

Příloha 1

Průběh SF u vybraného X1 při monitorované tréninkové jednotce ze dne 25. 6. 2007 (11:00 hod.)

**SUUNTO TRAINING MANAGER 2006**

**PAGE1**

User :  
 Name : **25.6.2007 11:01:49**  
 Activity :

**DETAILS**

**BODY PARAMETERS**

**ALTITUDE**

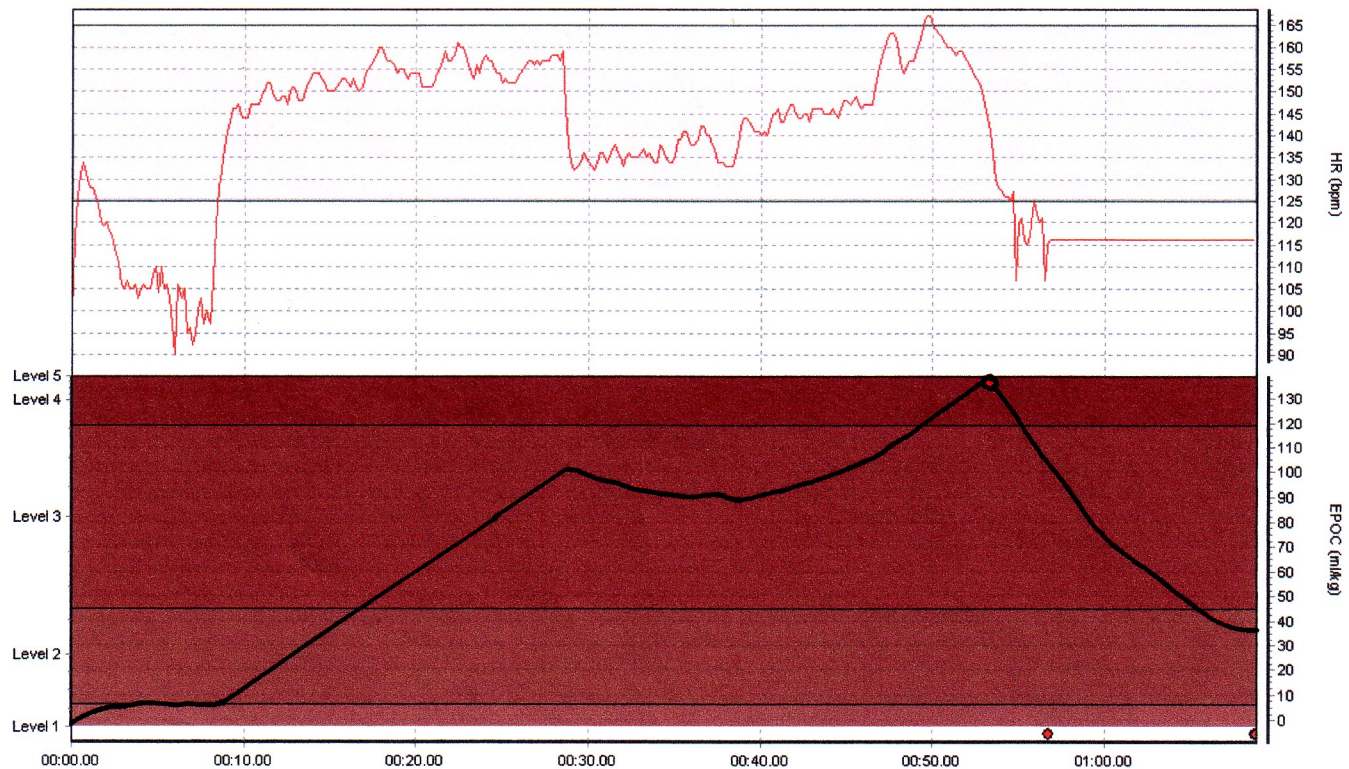
Date : <b>25.6.2007</b>	Training effect : <b>4,3</b>	High : <b>875 m</b>
Start time : <b>11:01:49</b>	EPOC Peak : <b>137 ml/kg</b>	Low : <b>747 m</b>
End time : <b>12:10:39</b>	Ventilation : <b>152 l/min</b>	Ascent : <b>159 m</b>
Duration : <b>1:08:50</b>	Oxygen cons. : <b>39 ml/kg/min</b>	Descent : <b>155 m</b>
Distance : <b>0 km</b>	Respiration rate : <b>70 bpm</b>	Asc Time : <b>00:02.20</b>
Avg. speed : <b>0 km/h</b>	Energy cons. : <b>575 kcal</b>	Dsc Time : <b>00:02.05</b>
Max speed : <b>0 km/h</b>		Flat Time : <b>01:04.25,5</b>

**HEART RATE**

Max : <b>167 bpm</b>	Above : <b>00:00.30</b>	High limit : <b>165 bpm</b>
Avg : <b>136 bpm</b>	In : <b>00:47.10</b>	
Min : <b>90 bpm</b>	Below : <b>00:20.20</b>	Low limit : <b>125 bpm</b>

**INTERVAL**

mark	split	lap	hr bpm	avg hr bpm	lap dist km	lap speed km/h	dist. Start km	speed start km/h	notes
1	00:56.47	00:56.47	116	141	0	0.0	0	0.0	Log stopped
2	01:08.44,6	00:11.57,6	0	115	0	0.0	0	0.0	
3	01:08.46,2	00:00.01,6	0	0	0	0.0	0	0.0	
4	01:08.48,7	00:00.02,5	0	0	0	0.0	0	0.0	Log stopped
5	01:08.50,5		0	0	0	0.0	0	0.0	Log stopped



## Příloha 2

Průběh SF u vybraného X5 při monitorované tréninkové jednotce ze dne 25. 6. 2007 (15:30 hod.)

# SUUNTO TRAINING MANAGER 2006

PAGE1

User :  
 Name : **25.6.2007 15:39:16**  
 Activity :

### DETAILS

Date : **25.6.2007**  
 Start time : **15:39:16**  
 End time : **18:53:25**  
 Duration : **3:14:09**  
 Distance : **0 km**  
 Avg. speed : **0 km/h**  
 Max speed : **0 km/h**

### BODY PARAMETERS

Training effect : **5**  
 EPOC Peak : **239 ml/kg**  
 Ventilation : **185 l/min**  
 Oxygen cons. : **45 ml/kg/min**  
 Respiration rate : **69 bpm**  
 Energy cons. : **1667 kcal**

### ALTITUDE

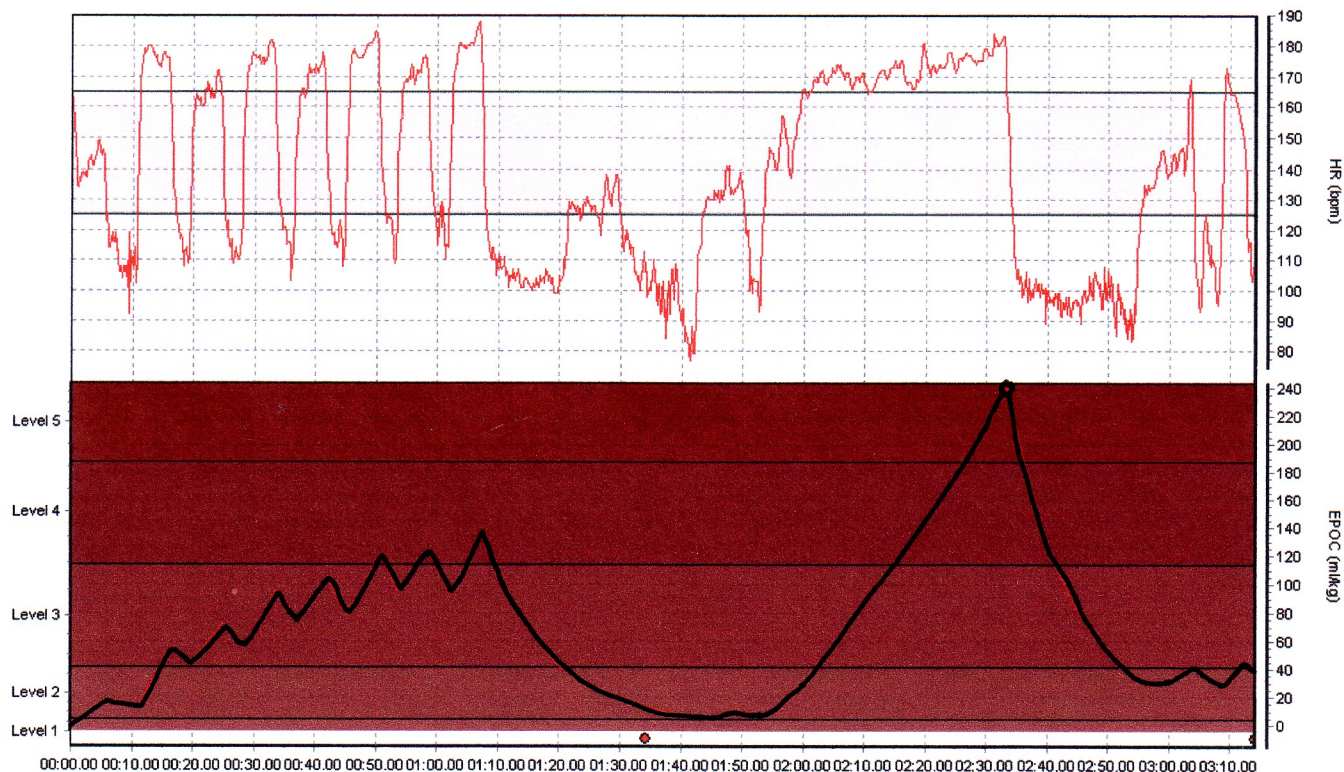
High : **1315 m**  
 Low : **779 m**  
 Ascent : **900 m**  
 Descent : **809 m**  
 Asc Time : **00:09.52**  
 Dsc Time : **00:05.39**  
 Flat Time : **02:58.38,3**

### HEART RATE

Max : **188 bpm**  
 Avg : **138 bpm**  
 Min : **77 bpm**  
 Above : **01:01.50**  
 In : **00:57.10**  
 Below : **01:15.00**  
 High limit : **165 bpm**  
 Low limit : **125 bpm**

### INTERVAL

mark	split	lap	hr bpm	avg hr bpm	lap dist km	lap speed km/h	dist. Start km	speed start km/h	notes
1	01:34.09,9	01:34.09,9	104	140	0	0.0	0	0.0	Log stopped
2	03:14.09,3	01:39.59,4	105	136	0	0.0	0	0.0	Log stopped



**SUUNTO TRAINING MANAGER 2006**

User :  
 Name : **26.6.2007 9:35:43**  
 Activity :

**DETAILS**

Date : **26.6.2007**  
 Start time : **9:35:43**  
 End time : **11:20:50**  
 Duration : **1:45:07**  
 Distance : **0 km**  
 Avg. speed : **0 km/h**  
 Max speed : **0 km/h**

**BODY PARAMETERS**

Training effect : **5**  
 EPOC Peak : **209 ml/kg**  
 Ventilation : **143 l/min**  
 Oxygen cons. : **40 ml/kg/min**  
 Respiration rate : **68 bpm**  
 Energy cons. : **818 kcal**

**ALTITUDE**

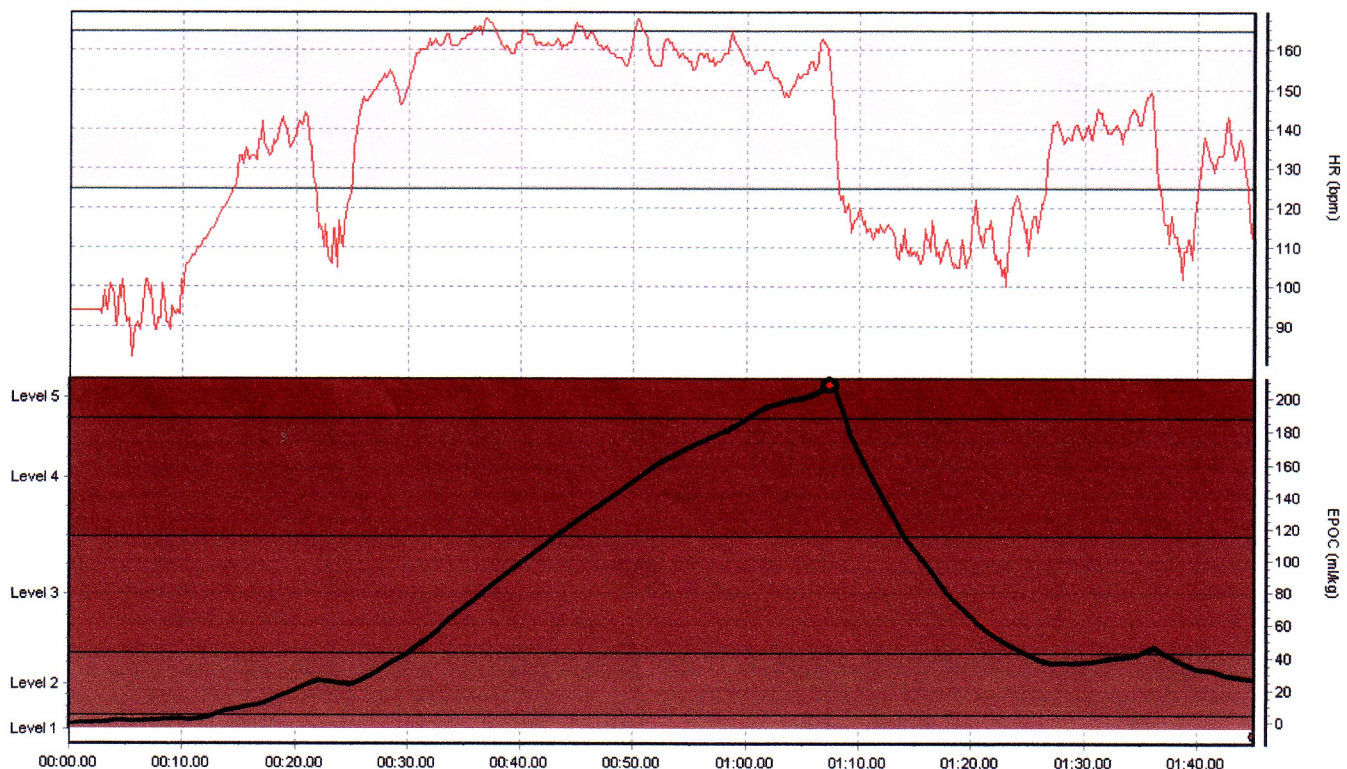
High : **1292 m**  
 Low : **803 m**  
 Ascent : **594 m**  
 Descent : **586 m**  
 Asc Time : **00:06.35**  
 Dsc Time : **00:02.30**  
 Flat Time : **01:36.02,8**

**HEART RATE**

Max : **168 bpm**      Above : **00:02.50**      High limit : **165 bpm**  
 Avg : **134 bpm**      In : **01:02.30**  
 Min : **82 bpm**      Below : **00:39.40**      Low limit : **125 bpm**

**INTERVAL**

mark	split	lap	hr bpm	avg hr bpm	lap dist km	lap speed km/h	dist. Start km	speed start km/h	notes
1	01:45.07,8	01:45.07,8	113	136	0	0.0	0	0.0	Log stopped



Příloha 4

Průběh SF u vybraného X3 při monitorované tréninkové jednotce ze dne 27. 6. 2007 (10:00 hod.)

**SUUNTO TRAINING MANAGER 2006**

**PAGE1**

User :  
 Name : **27.6.2007 9:56:25**  
 Activity :

**DETAILS**

Date : **27.6.2007**  
 Start time : **9:56:25**  
 End time : **10:55:21**  
 Duration : **0:58:56**  
 Distance : **0 km**  
 Avg. speed : **0 km/h**  
 Max speed : **0 km/h**

**BODY PARAMETERS**

Training effect : **5**  
 EPOC Peak : **241 ml/kg**  
 Ventilation : **154 l/min**  
 Oxygen cons. : **33 ml/kg/min**  
 Respiration rate : **69 bpm**  
 Energy cons. : **447 kcal**

**ALTITUDE**

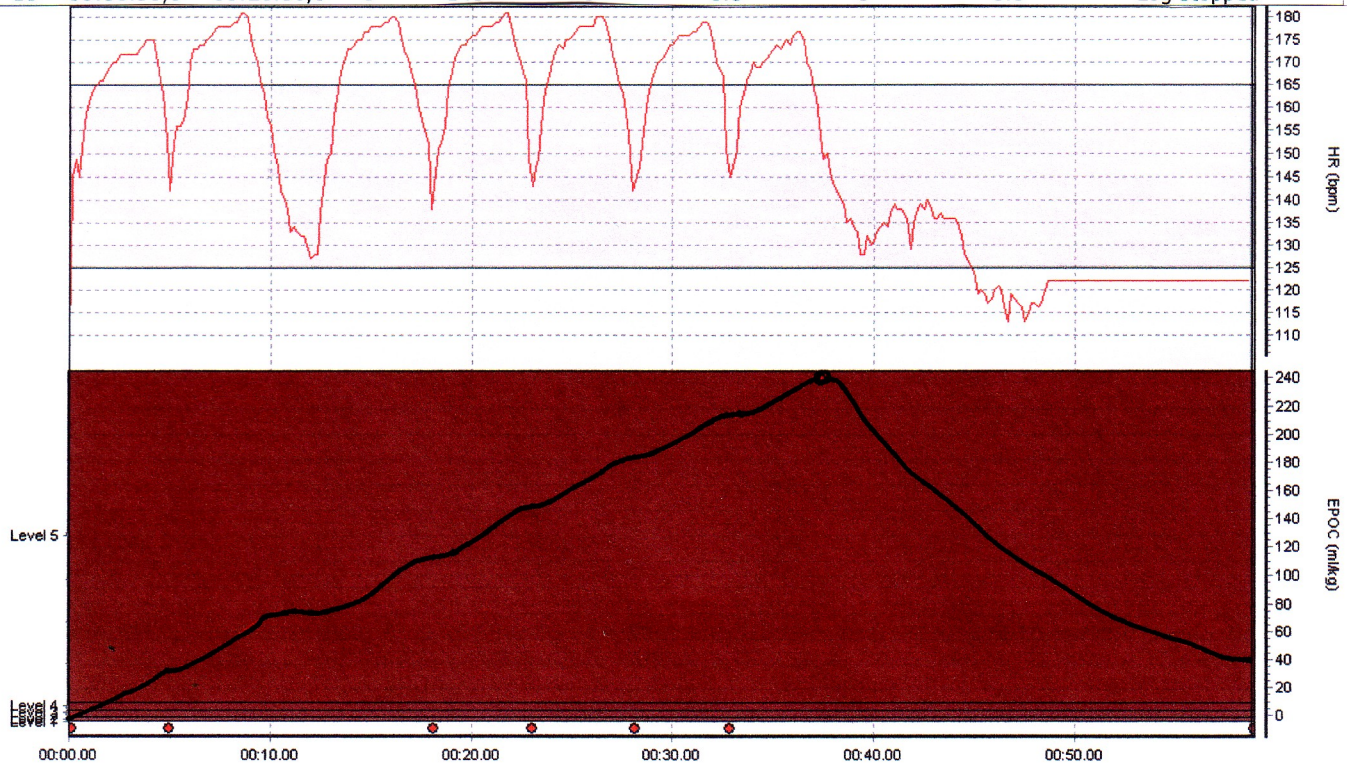
High : **863 m**  
 Low : **832 m**  
 Ascent : **60 m**  
 Descent : **68 m**  
 Asc Time : **00:00.49**  
 Dsc Time : **00:01.19**  
 Flat Time : **00:56.48,6**

**HEART RATE**

Max : **181 bpm**      Above : **00:24.50**      High limit : **165 bpm**  
 Avg : **151 bpm**      In : **00:20.00**  
 Min : **107 bpm**      Below : **00:13.50**      Low limit : **125 bpm**

**INTERVAL**

mark	split	lap	hr bpm	avg hr bpm	lap dist km	lap speed km/h	dist. Start km	speed start km/h	notes
1	00:00.05,1	00:00.05,1	88	0	0	0.0	0	0.0	Log stopped
2	00:00.06,1	00:00.01	85	0	0	0.0	0	0.0	Log stopped
3	00:00.07,6	00:00.01,5	86	0	0	0.0	0	0.0	Log stopped
4	00:00.08,4	00:00.00,8	118	0	0	0.0	0	0.0	Log stopped
5	00:04.59,9	00:04.51,5	159	164	0	0.0	0	0.0	Log stopped
6	00:18.05,6	00:13.05,7	151	162	0	0.0	0	0.0	Log stopped
7	00:22.59,9	00:04.54,3	164	169	0	0.0	0	0.0	Log stopped
8	00:28.10	00:05.10,1	147	168	0	0.0	0	0.0	Log stopped
9	00:32.49,8	00:04.39,8	164	169	0	0.0	0	0.0	Log stopped
10	00:58.56,6	00:26.06,8	0	140	0	0.0	0	0.0	Log stopped



# SUUNTO TRAINING MANAGER 2006

# PAGE1

User :  
 Name : **27.6.2008 15:51:59**  
 Activity :

### DETAILS

Date : **27.6.2008**  
 Start time : **15:51:59**  
 End time : **17:11:11**  
 Duration : **1:19:12**  
 Distance : **0 km**  
 Avg. speed : **0 km/h**  
 Max speed : **0 km/h**

### BODY PARAMETERS

Training effect : **3,8**  
 EPOC Peak : **120 ml/kg**  
 Ventilation : **129 l/min**  
 Oxygen cons. : **44 ml/kg/min**  
 Respiration rate : **59 bpm**  
 Energy cons. : **707 kcal**

### ALTITUDE

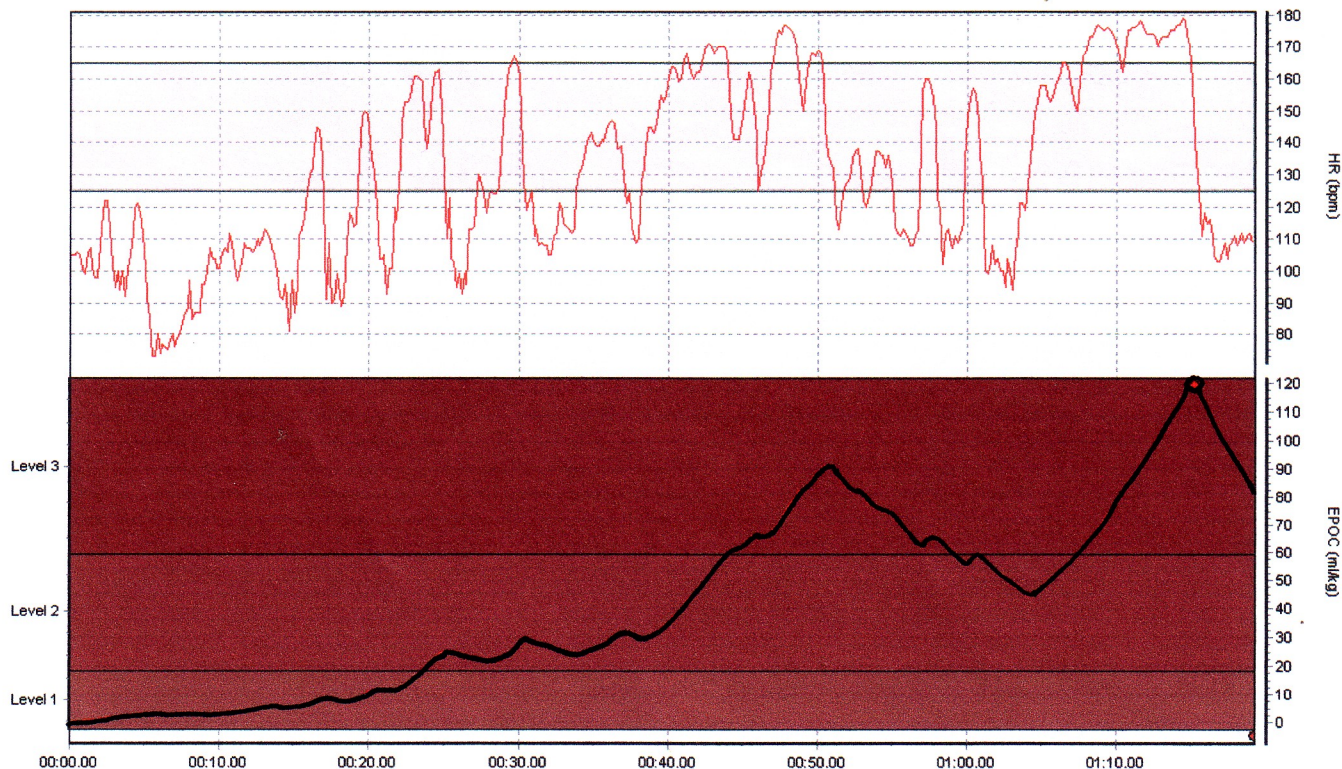
High : **396 m**  
 Low : **386 m**  
 Ascent : **9 m**  
 Descent : **15 m**  
 Asc Time : **00:01.36**  
 Dsc Time : **00:03.50**  
 Flat Time : **01:13.46,6**

### HEART RATE

Max : **179 bpm**      Above : **00:12.00**      High limit : **165 bpm**  
 Avg : **130 bpm**      In : **00:29.20**  
 Min : **73 bpm**      Below : **00:37.50**      Low limit : **125 bpm**

### INTERVAL

mark	split	lap	hr bpm	avg hr bpm	lap dist km	lap speed km/h	dist. Start km	speed start km/h	notes
1	01:19.12,6	01:19.12,6	108	130	0	0.0	0	0.0	Log stopped



# SUUNTO TRAINING MANAGER 2006

# PAGE1

User :  
 Name : **8.1.2008 10:48:25**  
 Activity :

### DETAILS

Date : **8.1.2008**  
 Start time : **10:48:25**  
 End time : **12:05:35**  
 Duration : **1:17:10**  
 Distance : **0 km**  
 Avg. speed : **0 km/h**  
 Max speed : **0 km/h**

### BODY PARAMETERS

Training effect : **3,1**  
 EPOC Peak : **86 ml/kg**  
 Ventilation : **180 l/min**  
 Oxygen cons. : **62 ml/kg/min**  
 Respiration rate : **68 bpm**  
 Energy cons. : **904 kcal**

### ALTITUDE

High : **744 m**  
 Low : **705 m**  
 Ascent : **62 m**  
 Descent : **49 m**  
 Asc Time : **00:00.56**  
 Dsc Time : **00:02.25**  
 Flat Time : **01:13.49,3**

### HEART RATE

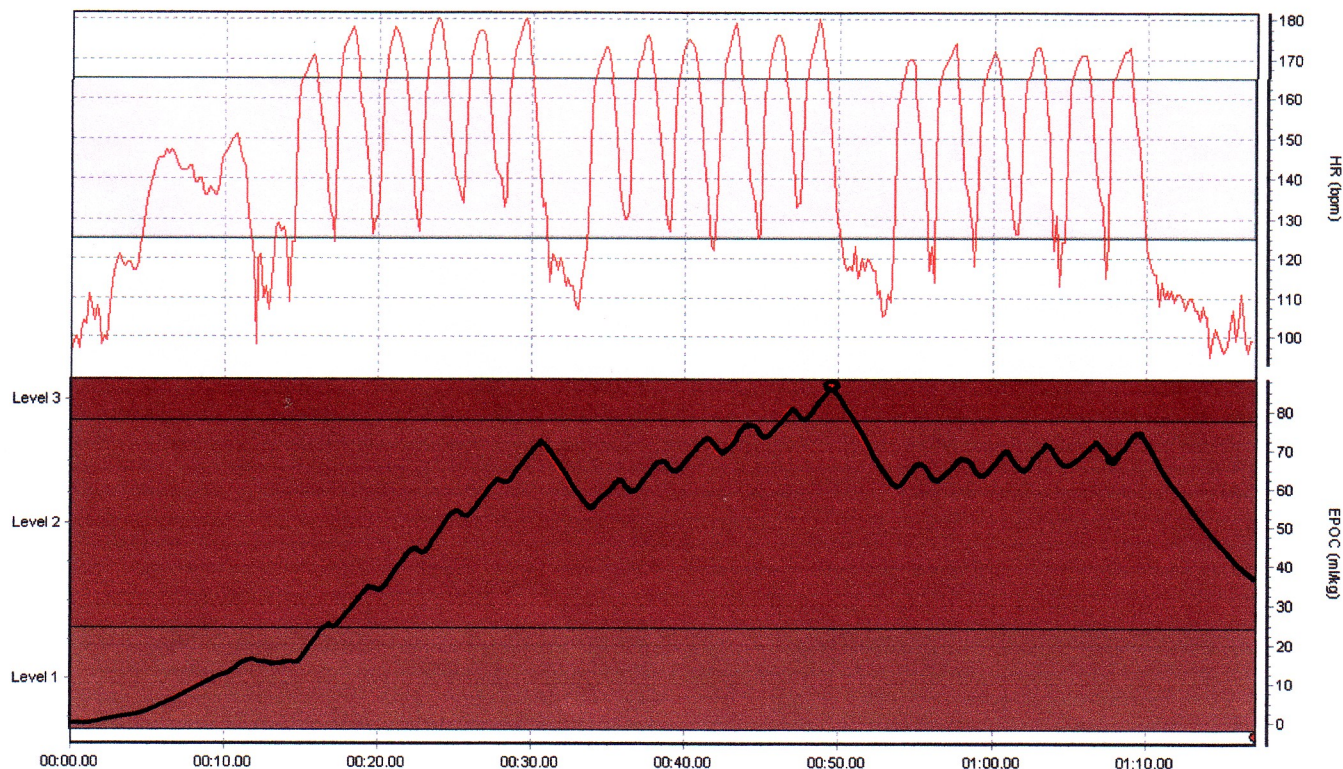
Max : **180 bpm**  
 Avg : **142 bpm**  
 Min : **95 bpm**

Above : **00:20.30**  
 In : **00:34.30**  
 Below : **00:22.00**

High limit : **165 bpm**  
 Low limit : **125 bpm**

### INTERVAL

mark	split	lap	hr bpm	avg hr bpm	lap dist km	lap speed km/h	dist. Start km	speed start km/h	notes
1	01:17.09	01:17.09	90	143	0	0.0	0	0.0	Log stopped
2	01:17.10,3	00:00.01,3	0	0	0	0.0	0	0.0	Log stopped



**SUUNTO TRAINING MANAGER 2006**

User :  
 Name : **9.1.2008 10:45:52**  
 Activity :

**DETAILS**

Date : **9.1.2008**  
 Start time : **10:45:52**  
 End time : **12:05:39**  
 Duration : **1:19:47**  
 Distance : **0 km**  
 Avg. speed : **0 km/h**  
 Max speed : **0 km/h**

**BODY PARAMETERS**

Training effect : **5**  
 EPOC Peak : **32 ml/kg**  
 Ventilation : **136 l/min**  
 Oxygen cons. : **30 ml/kg/min**  
 Respiration rate : **67 bpm**  
 Energy cons. : **491 kcal**

**ALTITUDE**

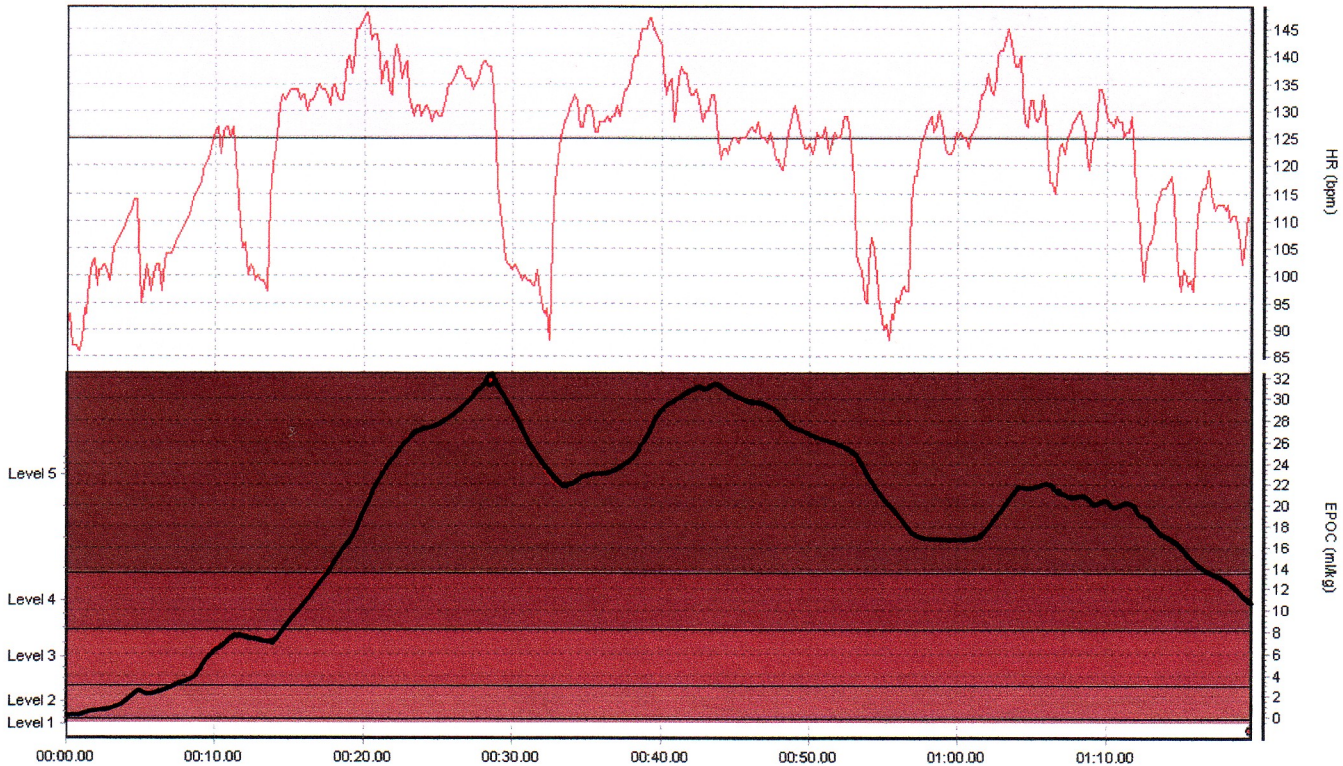
High : **779 m**  
 Low : **693 m**  
 Ascent : **189 m**  
 Descent : **219 m**  
 Asc Time : **00:03.18**  
 Dsc Time : **00:02.43**  
 Flat Time : **01:13.46,8**

**HEART RATE**

Max : **148 bpm**      Above : **00:00.00**      High limit : **165 bpm**  
 Avg : **121 bpm**      In : **00:43.50**  
 Min : **86 bpm**      Below : **00:35.50**      Low limit : **125 bpm**

**INTERVAL**

mark	split	lap	hr bpm	avg hr bpm	lap dist km	lap speed km/h	dist. Start km	speed start km/h	notes
1	01:19.47,8	01:19.47,8	111	124	0	0.0	0	0.0	Log stopped



**SUUNTO TRAINING MANAGER 2006**

**PAGE 1**

User :  
 Name : **9.1.2008 15:54:49**  
 Activity :

**DETAILS**

Date : **9.1.2008**  
 Start time : **15:54:49**  
 End time : **17:01:37**  
 Duration : **1:06:48**  
 Distance : **0 km**  
 Avg. speed : **0 km/h**  
 Max speed : **0 km/h**

**BODY PARAMETERS**

Training effect : **5**  
 EPOC Peak : **72 ml/kg**  
 Ventilation : **124 l/min**  
 Oxygen cons. : **32 ml/kg/min**  
 Respiration rate : **61 bpm**  
 Energy cons. : **482 kcal**

**ALTITUDE**

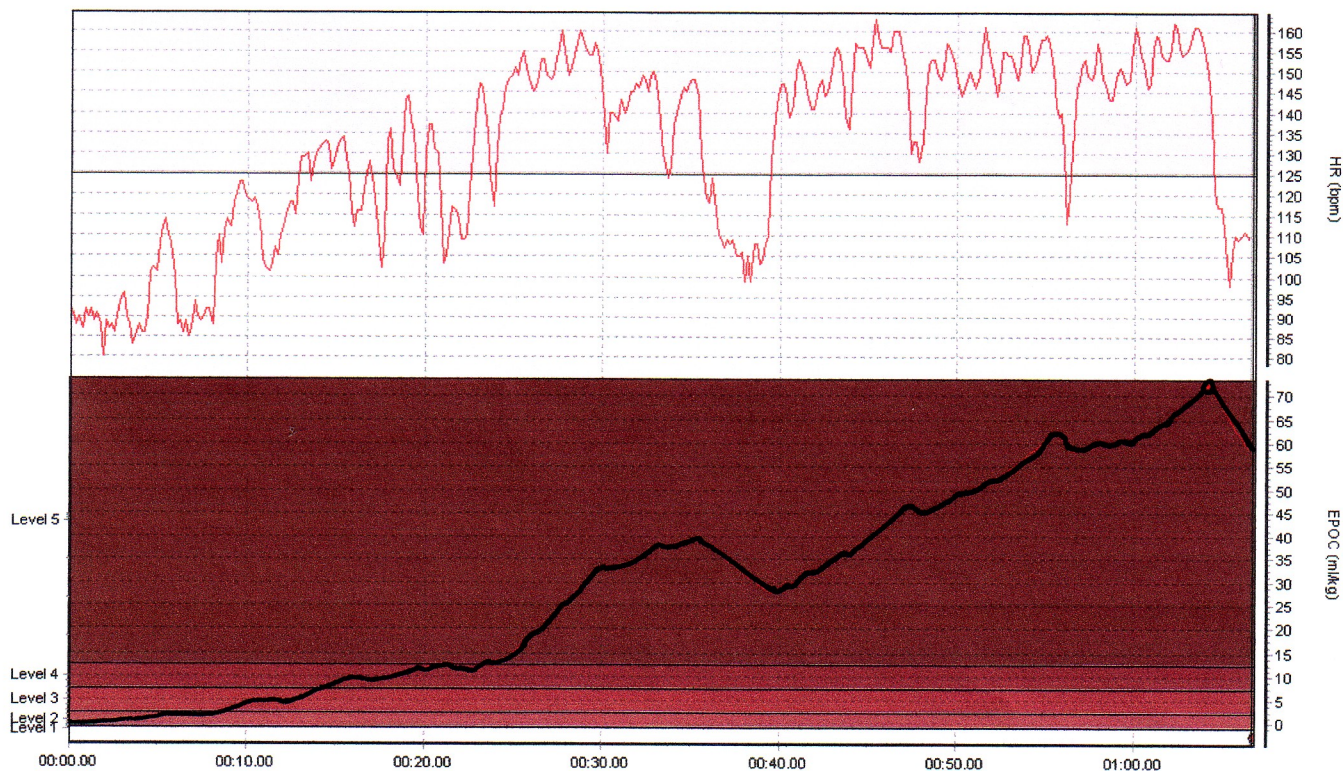
High : **754 m**  
 Low : **745 m**  
 Ascent : **9 m**  
 Descent : **16 m**  
 Asc Time : **00:00.16**  
 Dsc Time : **00:02.23**  
 Flat Time : **01:04.09**

**HEART RATE**

Max : **163 bpm**  
 Avg : **131 bpm**  
 Min : **80 bpm**  
 Above : **00:00.00**  
 In : **00:42.30**  
 Below : **00:24.10**  
 High limit : **165 bpm**  
 Low limit : **125 bpm**

**INTERVAL**

mark	split	lap	hr bpm	avg hr bpm	lap dist km	lap speed km/h	dist. Start km	speed start km/h	notes
1	01:06.48	01:06.48	108	131	0	0.0	0	0.0	Log stopped





**SUUNTO TRAINING MANAGER 2006**

**PAGE1**

User :  
 Name : **10.1.2008 9:47:26**  
 Activity :

**DETAILS**

Date : **10.1.2008**  
 Start time : **9:47:26**  
 End time : **10:52:45**  
 Duration : **1:05:19**  
 Distance : **0 km**  
 Avg. speed : **0 km/h**  
 Max speed : **0 km/h**

**BODY PARAMETERS**

Training effect : **2,9**  
 EPOC Peak : **72 ml/kg**  
 Ventilation : **164 l/min**  
 Oxygen cons. : **58 ml/kg/min**  
 Respiration rate : **64 bpm**  
 Energy cons. : **799 kcal**

**ALTITUDE**

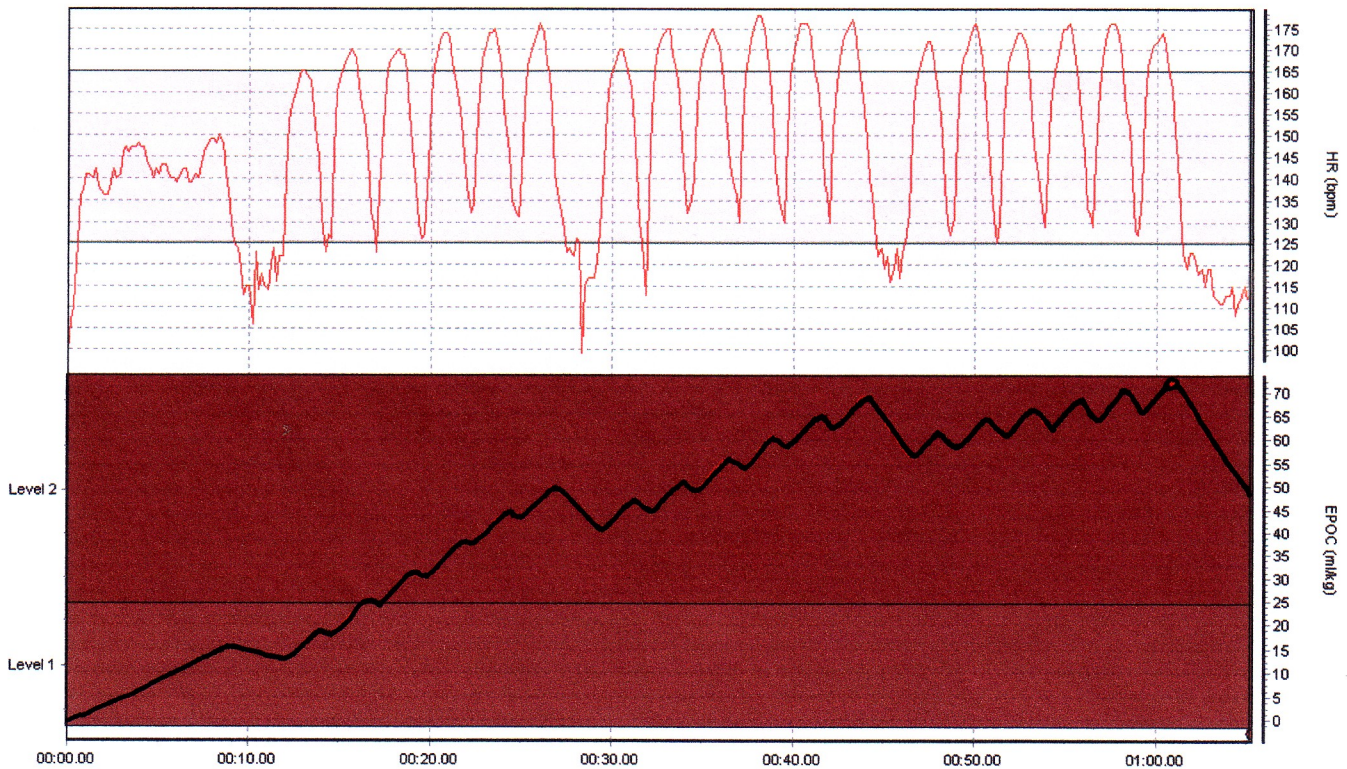
High : **746 m**  
 Low : **708 m**  
 Ascent : **46 m**  
 Descent : **53 m**  
 Asc Time : **00:01.21**  
 Dsc Time : **00:00.51**  
 Flat Time : **01:03.07,2**

**HEART RATE**

Max : **178 bpm**      Above : **00:18.30**      High limit : **165 bpm**  
 Avg : **148 bpm**      In : **00:36.20**  
 Min : **99 bpm**      Below : **00:10.20**      Low limit : **125 bpm**

**INTERVAL**

mark	split	lap	hr bpm	avg hr bpm	lap dist km	lap speed km/h	dist. Start km	speed start km/h	notes
1	01:05.19,2	01:05.19,2	110	148	0	0.0	0	0.0	Log stopped



# SUUNTO TRAINING MANAGER 2006

User :  
 Name : **11.1.2008 9:40:46**  
 Activity :

### DETAILS

Date : **11.1.2008**  
 Start time : **9:40:46**  
 End time : **11:15:32**  
 Duration : **1:34:46**  
 Distance : **0 km**  
 Avg. speed : **0 km/h**  
 Max speed : **0 km/h**

### BODY PARAMETERS

Training effect : **1,9**  
 EPOC Peak : **23 ml/kg**  
 Ventilation : **178 l/min**  
 Oxygen cons. : **72 ml/kg/min**  
 Respiration rate : **71 bpm**  
 Energy cons. : **656 kcal**

### ALTITUDE

High : **796 m**  
 Low : **746 m**  
 Ascent : **92 m**  
 Descent : **74 m**  
 Asc Time : **00:02.11**  
 Dsc Time : **00:01.48**  
 Flat Time : **01:30.47,9**

### HEART RATE

Max : **193 bpm**  
 Avg : **90 bpm**  
 Min : **42 bpm**  
 Above : **00:01.10**  
 In : **00:10.00**  
 Below : **01:23.30**  
 High limit : **165 bpm**  
 Low limit : **125 bpm**

### INTERVAL

mark	split	lap	hr bpm	avg hr bpm	lap dist km	lap speed km/h	dist. Start km	speed start km/h	notes
1	01:34.46,9	01:34.46,9	63	108	0	0.0	0	0.0	Log stopped

