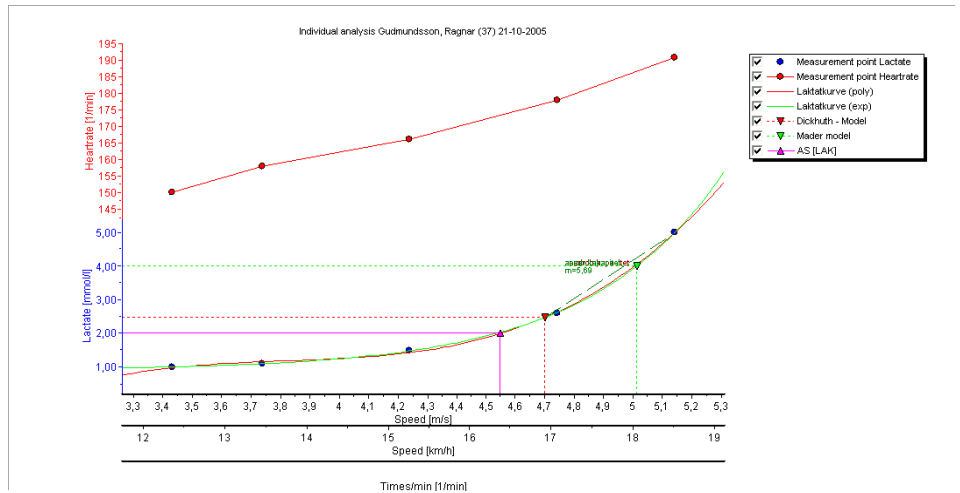


Stage test

Name: Gudmundsson, Ragnar
Age: 37
Category: Running
BMI: 0,0 kg/m² (n:19-25)
Date of test: 21-10-2005

Test modifications

Elevation (%): 1,5
Load unit: m s
Performance unit: hh:mm:ss t
Steps: 5
Testmethod: Fieldtest
Protocol: 5 punkts test løb

Notes:


Rest values: 1,8 mmol/l LAK

Results (1): Thresholds

Formula: $La(x) = 1,44 x^3 + -16,42 x^2 + 62,91 x + -79,57$

	AS	Dickhuth - Model	Mader model	Max
Lactate [mmol/l]	2,00	2,48	4,00	5,00
Heartrate [1/min]	173	177	187	191
Speed [m/s]	4,55	4,70	5,01	5,14
Speed [km/h]	16,4	16,9	18,0	18,5
Times/min [1/min]	4,5	4,7	5,0	5,1
1000 m - time	03:39	03:32	03:19	03:14
VO ₂ [ml/min/kg]	53,1	54,7	58,0	59,4
max. efficiency [%]	88,5	91,4	97,5	100,0

Marathon target times: [hh:mm / mmol/l]: (02:35/2) - (02:29/2,5) - (02:26/3)

VO₂ max Ergometry: 0,00 ml/min (no active model)

VO₂ max Treadmill: 59,39 ml/min/kg (Pugh - Treadmill (0% inclination))

Results (2): Training areas

Calculation: Relative alignment to the IANS oriented to workload

Label	A1	A2	E1	E2
Percent areas	70 - 80 %	80 - 90 %	90 - 100 %	100 - 110 %
Intensit�t	Aerobic 1	Aerobic 2	Endurance 1	Endurance 2
Lactate [mmol/l]	0,81 - 1,16	1,16 - 1,42	1,42 - 2,48	2,48 - 5,22
Heartrate [1/min]	146 - 158	158 - 166	166 - 177	177 - 192
Training heartrate Running	146 - 158	158 - 166	166 - 177	177 - 192
Speed [m/s]	3,29 - 3,76	3,76 - 4,23	4,23 - 4,70	4,70 - 5,17
Speed [km/h]	11,8 - 13,5	13,5 - 15,2	15,2 - 16,9	16,9 - 18,6
Times/min [1/min]	3,3 - 3,8	3,8 - 4,2	4,2 - 4,7	4,7 - 5,2
Energy consumption [kcal/h]	263 - 301	301 - 338	338 - 376	376 - 414
1000 m - time	05:04 - 04:26	04:26 - 03:56	03:56 - 03:32	03:32 - 03:13

Analysis assessment: