

Kimmi Blake

Stage	HeartRate (bpm)	Power (watts)	Power (watts/kg)	Lactate (mMol)	VO2 (L/min)	VO2 (ml/kg/min)
1	121	80.0	1.26	1.95		
2	129	100.0	1.57	2.03		
3	140	120.0	1.89	2.77		
4	153	140.0	2.20	4.06		
5	168	160.0	2.52	7.73		

Lactate Recovery	Summary/Sommaire
Post 0 min:	Total Time/Temps Total 16:32 min
Post 1 min:	StageTimeTemps des Stages: 3:00 min
Post 2 min:	Last Stage Completed/Dernier Stage: 5
Post 3 min:	Maximum Heart Rate: 168 bpm
Post 5 min:	VO2 Max: 0 L/min VO2 Max: 0.00 ml/kg/min
Lactate Recovery:	MaxWatts: 160 Gear: 53/17 RPM: 80

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Training Zones / Zones d'Entrainement
Heart Rate / Frequence Cardiaque
(bpm)

	Heart Rate (bpm)	Power (watts)
Zone 1	114 - 129	70 - 100
Zone 2	130 - 143	100 - 125
Zone 3	144 - 154	125 - 140
Zone 4	155 - 167	140 - 160
Zone 5	168 - +	160 - +

Comments