



Report for Ryan Meiring		
Height (cm)	182	
Weight (kg)	73.5	
BMI (kg/m ²)	23.2	
Body fat (%)	9.1	

20.04.2012	03.10.2012
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Power results

Power output at LT (W)	195	250
Peak power output (W)	315	334
Power:weight ratio	4.3	4.5
Lactate turnpoint (% of peak power output)	62	75

The higher the PPO, the better the ability to ride flat terrain. The higher the power:weight ratio, the better the climbing ability.

Heart rate results

Heart rate at LT (bpm)	153	149
Max. Heart rate (bpm)	185	186

Oxygen consumption (VO₂) results

VO ₂ @ LT (ml.min ⁻¹ .kg ⁻¹)	38.8	40.1
VO ₂ max(ml.min ⁻¹ .kg ⁻¹)	54	60
Age predicted VO ₂ max (ml.min ⁻¹ .kg ⁻¹)	42	42

VO₂ max is the greatest rate at which oxygen can be consumed during exercise.

The higher this value, the faster your heart and lungs provide energy to your working muscles and the better your endurance capacity. The higher your % of VO₂ max at LT, the fitter you are.



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