



Gerhard Stannek
SPIELER
SV Bruckmühl
GRUPPE

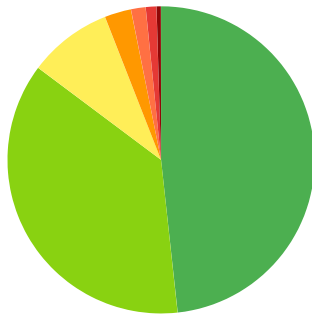
16:05
15. Juli 2023

SPIELER VIERTEL TABELLE

| | Phase 1 | Phase 2 | Alle Phasen | Gesamte Session |
|-----------------------------------|--------------------------------|---------------------------------|--------------------------------|--------------------------------|
| 🕒 Zeit | 00:46:40 ↑ 6.7% | 00:44:05 ↑ 25% | 01:30:45 ↑ 46% | 01:31:23 ↑ 41% |
| 🕒 Zeit (auf dem Feld) | 00:46:32 ↑ 9.9% | 00:44:05 ↑ 33% | 01:30:37 ↑ 53% | 01:31:16 ↑ 58% |
| 🏃 Distanz | 5.222 m ↑ 18% | 4.613 m ↑ 40% | 9.834 m ↑ 63% | 9.863 m ↑ 68% |
| 🏃 Distanz / min | 112 m ↑ 10% | 105 m ↑ 12% | 108 m ↑ 10% | 108 m ↑ 18% |
| 🏃 Speed (max) | 25,78 km/h ↓ -8.8% | 25,91 km/h ↓ -4.7% | 25,91 km/h ↓ -7.5% | 25,91 km/h ↓ -7% |
| 🏃 Speed (Ø) | 6,71 km/h ↑ 10% | 6,28 km/h ↑ 12% | 6,5 km/h ↑ 10% | 6,48 km/h ↑ 18% |
| ➡ Beschleunigungen | 50 ↑ 4.2% | 50 ↑ 39% | 100 ↑ 52% | 100 ↑ 57% |
| ➡ Beschleunigung (Max.) | 3,09 m/s ² ↓ -7.8% | 3,11 m/s ² ↑ 0.1% | 3,11 m/s ² ↓ -6.1% | 3,11 m/s ² ↓ -5.4% |
| ⬅ Entschleunigungen | 62 ↑ 24% | 62 ↑ 71% | 124 ↑ 83% | 124 ↑ 89% |
| ➡ Entschleunigung (Max.) | -3,59 m/s ² ↓ -9.1% | -3,24 m/s ² ↓ -13.4% | -3,59 m/s ² ↓ -9.7% | -3,59 m/s ² ↓ -8.4% |
| ⚡ Hoch-Intensive Distanz | 185 m ↓ -25% | 229 m ↑ 41% | 414 m ↑ 30% | 414 m ↑ 34% |
| ⚡ Richtungswechsel | 6 ↑ 100% | 5 ↑ 160% | 11 ↑ 187% | 11 ↑ 197% |
| 🏃 Akkumulierter Acceleration Load | 604,67 ↑ 29% | 515,85 ↑ 50% | 1.120,53 ↑ 76% | 1.123,81 ↑ 80% |
| 🏃 HF (Ø) | 165 bpm ↑ 4.4% | 161 bpm ↑ 6.8% | 163 bpm ↑ 5.8% | 156 bpm ↑ 13% |
| 🏃 HF (Max.) | 185 bpm ↓ -4.7% | 185 bpm ↓ -4.1% | 185 bpm ↓ -5.8% | 185 bpm ↓ -6.9% |
| 🏃 HF (Min.) | 92 bpm ↑ 4.1% | 96 bpm ↑ 13% | 92 bpm ↑ 11% | 92 bpm ↑ 29% |
| 🏃 TRIMP | 119,82 ↑ 15% | 101,16 ↑ 24% | 220,98 ↑ 52% | 221,89 ↑ 53% |
| 🏃 DFL Sprints | 2 ↓ -62.2% | 3 ↓ -25.7% | 5 ↓ -31.6% | 5 ↓ -29.2% |
| 🏃 Tempoläufe | 17 ↑ 14% | 14 ↑ 55% | 31 ↑ 67% | 31 ↑ 72% |
| 🏃 Zonen-Eintritt Sprint (>24km/h) | 2 ↓ -58.8% | 3 ↓ -13.8% | 5 ↓ -23.3% | 5 ↓ -20.6% |
| 🏃 Zonen-Eintritt VHSR (21-24km/h) | 6 ↓ -21.2% | 9 ↑ 97% | 15 ↑ 59% | 15 ↑ 64% |
| 🏃 Zonen-Eintritt HSR (19-21km/h) | 8 ↓ -4.5% | 9 ↑ 50% | 17 ↑ 51% | 17 ↑ 56% |

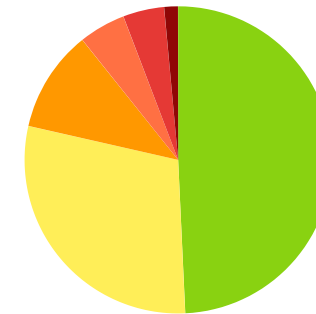
EVENT-KREISDIAGRAMM - DISTANZ

| | | |
|--------------------------------|----------------|--------|
| ● (<7,2km/h) Standing, Walking | 4.763 m | (48 %) |
| ● (7,2-14km/h) Jogging | 3.644 m | (37 %) |
| ● (14-17 km/h) Moderate Speed | 870 m | (9 %) |
| ● (17-19 km/h) Running | 277 m | (3 %) |
| ● (19-21 km/h) High Speed | 153 m | (2 %) |
| ● (21-24 km/h) Very High Speed | 111 m | (1 %) |
| ● (>24 km/h) Sprint | 46 m | (0 %) |
| Gesamt | 9.863 m | |

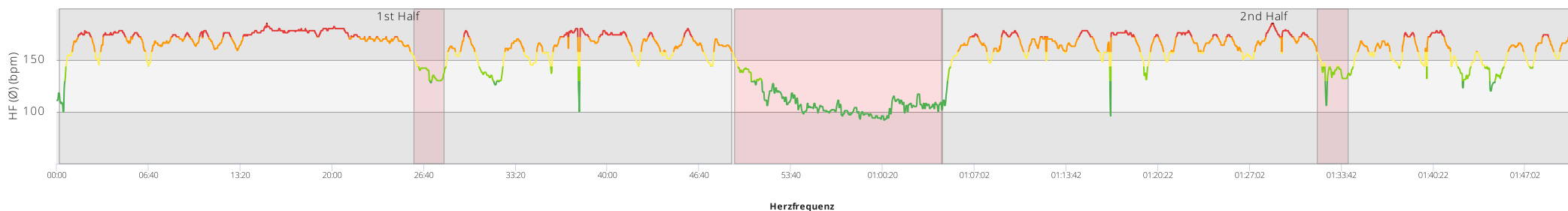


EVENT-KREISDIAGRAMM - GESCHWINDIGKEITZONEN EINTRITTE

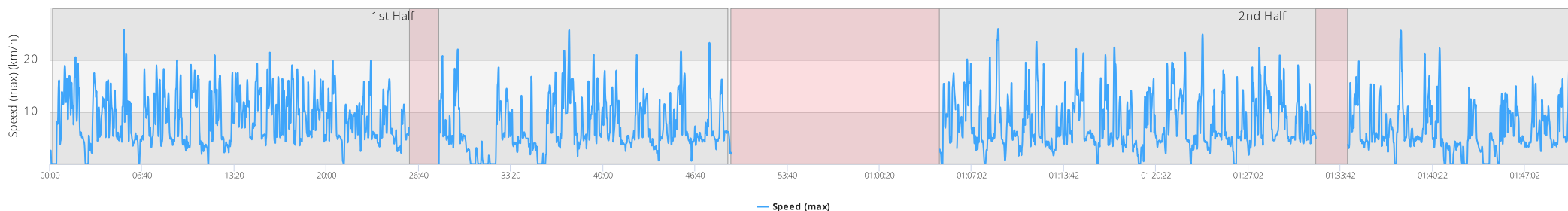
| | | |
|---------------------------------------|------------|--------|
| ● Zonen-Eintritt Walking (0-7,2km/h) | 0 | (0 %) |
| ● Zonen-Eintritt Jogging (7,2-14km/h) | 170 | (49 %) |
| ● Zonen-Eintritt MSR (14-17km/h) | 101 | (29 %) |
| ● Zonen-Eintritt Running (17-19km/h) | 37 | (11 %) |
| ● Zonen-Eintritt HSR (19-21km/h) | 17 | (5 %) |
| ● Zonen-Eintritt VHSR (21-24km/h) | 15 | (4 %) |
| ● Zonen-Eintritt Sprint (>24km/h) | 5 | (1 %) |
| Gesamt | 345 | |



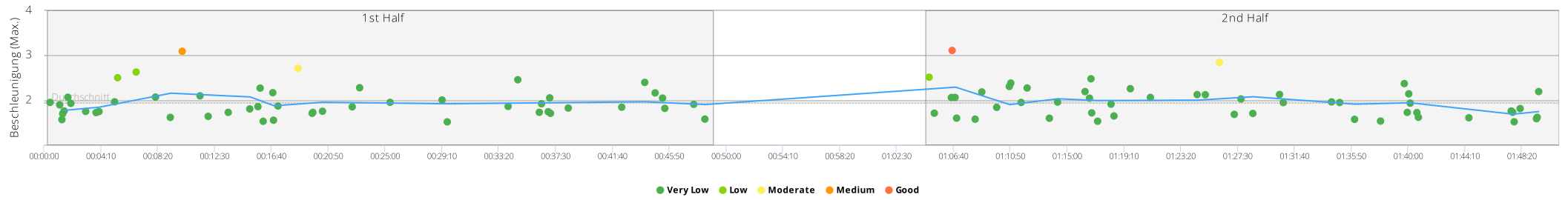
LINIENDIAGRAMM - HF (Ø)



LINIENDIAGRAMM - SPEED (MAX)



EVENT-PUNKTEDIAGRAMM - BESCHLEUNIGUNG - BESCHLEUNIGUNG (MAX.)



FLÄCHENDIAGRAMM - HOCH-INTENSIVE DISTANZ

