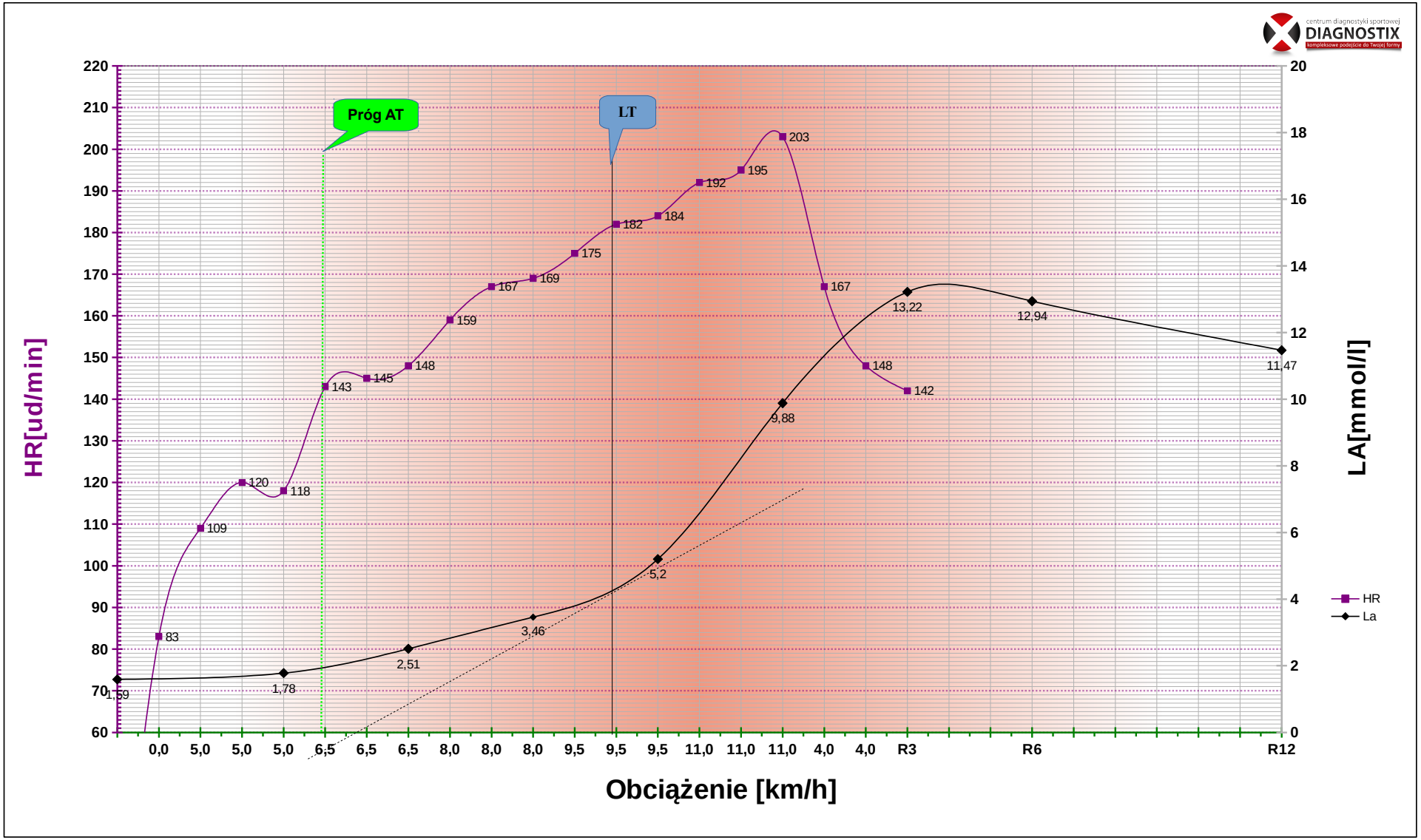
centrum diagnostyki sportowej
DIAGNOSTIX
kompleksowe podejście do Twojej formy
Próg AT
LT
HR[ud/min]
LA[mmol/l]
Obciążenie [km/h]
HR
La
220
210
200
190
180
170
160
150
140
130
120
110
100
90
80
70
60
20
18
16
14
12
10
8
6
4
2
0
0,0
5,0
5,0
5,0
6,5
6,5
6,5
8,0
8,0
8,0
9,5
9,5
9,5
11,0
11,0
11,0
4,0
4,0
R3
R6
R12
83
109
120
118
143
145
148
159
167
169
175
182
184
192
195
203
167
148
142
1,59
1,78
2,51
3,46
5,2
9,88
13,22
12,94
11,47