

Training Session Report

16.03.2016 - Running 10:08-10:53

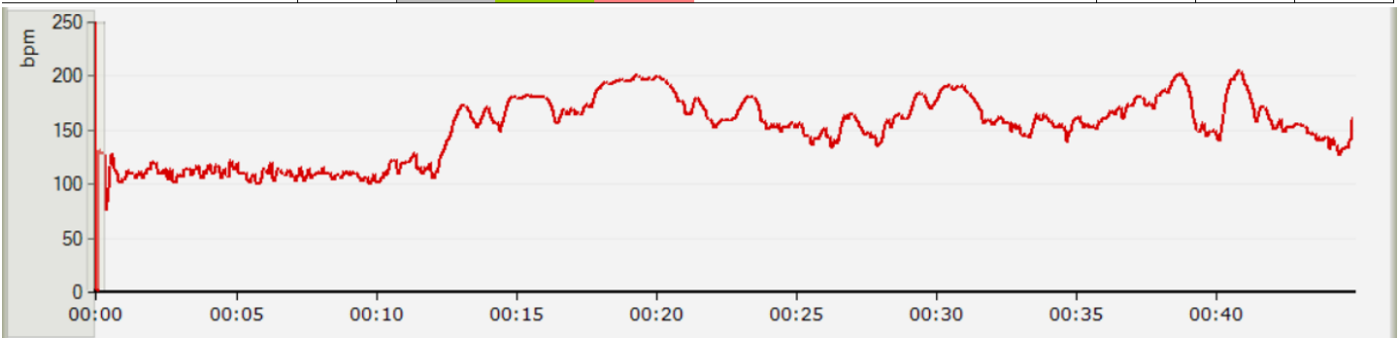
	00:43:34	HR			Time in sport zones					Above thres...	Training load	Kcal
		Minimum	Average	Maximum	50-59	60-69	70-79	80-89	90-100			
Player 2		85	138	194	00:15:27	00:13:08	00:09:20	00:04:58	00:00:41	00:01:48	59	225
Max HR: 214		39,0%	64,0%	90,0%	35,4%	30,2%	21,4%	11,4%	1,6%	4,2%	100,0%	100,0%



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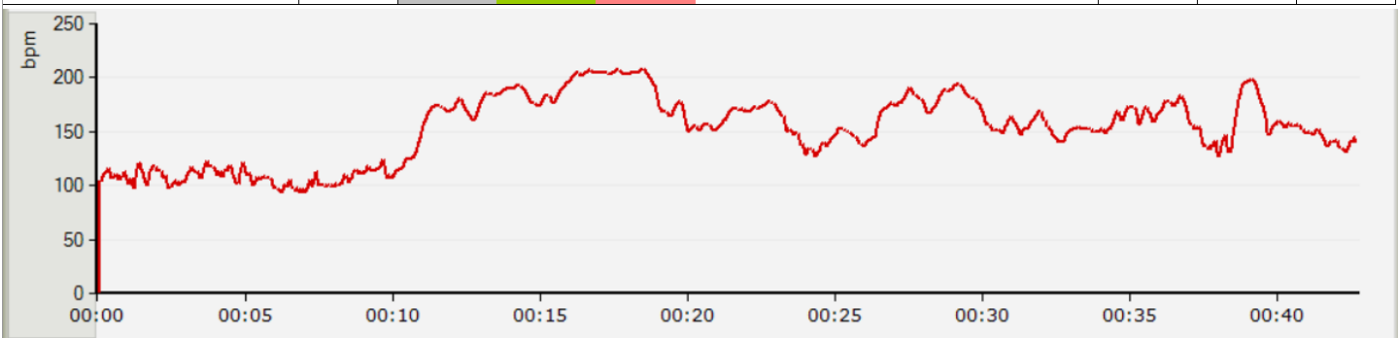
	00:44:56	HR			Time in sport zones					Above thres...	Training load	Kcal
		Minimum	Average	Maximum	50-59	60-69	70-79	80-89	90-100			
Player 3		76	151	205	00:12:03	00:05:44	00:14:58	00:08:44	00:03:27	00:04:37	84	272
Max HR: 214		35,0%	70,0%	95,0%	26,8%	12,8%	33,3%	19,4%	7,7%	10,3%	100,0%	100,0%



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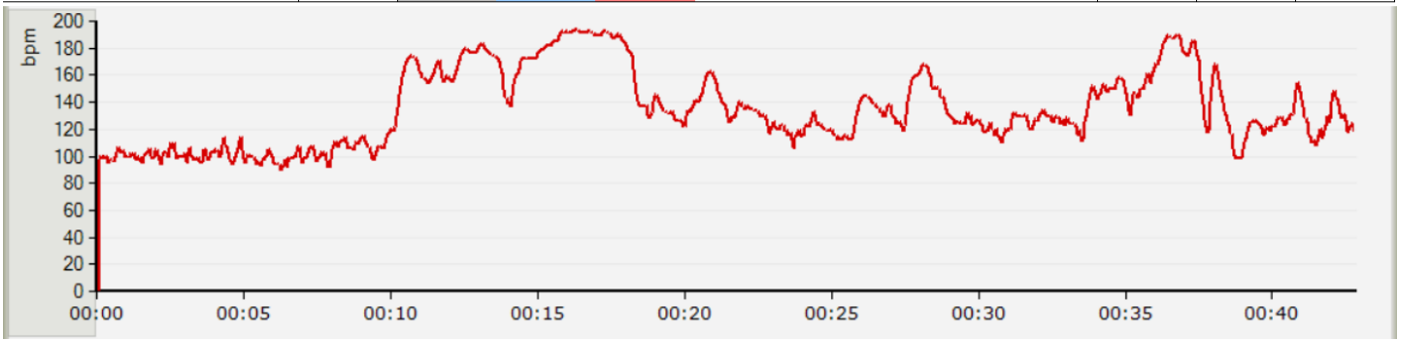
	00:42:45	HR			Time in sport zones					Above thres...	Training load	Kcal
		Minimum	Average	Maximum	50-59	60-69	70-79	80-89	90-100			
Player 4		93	152	208	00:11:05	00:06:10	00:12:02	00:09:27	00:04:01	00:04:54	83	263
Max HR: 214		43,0%	71,0%	97,0%	25,9%	14,4%	28,2%	22,1%	9,4%	11,5%	100,0%	100,0%



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	00:42:50	HR			Time in sport zones					Above thres...	Training load	Kcal
		Minimum	Average	Maximum	50-59	60-69	70-79	80-89	90-100			
Player 5		90	135	194	00:21:04	00:09:11	00:05:43	00:06:18	00:00:34	00:01:47	53	211
Max HR: 214		42,0%	63,0%	90,0%	49,1%	21,5%	13,4%	14,7%	1,3%	4,2%	100,0%	100,0%



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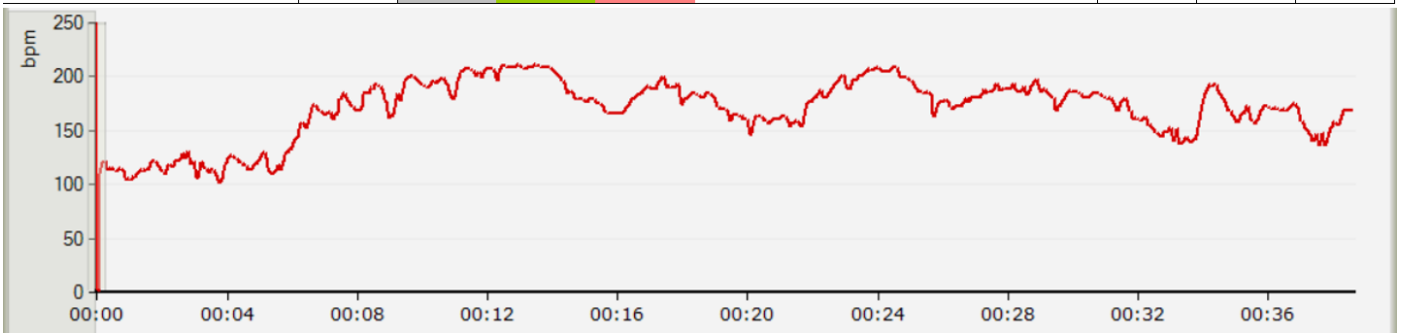
	00:41:36	HR			Time in sport zones					Above thres...	Training load	Kcal
		Minimum	Average	Maximum	50-59	60-69	70-79	80-89	90-100			
Player 6		94	153	200	00:09:21	00:06:38	00:12:13	00:11:09	00:02:15	00:03:36	82	259
Max HR: 213		44,0%	71,0%	93,0%	22,4%	16,0%	29,4%	26,8%	5,4%	8,7%	100,0%	100,0%



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	00:38:39	HR			Time in sport zones					Above thres...	Training load	Kcal
		Minimum	Average	Maximum	50-59	60-69	70-79	80-89	90-100			
Player 7		102	169	211	00:05:32	00:02:39	00:08:36	00:13:17	00:08:35	00:10:05	106	286
Max HR: 213		47,0%	79,0%	99,0%	14,2%	6,9%	22,3%	34,4%	22,2%	26,1%	100,0%	100,0%



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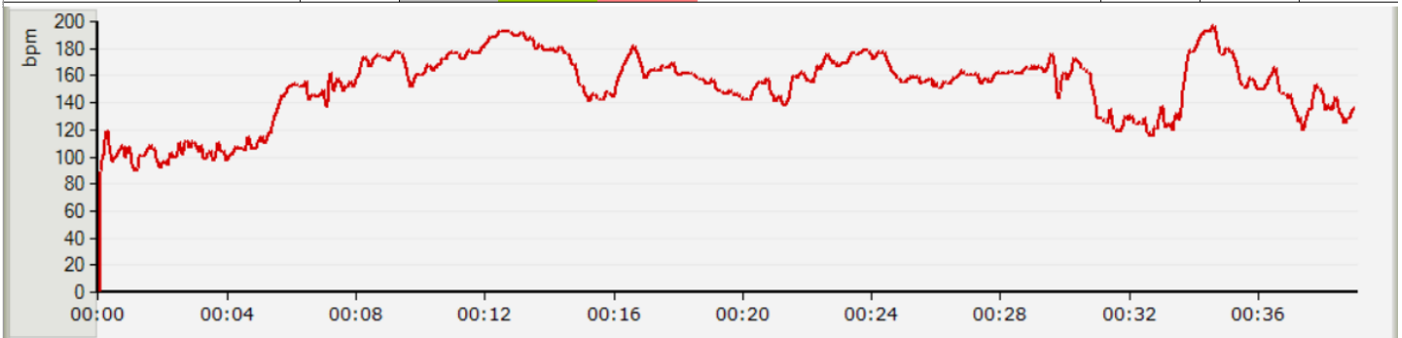
	00:40:32	HR			Time in sport zones					Above thres...	Training load	Kcal
		Minimum	Average	Maximum	50-59	60-69	70-79	80-89	90-100			
Player 8		90	139	191	00:13:05	00:14:54	00:08:50	00:03:41	00:00:02	00:00:23	53	211
Max HR: 214		42.0%	64.0%	89.0%	32.2%	36.8%	21.8%	9.1%	0.1%	1.0%	100.0%	100.0%



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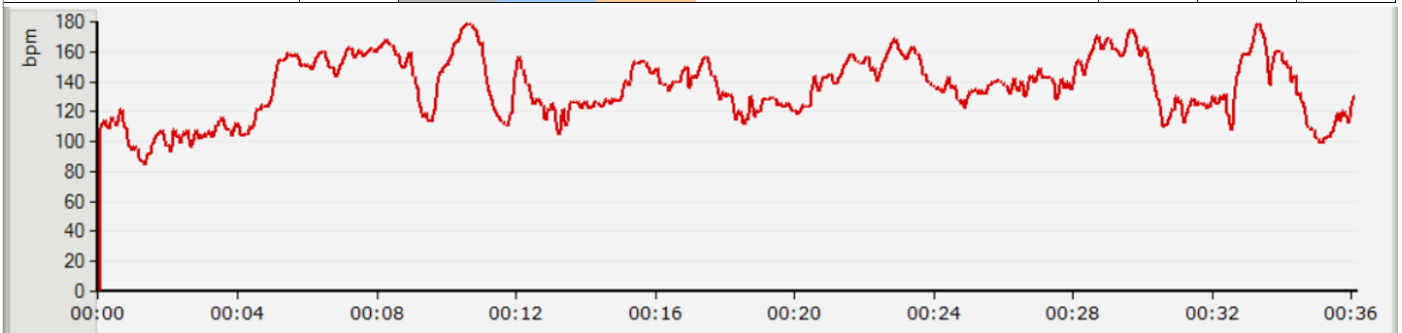
	00:39:02	HR			Time in sport zones					Above thres...	Training load	Kcal
		Minimum	Average	Maximum	50-59	60-69	70-79	80-89	90-100			
Player 9		89	151	197	00:07:38	00:06:46	00:16:04	00:07:58	00:00:36	00:01:19	70	236
Max HR: 214		41.0%	70.0%	92.0%	19.5%	17.3%	41.2%	20.4%	1.6%	3.4%	100.0%	100.0%



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	00:36:08	HR			Time in sport zones					Above thres...	Training load	Kcal
		Minimum	Average	Maximum	50-59	60-69	70-79	80-89	90-100			
Player 10		85	136	179	00:13:44	00:11:26	00:09:51	00:01:07	00:00:00	00:00:00	43	181
Max HR: 214		39.0%	63.0%	83.0%	38.0%	31.6%	27.3%	3.1%	0.0%	0.0%	100.0%	100.0%



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	00:34:03	HR			Time in sport zones					Above thres...	Training load	Kcal
		Minimum	Average	Maximum	50-59	60-69	70-79	80-89	90-100			
Player 11		95	158	215	00:01:50	00:01:35	00:07:21	00:07:56	00:15:21	00:14:17	108	545
Max HR: 184		51.0%	85.0%	116.0%	5.3%	4.7%	21.6%	23.3%	45.1%	42.0%	100.0%	100.0%

