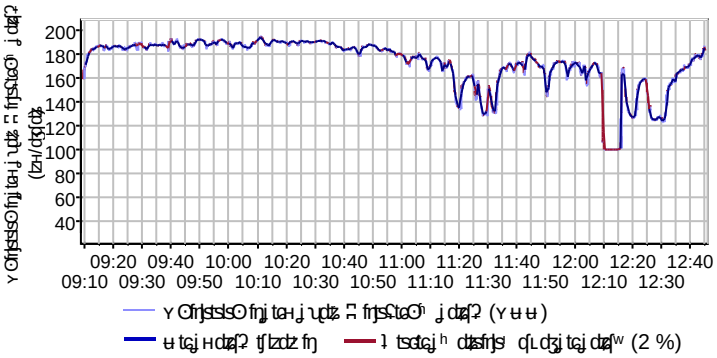
[illegible]

[illegible]: Shatsky Evgenii

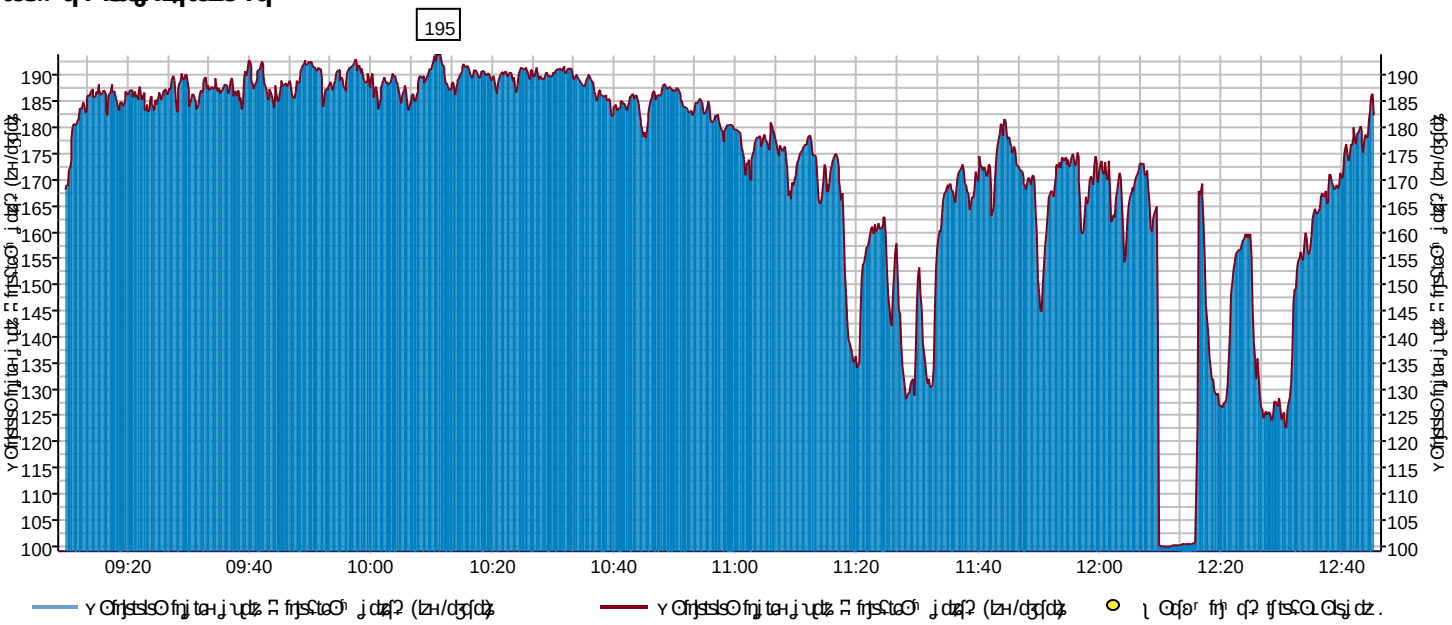
[illegible]: 20.09.2015

[illegible]	
[illegible]	22
[illegible]	174
[illegible]	64
[illegible]	36
[illegible]	194
[illegible]	6

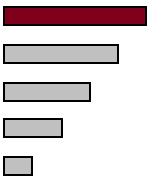
[illegible]	
[illegible]	03:38:29
[illegible]	9:09:35 - 12:48:05
[illegible]	122
[illegible]	195
[illegible]	173



[illegible]



[illegible]



5.0

[illegible]

[illegible]

[illegible]

[illegible] max = 195 [illegible] = 14.5 [illegible]

[illegible] = 173 [illegible]

VO2max = 52.7 [illegible]

EPOC sum = 859 [illegible]

[illegible].

[illegible]

High intensity training
Anaerobic threshold zone
Aerobic zone 2
Aerobic zone 1
Recovery training
09:20
09:40
10:00
10:20
10:40
11:00
11:20
11:40
12:00
12:20
12:40

[illegible] .

2 h 7 min
56 min
12 min
14 min
6 min

[illegible]

[illegible]

8.8.15
9.8.15
11.8.15
11.8.15
12.8.15
14.8.15
16.8.15
20.8.15
23.8.15
30.8.15
11.9.15
20.9.15

[illegible].

8.8.15
9.8.15
11.8.15
11.8.15
12.8.15
14.8.15
16.8.15
20.8.15
23.8.15
30.8.15
11.9.15
20.9.15
Jälki 5
Jälki 4
Jälki 3
Jälki 2
Jälki 1

[illegible].