

# Lactware® - Performance analysis

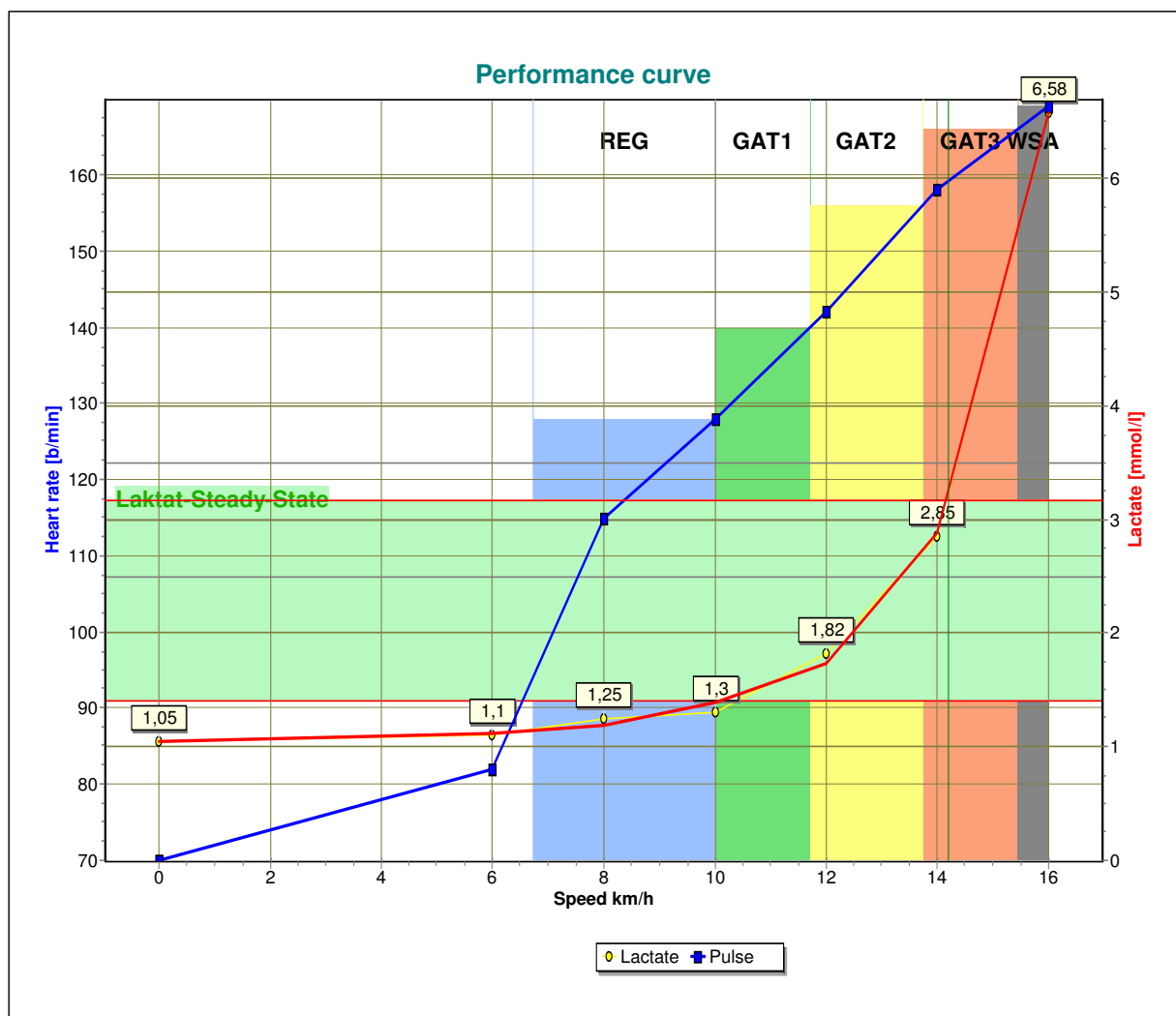
Subject of a test

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Surname	<input type="text" value="Lactat"/>	Street	<input type="text"/>
First name	<input type="text" value="Test"/>	Zip/City	<input type="text"/>
Date of birth	<input type="text" value="12.05.1965"/>	Telephone	<input type="text"/>
Weight	<input type="text" value="78 kg"/>	HF max.:	<input type="text" value="177"/>
Sex	<input checked="" type="checkbox"/> male <input type="checkbox"/> female	Size	<input type="text" value="182 cm"/>
		BMI	<b>23,55</b>
		underweight	normal weight
		<20	20-25
		<19	19-24
		overweight	strongly overweight
		25-30	>30
		24-30	>30

Date of meas.

## measured data and performance curve



## Analysis overview

Heart rate thresholds					
% MHF	60%	70%	80%	90%	MHF
Pulse [b/min]	106	124	142	159	177
Lactate [mmol/l]	1,16	1,33	1,75	2,99	6,58
[km/h]	7,45	9,38	12,00	14,18	16,00

Threshold values Lactate						
[mmol/l]	2.0	2.5	3.0	3.5	4.0	MAX IANS
Pulse [b/min]	148	154	159	161	162	169 159
[mmol/l]						6,6 3,2
[km/h]	12,7	13,5	14,1	14,5	14,8	16,0 14,2