



## Isokinetic Maximum Strength Test

Date: 20.05.2008 15:15:48  
 Saved as: 080520\_1515 TR Isokinetischer Maxim  
 Limiting Value: Cadence  
 Limit: 110 1/min  
 Initial Load: 20 N

## Test Results

Maximum Pedal Force: 415 N at 110 1/min  
 Maximum Power: 814 W

## Athlete

Name: Thomas Romanowski  
 Date of Birth: 30.06.1965  
 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: 51/12  
 Weight: 8,0 kg

## Evaluation total

Time: 00:00:20,00  
 Distance: 0,32 km  
 Revolutions: 36  
 Work: 13,14 kJ

	Inclination [%]	Power [W]	Pedal Force [N]	Work/Beat [J]	Transmission [m]	Cadence [1/min]	Speed [km/h]	Heart Rate [1/min]
Minimum:	-2,59	437	229	255	8,98	106	56,9	95
Maximum:	-0,43	814	415	498	8,98	110	59,2	122
Average:	-1,42	653	336	352	8,98	108	58,0	112

