

Aerobic Cycling Test Results

Trivantage Male Cycling Standards			
	pVO_{2peak}	GE	CE
Poor	< 3.0 W/kg	< 15.9 %	< 55 W/L
Average	3.0-4.0 W/kg	15.9-18.8%	55-65 W/L
Good	4.0-5.0 W/kg	18.8-21.6%	65-75 W/L
Very Good	5.0-5.5 W/kg	21.6-24.5%	75-85 W/L
Excellent	> 5.5 W/kg	> 24.5 %	> 85 W/L

Trivantage Female Cycling Standards			
	pVO_{2peak}	GE	CE
Poor	< 2.5 W/kg	< 15.9 %	< 55 W/L
Average	2.5-3.5 W/kg	15.9-18.8%	55-65 W/L
Good	3.5-4.5 W/kg	18.8-21.6%	65-75 W/L
Very Good	4.5-5.0 W/kg	21.6-24.5%	75-85 W/L
Excellent	> 5.0 W/kg	> 24.5 %	> 85 W/L

Trivantage Male VO _{2peak} Standards				
	Age 18-30	Age 30-40	Age 40-50	Age 50-60
Poor	< 55	< 45	< 35	< 25
Average	55-60	45-50	35-40	25-30
Good	60-65	50-55	40-45	30-35
Very Good	65-70	55-60	45-50	35-40
Excellent	> 70	> 60	> 50	> 40

Trivantage Female VO _{2peak} Standards				
	Age 18-30	Age 30-40	Age 40-50	Age 50-60
Poor	< 45	< 35	< 25	< 15
Average	45-50	35-40	25-30	15-20
Good	50-55	40-45	30-35	20-25
Very Good	55-60	45-50	35-40	25-30
Excellent	> 60	> 50	> 40	> 30