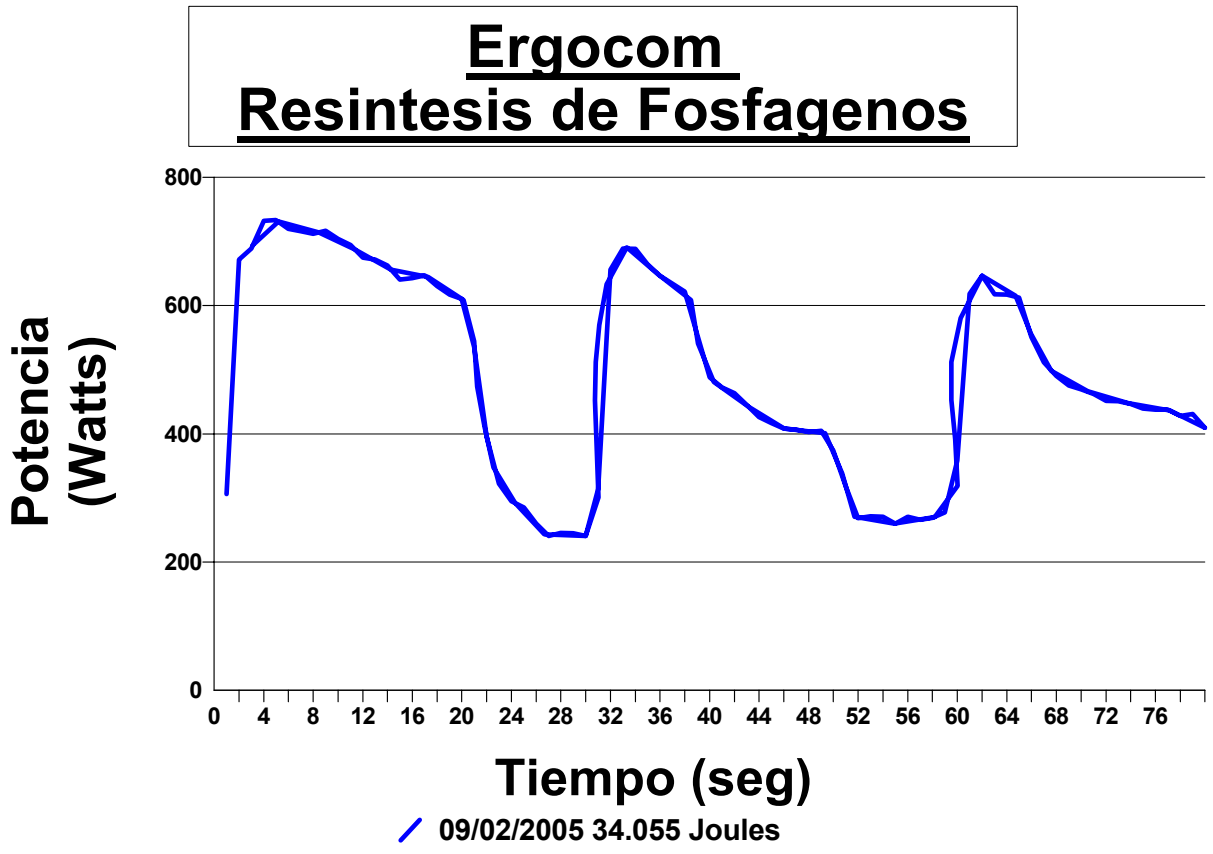
Win Laborat

Software de evaluación deportiva

NOMBRE: _Prueba 0 _Registro
FECHA: 09/02/2005
DEPORTE: Futbol
H.C. Nº: 1485725222

Peso	90,0	Kg.	Peso Magro	80,0	Kg.
Duración Test	80,0	Seg.			
Pot. Máxima:	733,1	Watts	Tiempo de Pot. Máxima	5,056	Seg.
Pot. 20 Seg	116.394,0	Watts	Trabajo Total	34.054,68	Joules
Ind. de Fatiga:	67,17	%	I. de Borg	0	

Repetición Nº	Potencia Watts	Porcentaje Test Elegido	Delta Porcentaje
Nº 1	13.192,98	113,35	-13,35
Nº 2	10.418,13	89,51	10,49
Nº 3	10.363,94	89,04	10,96



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Ergocom Resintesis de Fosfagenos

Tiempo Seg.	Velocidad Km/ h	Potencia W	I.Fatiga %	Carga Kg.	Trabajo J.	Potencia Watts/Kg.
1,025	22,50	306,39		5,0	317,1	3,40
2,060	49,33	671,83	-54,40	5,0	986,9	7,46
3,057	50,59	689,03	-2,50	5,0	1.641,5	7,66
4,007	53,76	732,24	-5,90	5,0	2.409,6	8,14
5,056	53,83	733,14	-0,12	5,0	3.115,6	8,15
6,019	52,82	719,43	0,00	5,0	3.890,5	7,99
7,096	52,56	715,92	-1,87	5,0	4.589,2	7,95
8,072	52,28	712,08	-2,35	5,0	5.277,8	7,91
9,039	52,63	716,80	-2,87	5,0	5.983,8	7,96
10,024	51,68	703,90	-2,23	5,0	6.683,5	7,82
11,018	50,99	694,48	-3,99	5,0	7.397,4	7,72
12,046	49,54	674,68	-5,27	5,0	8.097,1	7,50
13,083	49,32	671,71	-7,97	5,0	8.723,1	7,46
14,015	48,67	662,87	-8,38	5,0	9.442,3	7,37
15,100	47,04	640,69	-9,59	5,0	10.054,8	7,12
16,056	47,20	642,83	-12,61	5,0	10.673,2	7,14
17,018	47,49	646,82	-12,32	5,0	11.383,4	7,19
18,116	46,29	630,48	-11,77	5,0	12.015,2	7,01
19,118	45,32	617,23	-14,00	5,0	12.562,1	6,86
20,004	44,82	610,42	-15,81	5,0	13.197,5	6,78
21,045	39,31	535,45	-16,74	5,0	13.197,5	5,95
22,038	29,06	395,77	-26,97	5,0	13.197,5	4,40
23,255	23,68	322,47	-46,02	5,0	13.197,5	3,58
24,039	21,67	295,13	-56,02	5,0	13.197,5	3,28
25,142	20,93	285,02	-59,74	5,0	13.197,5	3,17
26,047	19,08	259,91	-61,12	5,0	13.197,5	2,89
27,002	17,68	240,77	-64,55	5,0	13.197,5	2,68
28,269	18,04	245,74	-67,16	5,0	13.197,5	2,73
29,224	17,99	245,06	-66,48	5,0	13.197,5	2,72
30,186	17,67	240,72	-66,57	5,0	13.417,5	2,67
31,100	23,08	314,32	-67,17	5,0	13.712,0	3,49
32,037	48,18	656,27	-57,13	5,0	14.374,2	7,29
33,046	50,61	689,29	-10,49	5,0	15.070,4	7,66
34,056	50,53	688,15	-5,98	5,0	15.791,6	7,65
35,104	48,77	664,19	-6,14	5,0	16.423,9	7,38
36,056	47,48	646,66	-9,41	5,0	17.052,5	7,19
37,028	46,59	634,57	-11,80	5,0	17.685,1	7,05
38,025	45,64	621,67	-13,44	5,0	18.295,0	6,91
39,006	40,72	554,61	-15,21	5,0	18.903,9	6,16
40,104	35,85	488,22	-24,35	5,0	19.383,9	5,42
41,087	34,67	472,16	-33,41	5,0	19.856,5	5,25
42,088	34,03	463,51	-35,60	5,0	20.339,9	5,15
43,131	32,70	445,31	-36,78	5,0	20.743,8	4,95
44,038	31,27	425,95	-39,26	5,0	21.218,3	4,73
45,152	30,58	416,52	-41,90	5,0	21.611,9	4,63
46,097	29,97	408,17	-43,19	5,0	21.998,9	4,54
47,045	29,85	406,55	-44,33	5,0	22.390,8	4,52
48,009	29,58	402,82	-44,55	5,0	22.851,6	4,48
49,153	29,71	404,72	-45,06	5,0	23.275,4	4,50
50,200	27,44	373,75	-44,80	5,0	23.654,7	4,15
51,215	23,37	318,29	-49,02	5,0	23.654,7	3,54
52,085	19,71	268,40	-56,59	5,0	23.654,7	2,98
53,217	19,92	271,27	-63,39	5,0	23.654,7	3,01
54,078	19,88	270,75	-63,00	5,0	23.654,7	3,01
55,261	19,09	259,97	-63,07	5,0	23.654,7	2,89
56,133	19,88	270,79	-64,54	5,0	23.654,7	3,01
57,007	19,52	265,93	-63,06	5,0	23.654,7	2,95
58,162	19,75	269,02	-63,73	5,0	23.654,7	2,99
59,002	20,35	277,21	-63,31	5,0	23.654,7	3,08
60,047	26,32	358,51	-62,19	5,0	24.011,1	3,98
61,041	45,39	618,27	-51,10	5,0	24.675,1	6,87
62,115	47,48	646,68	-15,67	5,0	25.321,8	7,19
63,115	45,36	617,74	-11,79	5,0	25.936,4	6,86
64,110	45,30	617,05	-15,74	5,0	26.562,8	6,86
65,125	44,94	612,15	-15,83	5,0	27.166,3	6,80
66,111	40,47	551,21	-16,50	5,0	27.667,4	6,12
67,020	37,57	511,67	-24,82	5,0	28.229,7	5,69
68,119	36,03	490,69	-30,21	5,0	28.708,1	5,45
69,094	34,92	475,59	-33,07	5,0	29.177,1	5,28
70,080	34,45	469,20	-35,13	5,0	29.647,7	5,21
71,083	33,95	462,40	-36,00	5,0	30.119,8	5,14
72,104	33,15	451,56	-36,93	5,0	30.583,5	5,02
73,131	33,12	451,06	-38,41	5,0	31.052,2	5,01
74,170	32,77	446,38	-38,48	5,0	31.444,5	4,96
75,049	32,27	439,56	-39,11	5,0	31.910,0	4,88
76,108	32,14	437,74	-40,04	5,0	32.371,4	4,86
77,162	32,15	437,82	-40,29	5,0	32.766,3	4,86
78,064	31,43	428,07	-40,28	5,0	33.225,6	4,76
79,137	31,64	430,89	-41,61	5,0	33.640,2	4,79
80,099	30,08	409,71	-41,23	5,0	34.054,7	4,55