



Training Protocol

Date: 5/28/2008 3:13:22 PM
 Saved as: 080528_1513 MW Extensives Intervalltraining 300W
 Description: Extensives Intervalltraining 300W

Athlete

Name: Michael W
 Date of Birth: 2/23/1988
 Body Weight: 73.0 kg
 Body Height: 1.820 m
 BMI: 22.0

Bike

Crank Length: 0.1725 m
 Wheel Size: 2.1130 m
 Basic Gear Transmission: 53/15
 Weight: 8.0 kg

Evaluation total

Time: 00:40:00.37
 Distance: 27.02 km
 Revolutions: 3618
 Work: 478.80 kJ

	Inclination [%]	Power [W]	Pedal Force [N]	Work/Beat [J]	Transmission [m]	Cadence [1/min]	Speed [km/h]	Heart Rate [1/min]
Minimum:	-2.59	67	50	44	7.47	75	33.4	74
Maximum:	0.18	299	188	125	7.47	94	42.2	169
Average:	-1.18	199	122	85	7.47	90	40.5	139

