

# LactLab HB - Performance analysis

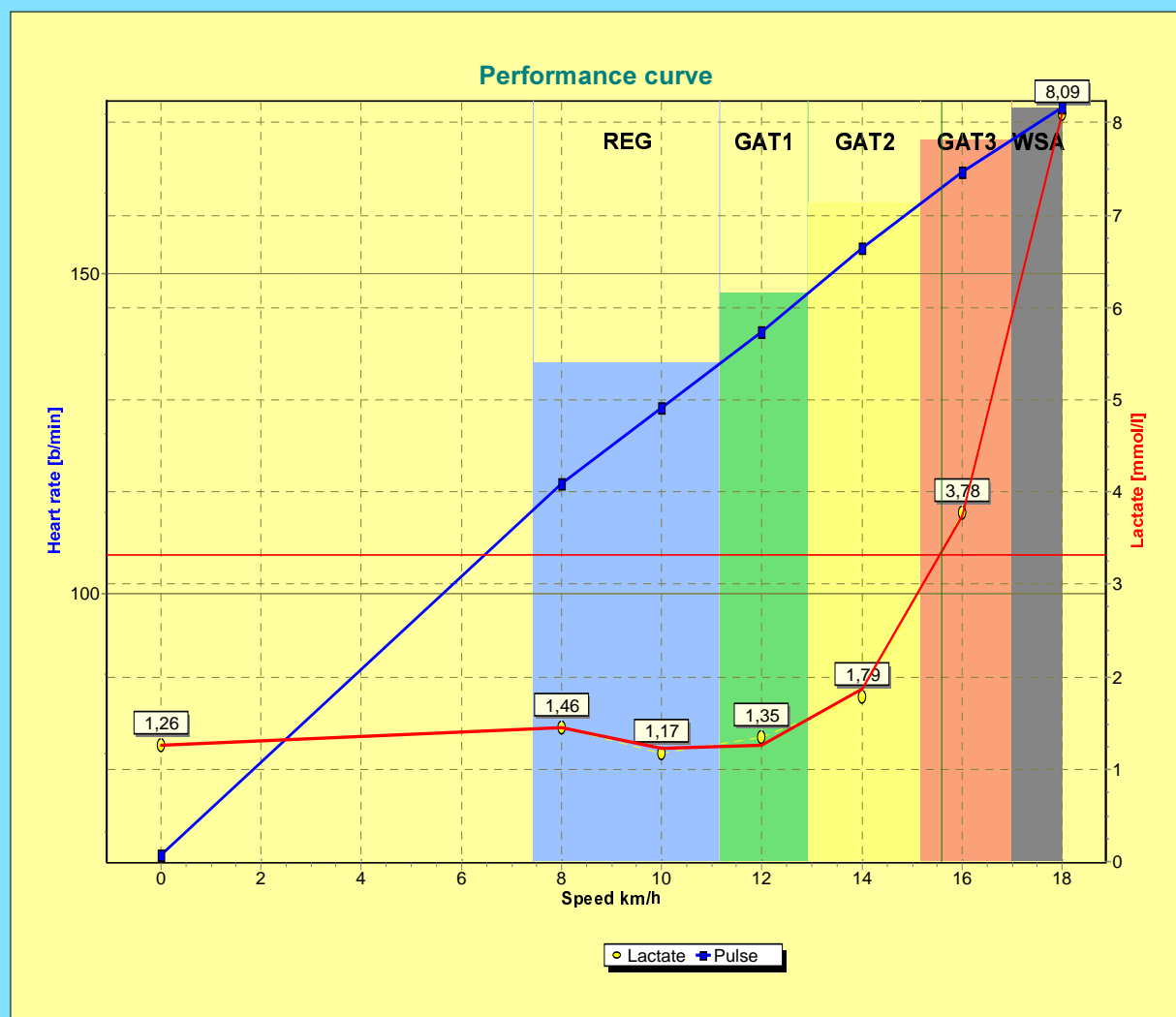
Subject of a test

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Surname	Ryan	Street	
First name	Trevor	Zip/City	
Date of birth	1971-09-25	Telephone	
Weight	62,3 kg	Size	176 cm
Sex	<input checked="" type="checkbox"/> male	underweight	<20
	<input type="checkbox"/> female	normal weight	20-25
		overweight	25-30
		strongly overweight	>30
		BMI	20,11
			>30

Date of meas 2008-05-15 19:34:44

## measured data and performance curve



## Analysis overview

Heart rate thresholds					
% MHF	60%	70%	80%	90%	MHF
Pulse [b/min]	110	129	147	166	184
Lactate [mmol/l]	1,20	1,20	1,43	3,76	0,00
[km/h]	7,03	10,00	12,92	16,00	18,00
[min/1000]	08:32	06:00	04:39	03:45	03:20

Threshold values Lactate						
[mmol/l]	2.0	2.5	3.0	3.5	4.0	MAX IANS
Pulse [b/min]	155	159	162	165	166	176 164
[mmol/l]						8,1 3,3
[km/h]	14,2	14,9	15,4	15,8	16,1	18,0 15,6
[min/1000]	04:14	04:02	03:54	03:48	03:44	03:20 03:51