



Training Protocol

Date: 5/28/2008 4:38:03 PM
Saved as: 080528_1638 TR CPI Test 200W
Description: CPI Test 200W

Athlete

Name: Thomas Romanowski
Date of Birth: 6/30/1965
Body Weight: 88.0 kg
Body Height: 1.780 m
BMI: 27.8

Bike

Crank Length: 0.1725 m
Wheel Size: 2.1130 m
Basic Gear Transmission: 51/15
Weight: 8.0 kg

Evaluation total

Time: 00:10:00.00
Distance: 6.00 km
Revolutions: 835
Work: 86.76 kJ

	Inclination [%]	Power [W]	Pedal Force [N]	Work/Beat [J]	Transmission [m]	Cadence [1/min]	Speed [km/h]	Heart Rate [1/min]
Minimum:	-1.73	70	48	48	7.18	80	34.5	69
Maximum:	-0.13	200	137	105	7.18	89	38.3	133
Average:	-0.92	145	96	77	7.18	84	36.0	111

