



## PWC Test

Date: 9/11/2008 8:46:20 AM  
 Saved as: 080911\_0846 TR PWC-Test 100W, 120s, +25W

### 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: 48/12  
 Weight: 8.0 kg

### Analysis of Thresholds

Time: 00:18:00.00  
 Distance: 13.95 km  
 Revolutions: 1651  
 Work: 215.92 kJ

Threshold Model: 'PWC170'

Name	Max.	HRT	PWC130	PWC150	PWC170
Time	00:18:00	00:16:48	00:07:08	00:11:49	00:16:48
Lactate [mmol/l]	-	-	-	-	-
Heart Rate [1/min]	172	170	130	150	170
Power [W]	300	285	164	223	285
Rel. Power [W/kg]	3.4	3.2	1.9	2.5	3.2
Size/Nominal [%]	137	131	75	102	131

