



Wingate Anaerobic Test

Date: 12.11.2007 16:04:03
 Saved as: 071112_1604 MW Wingate Anaerobic
 Load: $M = f * G = 0,8 * 72,0\text{kg} = 58\text{Nm}$
 $F = M / l = 58\text{Nm} / 0,173\text{m} = 334\text{N}$
 Start at Cadence: 70 1/min

Test Results

Peak Power: 999,0 W
 Main Power: 798,0 W
 Anaerobic Power: 13,9 W/kg
 Anaerobic Capacity: 11,1 W/kg
 Fatigue Index: 20,4 W/s

Athlete

Name: Michael W
 Date of Birth: 23.02.1988
 Body Weight: 72,0 kg
 Body Height: 1,820 m
 BMI: 21,7

Bike

Crank Length: 0,1725 m
 Wheel Size: 2,1130 m
 Basic Gear Transmission: 53/13
 Weight: 8,0 kg

Evaluation total

Time: 00:00:20,00
 Distance: 0,39 km
 Revolutions: 45
 Work: 16,15 kJ

	Inclination [%]	Power [W]	Pedal Force [N]	Work/Beat [J]	Transmission [m]	Cadence [1/min]	Speed [km/h]	Heart Rate [1/min]
Minimum:	-8,75	62	49	28	8,61	70	36,2	98
Maximum:	1,97	999	333	475	8,61	166	85,8	185
Average:	-4,64	798	321	363	8,61	135	69,9	135

