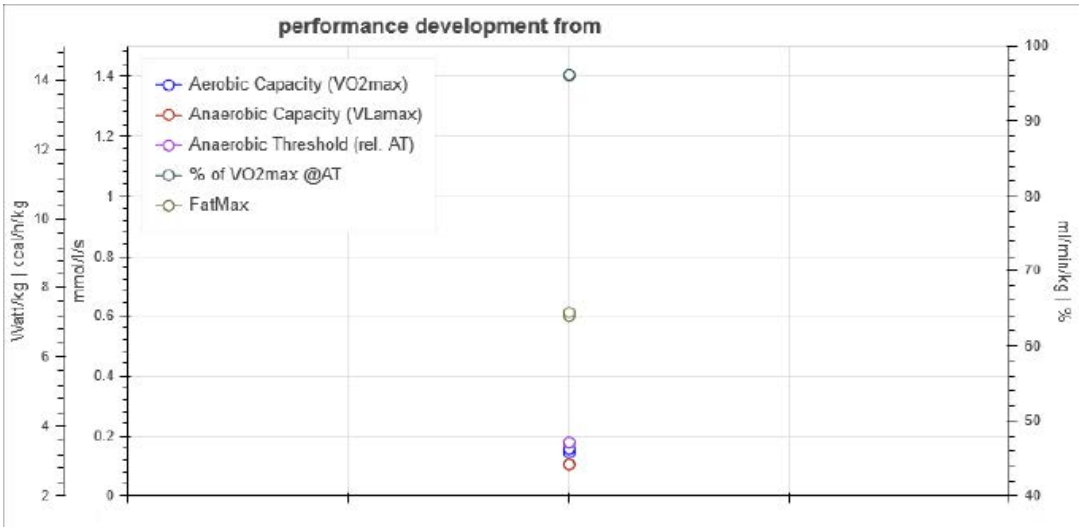
bottom right - left axis for fat and carbohydrate, right axis only for carbohydrate

top right - Lack of pyruvate = lactate combustion minus lactate production, Lactate accumulation = lactate production minus lactate combustion. This diagram is especially useful for planning intervals

Metabolic Fingerprint



Performance Development



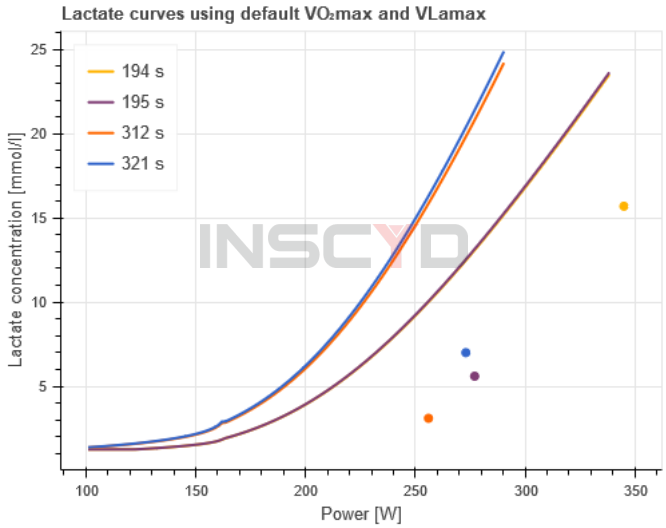
Training Zones

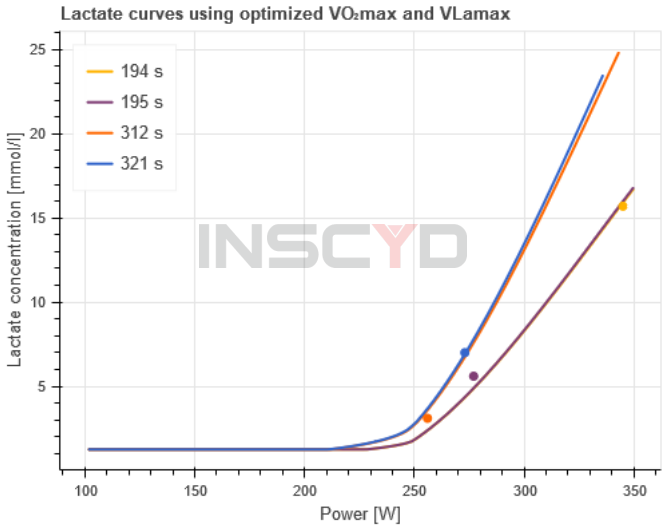
Name		Code	Power		respect to target value					
			lower	upper	target	energy cons.	%fat	%carbo	fat abs	carbo abs
			Watt	Watt	Watt	kcal/h	%	%	g/h	g/h
Zone 1	recovery	rec	109	155	128	499	83	17	44	21
Zone 2	base	bas	155	200	182	707	73	27	54	46
Zone 3	medio	med	199	233	216	823	52	48	46	94
Zone 4	FATmax	fmax	165	201	183	710	72	28	54	47
Zone 5	anaerobic threshold	AT	233	268	251	925	0	100	0	221
Zone 6	aerobic maximum	aemax	261	287	274					
Zone 7	high anaerobic	anmax	299	333	316					
Zone 8	lactate shuttling	LaEx	183	273						
Zone 9	custom 1	C1								
Zone 10	custom 2	C2								
Zone 11	custom 3	C3								
Zone 12	custom 4	C4								
Zone 13	custom 5	C5								

Test Data

Determination of lactate accumulation

Sum of squared errors before optimization: 481.10 , after optimization: 0.79





Raw Test Data

Measured Values			Calculated Values			
Run	Time (mm:ss)	Power (W)	Max Lactate (mmol/l)	VO2tot (ml/min/kg)	% aerobic (%)	% anaerobic (%)
0	05:21	273	7	48.4	88.4	11.6
1	05:12	256	3.1	45.39	91.44	8.56
2	03:15	277	5.6	49.11	87.64	12.36
3	03:14	345	15.7	61.17	59.64	40.36