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: 0.1775 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'

<table>
<thead>
<tr>
<th>Name</th>
<th>Max.</th>
<th>HRT</th>
<th>PWC130</th>
<th>PWC150</th>
<th>PWC170</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>00:18:00</td>
<td>00:16:48</td>
<td>00:07:08</td>
<td>00:11:49</td>
<td>00:16:48</td>
</tr>
<tr>
<td>Lactate [mmol/l]</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Heart Rate [1/min]</td>
<td>172</td>
<td>170</td>
<td>130</td>
<td>190</td>
<td>170</td>
</tr>
<tr>
<td>Power [W]</td>
<td>300</td>
<td>285</td>
<td>164</td>
<td>223</td>
<td>285</td>
</tr>
<tr>
<td>Rel. Power [W/kg]</td>
<td>3.4</td>
<td>3.2</td>
<td>1.9</td>
<td>2.5</td>
<td>3.2</td>
</tr>
<tr>
<td>Size/Nominal [%]</td>
<td>137</td>
<td>131</td>
<td>75</td>
<td>102</td>
<td>131</td>
</tr>
</tbody>
</table>

Heart Rate [1/min]

Lactate [mmol/l]