



OBLA Test

Date: 1/18/2008 5:09:14 PM
Saved as: 080118_1709 MS Stufentest 120W, 18
Initial Load: 120 W
Load schema: every 30 Minutes + 30 W
Cadence: 90 1/min

Test Results

Maximum Power: 435 W
Relative Power: 6.3 W/kg
Size/Nominal: 229 %

Athlete

Name: Max Superman
Date of Birth: 5/25/1974
Body Weight: 69.0 kg
Body Height: 1.840 m
BMI: 20.4

Bike

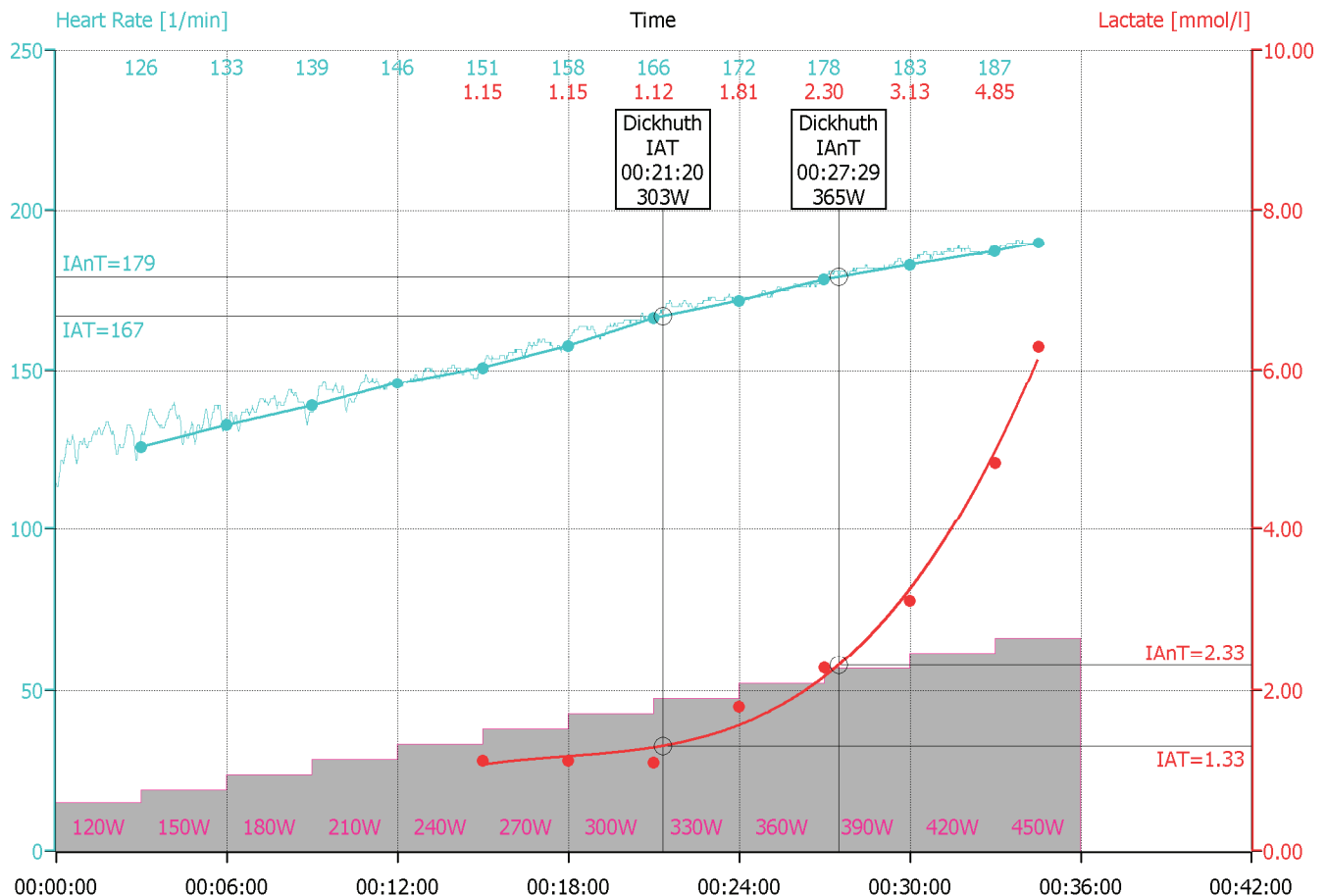
Crank Length: 0.1725 m
Wheel Size: 2.1130 m
Basic Gear Transmission: 53/11
Weight: 8.0 kg

Analysis of Thresholds

Time: 00:34:32.17
Distance: 31.10 km
Revolutions: 3055
Work: 578.70 kJ

Smoothing Function: $Lac = f(t) = -4.82704500 + 0.01598706 \cdot t - 0.00001452 \cdot t^2 + 0.00000000 \cdot t^3$
Correlation: 0.9969
Threshold Model: 'Model by Dickhuth' (Fixum=1.00 mmol/l)

Name	Max.	IAT	IAnT	PWC130	PWC150	PWC170	Lac2	Lac3	Lac4	Lac6
Time	00:34:32	00:21:20	00:27:29	00:04:41	00:14:19	00:22:58	00:26:15	00:29:22	00:31:25	00:34:19
Lactate [mmol/l]	6.18	1.33	2.33	-	-	1.46	2.00	3.00	4.00	6.00
Heart Rate [1/min]	190	167	179	130	150	170	177	182	185	190
Power [W]	435	303	365	143	233	320	353	384	404	433
Rel. Power [W/kg]	6.3	4.4	5.3	2.1	3.4	4.6	5.1	5.6	5.9	6.3
Size/Nominal [%]	229	160	192	76	123	168	186	202	213	228





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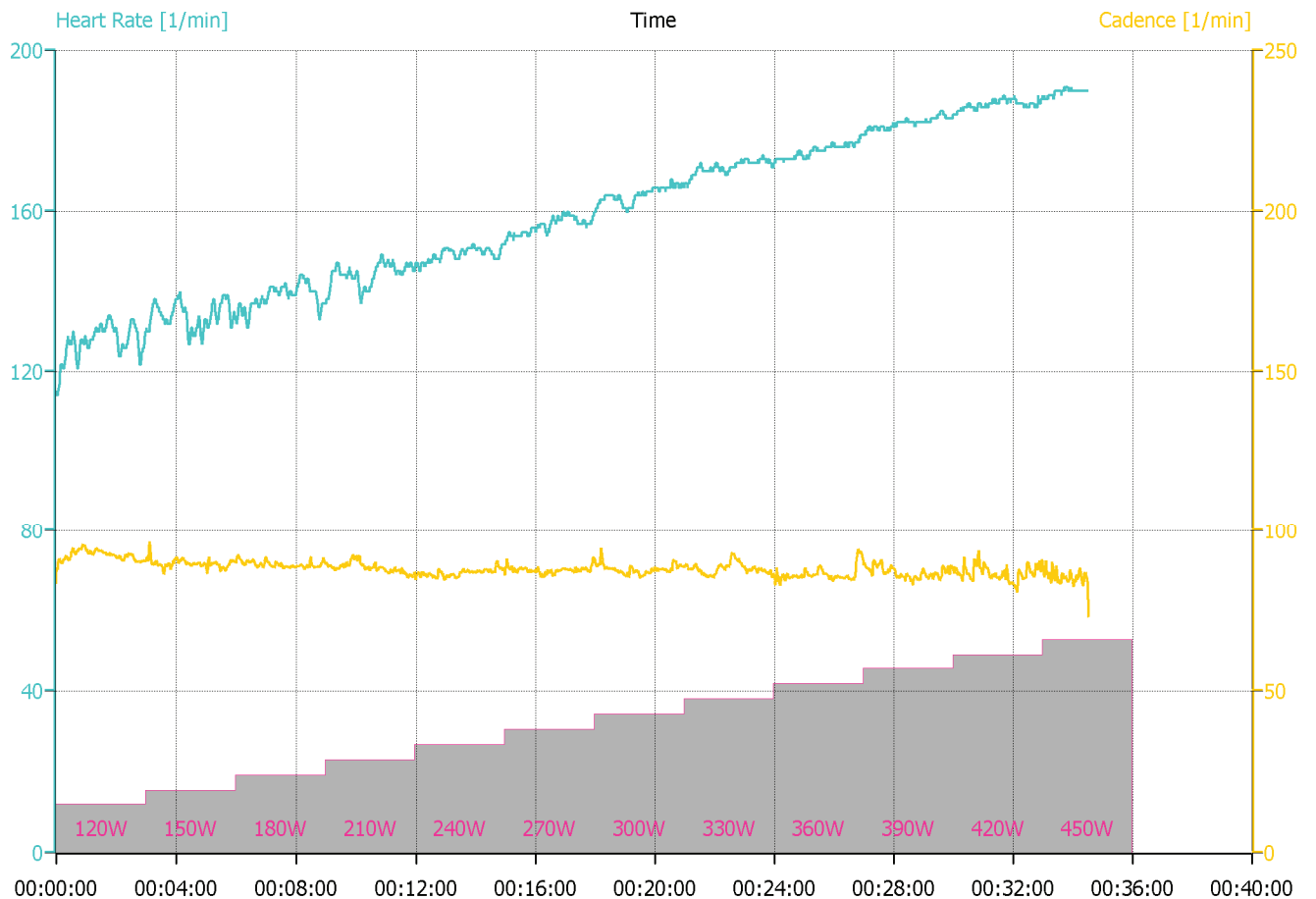
Bike

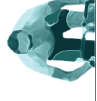
Crank Length: 0.1725 m
Wheel Size: 2.1130 m
Basic Gear Transmission: 53/11
Weight: 8.0 kg

Evaluation total

Time: 00:34:32.17
Distance: 31.10 km
Revolutions: 3055
Work: 578.70 kJ

	Inclination [%]	Power [W]	Pedal Force [N]	Work/Beat [J]	Transmission [m]	Cadence [1/min]	Speed [km/h]	Heart Rate [1/min]
Minimum:	-5.68	119	74	60	10.18	74	45.0	114
Maximum:	0.42	450	324	144	10.18	97	59.2	191
Average:	-3.41	279	169	103	10.18	88	54.0	159





OBLA Test

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Athlete

Name: Max Superman
 Date of Birth: 5/25/1974
 Body Weight: 69.0 kg
 Body Height: 1.840 m
 BMI: 20.4

Bike

Crank Length: 0.1725 m
 Wheel Size: 2.1130 m
 Basic Gear Transmission: 53/11
 Weight: 8.0 kg

Load	Sum	Inclination [%]	Power [W]	Pedal Force [N]	Work/Beat [J]	Transmission [m]	Cadence [1/min]	Speed [km/h]	Heart Rate [1/min]	Note
T	Time: 00:34:32.17 Distance 31.10 Work [kJ]: 578.70	Min.: -5.68 Max.: 0.42 Avg.: -3.41	119 450 279	74 324 169	60 144 103	10.18 10.18 10.18	74 97 88	45.0 59.2 54.0	114 191 159	
1 constant 120W	Time: 00:03:00.00 Distance 2.83 Work [kJ]: 24.25	Min.: -5.64 Max.: -4.14 Avg.: -5.19	119 142 135	74 78 77	60 68 63	10.18 10.18 10.18	84 96 93	51.2 58.7 56.5	114 134 127	
2 constant 150W	Time: 00:03:00.00 Distance 2.75 Work [kJ]: 26.98	Min.: -5.68 Max.: -4.29 Avg.: -4.72	150 150 150	82 92 88	64 71 67	10.18 10.18 10.18	87 97 90	53.1 59.2 55.0	127 140 134	
3 constant 180W	Time: 00:03:00.00 Distance 2.75 Work [kJ]: 32.43	Min.: -4.86 Max.: -4.24 Avg.: -4.44	150 180 180	88 108 106	67 82 78	10.18 10.18 10.18	88 93 90	54.0 56.7 54.9	131 144 139	
4 constant 210W	Time: 00:03:00.00 Distance 2.71 Work [kJ]: 37.78	Min.: -4.61 Max.: -3.62 Avg.: -4.05	210 210 210	120 130 126	85 92 88	10.18 10.18 10.18	86 93 89	52.4 56.6 54.2	137 149 144	
5 constant 240W	Time: 00:03:00.00 Distance 2.66 Work [kJ]: 43.19	Min.: -4.09 Max.: -3.26 Avg.: -3.57	240 240 240	140 150 146	95 99 96	10.18 10.18 10.18	85 91 87	51.9 55.5 53.3	145 152 149	
6 constant 270W	Time: 00:03:00.00 Distance 2.69 Work [kJ]: 48.61	Min.: -4.02 Max.: -3.12 Avg.: -3.43	240 270 270	144 167 163	95 107 104	10.18 10.18 10.18	86 92 88	52.5 56.2 53.8	152 160 157	
7 constant 300W	Time: 00:03:00.00 Distance 2.70 Work [kJ]: 54.04	Min.: -4.22 Max.: -2.82 Avg.: -3.23	270 300 300	156 186 180	101 113 110	10.18 10.18 10.18	86 95 88	52.3 57.9 53.9	160 168 164	
8 constant 330W	Time: 00:03:00.00 Distance 2.70 Work [kJ]: 59.36	Min.: -3.74 Max.: -2.58 Avg.: -3.00	330 330 330	188 204 198	114 119 116	10.18 10.18 10.18	86 93 88	52.4 57.0 54.0	166 174 171	



Load		Sum	Inclination [%]	Power [W]	Pedal Force [N]	Work/Beat [J]	Transmission [m]	Cadence [1/min]	Speed [km/h]	Heart Rate [1/min]	Note
9 constant 360W	Time:	00:03:00.00	-3.68	330	201	116	10.18	83	50.9	171	
	Distance	2.65	-1.96	360	229	126	10.18	94	57.7	179	
	Work [kJ]:	64.79	-2.47	360	220	123	10.18	87	53.0	175	
10 constant 390W	Time:	00:03:00.00	-3.22	360	209	121	10.18	84	51.0	179	
	Distance	2.67	-1.71	390	248	131	10.18	92	55.9	185	
	Work [kJ]:	70.31	-2.31	390	237	129	10.18	87	53.3	182	
11 constant 420W	Time:	00:03:00.00	-3.14	420	237	133	10.18	81	49.6	184	
	Distance	2.66	-1.08	420	274	137	10.18	94	57.4	189	
	Work [kJ]:	75.49	-2.03	420	256	135	10.18	87	53.2	187	
12 constant 450W	Time:	00:03:00.00	-2.66	420	245	134	10.18	74	45.0	188	
	Distance	1.35	0.42	450	324	144	10.18	91	55.6	191	
	Work [kJ]:	41.47	-1.59	450	278	142	10.18	86	52.5	190	