



## Training Protocol

Date: 2/22/2008 12:20:51 PM  
 Saved as: 080222\_1220 TW sst s4 b130 a30 pl2 e5  
 Description: sst s4 b130 a30 pl2 e5

### Athlete

Name: Thomas Wiedemann  
 Date of Birth: 6/6/1975  
 Body Weight: 70.0 kg  
 Body Height: 1.865 m  
 BMI: 20.1

### Bike

Crank Length: 0.1750 m  
 Wheel Size: 2.1130 m  
 Basic Gear Transmission: 50/12  
 Weight: 8.0 kg

## Analysis of Thresholds

Time: 00:31:06.09  
 Distance: 26.35 km  
 Revolutions: 2993  
 Work: 377.19 kJ

Smoothing Function:  $Lac = f(t) = 1.68070400 - 0.00155259 \cdot t + 0.00000151 \cdot t^2 + 0.00000000 \cdot t^3$   
 Correlation: 0.9993  
 Threshold Model: 'Free Fixum' (Fixum=4.00 mmol/l)

Name	Max.	AAnT	PWC130	PWC150	PWC170	Lac2	Lac3	Lac4	Lac6
Time	00:31:06	00:21:13	00:16:11	00:23:13	00:30:09	00:14:09	00:18:21	00:21:13	00:25:25
Lactate [mmol/l]	9.86	4.00	2.42	4.87	9.12	2.00	3.00	4.00	6.00
Heart Rate [1/min]	-	145	130	150	170	125	137	145	156
Power [W]	-	267	229	282	334	214	245	267	298
Rel. Power [W/kg]	NaN	3.8	3.3	4.0	4.8	3.1	3.5	3.8	4.3
Size/Nominal [%]	NaN	137	118	145	171	110	126	137	153

