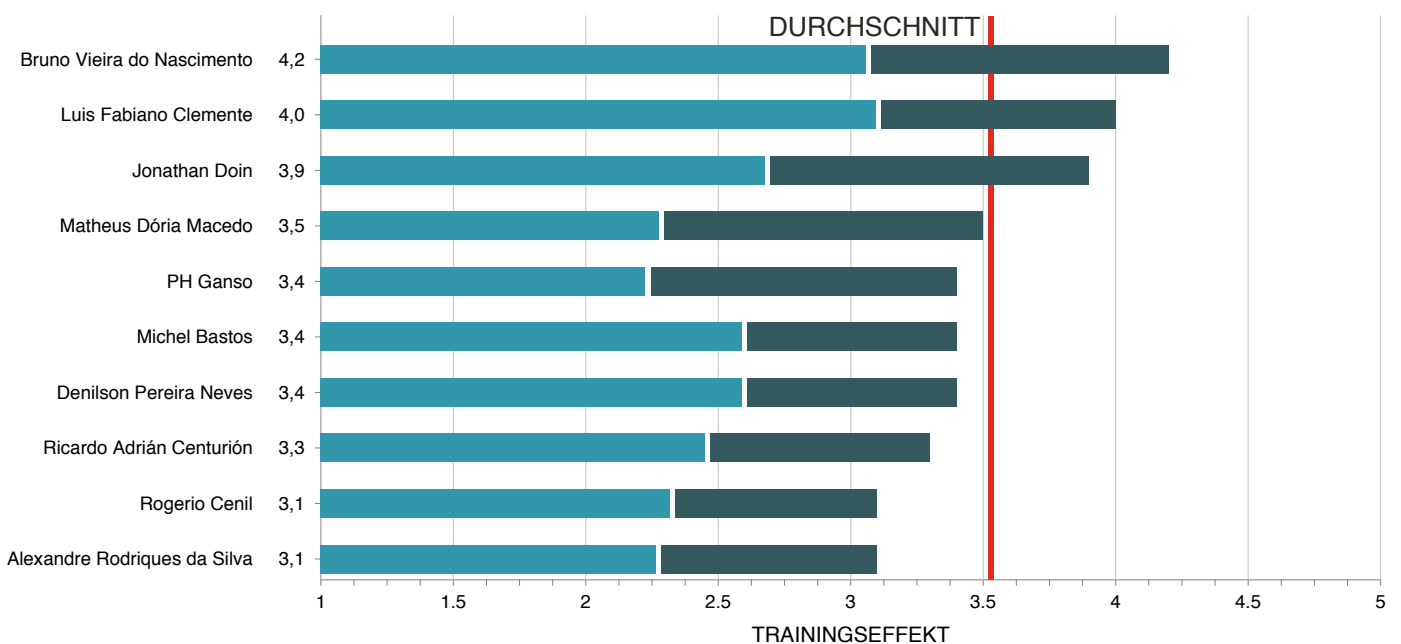


TRAININGSGRUPPENBERICHT

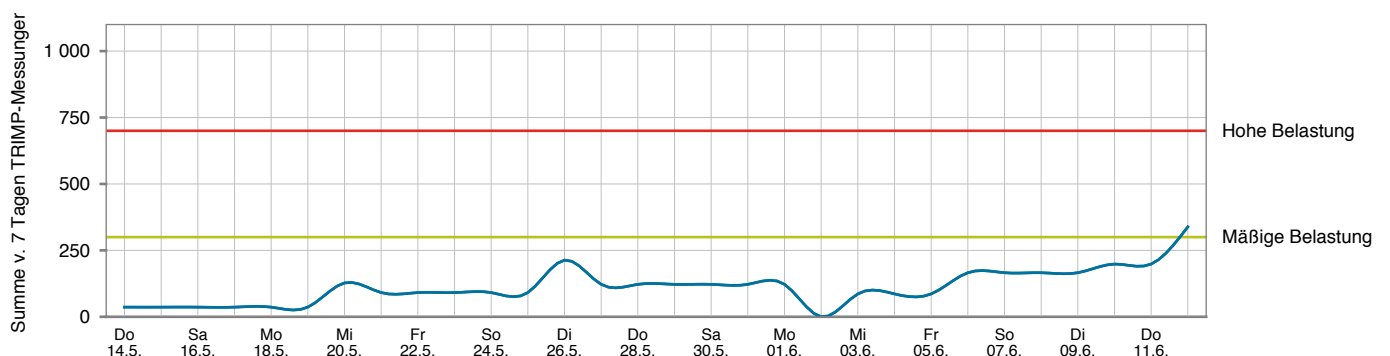
	TRAININGSEFFEKT	TRIMP	INTENSITÄT (%HFmax)
São Paulo FC	3.5	140	68%
Strikers (2)	3.5	140	70%
Midfield (4)	3.4	135	67%
Defenders (3)	3.9	156	71%
Goal keeper (1)	3.1	108	60%

VERTEILUNG DES TRAININGSEFFEKTS



- 5.0** Überanstrengender Trainingseffekt
- 4.0-4.9** Stark verbessernder Trainingseffekt
- 3.0-3.9** **Verbessernder Trainingseffekt**
- 2.0-2.9** Erhaltender Trainingseffekt
- 1.0-1.9** Geringer Trainingseffekt

WÖCHENTLICHE TRAININGSBELASTUNG



TRAININGSEINZELHEITEN

Name	Dauer	Zeitdauer in Trainingsbereich	INTENSITÄT (%HFmax)		Trainingsbelastung			
			Durchschnitt	Max.	EPOC	TRIMP	TRIMP (7 Tage)	
São Paulo FC	01:18:27		00:08:10 00:23:48 00:23:14 00:14:46 00:08:33	68%	93%	121	140	338
Bruno Vieira do Nascimento	01:18:50		00:20:45 00:27:04 00:18:16 00:12:51 00:00:00	78%	96%	184	185	425
Luis Fabiano Clemente	01:16:13		00:10:37 00:35:29 00:23:27 00:06:51 00:00:00	74%	94%	158	156	422
Jonathan Doin	01:18:47		00:16:44 00:16:27 00:21:06 00:16:30 00:08:08	71%	96%	149	157	411
Matheus Dória Macedo	01:18:39		00:09:41 00:19:21 00:16:10 00:13:33 00:19:55	63%	97%	128	127	215
PH Ganso	01:18:40		00:06:41 00:26:55 00:20:26 00:14:14 00:10:07	67%	96%	107	137	210
Michel Bastos	01:18:40		00:00:45 00:27:11 00:36:05 00:07:08 00:07:47	69%	88%	104	137	362
Denilson Pereira Neves	01:18:39		00:04:17 00:18:56 00:30:25 00:16:26 00:08:36	64%	92%	106	120	309
Ricardo Adrián Centurión	01:18:43		00:07:30 00:31:06 00:18:18 00:16:22 00:05:40	70%	92%	107	148	392
Rogério Cenil	01:18:39		00:02:09 00:18:50 00:24:38 00:19:49 00:13:14	60%	88%	86	108	281
Alexandre Rodrigues da Silva	01:18:45		00:02:33 00:16:46 00:23:30 00:24:03 00:12:04	65%	92%	80	125	358