

Cross section analysis

Date 07-03-2005

SwimCON - Svømmefaglig konsulentteneste

Name

Sport category

Testmethod

Protocol

Threshold model

	Grp	Laktat 6 v [m/s]	Laktat 6 HF [1/min]	Laktat 8 v [m/s]	Laktat 8 HF [1/min]	IANS v [m/s]	IANS HF [1/min]	MAX v [m/s]	MAX HF [1/min]
Jakobsen 30-12-2004		1,32	177	1,34	151	1,25	168	1,33	178
Jakobsen 04-03-2005		1,40	170	1,42	169	1,35	170	1,43	171
Average values		1,36	145	1,38	128	1,30	169	1,38	175

Diagram

