

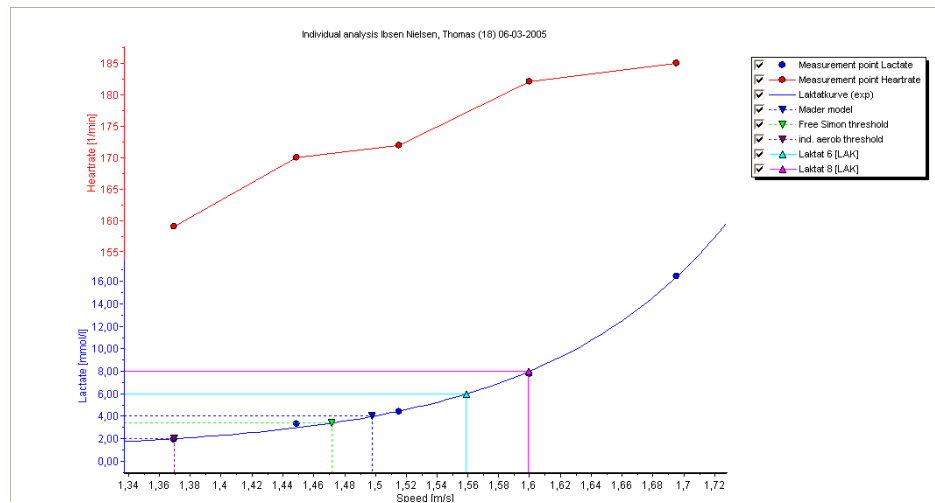
SwimCON - Svømmefaglig konsulentteneste

Stage test

Name: Ibsen Nielsen, Thomas
Age: 18
Category: Swimming
BMI: 0,0 kg/m² (n:19-25)
Date of test: 06-03-2005

Test modifications

Elevation (%): 0
Load unit: m s
Performance unit: hh:mm:ss t
Steps: 5
Testmethod: Swimming
Protocol: 5 pkt test

Notes:

Rest values: 1,6 mmol/l LAK

Results (1): Thresholds
Formula: $La(x) = 0,94 + 0,00001 * EXP(8,23488 * x)$

	Laktat 6	Laktat 8	Mader model	Free Simon threshold	ind. aerob threshold	Max
Lactate [mmol/l]	6,00	8,00	4,00	3,40	2,01	16,50
Heartrate [1/min]	177	182	171	171	159	185
Speed [m/s]	1,56	1,60	1,50	1,47	1,37	1,69
100-m-time	01:04	01:02	01:06	01:07	01:13	00:59
200-m-time	02:08	02:05	02:13	02:15	02:26	01:58
400-m-Laptime	04:16	04:10	04:27	04:31	04:52	03:56
VO ₂ [ml/min/kg]	67,4	69,1	64,7	63,6	59,2	73,2
max. efficiency [%]	92,0	94,4	88,4	86,8	80,8	100,0

Marathon target times: -

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

VO₂ max Treadmill: 73,22 ml/min/kg (Swimming)

Results (2): Training areas
Calculation: Relative alignment to the IANS oriented to workload

Label	A2 niveau	EN1 niveau	EN2 niveau	AN1 niveau	AN2 niveau
Percent areas	95 - 99 %	100 - 104 %	105 - 109 %	110 - 114 %	115 - 119 %
Intensität	Aerob	Aerob-anaerob	VO ₂ max	Syretolerance	Syreprøduktion
Lactate [mmol/l]	2,28 - 3,12	3,40 - 4,93	5,45 - 8,26	9,20 - 14,36	16,09 - 25,53
Heartrate [1/min]	163 - 170	171 - 174	176 - 182	183 - 184	185 - 187
Speed [m/s]	1,40 - 1,46	1,47 - 1,53	1,55 - 1,60	1,62 - 1,68	1,69 - 1,75
Energy consumption [kcal/h]	112 - 117	118 - 122	124 - 128	129 - 134	135 - 140
100-m-time	01:11 - 01:08	01:07 - 01:05	01:04 - 01:02	01:01 - 00:59	00:59 - 00:57
200-m-time	02:23 - 02:17	02:15 - 02:10	02:09 - 02:04	02:03 - 01:59	01:58 - 01:54
400-m-Laptime	04:46 - 04:34	04:31 - 04:21	04:18 - 04:09	04:07 - 03:58	03:56 - 03:48

Analysis assessment: