

Position/Power/Speed Profiles

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Name: Athlete
 Date: 10/3/2009

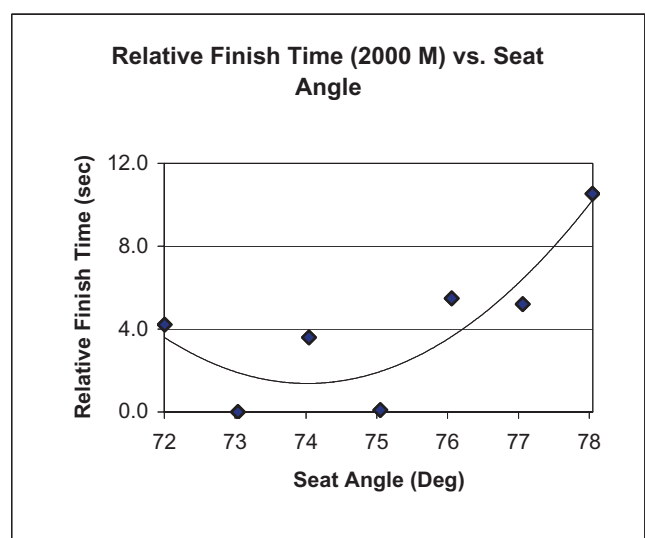
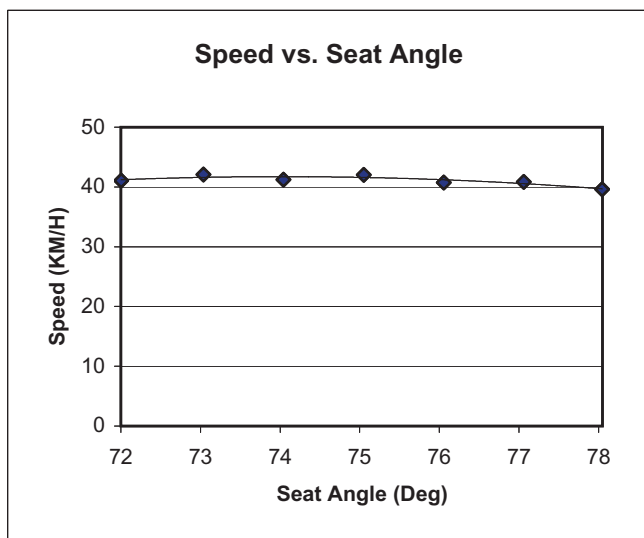
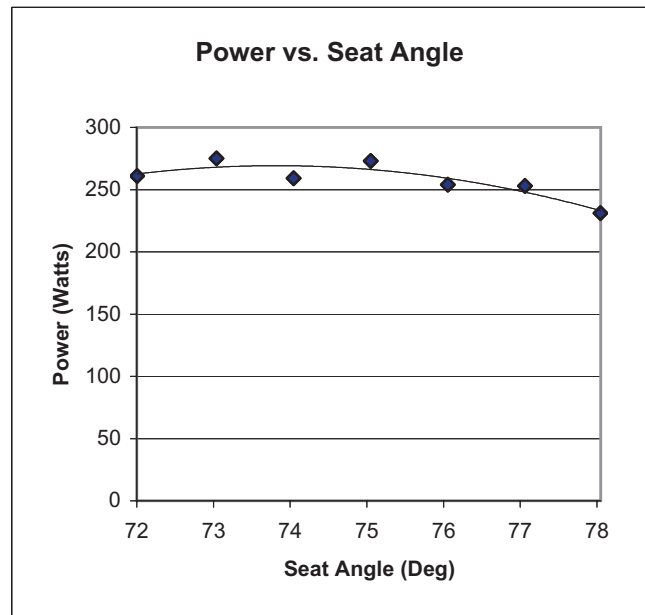
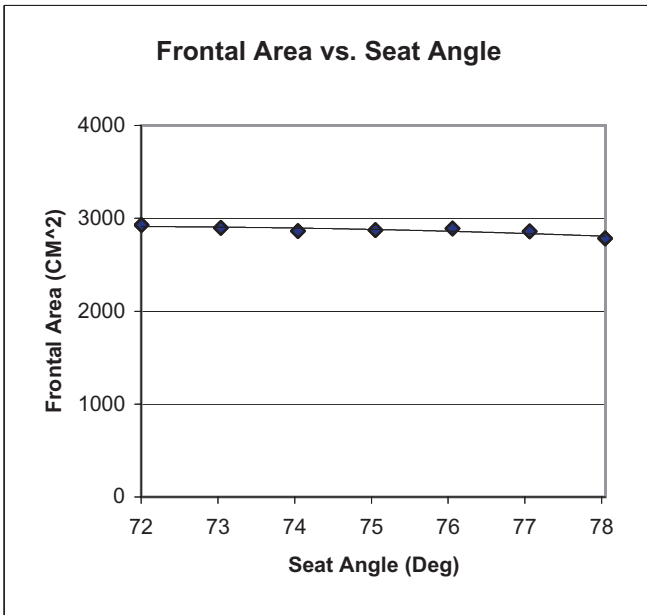
Other Variables
 Heart Rate 135
 Cadence 95 - 100
 Altitude 8200
 % Grade 0

Race (M) 2000

Data Sets

Position Number	Seat Angle	*Saddle Offsets		Handlebar Offsets		Area (CM ²)	Power (Watts)	Speed (KM/H)	delta Time 2 KM (sec)
		Horiz.	Vertical	Horiz.	Vertical				
1	78.0	135	635	478	520	2783	231	39.6	10.5
2	77.0	146	633	469	528	2859	253	40.8	5.2
3	76.0	157	630	460	536	2889	254	40.8	5.5
4	75.0	168	627	450	544	2874	273	42.0	0.1
5	74.0	179	624	441	552	2863	259	41.2	3.6
6	73.0	190	621	431	560	2898	275	42.1	0.0
7	72.0	201	617	421	567	2928	261	41.1	4.2

*Note: The Horizontal Saddle Offset is measured to a point 2 cm ahead of the center of saddle rail adjustment.



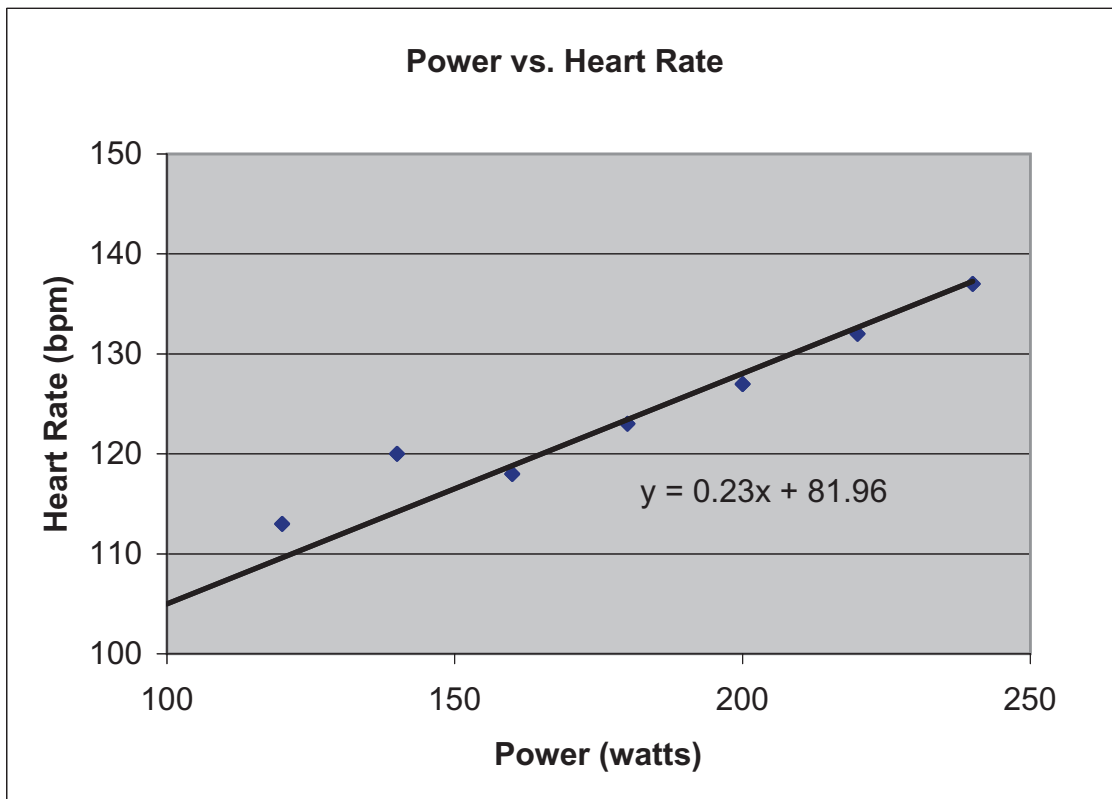
Conconi Exercise Gradient Test

Athlete: Athlete
Date: 10/3/2009

Maximum Heart Rate (MHR) = $217 - (0.85 * \text{Age})$

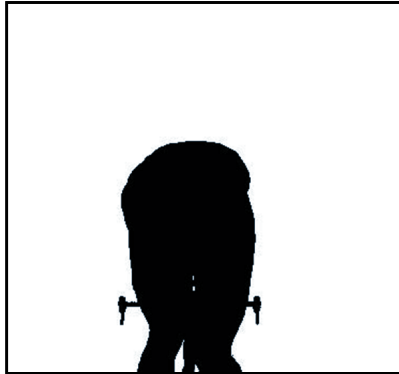
Age (yr): 63
MHR (bpm): 163

Power (watts)	Heart Rate (bpm)	Cadence (rpm)
100	99	89
120	113	93
140	120	96
160	118	96
180	123	98
200	127	97
220	132	95
240	137	98
260	Stopped	



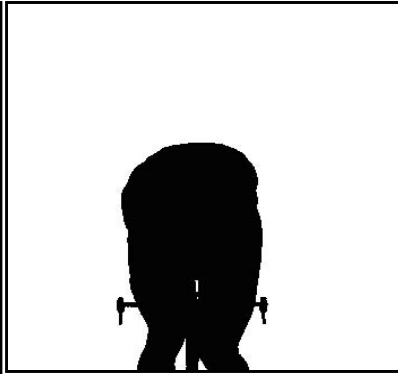
Name: Athlete
Date: 10/3/09

Position 1



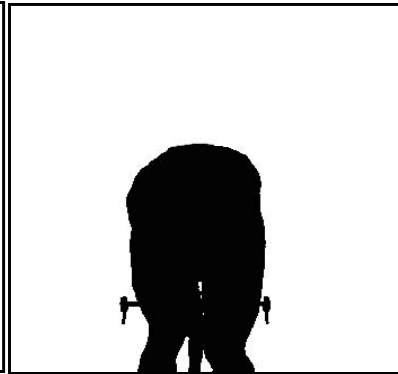
Area (CM²) 2783
Seat Angle 78.0

Position 2



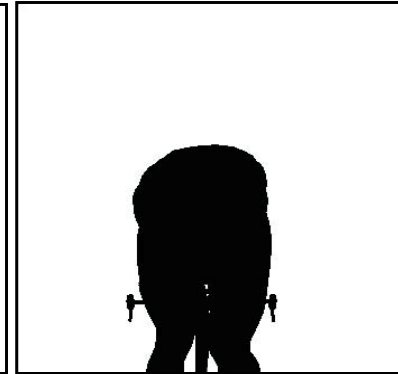
Area (CM²) 2859
Seat Angle 77.0

Position 3



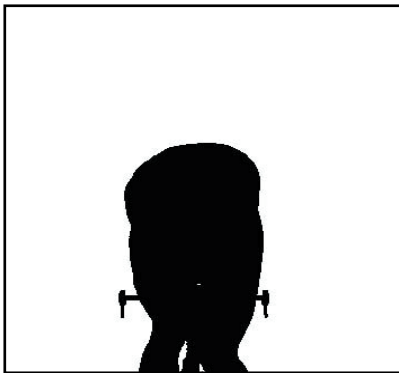
Area (CM²) 2889
Seat Angle 76.0

Position 4 - Optimum



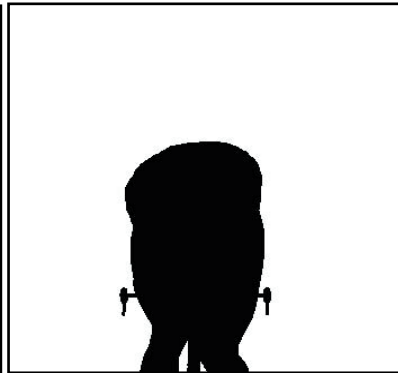
Area (CM²) 2874
Seat Angle 75.0

Position 5



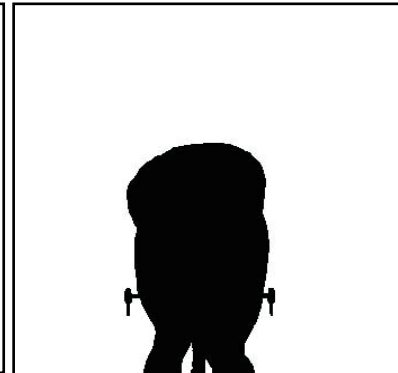
Area (CM²) 2863
Seat Angle 74.0

Position 6



Area (CM²) 2898
Seat Angle 73.0

Position 7



Area (CM²) 2928
Seat Angle 72.0

Optimum Profile



