

# TESTRAPPORT

## Toppidrettsenteret / Utholdenhetslaboratoriet

**Last Name:** Trøhaugen      **First Name:** Leif André  
**Sex:** male  
**Age:** 24 Years      **Height:** 182,0 Cm  
**Date:** 20.11.2004      **Time:** 13:10:09  
**Baro. pressure:** 985 hPa      **Temperature:** 20 °C

Time min	V'02 ml/min	V02/kg ml/ min/kg	RER	VIE L/min	BP l/min	VTex L	PE02 §	FEC02
00:30	2254	32.4	1.09	58	22	2.699	16.09	5.23
01:00	3648	52.5	0.87	69	21	3.361	14.49	5.78
01:30	3922	56.4	0.92	76	23	3.357	14.55	5.99
02:00	4124	59.3	0.97	84	25	3.386	14.79	6.00
02:30	4452	64.1	1.01	98	30	3.250	15.20	5.78
03:00	4518	65.0	1.06	107	34	3.166	15.59	5.60
03:30	4637	66.7	1.07	113	36	3.103	15.70	5.53
04:00	4702	67.7	1.09	125	44	2.839	16.12	5.18
04:30	4705	67.7	1.10	129	44	2.933	16.26	5.06
05:00	5125	73.7	1.05	117	41	2.872	15.36	5.81
05:30	5151	74.1	1.17	158	58	2.724	16.70	4.80
06:00	5191	74.7	1.20	169	63	2.706	16.91	4.65
06:30	5231	75.3	1.22	181	70	2.573	17.12	4.46

# TESTRAPPORT

## Toppidrettsenteret / Utholdenhetslaboratoriet

**Last Name:**

**Berg**

**First Name:**

**Trond Olav**

**Sex:**

**male**

**Age:**

**43 Years**

**Height:**

**187,0 cm**

**Date:**

**20.11.2004**

**Time:**

**13:32:22**

**Baro. pressure:**

**986 hPa**

**Temperature:**

**21 °C**

Time	V'02 min ml/min	V02/kg ml/ min/kg	RER	VIE L/min	BF l/min	VTex L	FEO2	FEC02
00:30	1868	24.3	1.28	83	25	3.275	18.08	3.57
01:00	4250	55.3	0.79	93	27	3.412	15.43	4.57
01:30	4465	58.1	0.89	104	27	3.789	15.66	4.82
02:00	4709	61.3	0.93	110	30	3.712	15.65	4.99
02:30	4805	62.6	0.98	119	33	3.562	15.90	4.97
03:00	5034	65.5	1.00	123	33	3.749	15.79	5.15
03:30	5260	68.5	1.04	140	38	3.695	16.19	4.90
04:00	5381	70.1	1.05	146	42	3.500	16.26	4.88
04:30	5517	71.8	1.08	165	51	3.215	16.65	4.58
05:00	5480	71.4	1.11	165	51	3.251	16.67	4.64
05:30	5622	73.2	1.12	168	48	3.484	16.63	4.71
06:00	5732	74.6	1.15	175	53	3.296	16.69	4.74

# TESTRAPPORT

## Toppidrettsenteret / Utholdenhetslaboratoriet

Last Name: Bruun First Name: Hermann  
Sex: male  
Age: 41 Years Height: 185,0 cm  
Date: 20.11.2004 Time: 13:52:29  
Baro. pressure: 986 hPa Temperature: 21 °C

Time	V'02	V02/kg	RER	VIE	BE	VTex	PE02	FEC02
Min	ml/min	ml/ min/kg		L/min	i/min	L	§	§
00:30	2264	32.5	1.18	86	43	2.001	17.50	3.91
01:00	3878	55.7	0.83	95	46	2.054	15.97	4.30
01:30	4031	57.9	0.88	104	50	2.088	16.21	4.27
02:00	3980	57.2	0.91	104	45	2.323	16.20	4.42
02:30	4296	61.7	0.94	113	46	2.459	16.21	4.51
03:00	4471	64.2	0.99	128	52	2.468	16.54	4.36
03:30	4487	64.5	1.00	124	48	2.563	16.39	4.55
04:00	4767	68.5	1.05	146	57	2.555	16.80	4.32
04:30	4818	69.2	1.08	150	57	2.628	16.84	4.35
05:00	4894	70.3	1.12	162	59	2.754	17.04	4.28
05:30	4977	71.5	1.15	169	59	2.842	17.11	4.28
06:00	4879	70.1	1.19	171	59	2.910	17.21	4.27

# TESTRAPPORT

## Toppidrettsenteret / Utholdenhetslaboratoriet

<b>Last Name:</b>	<b>Tronbøl</b>	<b>First Name:</b>	<b>Morten</b>
<b>Sex:</b>	<b>male</b>	<b>Height:</b>	<b>182,0</b> Cm
<b>Age:</b>	<b>34 Years</b>	<b>Time:</b>	<b>14:11:13</b>
<b>Date:</b>	<b>20.11.2004</b>	<b>Temperature:</b>	21 °C
<b>Baro. pressure:</b>	<b>986 hPa</b>		

Time min	V'O2 ml/min	V02/kg ml/ min/kg	RER	VIE L/min	BP l/min	VTex L	PE02	FEC02
00:30	1759	29.3	1.01	56	37	1.530	17.14	3.93
01:00	3219	53.6	0.84	83	41	2.030	16.24	4.09
01:30	3360	56.0	0.92	100	45	2.212	16.79	3.91
02:00	3368	56.1	0.95	102	45	2.245	16.82	3.98
02:30	3489	58.2	0.97	108	48	2.248	16.89	3.97
03:00	3526	58.8	0.98	109	46	2.342	16.88	4.02
03:30	3700	61.7	0.99	114	47	2.431	16.87	4.05
04:00	3750	62.5	1.01	119	48	2.472	16.98	4.02
04:30	3965	66.1	1.04	129	51	2.540	17.04	4.02
05:00	4019	67.0	1.08	139	55	2.523	17.25	3.92
05:30	4211	70.2	1.11	154	64	2.400	17.42	3.81
06:00	4147	69.1	1.14	154	65	2.369	17.45	3.87
06:30	4148	69.1	1.17	155	64	2.412	17.46	3.93

# TESTRAPPORT

## Toppidrettsenteret / Utholdenhetslaboratoriet

Last Name:	Valstad	First Name:	Keino
Sex:	male	Height:	171,0 cm
Age:	31 Years	Time:	14:28:37
Date:	20.11.2004	Temperature:	21 °C
Baro. pressure:	986 hPa		

Time min	V' O2 ml/min	V O2/kg ml/ min/kg	RER	VIE L/min	BF l/min	V T ex L	PE O2 %	FEC O2 %
00:00	0	0.0	0.00	0	0	<b>0.000</b>	0.00	0.00
00:30	2565	39.5	0.97	77	44	1.735	16.77	4.09
01:00	3680	56.6	0.85	93	45	2.066	16.11	4.26
01:30	3832	59.0	0.91	100	46	2.186	16.23	4.38
02:00	3897	60.0	0.95	105	46	2.267	16.31	4.44
02:30	4099	63.1	0.97	112	47	2.371	16.38	4.45
03:00	4129	63.5	0.99	119	48	2.461	16.57	4.35
03:30	4261	65.5	1.00	125	49	2.543	16.65	4.32
04:00	4351	66.9	1.02	130	51	2.569	16.71	4.32
04:30	4518	69.5	1.05	141	56	2.537	16.87	4.24
05:00	4622	71.1	1.07	147	59	2.501	16.94	4.23
05:30	4636	71.3	1.09	157	69	2.267	17.15	4.07

# TESTRAPPORT

## Toppidrettsenteret / Utholdenhetslaboratoriet

<b>Last Name:</b>	Reitan	<b>First Name:</b>	Trygve
<b>Sex:</b>	male	<b>Height:</b>	180,0 cm
<b>Age:</b>	35 Years	<b>Time:</b>	14:45:56
<b>Date:</b>	20.11.2004	<b>Temperature:</b>	21 °C
<b>Baro. pressure:</b>	986 hPa		

Time min	V'02 ml/min	V02/kg ml/ min/kg	RER	VIE L/min	BF l/min	VTex L	FE02 %	FEC02
00:30	2512	35.9	1.02	80	42	1.929	17.02	4.02
01:00	3866	55.2	0.85	101	44	2.274	16.28	4.11
01:30	3901	55.7	0.89	106	48	2.200	16.40	4.16
02:00	3947	56.4	0.92	108	49	2.213	16.44	4.23
02:30	3992	57.0	0.96	115	53	2.192	16.62	4.18
03:00	4105	58.6	0.98	121	51	2.361	16.70	4.18
03:30	4563	65.2	1.02	147	59	2.484	17.01	4.00
04:00	4645	66.4	1.05	157	62	2.553	17.19	3.90
04:30	4859	69.4	1.07	170	62	2.723	17.28	3.88
05:00	4880	69.7	1.10	175	63	2.772	17.36	3.86
05:30	4860	69.4	1.12	177	63	2.784	17.39	3.88

# TESTRAPPORT

## Toppidrettsenteret / Utholdenhetslaboratoriet

Last Name: Ask First Name: Kjetil  
Sex: male  
Age: 31 Years Height: 180,0 cm  
Date: 20.11.2004 Time: 15:03:03  
Baro. pressure: 986 hPa Temperature: 22 °C

Time min	V'O2 ml/min	V'O2/kg ml/ min/kg	RER	VIE L/min	BP l/min	VTex L	FE02	FEC02
00:30	2208	30.5	0.90	59	35	1.674	16.41	4.21
01:00	3998	55.3	0.77	90	44	2.048	15.61	4.31
01:30	4185	57.9	0.87	106	46	2.299	16.11	4.34
02:00	4248	58.8	0.92	114	48	2.372	16.32	4.34
02:30	4417	61.1	0.96	126	55	2.312	16.58	4.25
03:00	4479	62.0	0.99	132	58	2.268	16.68	4.22
03:30	4601	63.6	1.00	139	62	2.254	16.78	4.18
04:00	4745	65.6	1.03	146	63	2.305	16.82	4.21
04:30	4843	67.0	1.05	154	65	2.380	16.93	4.19
05:00	4876	67.4	1.08	160	69	2.298	17.03	4.16
05:30	4872	67.4	1.11	166	73	2.267	17.15	4.12
06:00	4832	66.8	1.14	169		2.099	17.23	4.12

# TESTRAPPORT

## Toppidrettsenteret / Utholdenhetslaboratoriet

Last Name:	Lome	First Name:	Jarle
Sex:	male	Height:	172,0 cm
Age:	40 Years	Date:	20.11.2004
Baro. pressure:	987 hPa	Time:	15:20:33
		Temperature:	21 °C

Time min	V'O2 ml/min	V'O2/kg ml/ min/kg	RER	VIE L/min	BP l/min	V'Tex L	ØO2 <small>P6</small>	IPZCO2 <small>96</small>
00:05	1636	25.6	1.12	53	32	1.664	16.99	4.33
00:30	2094	32.7	0.99	57	29	1.966	16.41	4.53
01:00	3602	56.3	0.79	73	30	2.465	15.05	4.90
01:30	3993	62.4	0.89	87	33	2.652	15.30	5.13
02:00	4041	63.1	0.97	96	34	2.826	15.71	5.12
02:30	4217	65.9	1.01	108	39	2.765	16.02	4.96
03:00	4239	66.2	1.03	110	38	2.903	16.07	5.01
03:30	4354	68.0	1.07	121	43	2.802	16.35	4.85
04:00	4350	68.0	1.09	122	43	2.874	16.40	4.86
04:30	4385	68.5	1.11	127	45	2.802	16.51	4.81
05:00	4382	68.5	1.15	134	47	2.859	16.71	4.74