

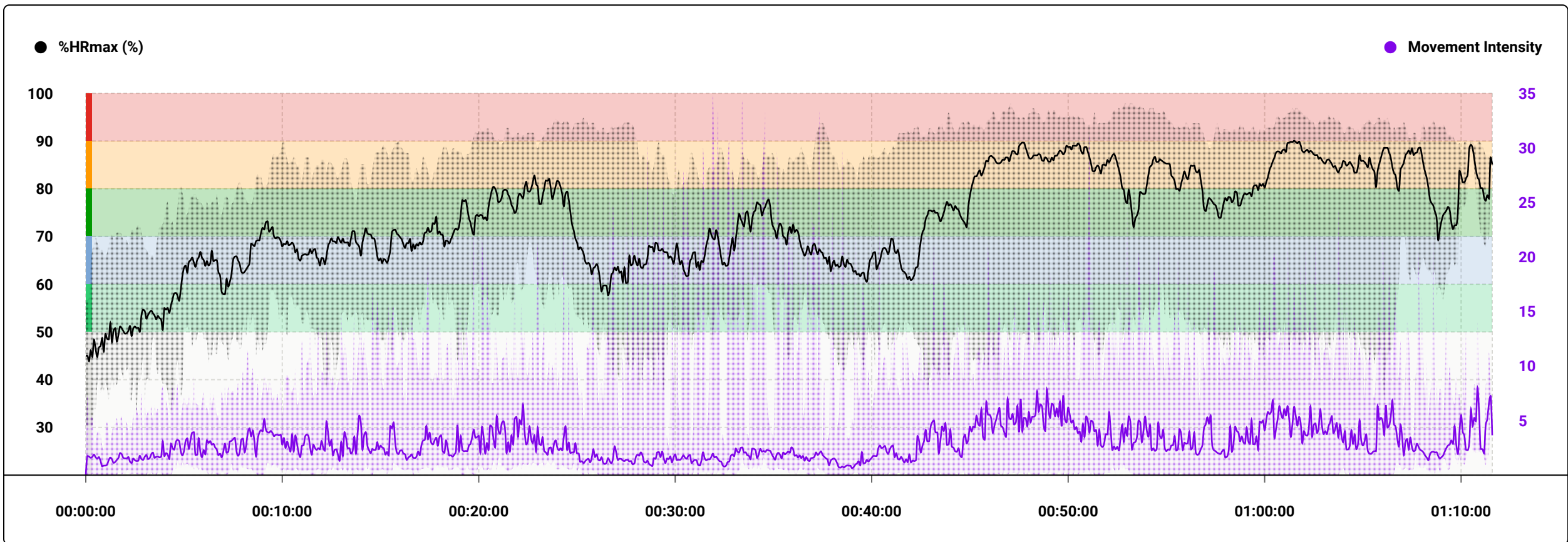


Sport	Title			Athletes
Football	GD-4			15
Date	Start time	End time	Duration	Type
Aug 27, 24	1:48:26 PM	3:05:32 PM	01:17:06	Training

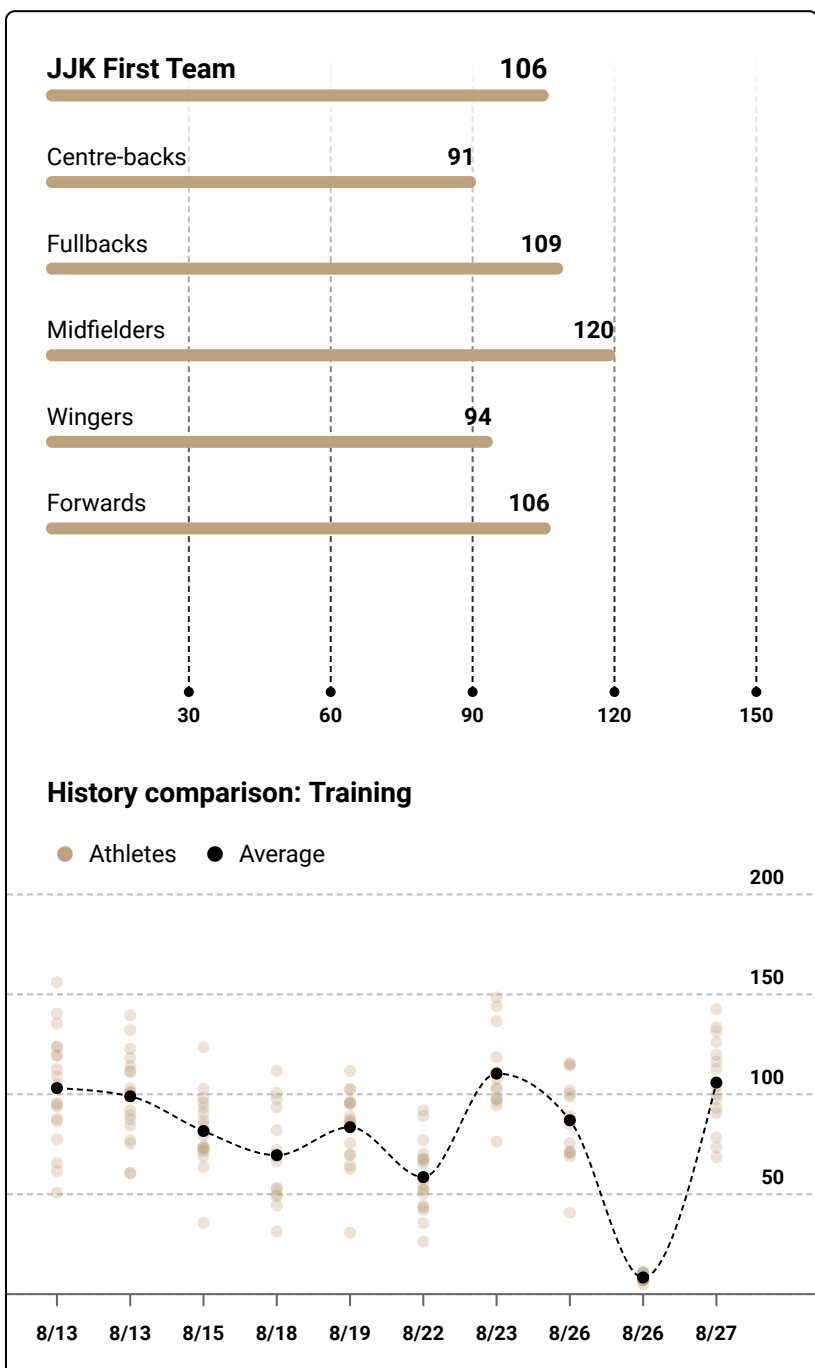
Notes

No notes

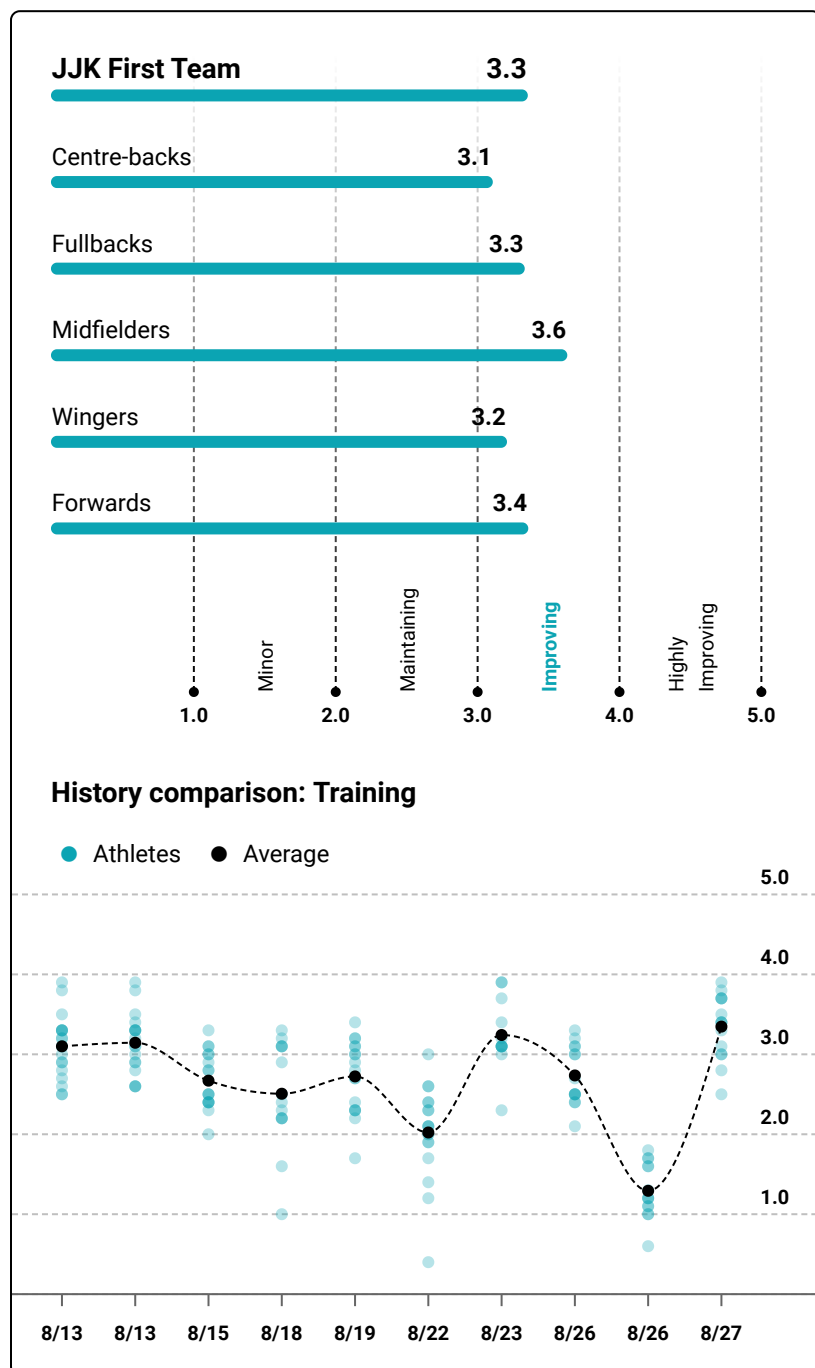
Training chart



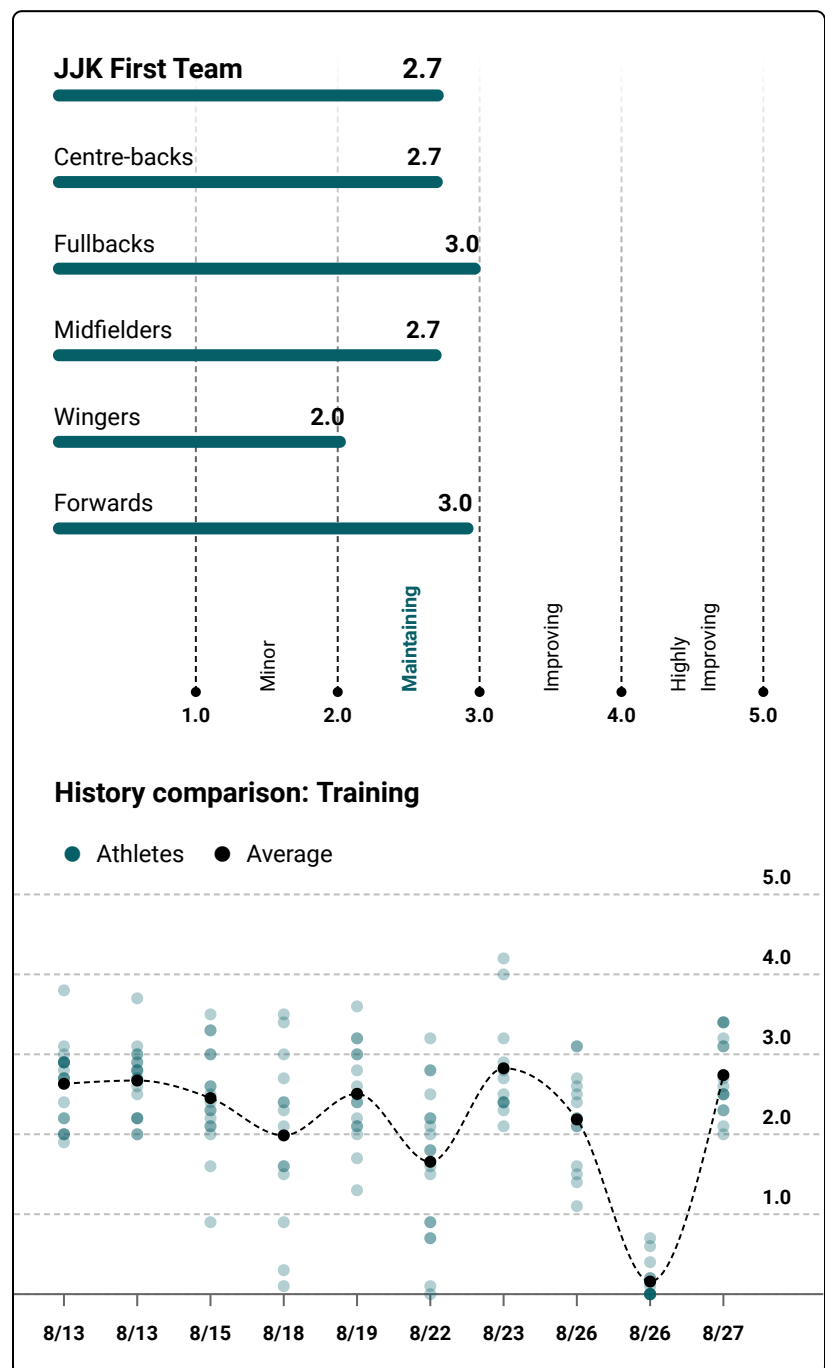
TRIMP



Aerobic Training Effect



Anaerobic Training Effect



Athlete Ranking

● History comparison: Training & Lap name

	TRIMP		Aerobic Training Effect		Anaerobic Training Effect	
GD-4	106	200	3.3	5.0	2.7	5.0
Alex Ciriaco	143	200	3.9	5.0	3.2	5.0
Miika Mahlamäki	134	200	3.7	5.0	2.7	5.0
Chuya Uwano	131	200	3.8	5.0	3.1	5.0
Timi Rantamäki	126	200	3.7	5.0	3.4	5.0
Joona Lahdenmäki	120	200	3.5	5.0	3.1	5.0
Antti-Pekka Kesonen	116	200	3.7	5.0	2.5	5.0
Robin Saastamoinen	113	200	3.4	5.0	2.5	5.0
Aatu Manninen	104	200	3.4	5.0	2.3	5.0
Lauri Rutanen	100	200	3.3	5.0	3.4	5.0
Arjan Goljahanpoor	98	200	3.4	5.0	2.0	5.0
Juho Luoma	93	200	3.1	5.0	3.4	5.0
Seoyu Kim	91	200	3.0	5.0	2.1	5.0
Otto Huttunen	78	200	2.8	5.0	2.6	5.0
Berat Akdogan	73	200	3.0	5.0	2.5	5.0
Eduard Ciriaco	68	200	2.5	5.0	2.3	5.0