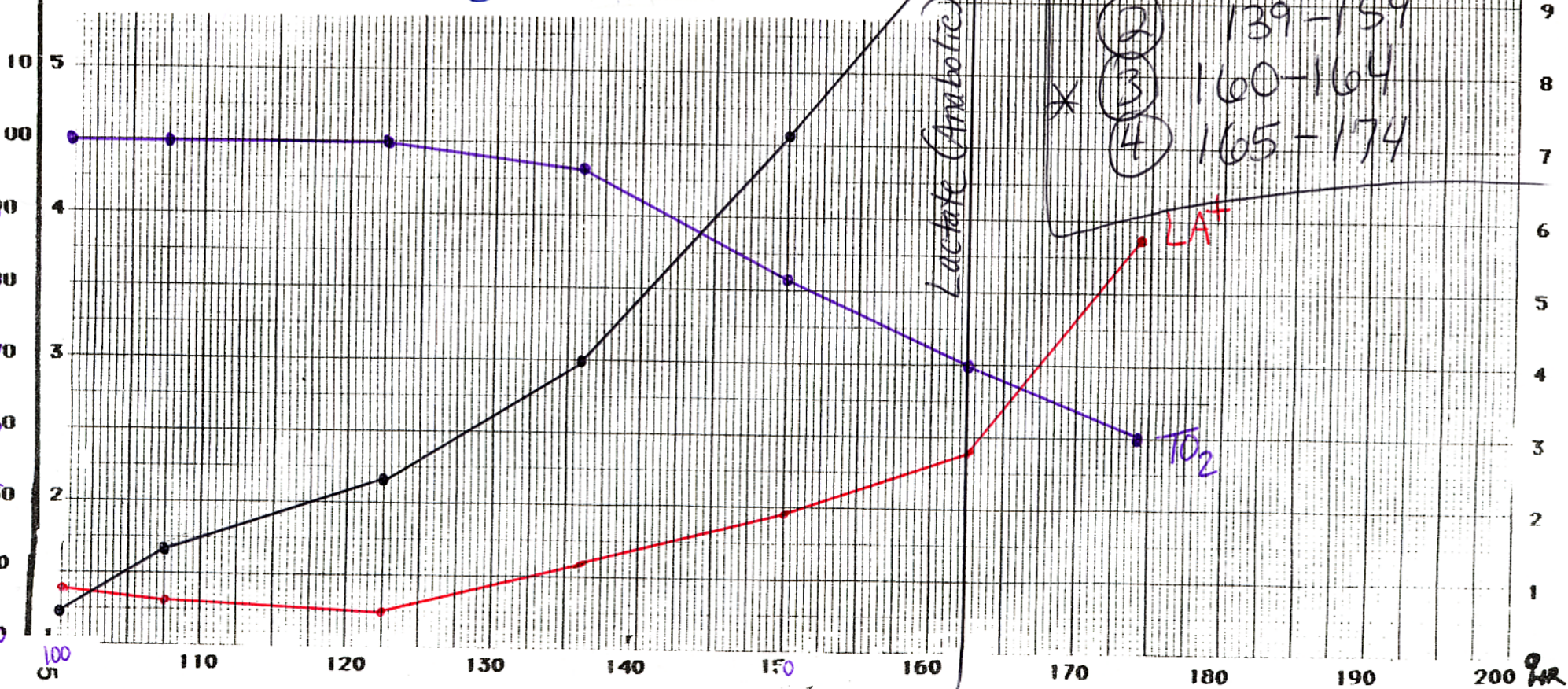


Time	Speed	Vert	H.R.	LA+
Rest	—	—	73	0.6
3	37	2.5	100	0.7
6	38	3.5	107	0.6
9	40	4.5	122	0.5
12	40	6.5	136	1.1
15	42	7.0	150	1.9
18	42	8.5	162	2.8
21	45	9.0	174	5.8
4 min. post	—	—	114	4.5

Name: Mike Mcha Date: 6/8/01
 Test: Skipole Weight: 158 lbs 71.7 kg
 Max LA+ 5.8 mmol Max H.R. 174 b/min
 Max V02 60.9 ml/kg 4.4 l/min
 Max Work ml
 Aet V02 ml/kg l/min *Age 43*
 Aet Work ml % max
 Ant V02 54.8 ml/kg 3.9 l/min
 Ant Work ml 89 % max BC% 15
 Comments: *RPE*
 (3) 82 (15) 15
 (6) 10 (18) 17
 (9) 12 (21) 20
 (12) 13



Heart Rate