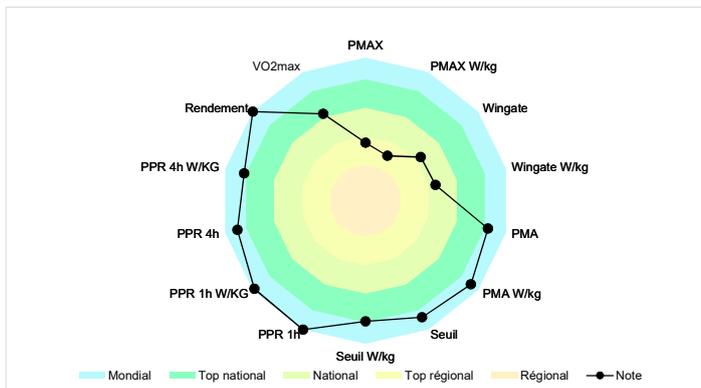
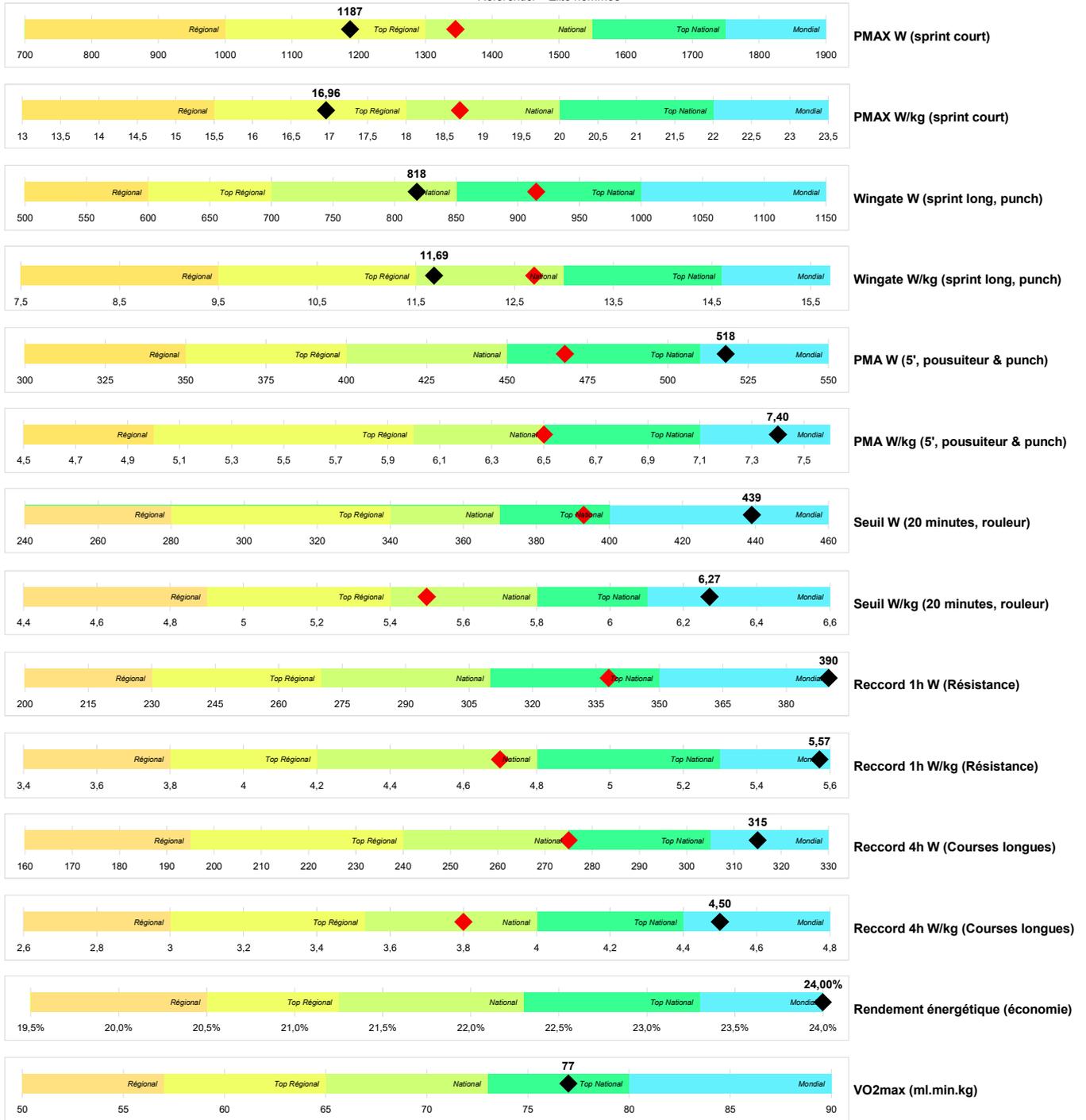


PROFIL DETAILLE DE L'ATHLETE

Référentiel = Elite hommes



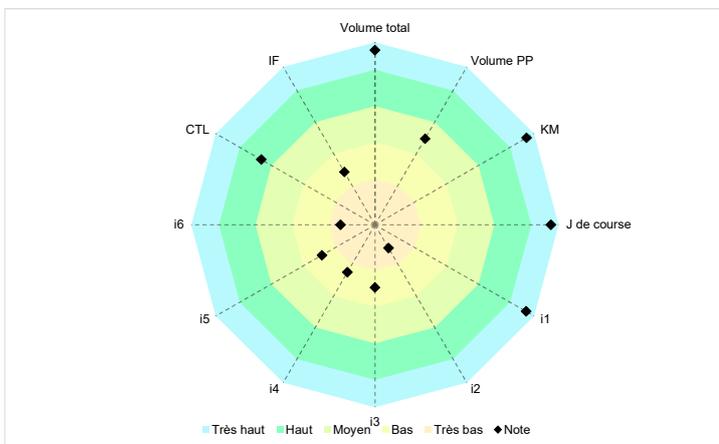
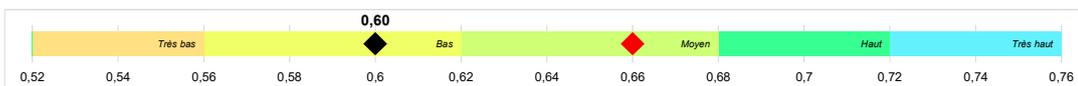
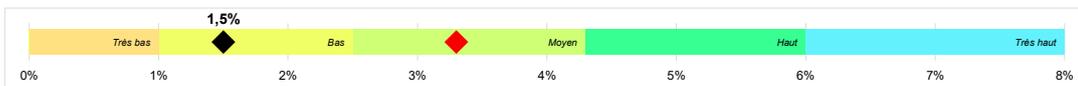
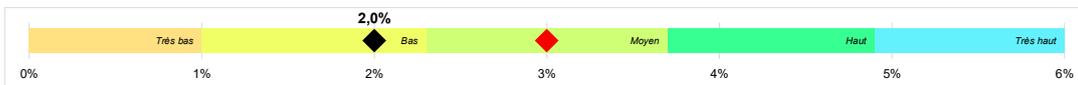
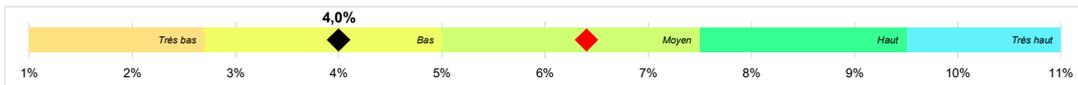
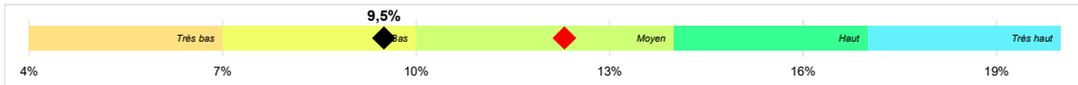
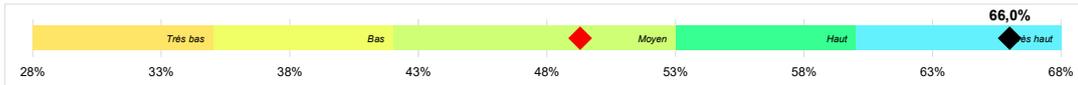
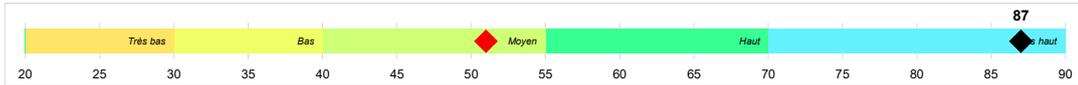
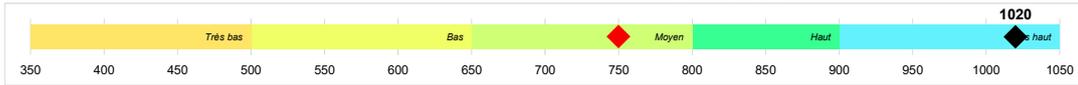
| 0      | Moyenne pro |              |
|--------|-------------|--------------|
| 1187   | 1345        | PMAX         |
| 16,96  | 18,70       | PMAX W/kg    |
| 818    | 915         | Wingate      |
| 11,69  | 12,70       | Wingate W/kg |
| 518    | 468         | PMA          |
| 7,40   | 6,50        | PMA W/kg     |
| 439    | 393         | Seuil        |
| 6,27   | 5,50        | Seuil W/kg   |
| 390    | 338         | PPR 1h       |
| 5,57   | 4,70        | PPR 1h W/KG  |
| 315    | 275         | PPR 4h       |
| 4,50   | 3,80        | PPR 4h W/KG  |
| 24,00% |             | Rendement    |
| 77     |             | VO2max       |

Commentaires  
En date du 01/02/18

| Morphologie |              | Résistance |                                |
|-------------|--------------|------------|--------------------------------|
| 182         | Poids (kg)   | 398        | Puissance critique (W) =mFTP   |
| 32          | Taille (cm)  | 5,69       | Puissance critique (W/kg)      |
|             | Âge          | 0:45:58    | Tlim à Puissance critique =TTE |
|             | MG (%)       | 16,9       | Réserve >PC (Kj) =FRC          |
| 3,513       | Surf. C (m²) | 84,7%      | %PMA au seuil                  |

CARACTERISTIQUES DE L'ENTRAÎNEMENT

0  
Référentiel = Elite hommes



| 0     | Moyenne pro |              |
|-------|-------------|--------------|
| 1020  | 750         | Volume total |
| 80    | 70          | Volume PP    |
| 30000 | 22500       | KM           |
| 87    | 51          | J de course  |
| 66,0% | 49,3%       | i1           |
| 17,0% | 25,7%       | i2           |
| 9,5%  | 12,3%       | i3           |
| 4,0%  | 6,4%        | i4           |
| 2,0%  | 3,0%        | i5           |
| 1,5%  | 3,3%        | i6           |
| 135   | 120         | CTL          |
| 0,60  | 0,66        | IF           |

Commentaires  
En date du 01/05/18