

Melkesyreprofil (Resultater)

Navn: Steinar A. Engebretsen

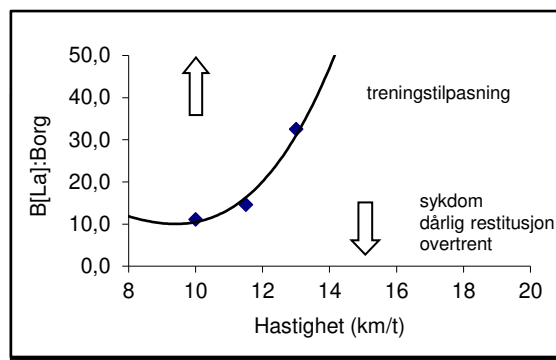
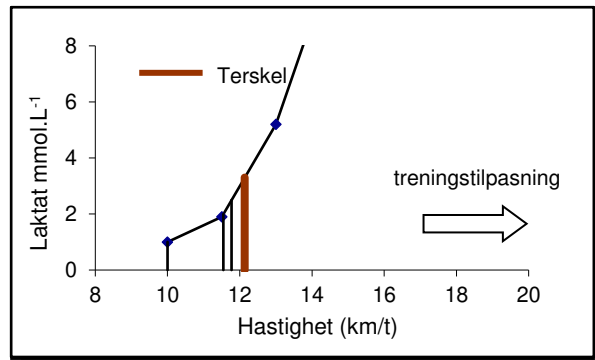
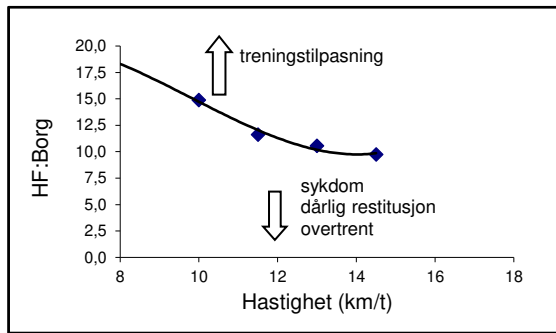
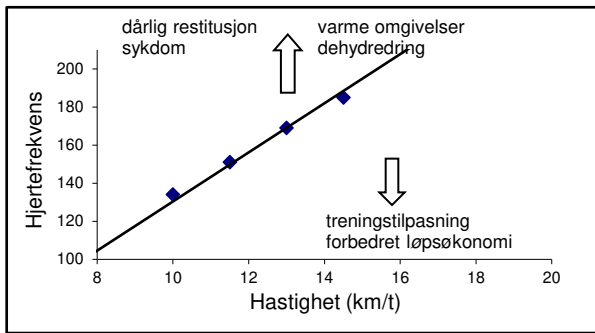
Tid: 10:11

Dato: mars 21, 2019



Hastighet	B[La]	HF	Borg	HF:Borg	B[La]:Borg
10	1	134	9	14,9	11,1
11,5	1,9	151	13	11,6	14,6
13	5,2	169	16	10,6	32,5
14,5	10,8	185	19	9,7	56,8
0	0	0	0	#DIV/0!	#DIV/0!

Maks HF: 0
Hastighet: 12,1 km/t



	I-sone	[La] over grunnverdi	[La]	HF	Hastighet	400m fart	1K fart
Rolig	1	0,4	0	0	9,5	151,6	06:19
		1,0	2	152	11,5	124,7	05:12
Moderat	2	1,5	2,5	154	11,8	122,3	05:06
Terskel	3	2,3	3,3	159	12,1	118,7	04:57
Maks O2	4		>5.0	0	12,1	118,7	04:57

Rapport utarbeidet av Nathan Townsend og Veslemøy Hausken

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