

Lenka Masná

160 540, UTV

6. 10. 2009



ATLETIKA

Měřené období
květen a říjen 2009



Garmin 405 HR



A woman with blonde hair, wearing a bright green high-visibility jacket and dark blue athletic pants, is sitting on a wooden post in a forest. She is looking slightly to the right of the camera. The background consists of tall, thin trees and green foliage. A blue and white signpost is visible to her right.

TF min - 45

TF max - 196

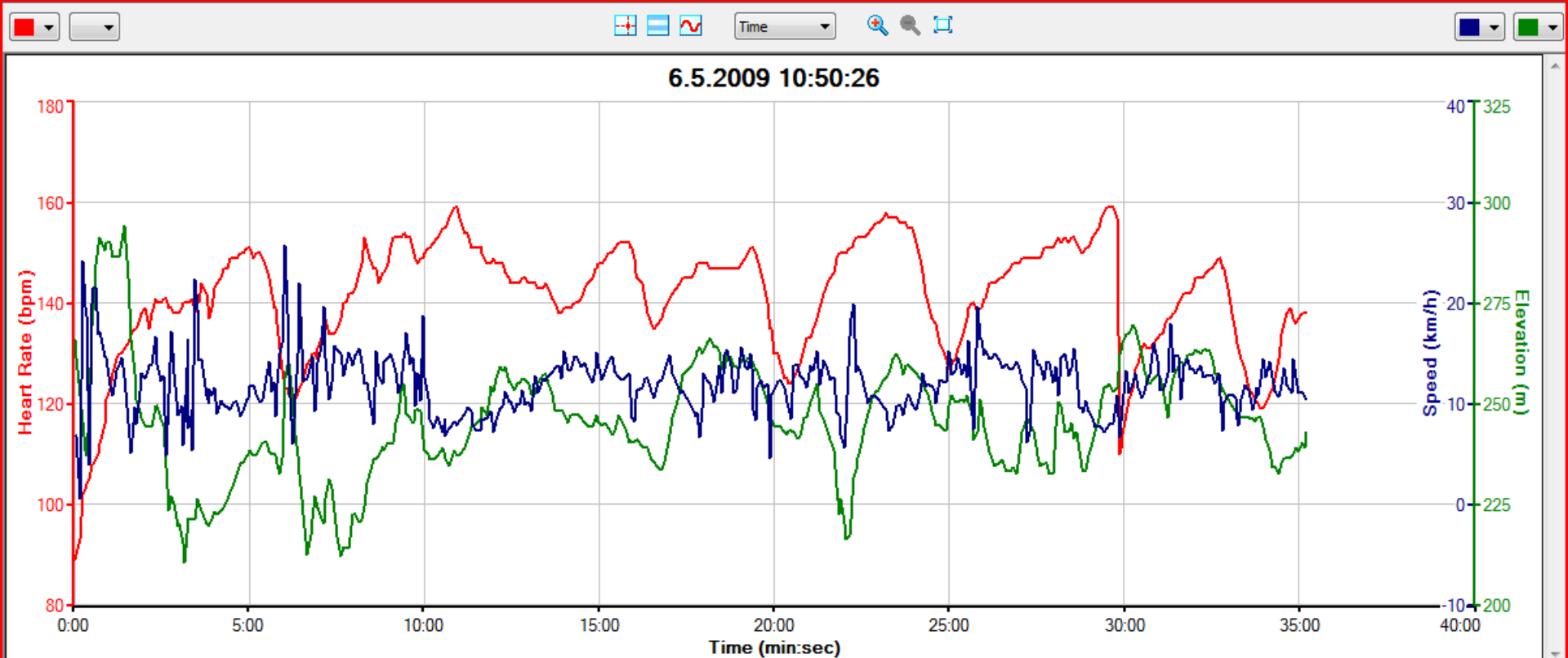
VO₂max – 71,62

ANP – 179 t/min

anaerobní zóna: 174 – 181 t/min.

6. 5. 2009

Volný běh – 7 km
Soběšice
terén – lesní stezky

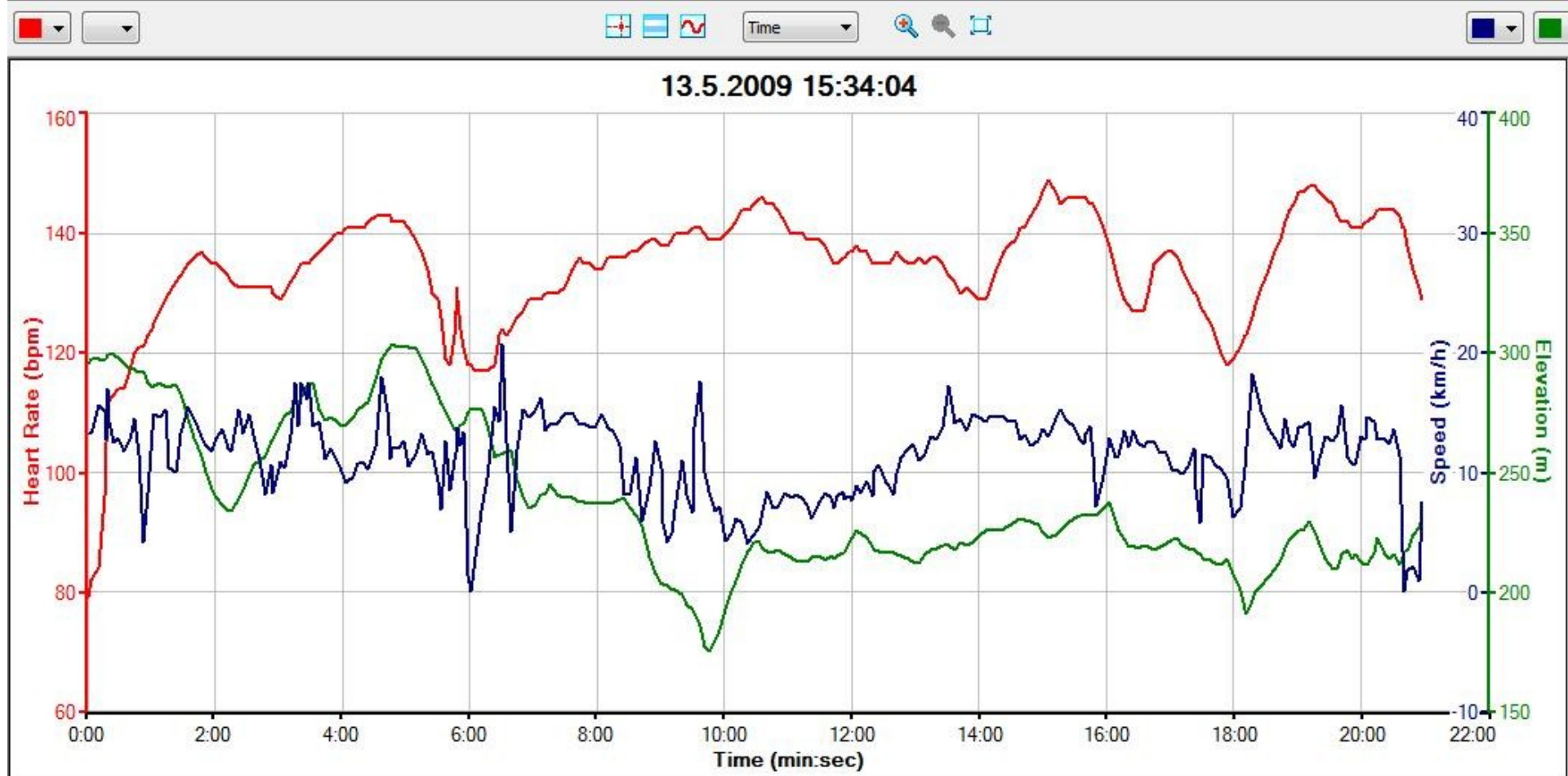


Name	Total Distance	Total Time	Avg Pace	Avg Speed	Max Speed	Total Calories	Tot...	Avg Heart Rate	Max Heart Rate
6.5.2009 10:50:26	7.09 km	35:22.41	4:59 /km	12.0 km/h	23.2 km/h	532 cal		141 bpm	159 bpm
Lap 1 - 10:50:26	1.00 km	4:59.05	4:59 /km	12.0 km/h	23.2 km/h	80 cal		133 bpm	151 bpm
Lap 2 - 10:55:27	1.00 km	4:27.98	4:27 /km	13.4 km/h	19.8 km/h	75 cal		140 bpm	154 bpm
Lap 3 - 10:59:55	1.00 km	5:29.20	5:29 /km	10.9 km/h	15.9 km/h	75 cal		147 bpm	159 bpm
Lap 4 - 11:05:24	1.00 km	4:58.44	4:58 /km	12.1 km/h	15.5 km/h	74 cal		146 bpm	152 bpm
Lap 5 - 11:10:22	1.00 km	5:10.75	5:10 /km	11.6 km/h	19.4 km/h	74 cal		143 bpm	158 bpm
Lap 6 - 11:15:34	1.00 km	4:54.16	4:54 /km	12.2 km/h	18.6 km/h	74 cal		147 bpm	159 bpm
Lap 7 - 11:24:01	1.00 km	4:53.23	4:53 /km	12.3 km/h	16.4 km/h	73 cal		134 bpm	149 bpm
Lap 8 - 11:28:55	93.77 m	0:29.60	5:15 /km	11.4 km/h	12.7 km/h	7 cal		138 bpm	139 bpm

13. 5. 2009

**Volný běh – 4 km
Špilberk**

kopcovitý terén + asfalt



Name	Total Distance	Total Time	Avg Pace	Avg Speed	Max Speed	Total Calories	Tot...	Avg Heart Rate	Max Heart Rate
13.5.2009 15:34...	4.00 km	21:02.01	5:15 /km	11.4 km/h	17.5 km/h	306 cal		134 bpm	149 bpm
Lap 1 - 15:34:04	1.00 km	4:46.81	4:46 /km	12.6 km/h	16.4 km/h	79 cal		129 bpm	143 bpm
Lap 2 - 15:38:51	1.00 km	5:21.14	5:21 /km	11.2 km/h	17.3 km/h	78 cal		133 bpm	142 bpm
Lap 3 - 15:44:13	1.00 km	5:34.04	5:34 /km	10.8 km/h	16.0 km/h	72 cal		139 bpm	149 bpm
Lap 4 - 15:49:47	1.00 km	5:16.70	5:16 /km	11.4 km/h	17.5 km/h	77 cal		136 bpm	148 bpm
Lap 5 - 15:55:05	4.54 m	0:03.32	12:10 ...	4.9 km/h	5.7 km/h	0 cal		129 bpm	129 bpm

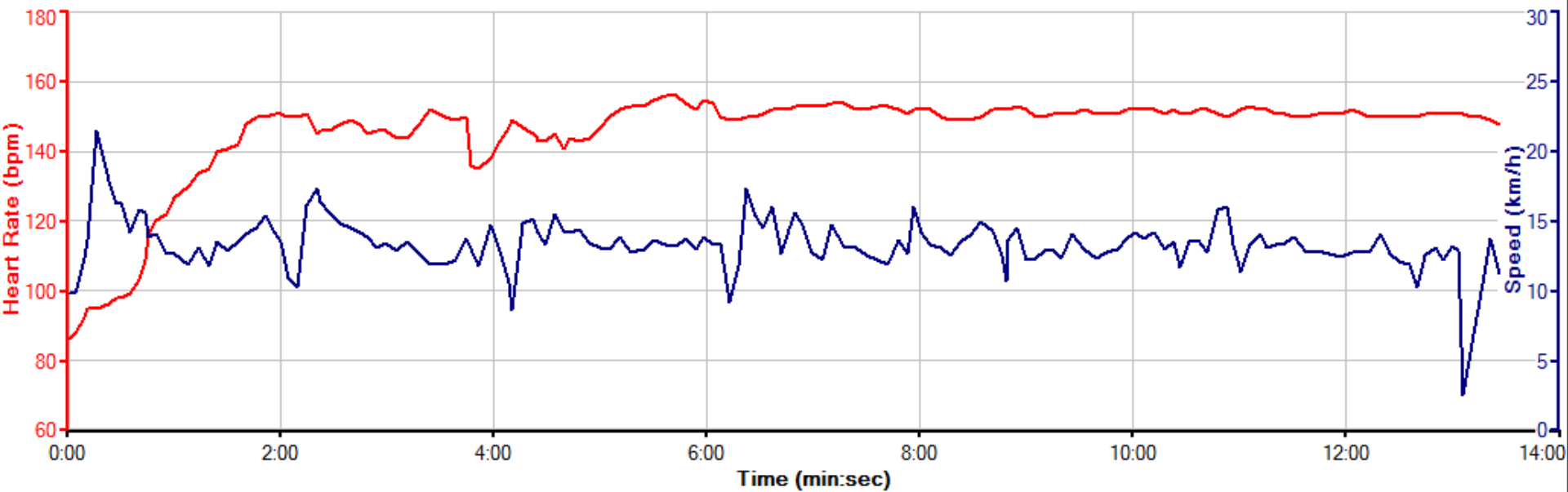
6. 10. 2009

rozklus – 13' - 3 km

5x800m i 2 – 2:30' - 2:36,0 (3:16/km)

výklus – 16' - 2,8 km

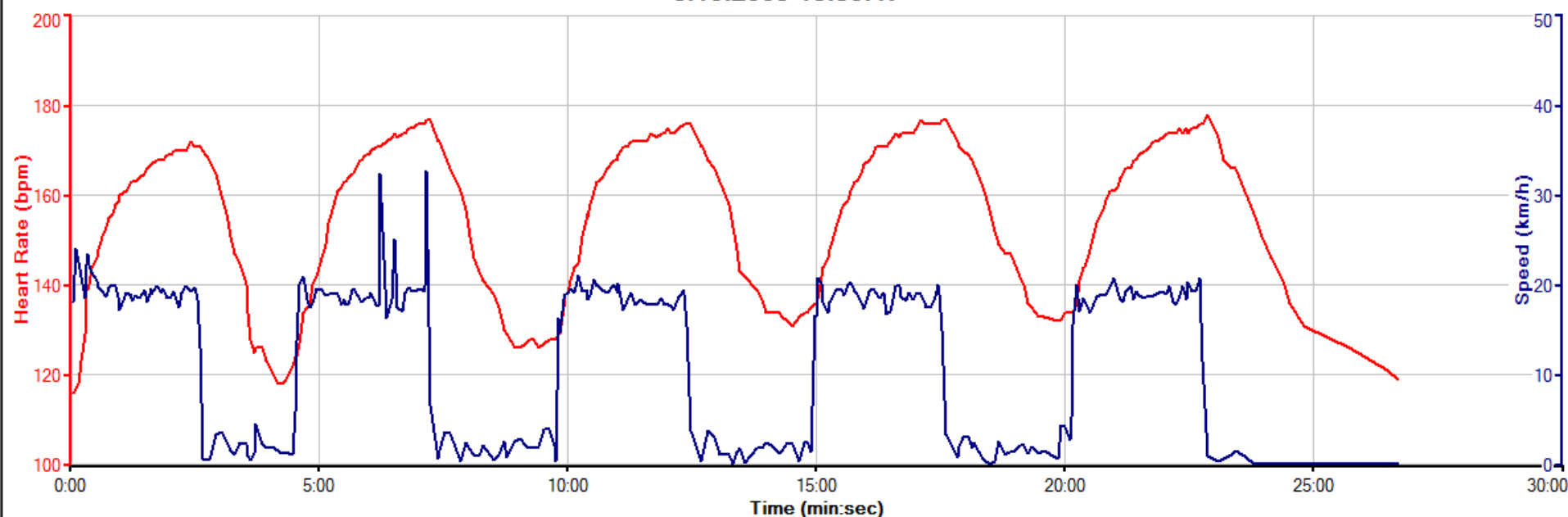
Rozklus 3km



Name	Total Distance	Total Time	Avg Pace	Avg Speed	Max Speed	Total Calories	Tot...	Avg Heart Rate	Max Heart Rate
3. 10. 2009 11:06...	3.00 km	13:32.75	4:30 /km	13.3 km/h	19.2 km/h	219 cal		145 bpm	159 bpm
Lap 1 - 11:06:44	1.00 km	4:24.29	4:24 /km	13.6 km/h	19.2 km/h	70 cal		134 bpm	153 bpm
Lap 2 - 11:11:22	1.00 km	4:26.62	4:26 /km	13.5 km/h	15.9 km/h	74 cal		151 bpm	159 bpm
Lap 3 - 11:15:48	1.00 km	4:41.84	4:41 /km	12.8 km/h	15.6 km/h	75 cal		151 bpm	153 bpm

Hlavní fáze

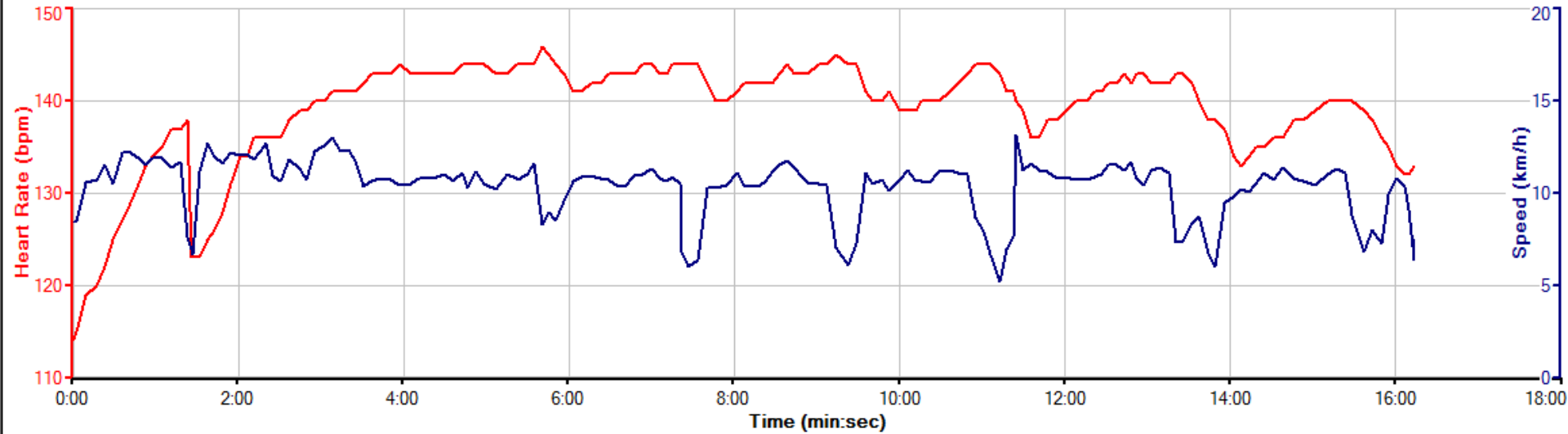
6.10.2009 15:50:47



Name	Total Distance	Total Time	Avg Pace	Avg Speed	Max Speed	Total Calories	Tot...	Avg Heart Rate	Max Heart Rate
6. 10. 2009 15:50...	4.45 km	26:48.13	6:01 /km	10.0 km/h	21.5 km/h	308 cal		153 bpm	178 bpm
Lap 1 - 15:50:47	823.22 m	2:33.42	3:06 /km	19.3 km/h	21.5 km/h	54 cal		157 bpm	172 bpm
Lap 2 - 15:53:20	79.29 m	1:59.60	25:08 ...	2.4 km/h	19.3 km/h	7 cal		140 bpm	171 bpm
Lap 3 - 15:55:20	814.45 m	2:35.87	3:11 /km	18.8 km/h	20.0 km/h	55 cal		162 bpm	177 bpm
Lap 4 - 15:57:56	101.72 m	2:38.05	25:53 ...	2.3 km/h	19.4 km/h	7 cal		144 bpm	177 bpm
Lap 5 - 16:00:34	811.25 m	2:35.30	3:11 /km	18.8 km/h	20.1 km/h	58 cal		163 bpm	176 bpm
Lap 6 - 16:03:09	82.61 m	2:32.45	30:45 ...	2.0 km/h	19.2 km/h	6 cal		148 bpm	177 bpm
Lap 7 - 16:05:42	814.26 m	2:35.63	3:11 /km	18.8 km/h	20.6 km/h	56 cal		164 bpm	178 bpm
Lap 8 - 16:08:17	81.43 m	2:38.92	32:31 ...	1.8 km/h	18.9 km/h	6 cal		151 bpm	177 bpm
Lap 9 - 16:10:56	814.85 m	2:35.15	3:10 /km	18.9 km/h	20.1 km/h	57 cal		164 bpm	176 bpm
Lap 10 - 16:13:31	28.26 m	4:01.57	37:16 ...	0.4 km/h	19.8 km/h	2 cal		141 bpm	178 bpm
Lap 11 - 16:17:33	1.34 m	0:02.17	26:57 ...	2.2 km/h	2.4 km/h	0 cal		119 bpm	119 bpm

Výklus – 2,6 km

6.10.2009 16:30:32



Name	Total Distance	Total Time	Avg Pace	Avg Speed	Max Speed	Total Calories	Tot...	Avg Heart Rate	Max Heart Rate
6.10.2009 16:30...	2.82 km	16:18.62	5:46 /km	10.4 km/h	12.7 km/h	202 cal		138 bpm	146 bpm
Lap 1 - 16:30:32	1.00 km	5:24.11	5:24 /km	11.1 km/h	12.7 km/h	69 cal		133 bpm	144 bpm
Lap 2 - 16:36:28	1.00 km	6:00.34	6:00 /km	10.0 km/h	11.6 km/h	74 cal		142 bpm	146 bpm
Lap 3 - 16:42:29	821.87 m	4:54.17	5:57 /km	10.1 km/h	11.5 km/h	59 cal		139 bpm	143 bpm



KONEC