

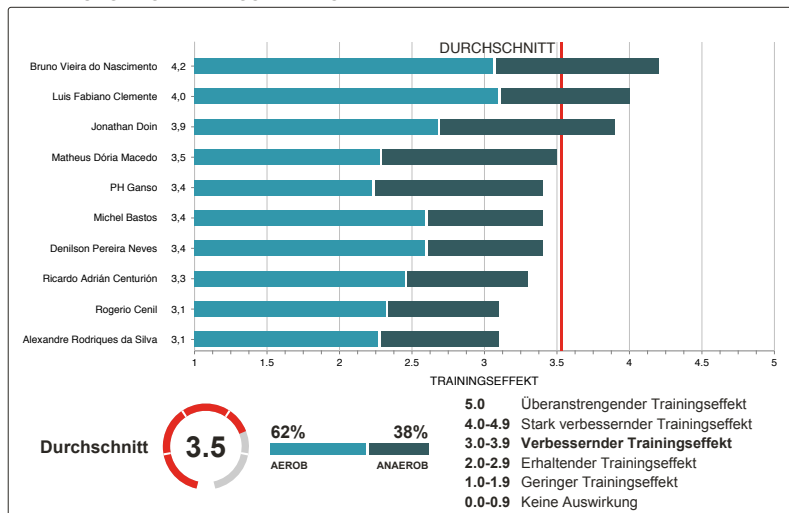
FIRSTBEAT SPORTS - BEISPIELBERICHTE



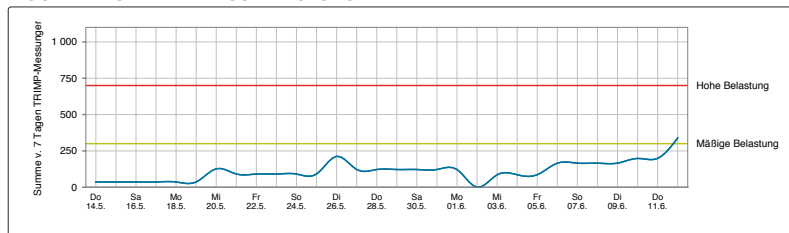
GRUPPENBERICHT

TRAININGSGRUPPENBERICHT			
Startzeit der Messung: Di 12 Dez 2016 12:12			
	TRAININGSEFFEKT	TRIMP	INTENSITÄT (%HFmax)
São Paulo FC	3.5	140	68%
Strikers (2)	3.5	140	70%
Midfield (4)	3.4	135	67%
Defenders (3)	3.9	156	71%
Goal keeper (1)	3.1	108	60%

VERTEILUNG DES TRAININGSEFFEKTS



WÖCHENTLICHE TRAININGSBELASTUNG



TRAININGSEINZELHEITEN

Name	Dauer	Zeitdauer in Trainingsbereich	INTENSITÄT (%HFmax)		Trainingsbelastung			
			Durchschnitt	Max.	EPOC	TRIMP	TRIMP (7 Tage)	
São Paulo FC	01:18:27	11% 30% 30% 19% 11%	00:08:10 00:23:48 00:23:14 00:14:48 00:08:33	68%	93%	121	140	338
Bruno Vieira do Nascimento	01:18:50	27% 35% 23% 16% 0%	00:20:45 00:27:04 00:18:16 00:12:51 00:00:00	78%	96%	184	185	425
Luis Fabiano Clemente	01:16:13	14% 47% 31% 9% 0%	00:10:37 00:35:29 00:23:27 00:06:51 00:00:00	74%	94%	158	156	422
Jonathan Doin	01:18:47	21% 21% 27% 21% 11%	00:16:44 00:16:27 00:21:06 00:16:30 00:08:08	71%	96%	149	157	411
Matheus Dória Macedo	01:18:39	12% 25% 21% 17% 26%	00:09:41 00:19:21 00:16:10 00:13:33 00:19:55	63%	97%	128	127	215
PH Ganso	01:18:40	9% 34% 26% 18% 13%	00:06:41 00:26:55 00:20:26 00:14:14 00:10:07	67%	96%	107	137	210
Michel Bastos	01:18:40	35% 46% 10% 10%	00:00:45 00:27:11 00:36:05 00:07:08 00:07:47	69%	88%	104	137	362
Denilson Pereira Neves	01:18:39	6% 24% 39% 21% 11%	00:04:17 00:15:56 00:30:25 00:16:26 00:08:36	64%	92%	106	120	309
Ricardo Adrián Centurión	01:18:43	10% 40% 23% 21% 7%	00:07:30 00:31:06 00:18:18 00:15:22 00:05:40	70%	92%	107	148	392
Rogério Cenil	01:18:39	3% 24% 32% 25% 17%	00:02:09 00:16:50 00:24:38 00:15:49 00:13:14	60%	88%	86	108	281
Alexandre Rodrigues da Silva	01:18:45	3% 21% 30% 31% 16%	00:02:33 00:16:46 00:23:30 00:24:03 00:12:04	65%	92%	80	125	358

Einen Trainingsbericht eines individuellen Athleten finden Sie auf Seite 2!

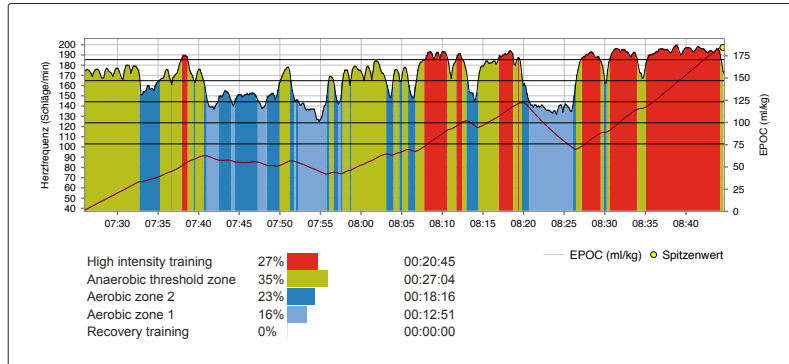
FIRSTBEAT SPORTS - BEISPIELBERICHTE



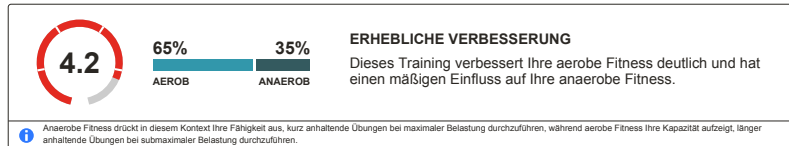
INDIVIDUELLER BERICHT

Startzeit der Messung: Fr 12 Jun 2015 07:25				TRAININGSBERICHT	
BRUNO VIEIRA DO NASCIMENTO		Übungszusammenfassung:		NOTIZEN:	
Alter	20	TRAININGSART	Fußball		
Größe (cm)	179	TRAININGSEFFEKT	4.2		
Gewicht (kg)	66	TRIMP	185		
Ruhe-HF	37	DAUER	01:18:50 hh:mm:ss		
Maximale HF	206	HF tief/mittel/hoch	125/169/200 bpm		
Aktivitätsklasse	8.0	KALORIEN	1027 kcal		
		Kohlenhydrate/Fette	648/379 kcal		

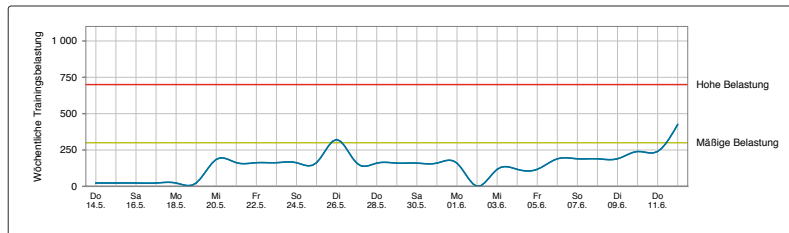
TRAININGSDIAGRAMM



TRAININGSEFFEKT



WÖCHENTLICHE TRAININGSBELASTUNG



RUNDEN

Runde #	Zwischenzeit (hh:mm:ss)	Rundenzeit (hh:mm:ss)	Herzfrequenz (Schläge/min)	TRIMP
1	00:10:09	00:10:09	163	10
2	00:13:33	00:03:24	163	23
3	00:14:56	00:01:23	165	2
4	00:19:27	00:04:31	170	11
5	00:20:33	00:01:06	157	2
6	00:23:38	00:03:05	173	10
7	00:25:28	00:01:50	142	2
8	00:29:54	00:04:26	165	13
9	00:31:44	00:01:50	142	3
10	00:36:15	00:04:31	169	15
11	00:37:26	00:01:11	161	2
12	00:41:52	00:04:26	172	16
13	00:43:38	00:01:46	154	2
14	00:46:15	00:02:37	161	9