

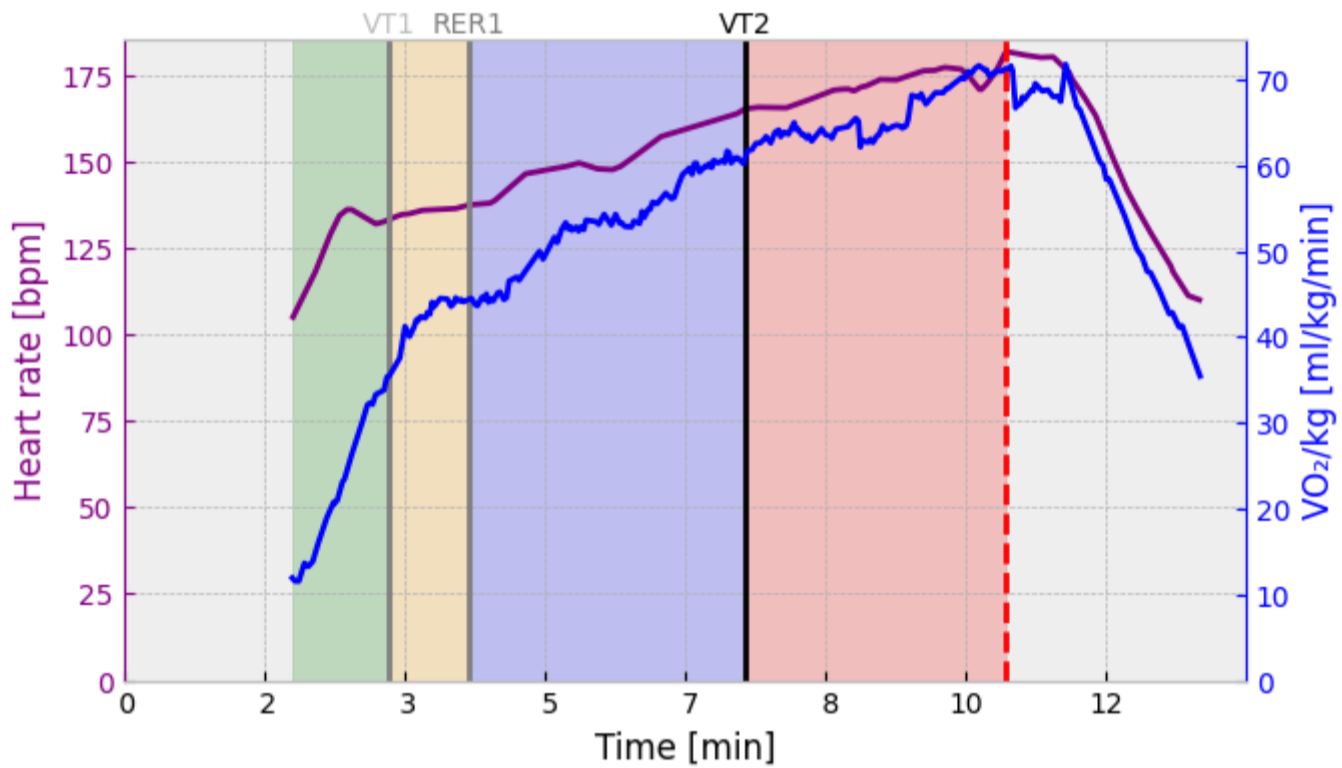
SpiroFit -Leistungsanalyse

Training	Datum
Leistungsanalyse	30.10.2024, 10:56:11

Vorname	Name	M/W	Alter	Gewicht	Größe
		M	21	71 kg	183 cm

ohne maximale Ausbelastung

- Leistungsanalyse
- Trainingsanalyse
- Metabolismus-Messung



VT1/VT2 anpassen

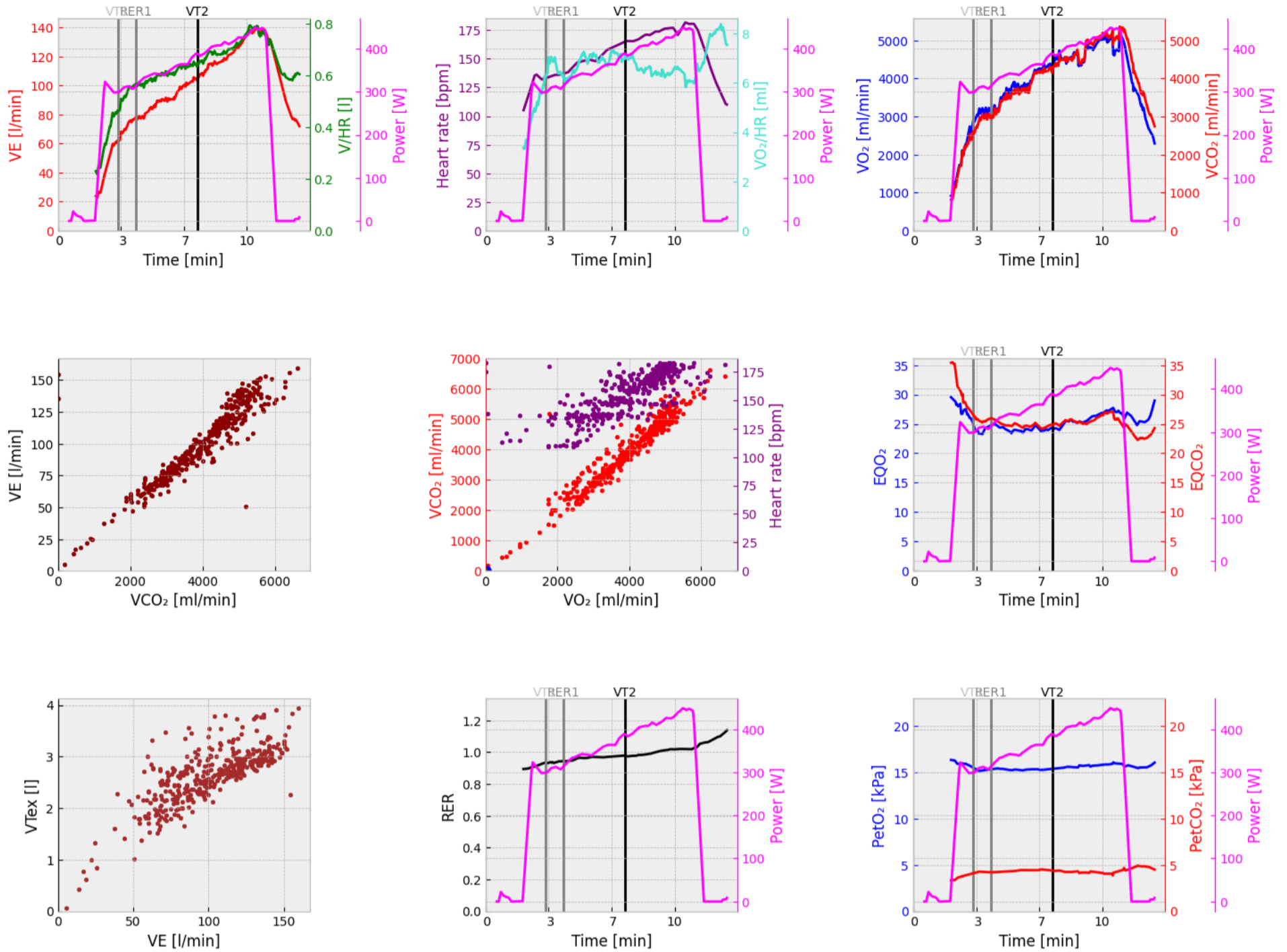
☆ VO ₂ /kg 71,2 ml/kg/min	☆ RF 46 BPM	☆ RER 1,0	☆ HR 183 BPM
☆ VCO ₂ 2,6 LPM	☆ VE 151,3 LPM	☆ TV 3,3 L	☆ VO ₂ max 76,0 ml/kg/min

Vergleichswerte VO₂max



	Aufwärmen	VT1	Aerobe Zone	RER1	Anaerobe Zone	VT2	Maximale Zone
EE	13,3 kcal		15,0 kcal		63,6 kcal		72,3 kcal
Dauer	1:09 min		0:57 min		3:17 min		3:04 min
VO ₂ /kg	9,5 ml/kg/min	9,5 ml/kg/min		35,8 ml/kg/min		37,7 ml/kg/min	72,1 ml/kg/min
VO ₂	675,6 ml/min	2.543,1 ml/min		2.678,2 ml/min		4.439,8 ml/min	5.121,9 ml/min
VCO ₂	632,3 ml/min	2.462,4 ml/min		3.224,1 ml/min		4.182,4 ml/min	5.419,4 ml/min
Pace	--,- min/km	--,- min/km		--,- min/km		--,- min/km	--,- min/km
HR	114,3 BPM	131,0 BPM		137,6 BPM		165,0 BPM	182,5 BPM

9-Felder-Grafik



Datenexport der Breath by Breath Daten aller Parameter

↓ Excel herunterladen

Datenimport von Leistungsdaten kompatibler Geräte

↑ TCX-Daten hochladen

z.B. Garmin Geräte, Wattbike Ergometer

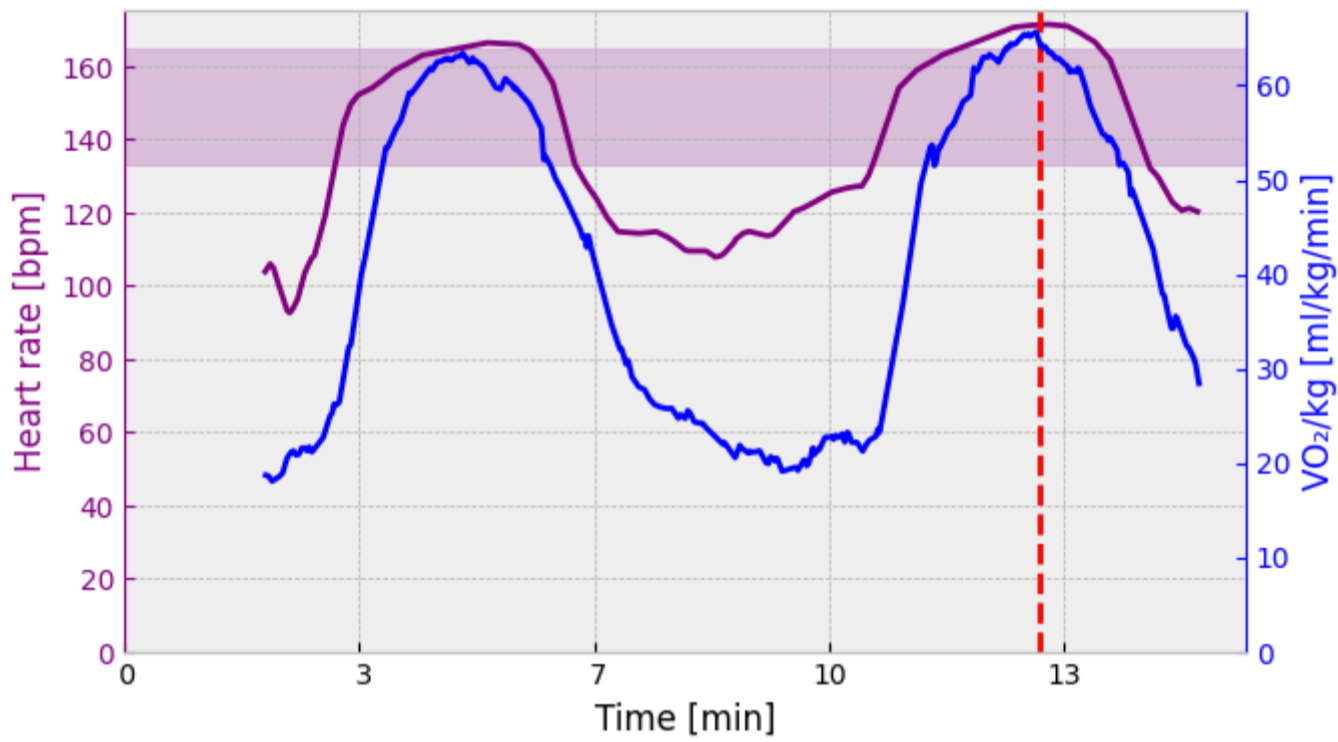
SpiroFit-Training

Training	Datum
Uphill Running	02.10.2024, 12:11:11

Vorname	Name	M/W	Alter	Gewicht	Größe
		M	21	70 kg	183 cm

2 x 6min running efforts with poles

- Leistungsanalyse
- Trainingsanalyse**
- Metabolismus-Messung



☆ VO ₂ /kg 64,3 ml/kg/min	☆ RF 53 BPM	☆ RER 1,1	☆ HR 173 BPM
☆ VCO ₂ 1,6 LPM	☆ VE 154,7 LPM	☆ TV 2,9 L	☆ VO ₂ max 66,7 ml/kg/min

Vergleichswerte VO₂max

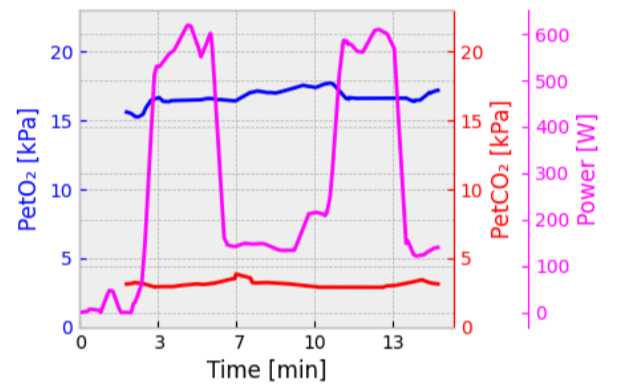
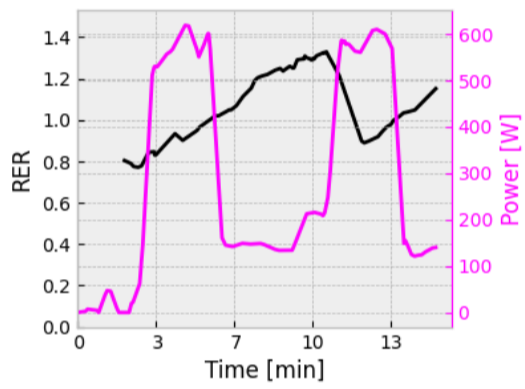
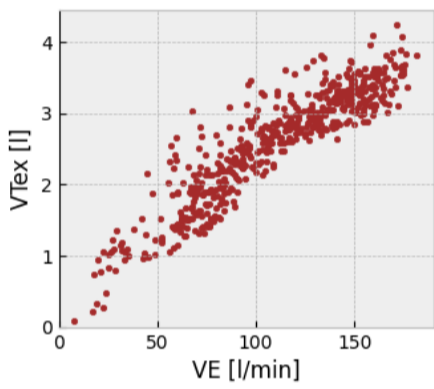
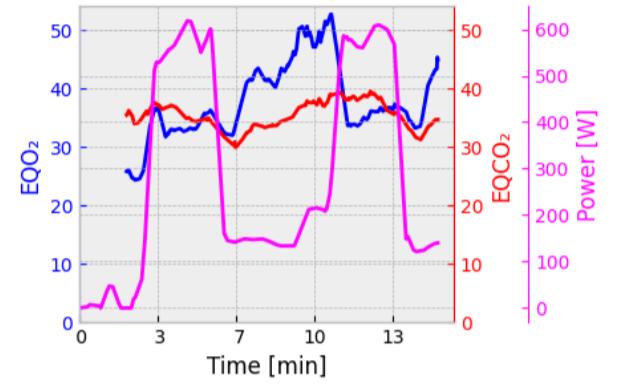
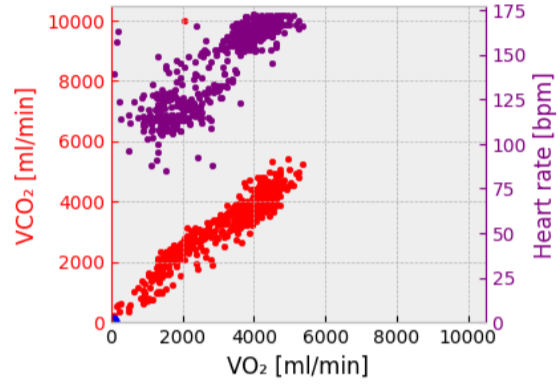
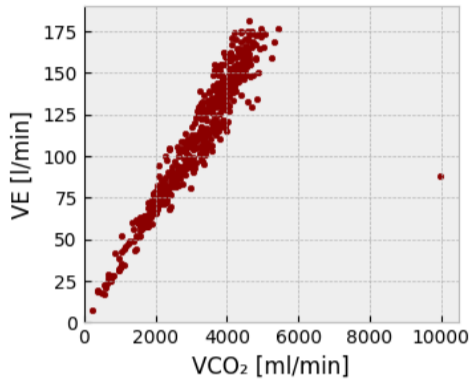
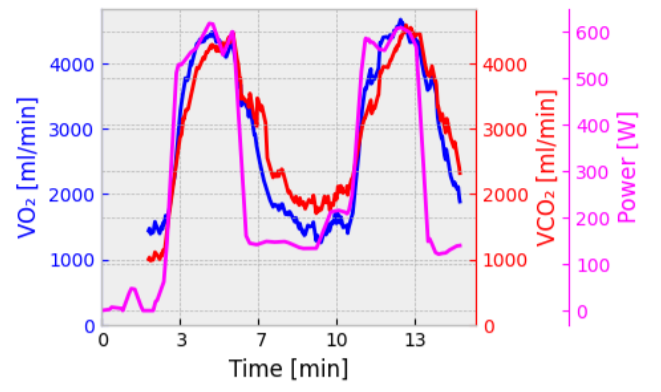
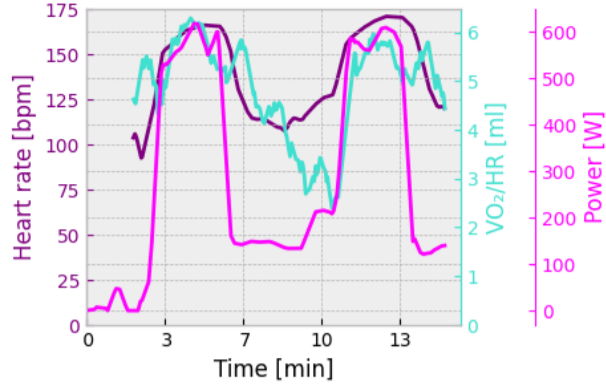
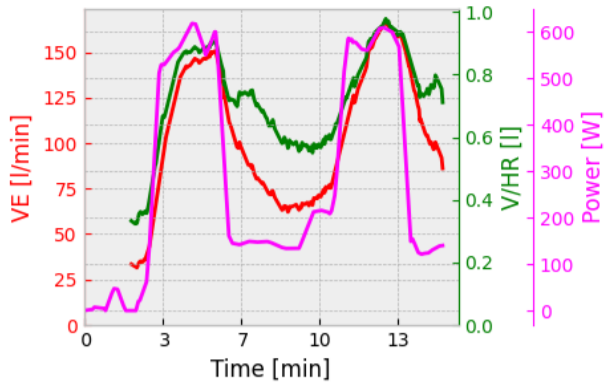


Referenz-Leistungsanalyse

Leistungsanalyse ohne maximale Ausbelastung

	Aufwärmen	VT1	Aerobe Zone	RER1	Anaerobe Zone	VT2	Maximale Zone
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Pace	--,- min/km	--,- min/km		--,- min/km		--,- min/km	--,- min/km
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9-Felder-Grafik



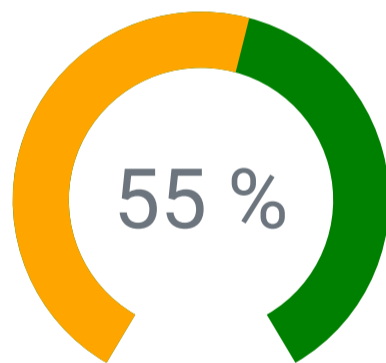
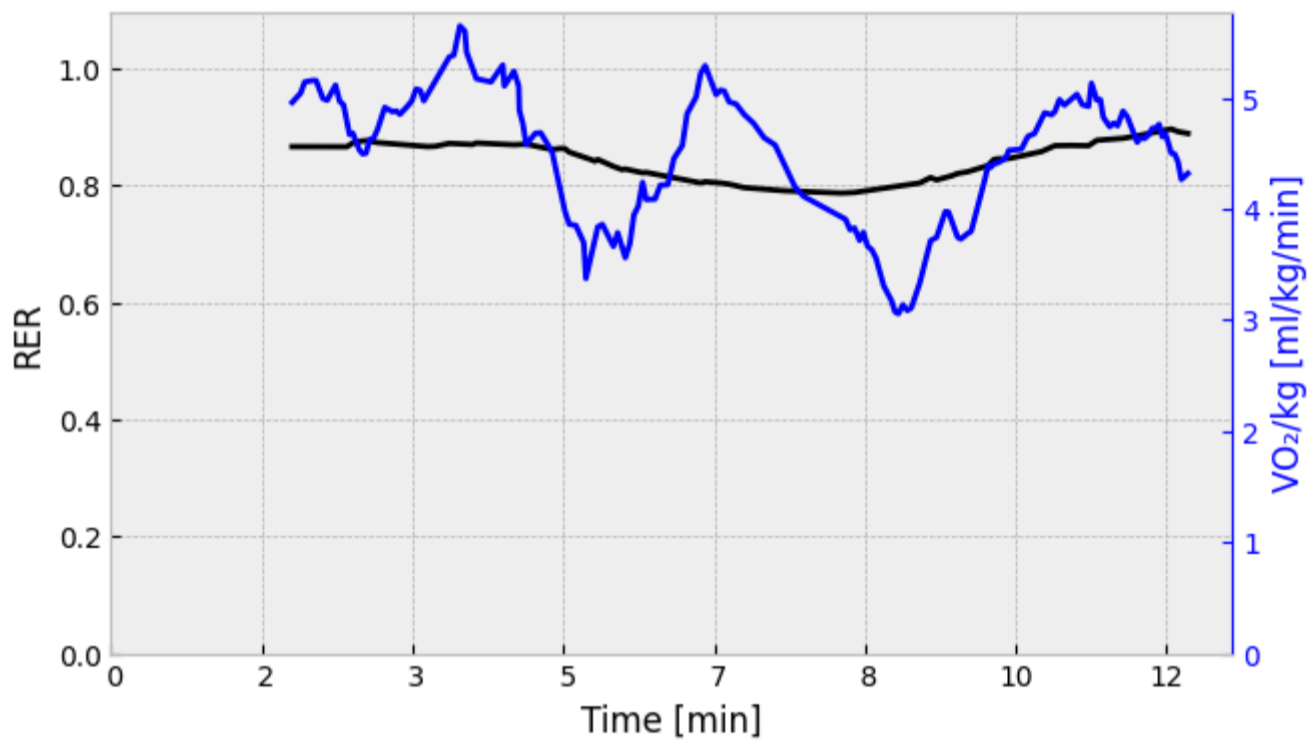
SpiroFit-Metabolismusmessung

Training	Datum
Ruhe	23.09.2024, 10:34:02

Vorname	Name	M/W	Alter	Gewicht	Größe
		M	66	86 kg	178 cm

Ruhemessung über 10 Minuten

- Leistungsanalyse
- Trainingsanalyse
- Metabolismus-Messung**



22 kcal
2.690 kcal/24h

