



## Training Protocol

Date: 22.05.2008 13:09:15  
 Saved as: 080522\_1309 SB Intensives Intervalltraining 6x600W  
 Description: Intensives Intervalltraining 6x600W

### Athlete

Name: Sven Bemmann  
 Date of Birth: 19.07.1965  
 Body Weight: 82,0 kg  
 Body Height: 1,865 m  
 BMI: 23,6

### Bike

Crank Length: 0,1750 m  
 Wheel Size: 2,1130 m  
 Basic Gear Transmission: 53/12  
 Weight: 8,0 kg

## Analysis of Thresholds

Time: 00:12:00,00  
 Distance: 10,39 km  
 Revolutions: 1113  
 Work: 163,28 kJ

