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# Performance diagnostics

from 18.01.2018  
for Terskeltest på Tredemølla

Date of birth: 12.07.1979  
Gender: male  
Sport category: Løp

## Biometrics

Weight: 83,0 kg  
Height: 181,0 cm  
BMI [kg/m<sup>2</sup>]: 25,3  
Body fat [%]: 0,0

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## Test remarks

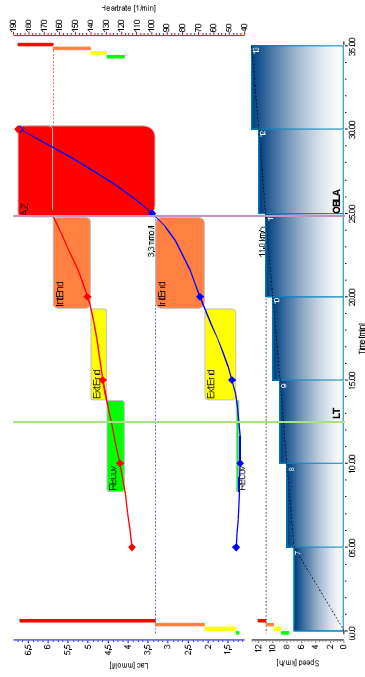
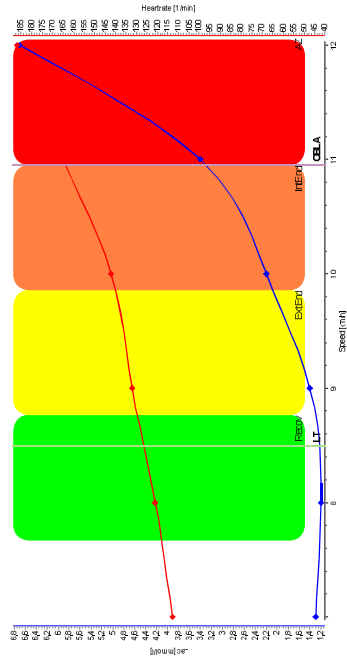
Woodway 1,7% stigning

## Load data

[km/h]	Time point [m:ss]	Heart rate	Lac [mmol/l]	Borg/RPE
0,0	00:00	0	0,00	6
7,0	05:00	113	1,30	6
8,0	10:00	121	1,20	6
9,0	15:00	132	1,40	6
10,0	20:00	142	2,20	6
11,0	25:00	165	3,40	6
12,0	30:00	187	6,70	6
13,0	35:00	0	0,00	6

## Graphical results

Load diagram



## Results

### Thresholds

The following results are calculated from the threshold analysis:

	2 mmol/l	4 mmol/l	6 mmol/l	LT	OBLA	MAX
km/h	9,8	11,2	11,8	8,5	11,0	12,0
Lac	2,0	4,0	6,0	1,2	3,3	6,7
Heartrate	139	170	183	127	164	187
% max. perf.	81,4	93,6	98,5	70,8	91,3	100,0
kCal/h	810	932	981	706	909	996
per 1000 m	00.06.08	00.05.20	00.05.04	00.07.03	00.05.28	00.05.00

used abbreviations:

LT = Lactate threshold

OBLA = Onset of blood lactate

### Training zones

These training intensity ranges are derived from the threshold

	Recov	ExtEnd	IntEnd	AZ
km/h	7,7 - 8,8	8,8 - 9,9	9,9 - 11,0	11,0 - 12,1
Lac	1,2 - 1,3	1,3 - 2,1	2,1 - 3,3	3,3 - 6,7
Heartrate	118 - 130	130 - 140	140 - 164	164 - 187
kCal/h	637 - 728	728 - 818	818 - 909	909 - 1000
per 1000 m	07.49 - 06.50	06.50 - 06.05	06.05 - 05.28	05.28 - 04.58

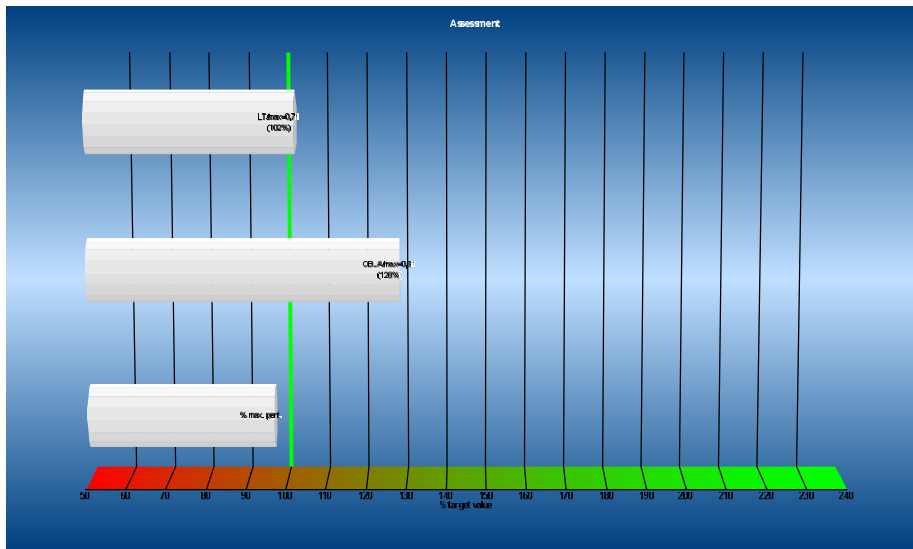
Recov: Recovery Zone

ExtEnd: Extensive Endurance

IntEnd: Intensive Endurance

AZ: Anaerobic Zone

## Assessment



### Explanation

The above assessment diagram show the performance related to a normal person (100%) for the following parameters:

- Relation of performance at LT related to max. performance
- Relation of performance at OBLA related to max. performance
- Max. performance