

Übersicht Leistungsdiagnostik

Spieler	30m max.	RSA	YYIRTL2 [m]	4km-Lauf	VO ₂ max (errechnet)
A [redacted]	4,23	95,1%	1220	16:16	61,89
C [redacted]	4,34	92,1%	1340	16:16	63,52
E [redacted]	4,22	90,3%	1040	15:26	59,44
G [redacted]	4,07	90,4%	1900	16:16	71,14
H [redacted]	4,33	91,4%	2000	14:51	72,50
H [redacted]	4,18	83,1%	600		53,46
K [redacted]	4,40	90,5%	1240	16:51	62,16
K [redacted]	4,18	91,4%	1600		67,06
L [redacted]	4,25	89,9%	720	16:59	55,09
M [redacted]	4,13	85,0%	1060	17:25	59,72
M [redacted]	4,12	91,0%	2160	15:25	74,68
M [redacted]	4,11	89,5%	1800	15:28	69,78
Na [redacted]	4,10	90,4%	1680		68,15
Oe [redacted]	4,26	85,3%	760	18:31	55,64
Og [redacted]	4,20	87,4%	1600	15:31	67,06
Rc [redacted]	4,44	91,7%	480	16:45	51,83
Sc [redacted]	4,07	88,2%	1480	16:50	65,43
St [redacted]	4,30	91,3%	1600	16:06	67,06
Tu [redacted]	4,48	94,4%	1160	16:21	61,08

Mittelwert 22.7.2013	4,23	89,9%	1338	16:19	63,50
Mittelwert 16.01.2013	4,14		2143		74,45
Vergleichswert DFB-Regio.	siehe Anlage	siehe Anlage	1353	16:35	

Diagramm: 30m max

30m max.

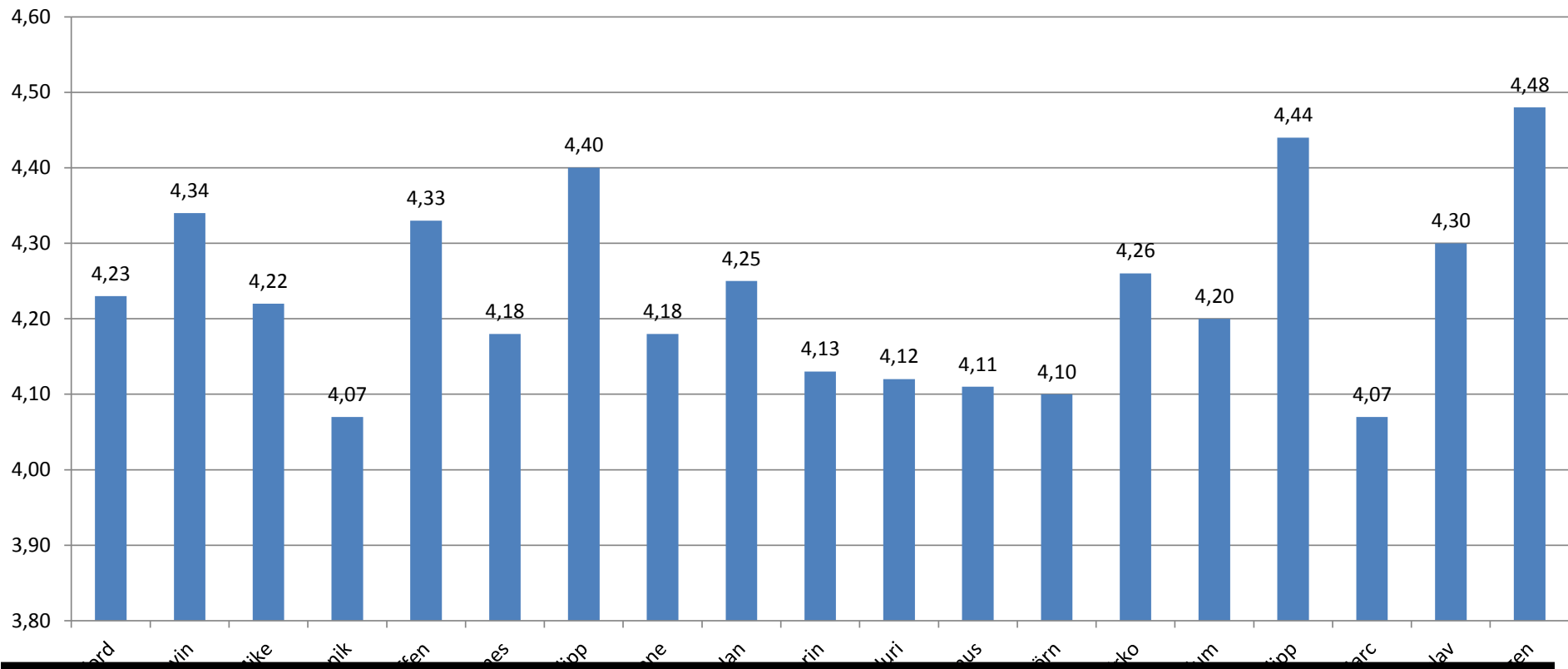


Diagramm: RSA

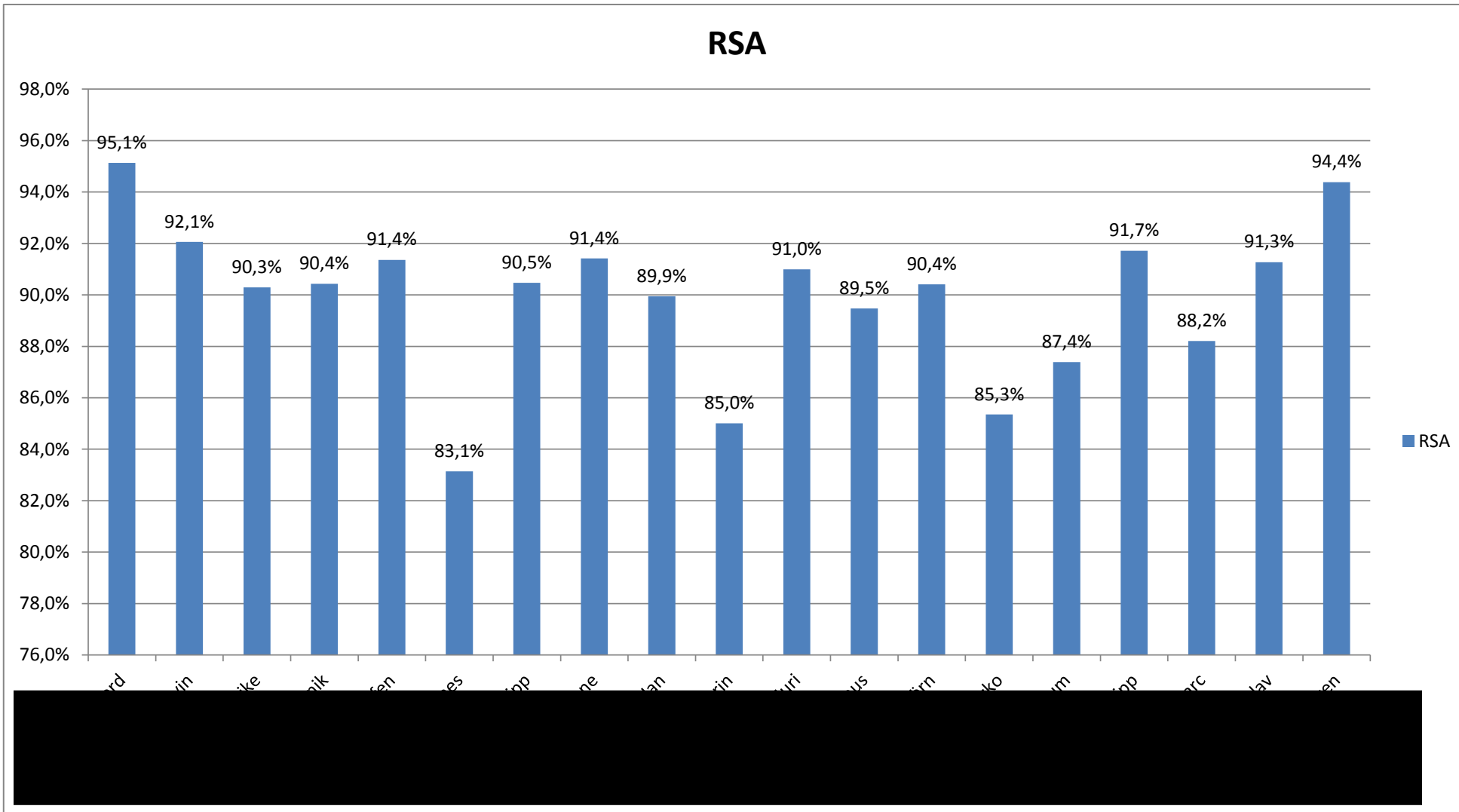


Diagramm: YYIRTL2

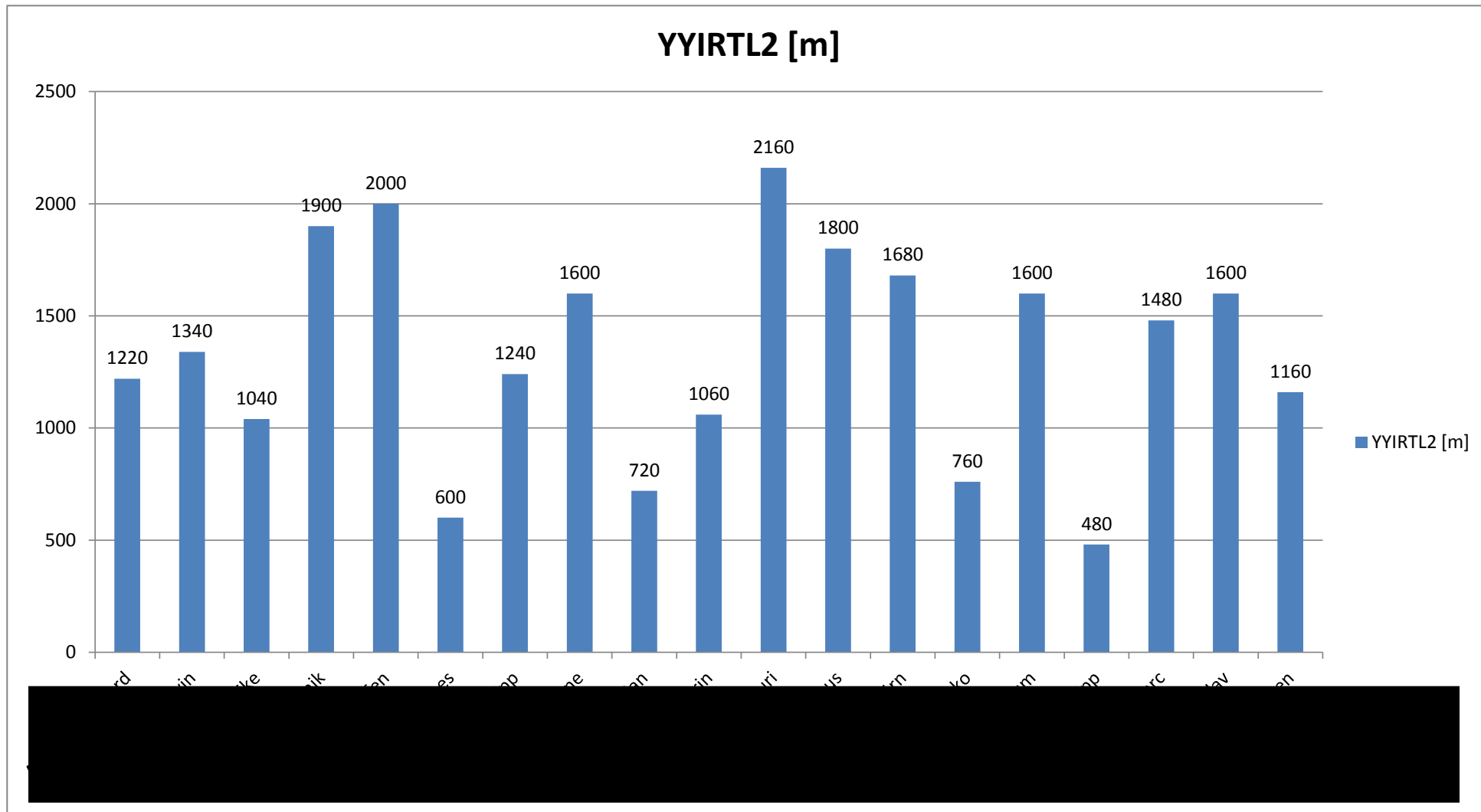
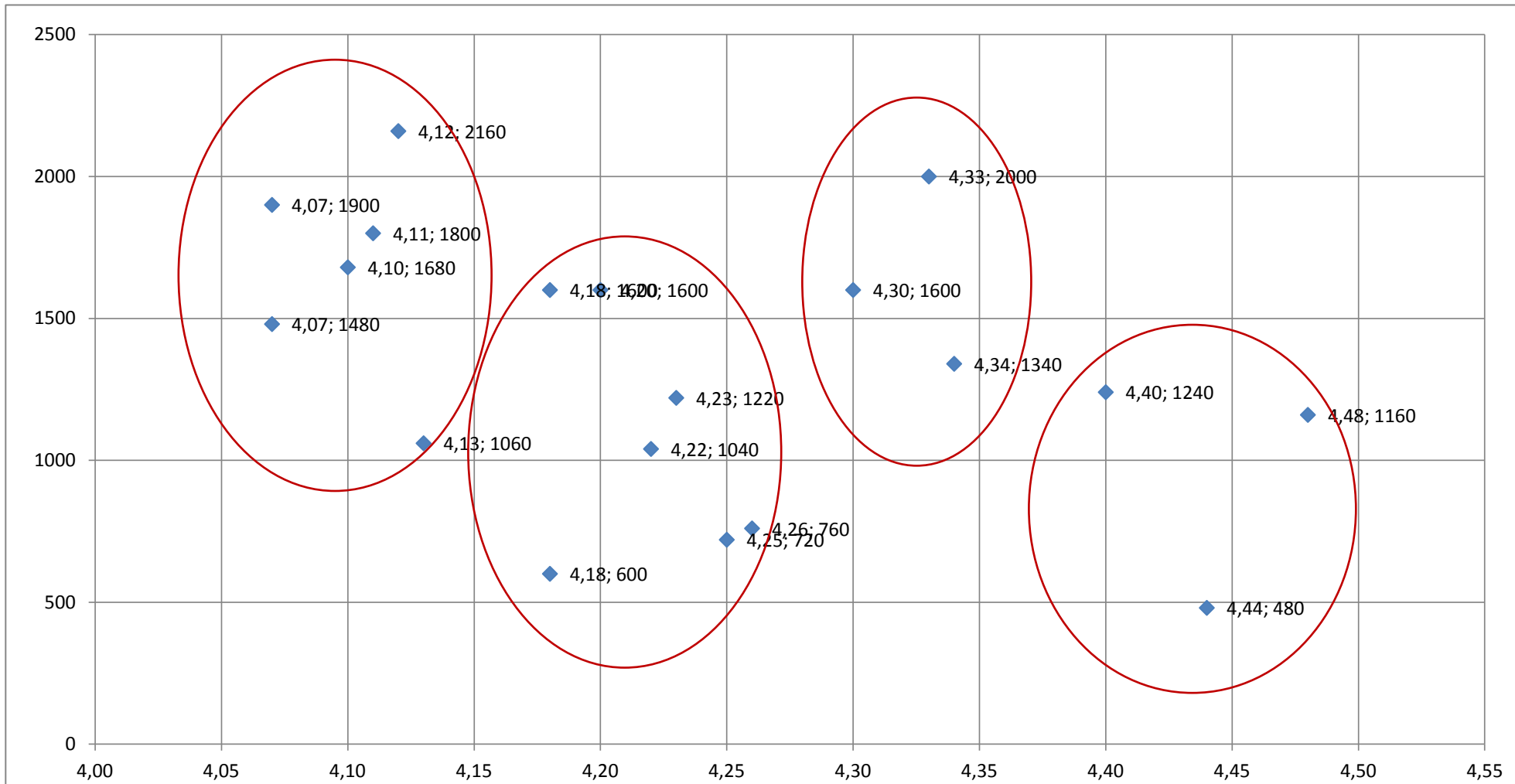


Diagramm: YYIRTL2 - 30m max

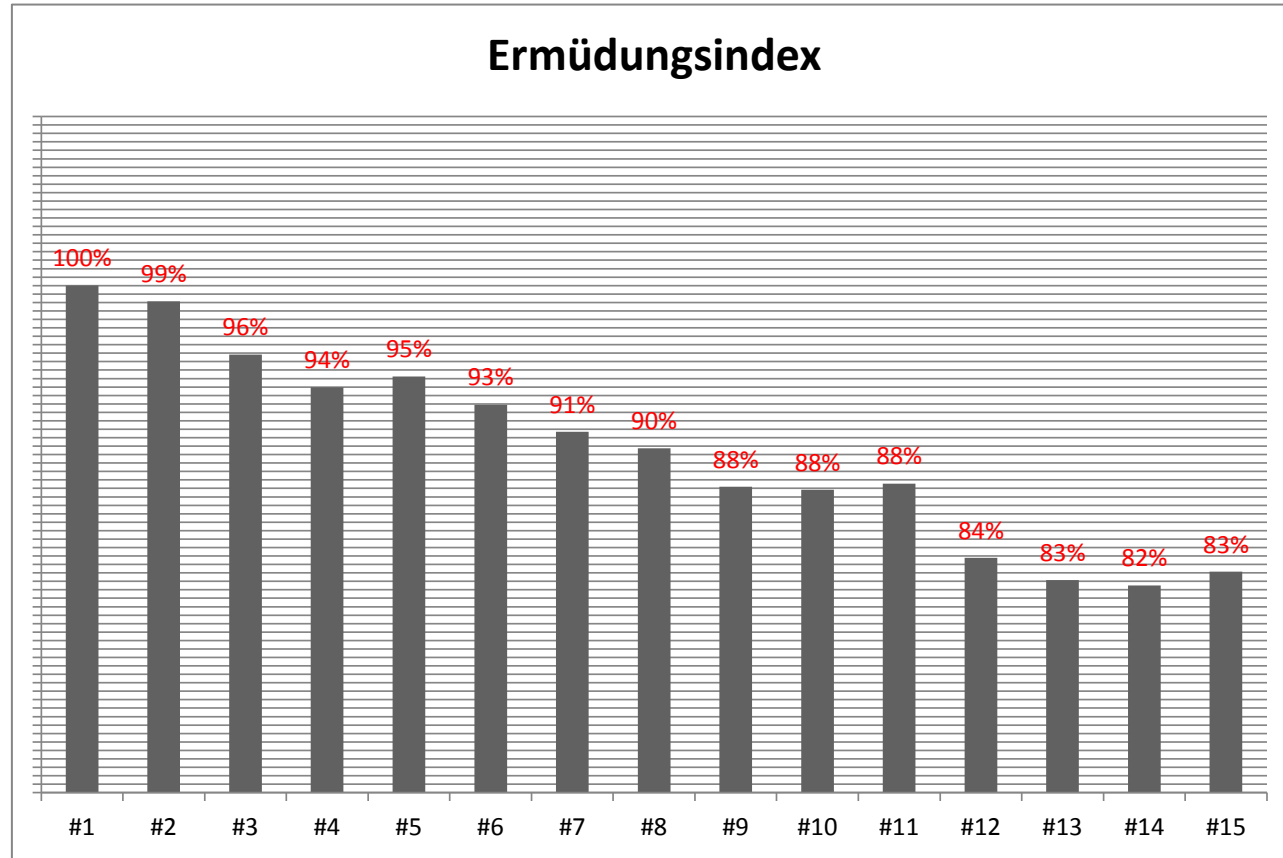




30m max. 4,22

#1	4,22	100,00%
#2	4,26	99,06%
#3	4,40	95,91%
#4	4,49	93,99%
#5	4,46	94,62%
#6	4,54	92,95%
#7	4,62	91,34%
#8	4,67	90,36%
#9	4,79	88,10%
#10	4,80	87,92%
#11	4,78	88,28%
#12	5,03	83,90%
#13	5,11	82,58%
#14	5,13	82,26%
#15	5,08	83,07%

Mittelwert	4,69	90,29%
SD	0,25	
Max	5,13	100,00%
Min	4,22	82,26%
Ermüdungsindex	0,91	17,74%

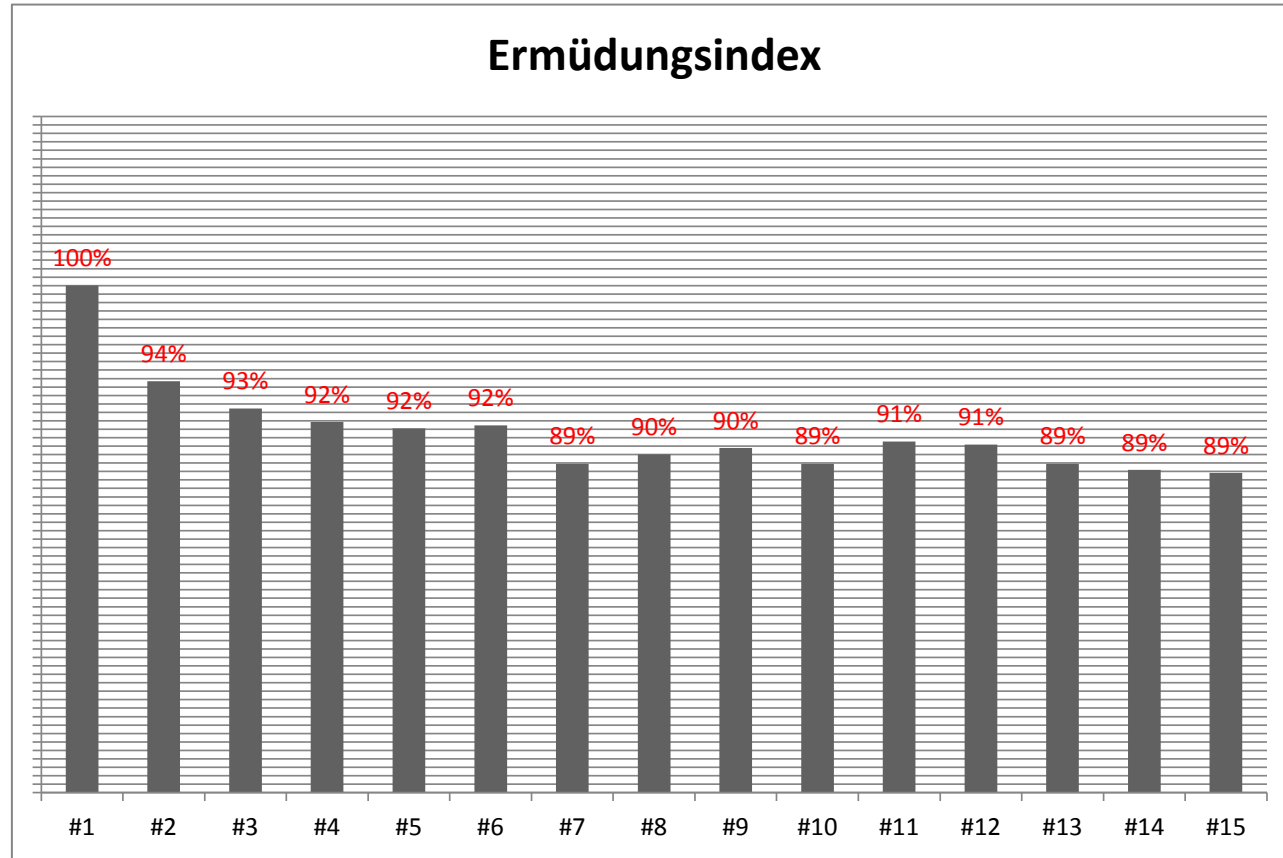


He

30m max. 4,33

#1	4,33	100,00%
#2	4,59	94,34%
#3	4,67	92,72%
#4	4,71	91,93%
#5	4,73	91,54%
#6	4,72	91,74%
#7	4,84	89,46%
#8	4,81	90,02%
#9	4,79	90,40%
#10	4,84	89,46%
#11	4,77	90,78%
#12	4,78	90,59%
#13	4,84	89,46%
#14	4,86	89,09%
#15	4,87	88,91%

Mittelwert	4,74	91,36%
SD	0,09	
Max	4,87	100,00%
Min	4,33	88,91%
Ermüdungsindex	0,54	11,09%

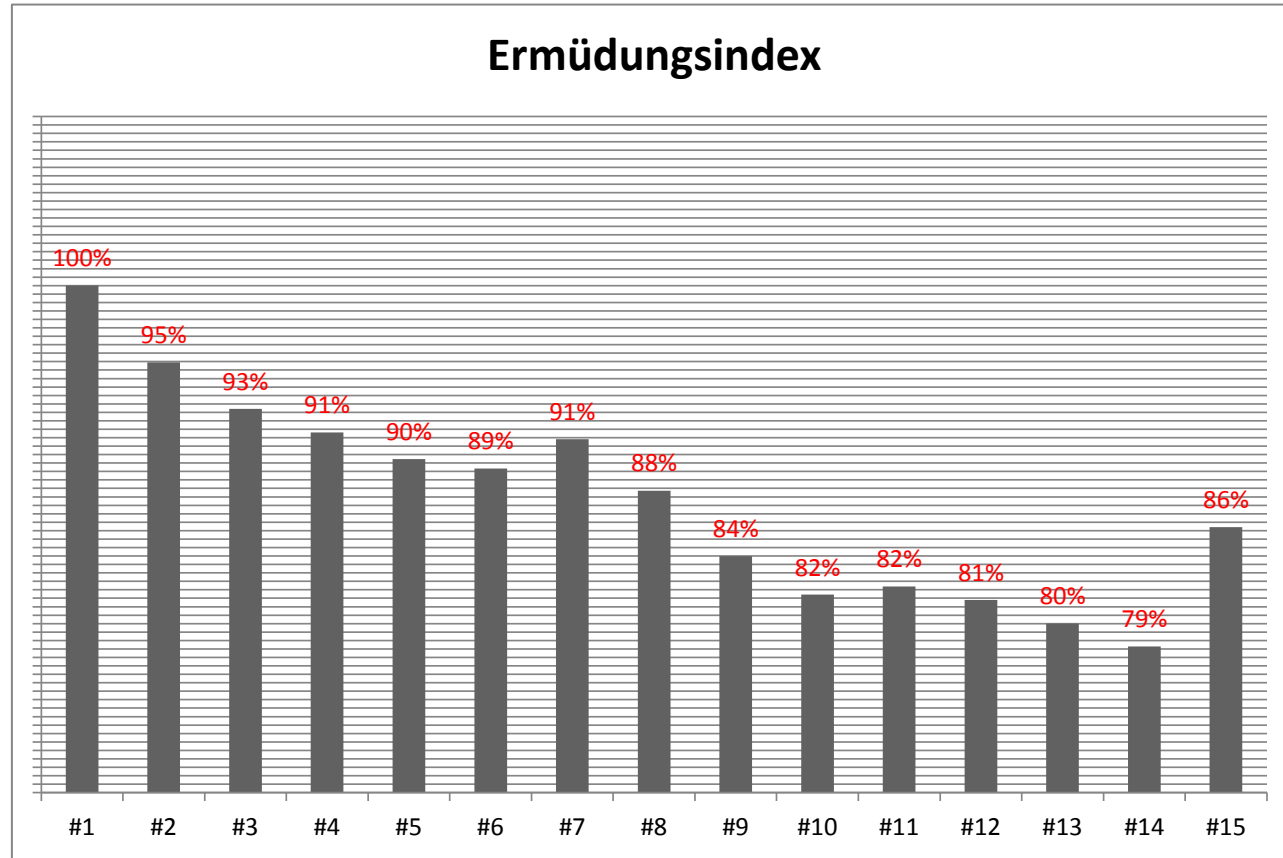




30m max. 4,2

#1	4,20	100,00%
#2	4,40	95,45%
#3	4,53	92,72%
#4	4,60	91,30%
#5	4,68	89,74%
#6	4,71	89,17%
#7	4,62	90,91%
#8	4,78	87,87%
#9	5,00	84,00%
#10	5,14	81,71%
#11	5,11	82,19%
#12	5,16	81,40%
#13	5,25	80,00%
#14	5,34	78,65%
#15	4,90	85,71%

Mittelwert	4,83	87,39%
SD	0,28	
Max	5,34	100,00%
Min	4,20	78,65%
Ermüdungsindex	1,14	21,35%

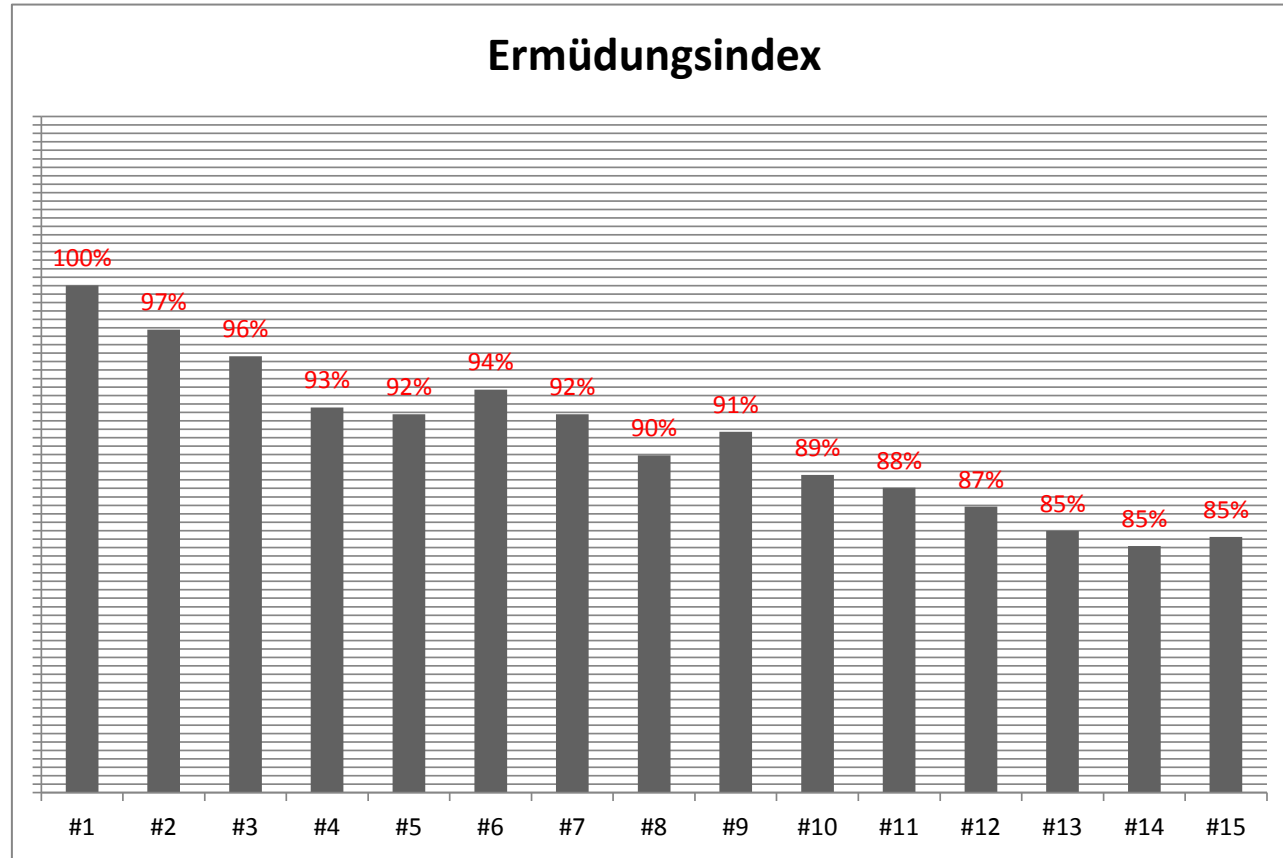




30m max. 4,12

#1	4,12	100,00%
#2	4,23	97,40%
#3	4,30	95,81%
#4	4,44	92,79%
#5	4,46	92,38%
#6	4,39	93,85%
#7	4,46	92,38%
#8	4,58	89,96%
#9	4,51	91,35%
#10	4,64	88,79%
#11	4,68	88,03%
#12	4,74	86,92%
#13	4,82	85,48%
#14	4,87	84,60%
#15	4,84	85,12%

Mittelwert	4,54	90,99%
SD	0,19	
Max	4,87	100,00%
Min	4,12	84,60%
Ermüdungsindex	0,75	15,40%

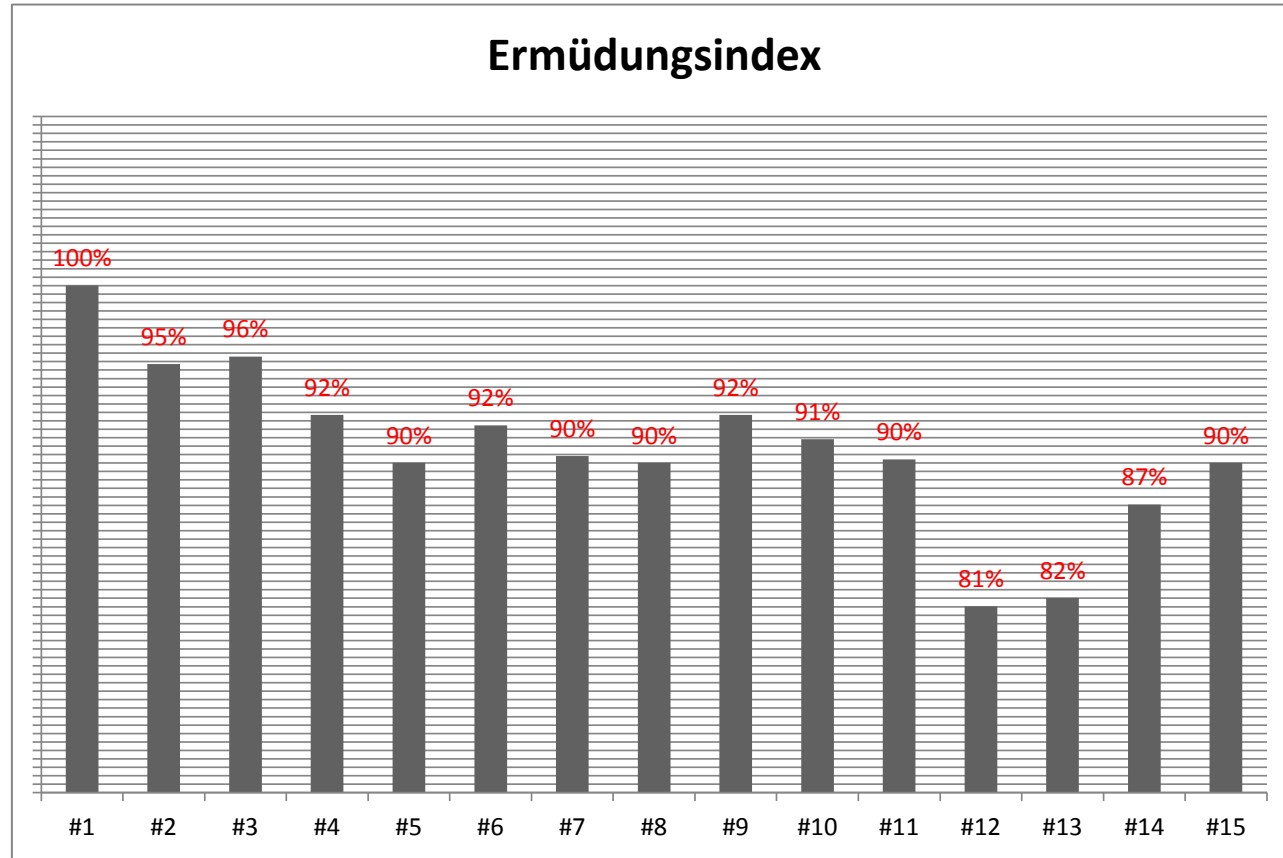


Na [Redacted]

30m max. 4,10

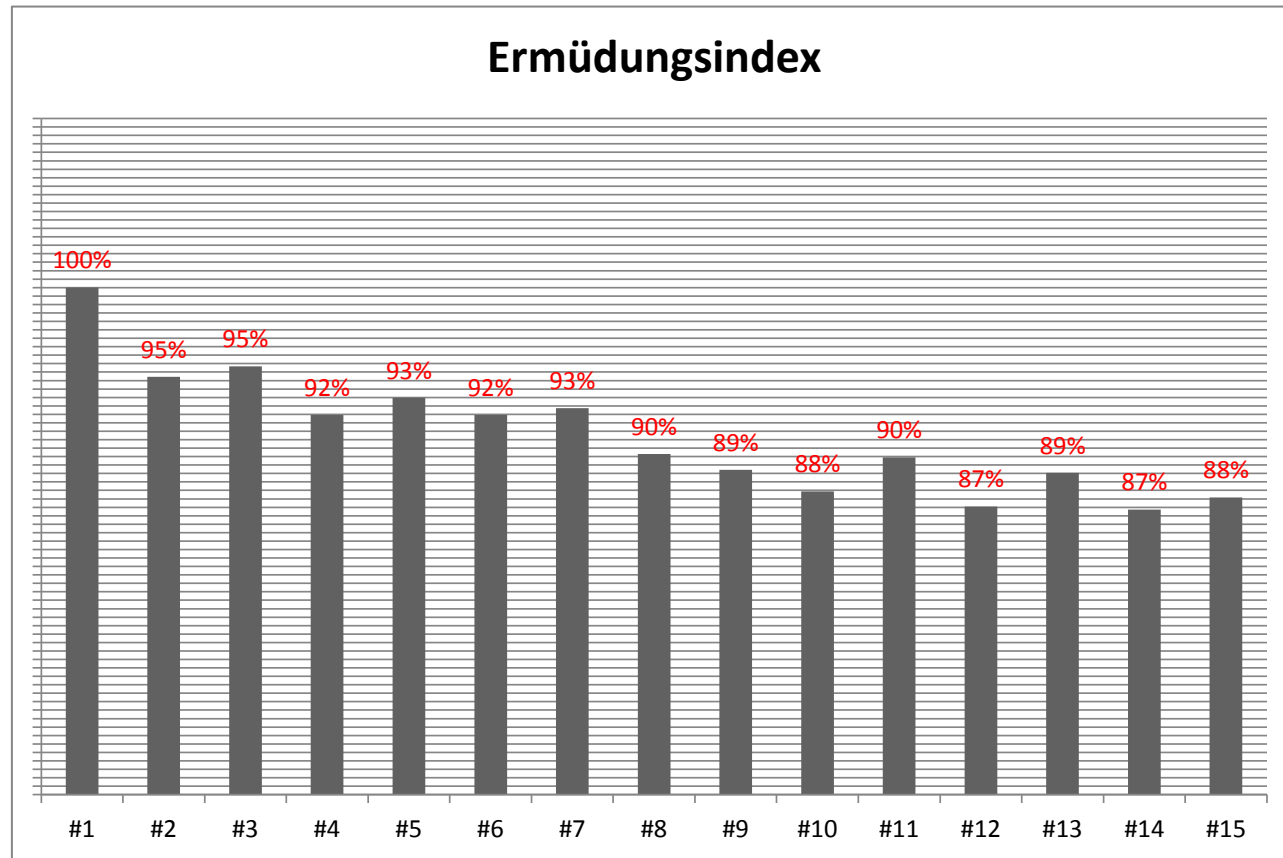
#1	4,10	100,00%
#2	4,30	95,35%
#3	4,28	95,79%
#4	4,44	92,34%
#5	4,58	89,52%
#6	4,47	91,72%
#7	4,56	89,91%
#8	4,58	89,52%
#9	4,44	92,34%
#10	4,51	90,91%
#11	4,57	89,72%
#12	5,06	81,03%
#13	5,03	81,51%
#14	4,71	87,05%
#15	4,58	89,52%

Mittelwert	4,55	90,42%
SD	0,17	
Max	5,06	100,00%
Min	4,10	81,03%
Ermüdungsindex	0,96	18,97%



St

30m max.	4,30	
#1	4,30	100,00%
#2	4,54	94,71%
#3	4,51	95,34%
#4	4,65	92,47%
#5	4,60	93,48%
#6	4,65	92,47%
#7	4,63	92,87%
#8	4,77	90,15%
#9	4,82	89,21%
#10	4,89	87,93%
#11	4,78	89,96%
#12	4,94	87,04%
#13	4,83	89,03%
#14	4,95	86,87%
#15	4,91	87,58%
Mittelwert	4,72	91,27%
SD	0,15	
Max	4,95	100,00%
Min	4,30	86,87%
Ermüdungsindex	0,65	13,13%

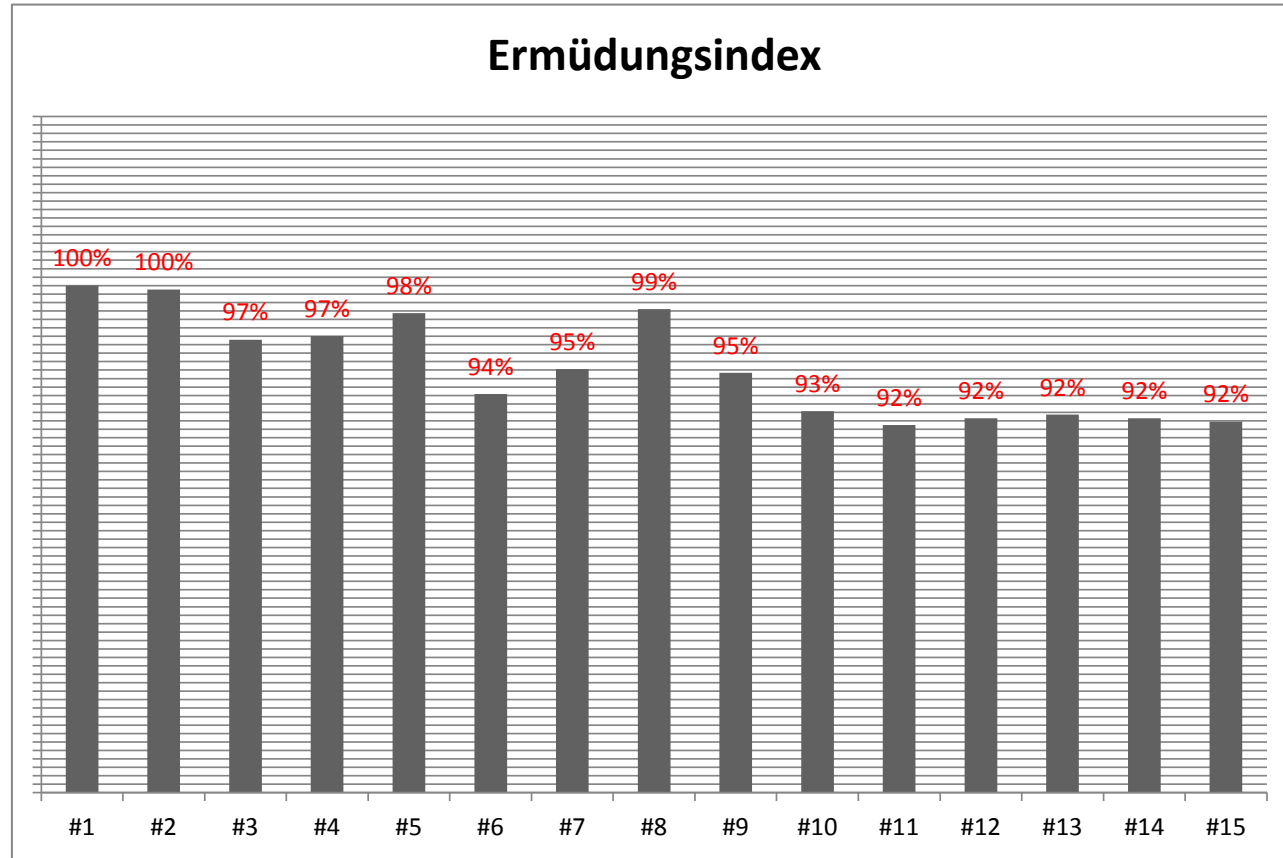




30m max. 4,23

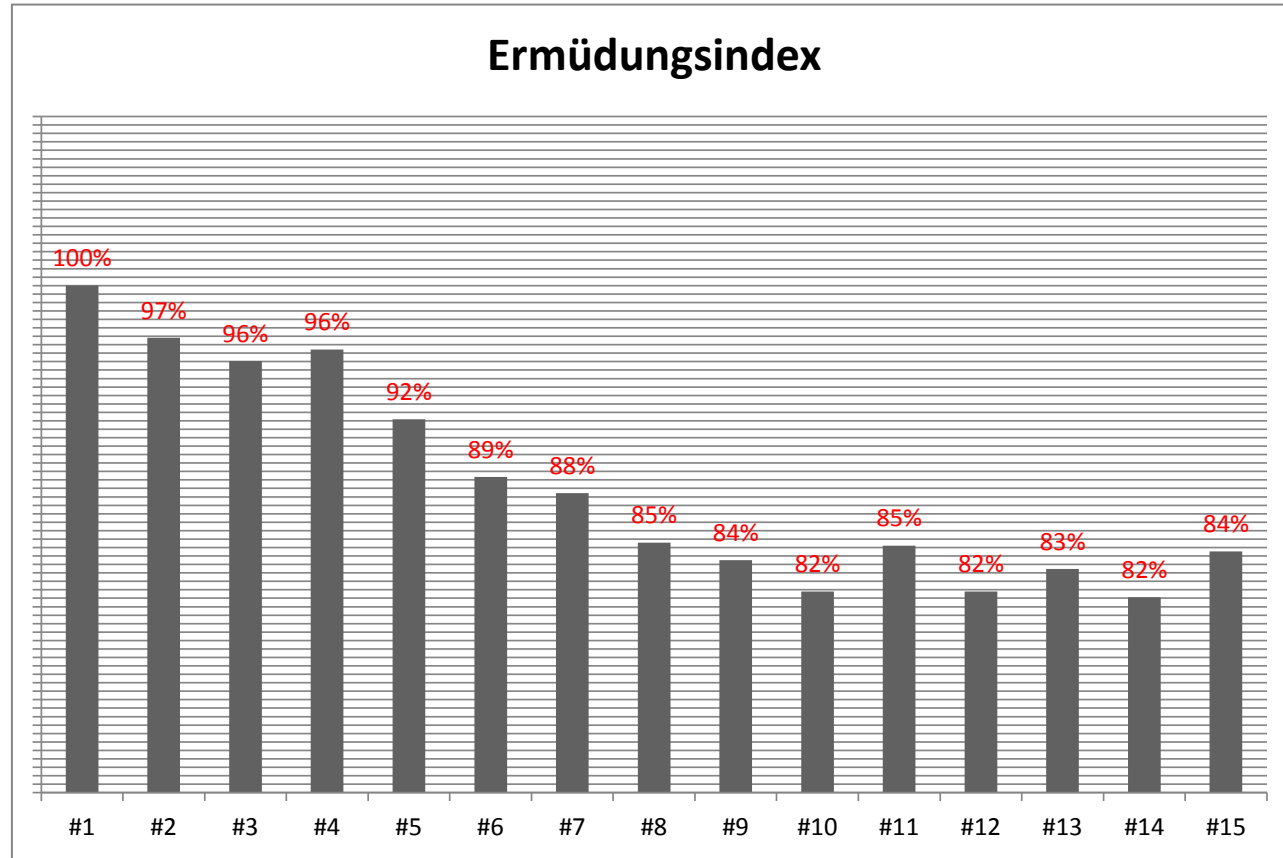
#1	4,23	100,00%
#2	4,24	99,76%
#3	4,37	96,80%
#4	4,36	97,02%
#5	4,30	98,37%
#6	4,52	93,58%
#7	4,45	95,06%
#8	4,29	98,60%
#9	4,46	94,84%
#10	4,57	92,56%
#11	4,61	91,76%
#12	4,59	92,16%
#13	4,58	92,36%
#14	4,59	92,16%
#15	4,60	91,96%

Mittelwert	4,45	95,13%
SD	0,12	
Max	4,61	100,00%
Min	4,23	91,76%
Ermüdungsindex	0,38	8,24%



Sc [REDACTED]

30m max.	4,07	
#1	4,07	100,00%
#2	4,20	96,90%
#3	4,26	95,54%
#4	4,23	96,22%
#5	4,42	92,08%
#6	4,59	88,67%
#7	4,64	87,72%
#8	4,80	84,79%
#9	4,86	83,74%
#10	4,97	81,89%
#11	4,81	84,62%
#12	4,97	81,89%
#13	4,89	83,23%
#14	4,99	81,56%
#15	4,83	84,27%
Mittelwert	4,64	88,21%
SD	0,27	
Max	4,99	100,00%
Min	4,07	81,56%
Ermüdungsindex	0,92	18,44%

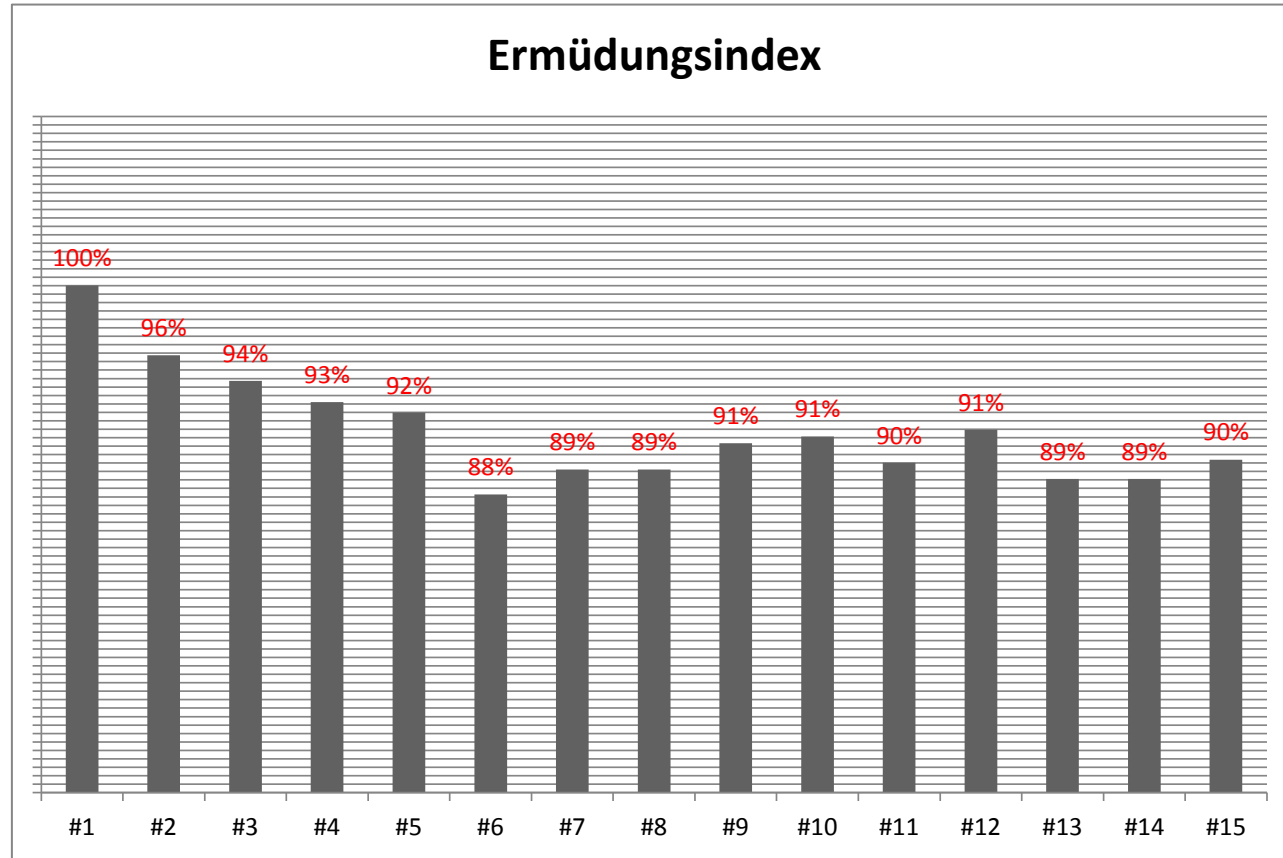




30m max. 4,18

#1	4,18	100,00%
#2	4,36	95,87%
#3	4,43	94,36%
#4	4,49	93,10%
#5	4,52	92,48%
#6	4,77	87,63%
#7	4,69	89,13%
#8	4,69	89,13%
#9	4,61	90,67%
#10	4,59	91,07%
#11	4,67	89,51%
#12	4,57	91,47%
#13	4,72	88,56%
#14	4,72	88,56%
#15	4,66	89,70%

Mittelwert	4,58	91,41%
SD	0,12	
Max	4,77	100,00%
Min	4,18	87,63%
Ermüdungsindex	0,59	12,37%

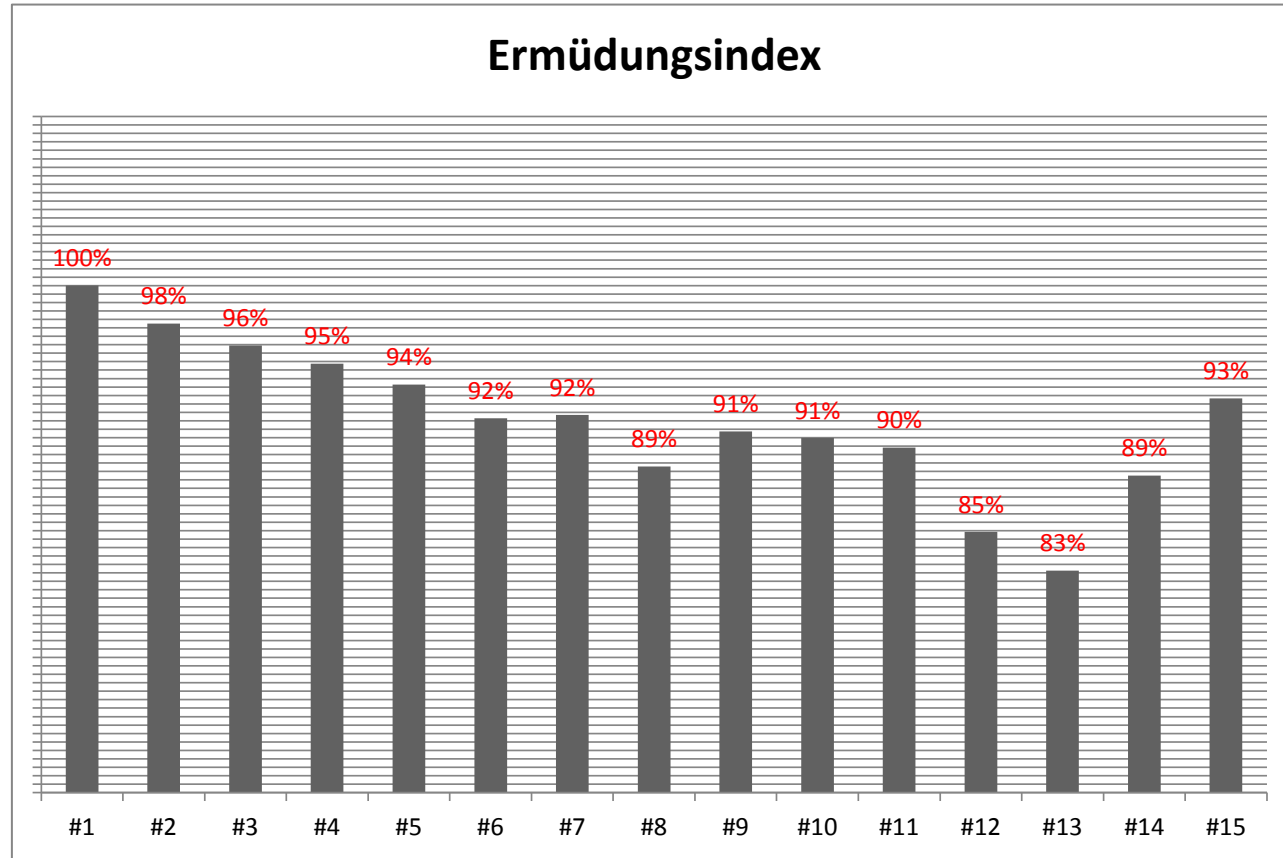


Ce [Redacted]

30m max. 4,34

#1	4,34	100,00%
#2	4,44	97,75%
#3	4,50	96,44%
#4	4,55	95,38%
#5	4,61	94,14%
#6	4,71	92,14%
#7	4,70	92,34%
#8	4,86	89,30%
#9	4,75	91,37%
#10	4,77	90,99%
#11	4,80	90,42%
#12	5,08	85,43%
#13	5,22	83,14%
#14	4,89	88,75%
#15	4,65	93,33%

Mittelwert	4,72	92,06%
SD	0,17	
Max	5,22	100,00%
Min	4,34	83,14%
Ermüdungsindex	0,88	16,86%

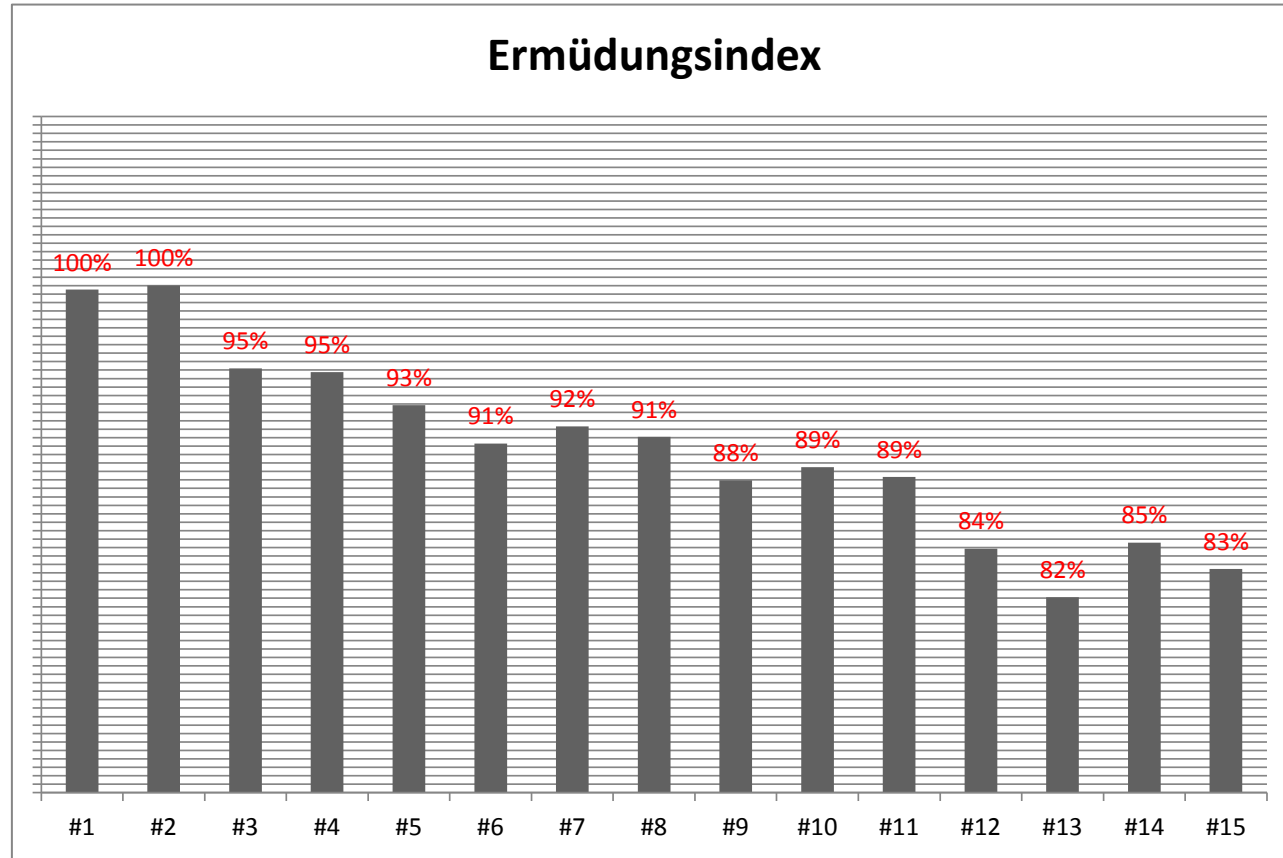




30m max. 4,07

#1	4,08	99,75%
#2	4,07	100,00%
#3	4,28	95,09%
#4	4,29	94,87%
#5	4,38	92,92%
#6	4,49	90,65%
#7	4,44	91,67%
#8	4,47	91,05%
#9	4,60	88,48%
#10	4,56	89,25%
#11	4,59	88,67%
#12	4,82	84,44%
#13	4,99	81,56%
#14	4,80	84,79%
#15	4,89	83,23%

Mittelwert	4,52	90,43%
SD	0,22	
Max	4,99	100,00%
Min	4,07	81,56%
Ermüdungsindex	0,92	18,44%

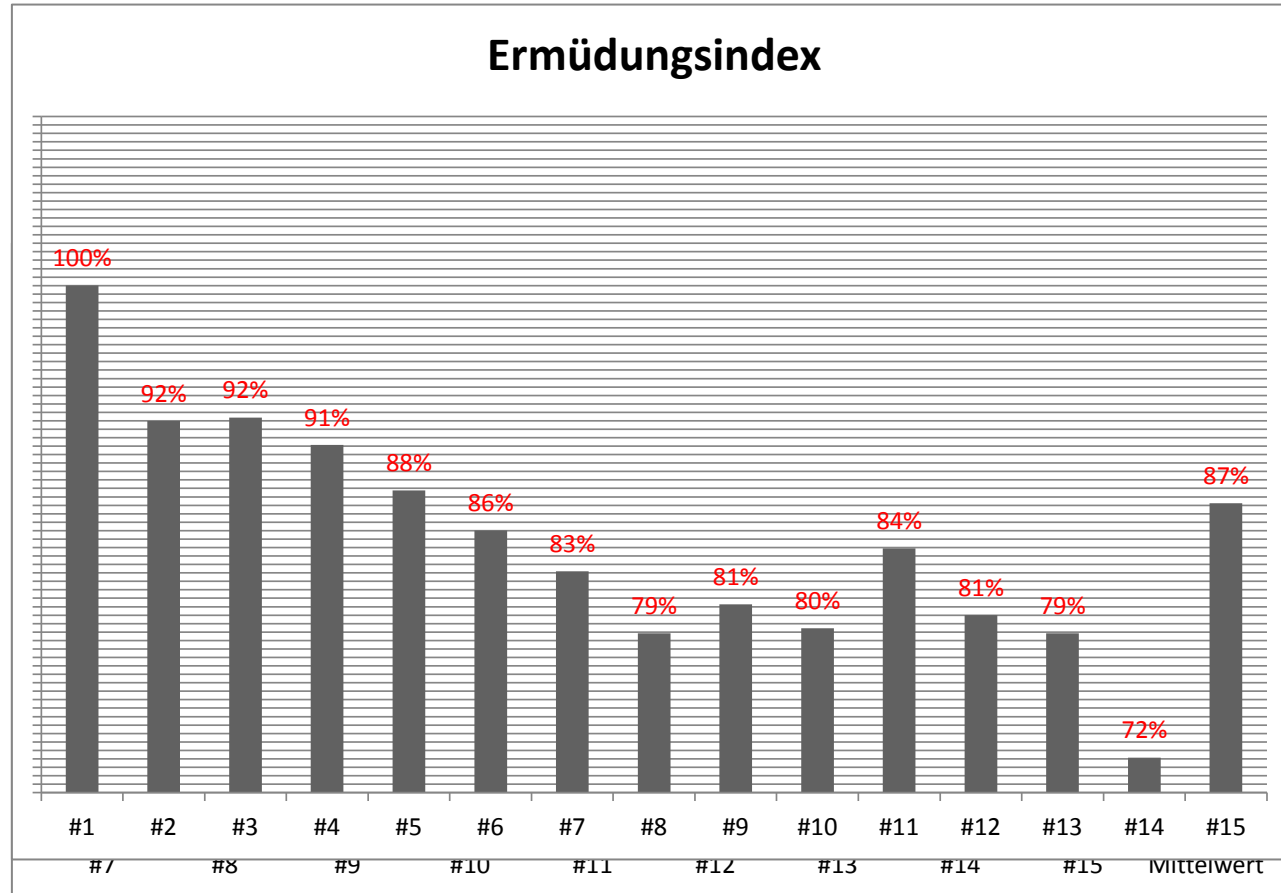




30m max. 4,13

#1	4,13	100,00%
#2	4,49	91,98%
#3	4,48	92,19%
#4	4,56	90,57%
#5	4,70	87,87%
#6	4,83	85,51%
#7	4,97	83,10%
#8	5,20	79,42%
#9	5,09	81,14%
#10	5,18	79,73%
#11	4,89	84,46%
#12	5,13	80,51%
#13	5,20	79,42%
#14	5,73	72,08%
#15	4,74	87,13%

Mittelwert	4,89	85,01%
SD	0,30	
Max	5,73	100,00%
Min	4,13	72,08%
Ermüdungsindex	1,60	27,92%

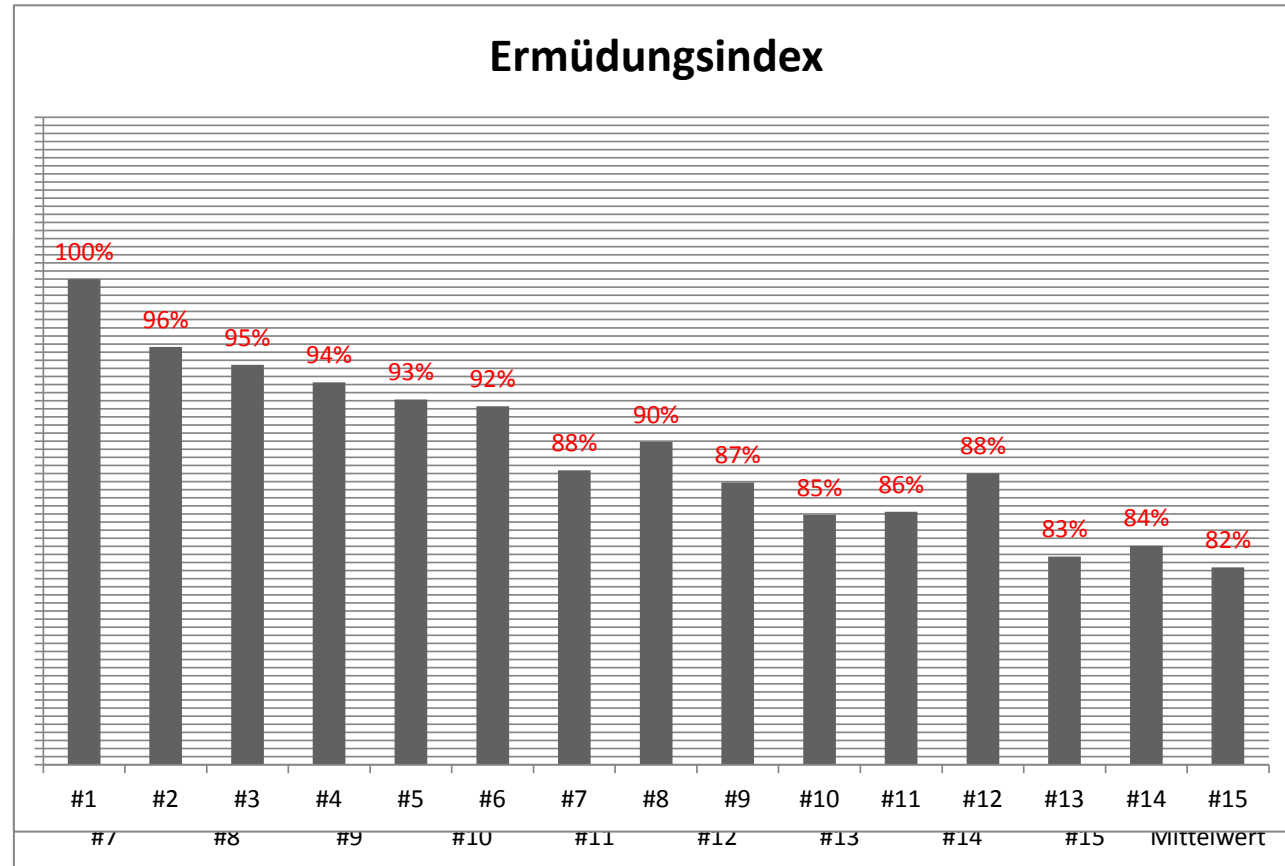




30m max. 4,11

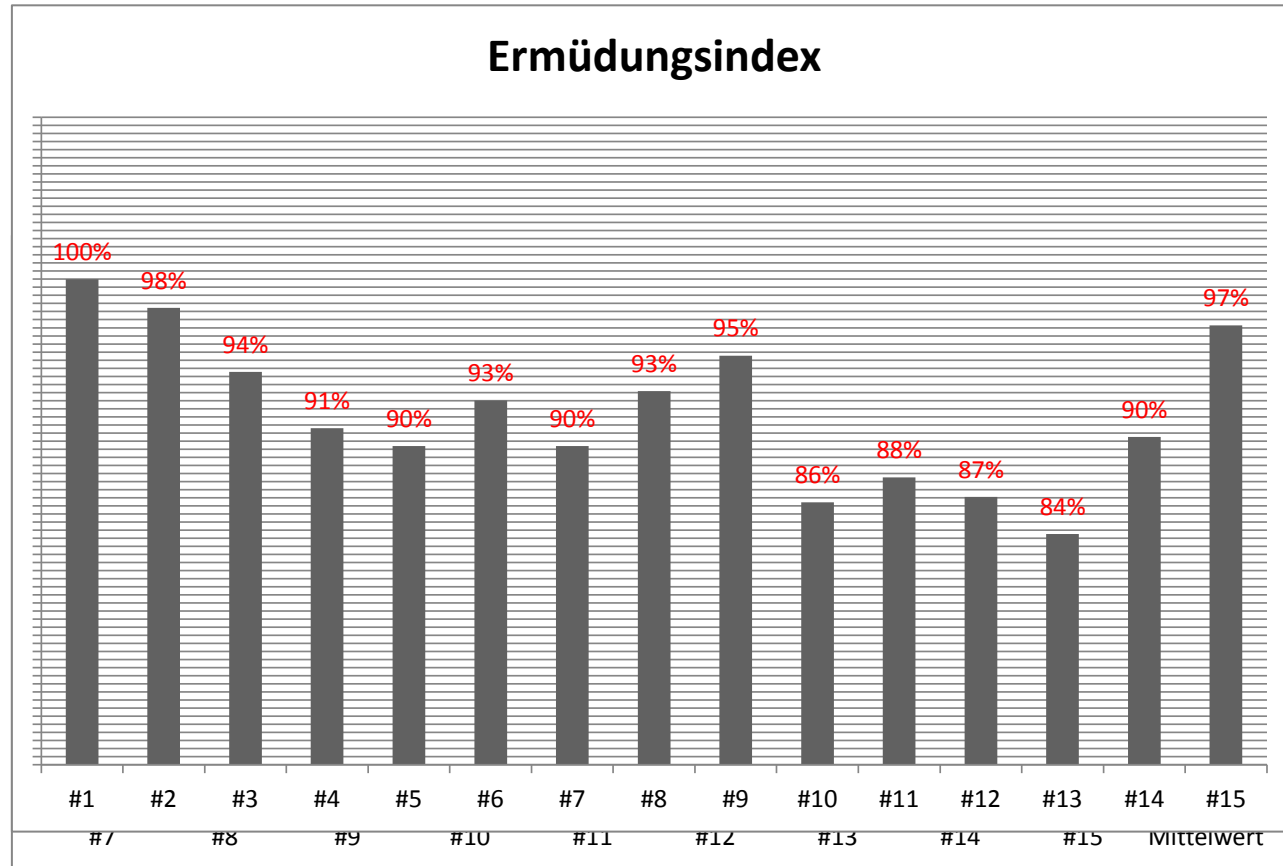
#1	4,11	100,00%
#2	4,29	95,80%
#3	4,34	94,70%
#4	4,39	93,62%
#5	4,44	92,57%
#6	4,46	92,15%
#7	4,66	88,20%
#8	4,57	89,93%
#9	4,70	87,45%
#10	4,81	85,45%
#11	4,80	85,63%
#12	4,67	88,01%
#13	4,96	82,86%
#14	4,92	83,54%
#15	5,00	82,20%

Mittelwert	4,61	89,47%
SD	0,22	
Max	5,00	100,00%
Min	4,11	82,20%
Ermüdungsindex	0,89	17,80%





30m max.	4,44	
#1	4,44	100,00%
#2	4,52	98,23%
#3	4,71	94,27%
#4	4,89	90,80%
#5	4,95	89,70%
#6	4,80	92,50%
#7	4,95	89,70%
#8	4,77	93,08%
#9	4,66	95,28%
#10	5,15	86,21%
#11	5,06	87,75%
#12	5,13	86,55%
#13	5,27	84,25%
#14	4,92	90,24%
#15	4,57	97,16%
Mittelwert	4,85	91,71%
SD	0,20	
Max	5,27	100,00%
Min	4,44	84,25%
Ermüdungsindex	0,83	15,75%

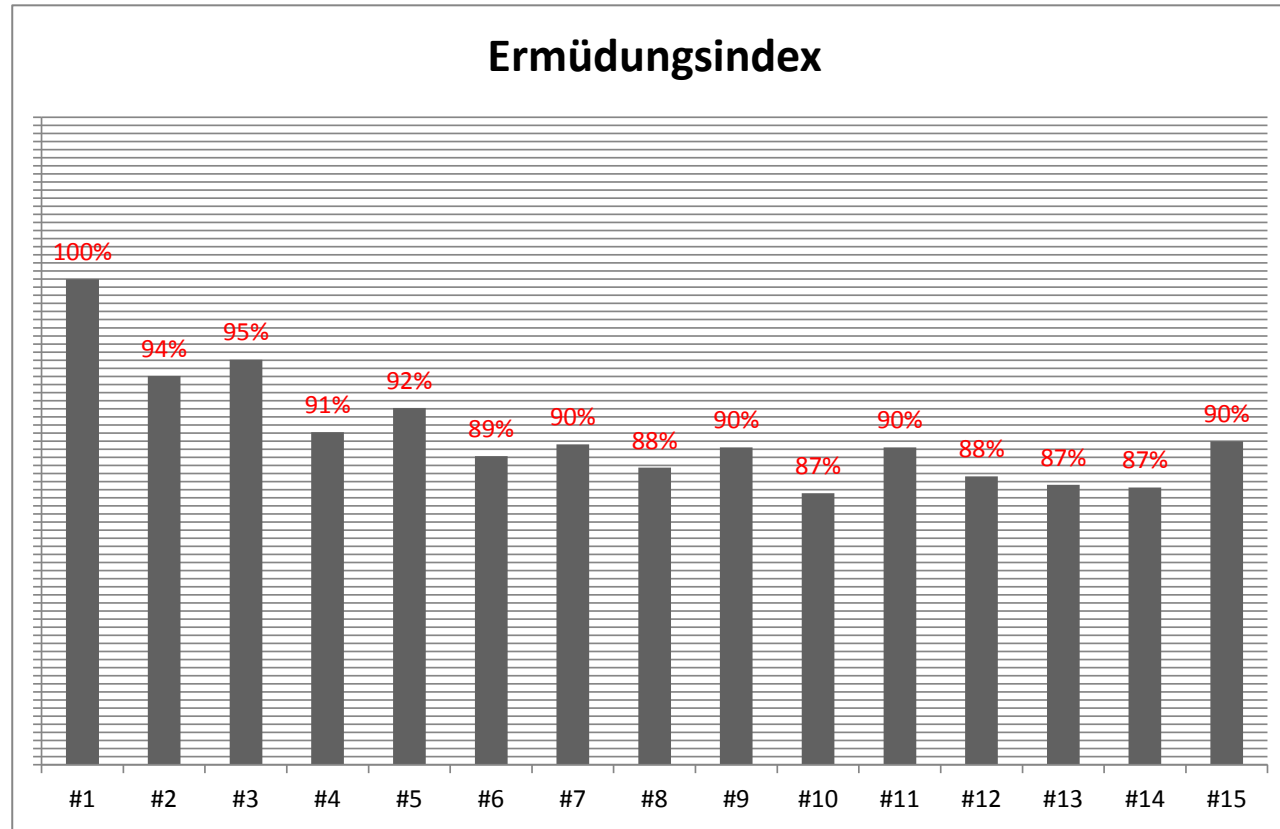




30m max. 4,40

#1	4,4	100,00%
#2	4,68	94,02%
#3	4,63	95,03%
#4	4,86	90,53%
#5	4,78	92,05%
#6	4,94	89,07%
#7	4,90	89,80%
#8	4,98	88,35%
#9	4,91	89,61%
#10	5,07	86,79%
#11	4,91	89,61%
#12	5,01	87,82%
#13	5,04	87,30%
#14	5,05	87,13%
#15	4,89	89,98%

Mittelwert	4,87	90,47%
SD	0,13	
Max	5,07	100,00%
Min	4,40	86,79%
Ermüdungsindex	0,67	13,21%

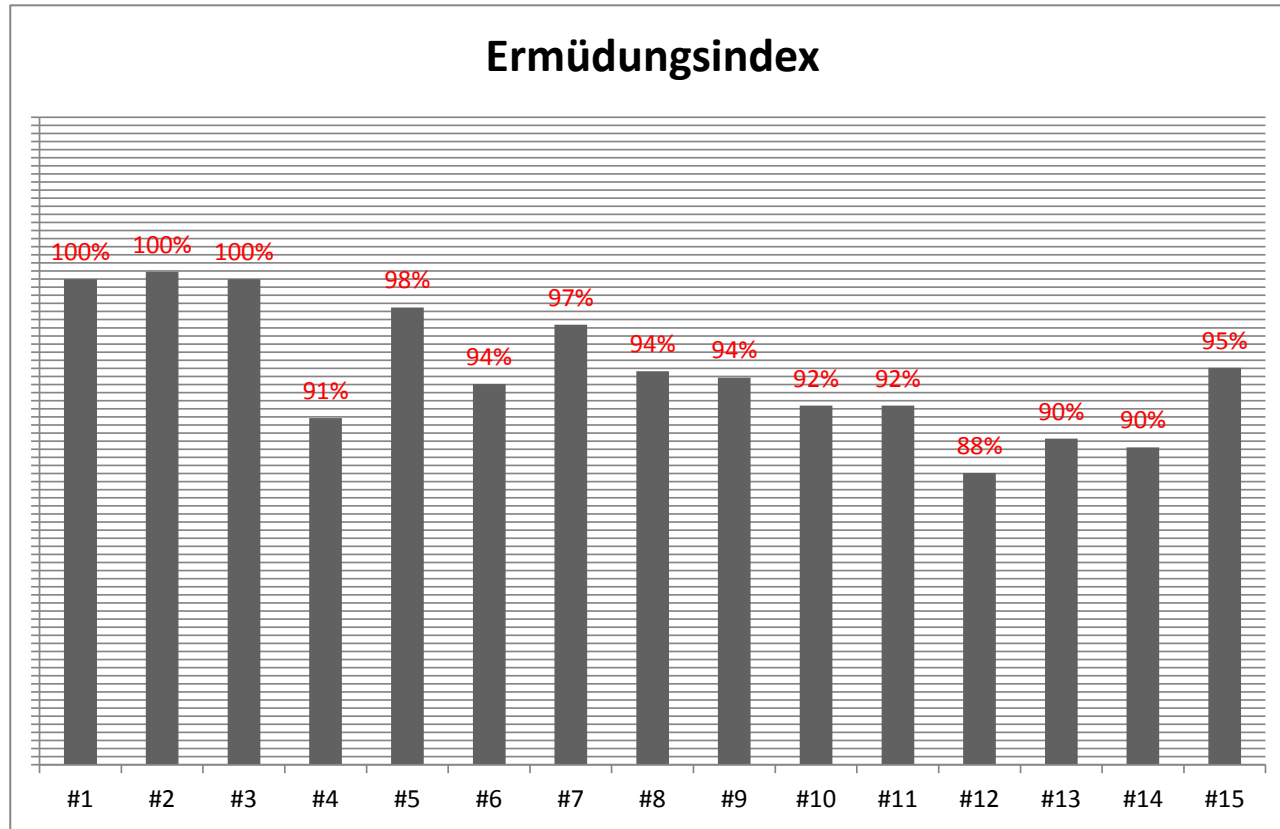




30m max. 4,48

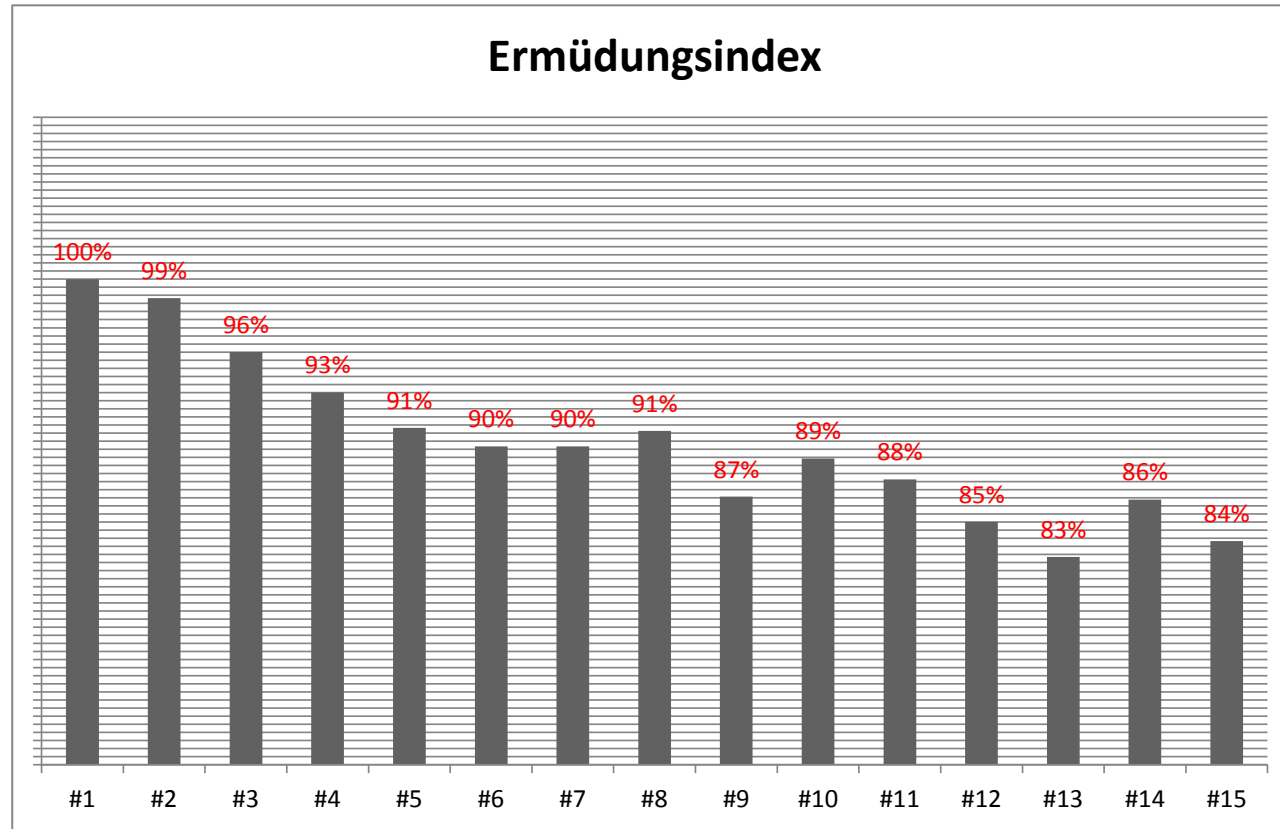
#1	4,48	100,00%
#2	4,46	100,45%
#3	4,48	100,00%
#4	4,90	91,43%
#5	4,56	98,25%
#6	4,79	93,53%
#7	4,61	97,18%
#8	4,75	94,32%
#9	4,77	93,92%
#10	4,86	92,18%
#11	4,86	92,18%
#12	5,09	88,02%
#13	4,97	90,14%
#14	5,00	89,60%
#15	4,74	94,51%

Mittelwert	4,75	94,38%
SD	0,16	
Max	5,09	100,45%
Min	4,46	88,02%
Ermüdungsindex	0,63	12,43%





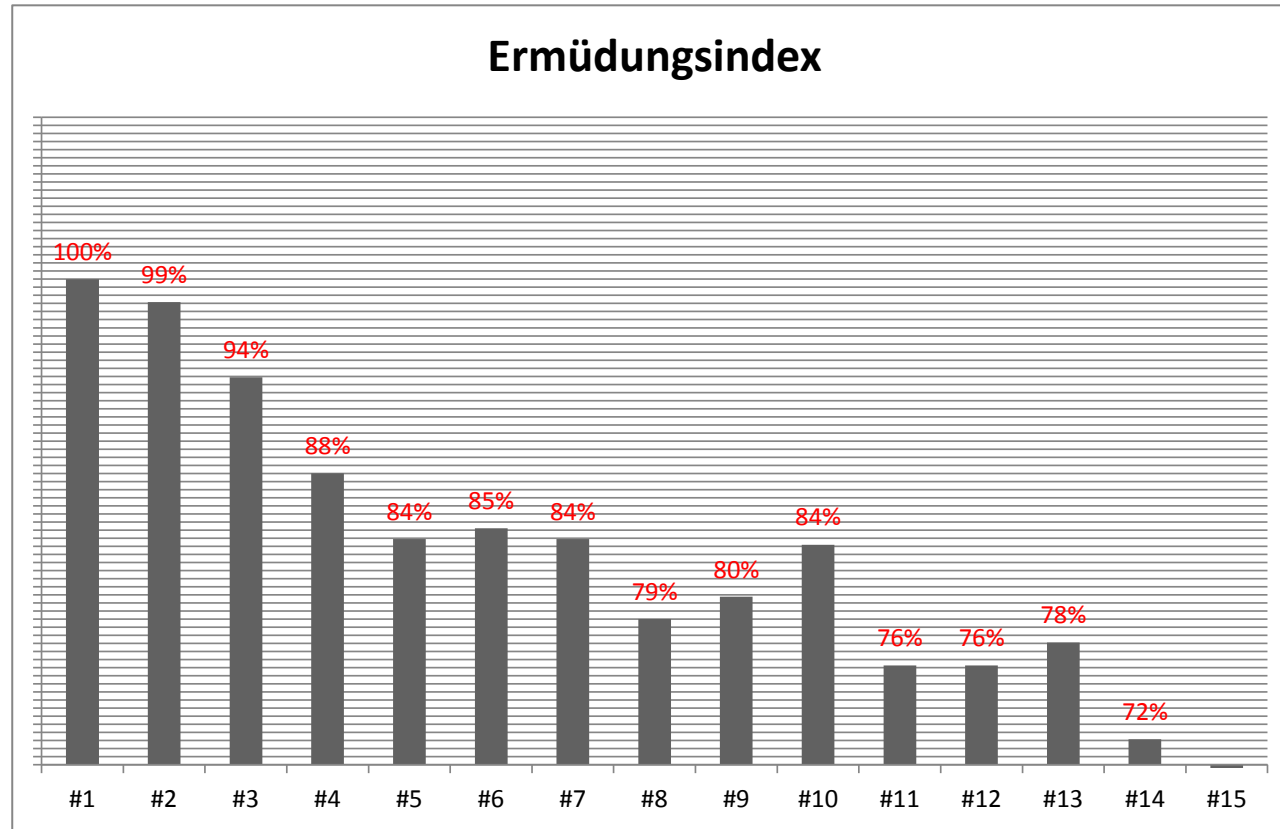
30m max.	4,25	
#1	4,25	100,00%
#2	4,30	98,84%
#3	4,45	95,51%
#4	4,57	93,00%
#5	4,68	90,81%
#6	4,74	89,66%
#7	4,74	89,66%
#8	4,69	90,62%
#9	4,91	86,56%
#10	4,78	88,91%
#11	4,85	87,63%
#12	5,00	85,00%
#13	5,13	82,85%
#14	4,92	86,38%
#15	5,07	83,83%
Mittelwert	4,74	89,95%
SD	0,20	
Max	5,13	100,00%
Min	4,25	82,85%
Ermüdungsindex	0,88	17,15%



30m max. 4,18

#1	4,18	100,00%
#2	4,24	98,58%
#3	4,45	93,93%
#4	4,75	88,00%
#5	4,98	83,94%
#6	4,94	84,62%
#7	4,98	83,94%
#8	5,29	79,02%
#9	5,20	80,38%
#10	5,00	83,60%
#11	5,49	76,14%
#12	5,49	76,14%
#13	5,39	77,55%
#14	5,84	71,58%
#15	6,00	69,67%

Mittelwert	5,08	83,14%
SD	0,42	
Max	6,00	100,00%
Min	4,18	69,67%
Ermüdungsindex	1,82	30,33%





30m max. 4,26

#1	4,26	100,00%
#2	4,27	99,77%
#3	4,55	93,63%
#4	4,61	92,41%
#5	5,00	85,20%
#6	4,85	87,84%
#7	4,94	86,23%
#8	5,28	80,68%
#9	5,47	77,88%
#10	5,40	78,89%
#11	5,15	82,72%
#12	5,53	77,03%
#13	5,70	74,74%
#14	5,21	81,77%
#15	5,23	81,45%

Mittelwert	5,03	85,35%
SD	0,36	
Max	5,70	100,00%
Min	4,26	74,74%
Ermüdungsindex	1,44	25,26%

