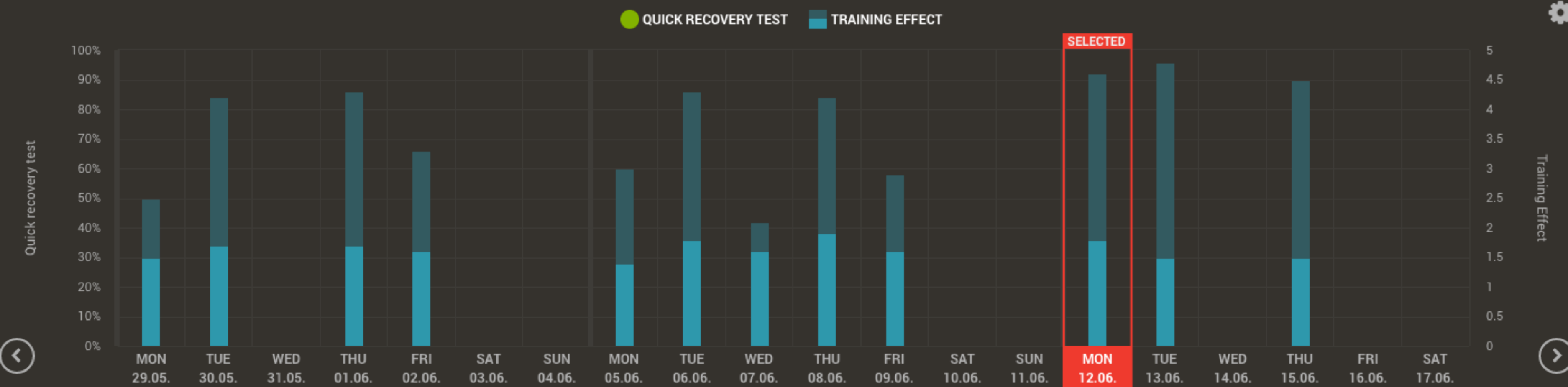


A TEAM

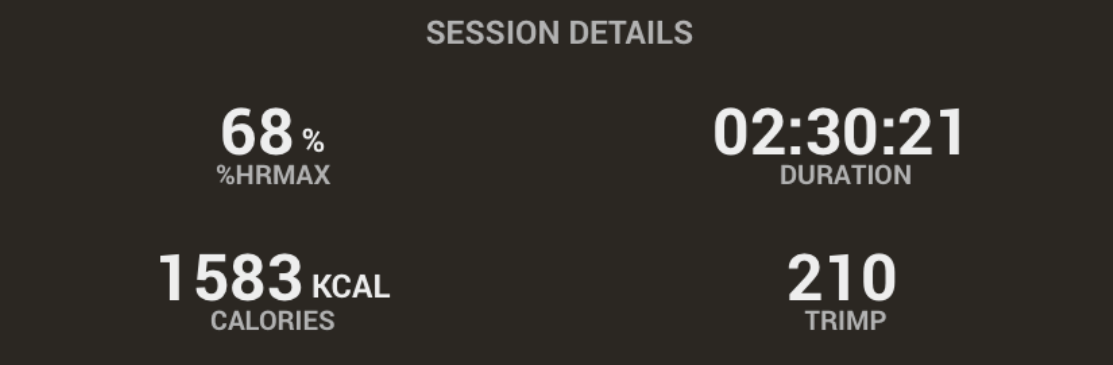
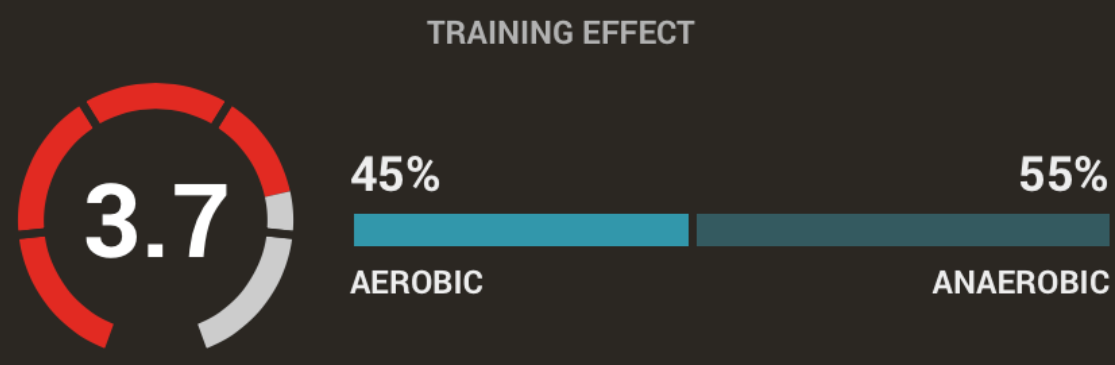
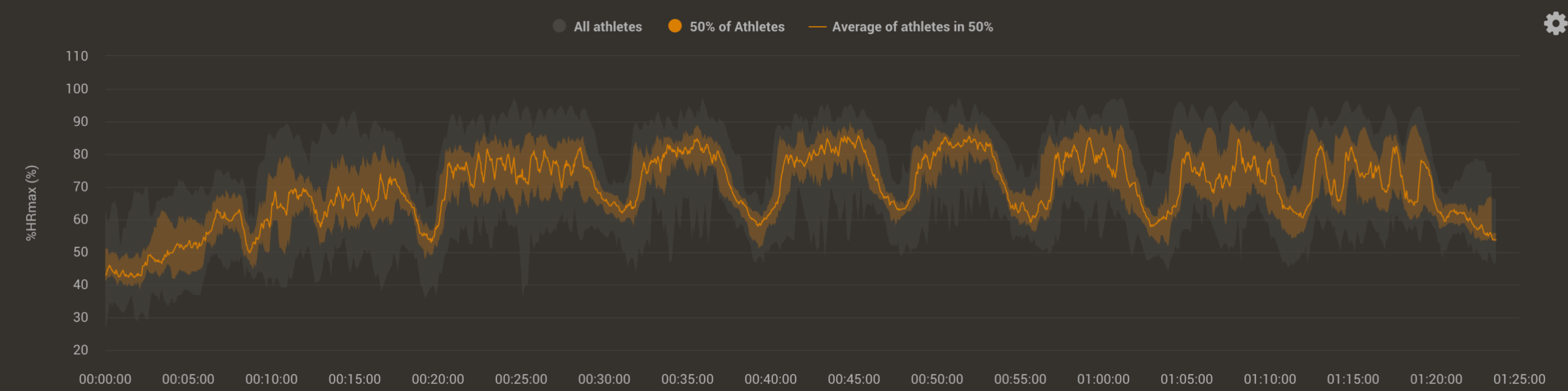
DASHBOARD

TRAINING AND RECOVERY

ICE TRAINING 12.06.2017



MONDAY 12.06. STRENGTH ICE TRAINING



NOTES: Training camp, ice #1 (Strength training before ice)

TRAINING EFFECT RANKING

Athlete	Ranking	Visual Bar	Report Icon
21 ATHLETES	3.9 IMPROVING	[Bar]	[Icon]
PLAYER 25	4.7 HIGHLY IMPROVING	[Bar]	[Icon]
PLAYER 18	4.6 HIGHLY IMPROVING	[Bar]	[Icon]
PLAYER 29	4.5 HIGHLY IMPROVING	[Bar]	[Icon]

REPORTS

MENU



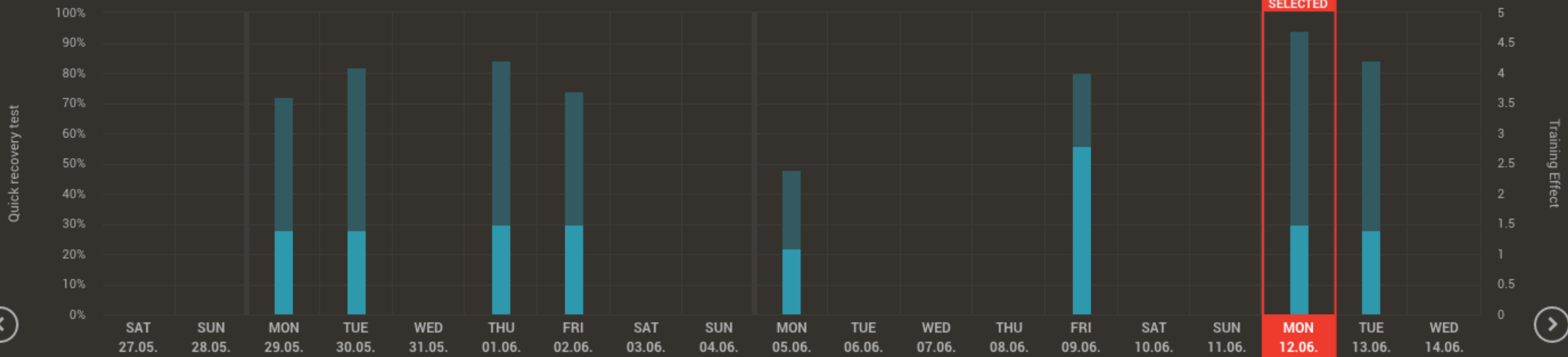
PLAYER 25

DASHBOARD

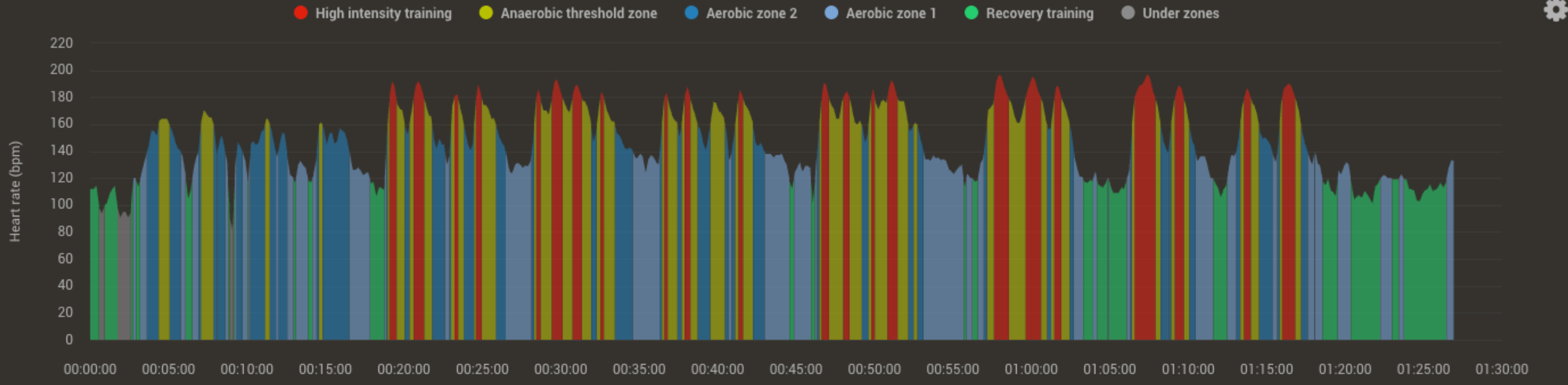
TRAINING AND RECOVERY

ICE TRAINING 12.06.2017

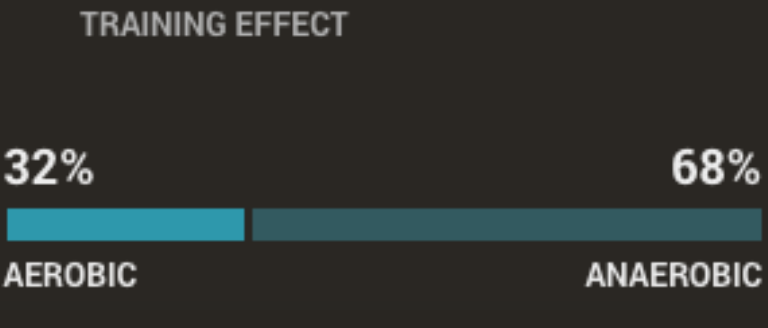
QUICK RECOVERY TEST TRAINING EFFECT



MONDAY 12.06. STRENGTH ICE TRAINING



4.7



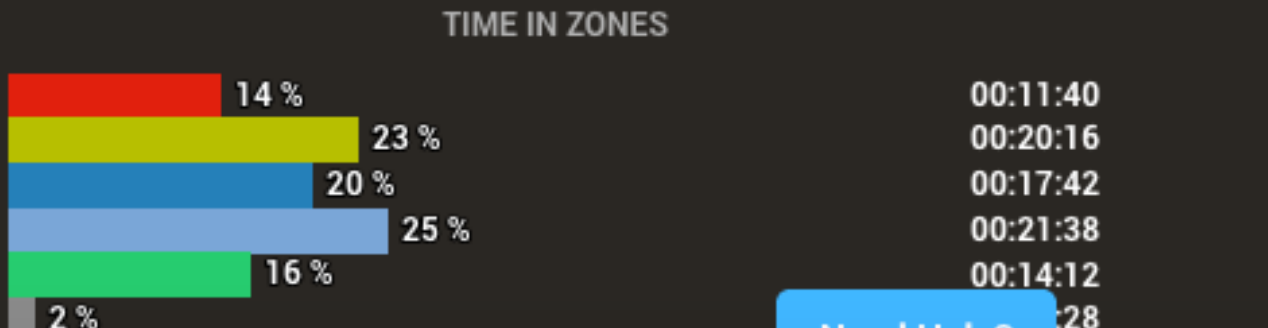
SESSION DETAILS

74% %HRMAX

1020 KCAL CALORIES

01:26:56 DURATION

156 TRIMP



Need Help?

MENU



DASHBOARD

TEAM MANAGEMENT

DATA EXPORT

SETTINGS

DATA EXPORT

Measurements from date...

Measurements to date...

Sport...  Exercise  Quick recovery test  Overnight Recovery

CLEAR

DATE START TIME DURATION

DATE	START TIME	DURATION
28.06.2017	09:38:05	01:32:06
28.06.2017	09:38:05	01:41:59
27.06.2017	14:58:30	01:39:49
27.06.2017	08:56:07	00:14:02
26.06.2017	15:06:44	01:42:49
26.06.2017	10:06:01	01:10:46
20.06.2017	08:55:46	01:29:16
19.06.2017	15:07:23	01:21:42
15.06.2017	10:37:09	01:12:52
15.06.2017	08:48:10	01:06:29
13.06.2017	10:25:26	01:23:24
12.06.2017	10:35:44	01:26:57
12.06.2017	08:39:41	01:21:04

MEASUREMENT INFO NOTES

The screenshot shows an Excel spreadsheet titled "Firstbeat Data Export 20170918 125607". The spreadsheet has columns for Athlete name, Start date, Start time, End time, Duration, Sport, Notes, Measurement error, Average HR, Average %HRmax, Peak HR, and Peak %HRmax. The data includes entries for various players like Player 12, Player 4, Player 16, etc., with their respective start and end times and durations.

Athlete name	Start date (dd.mm.yyyy)	Start time (hh:min:sec)	End time (hh:min:sec)	Duration (hh:mm:ss)	Sport	Notes	Measurement error (%)	Average HR (bpm)	Average %HRmax (%)	Peak HR (bpm)	Peak %HRmax (%)	Minimum
Player 12	12/06/2017	10.37.09	12.02.40	1.25.31	Ice training	Training c	2,59 %	133	71,29 %	176	94,30 %	
Player 4	12/06/2017	10.35.58	12.02.39	1.26.41	Ice training	Training c	3,72 %	153	78,56 %	182	93,25 %	
Player 16	12/06/2017	10.35.52	12.02.08	1.26.16	Ice training	Training c	4,71 %	129	69,80 %	169	91,54 %	
Player 13	12/06/2017	10.35.51	12.02.39	1.26.48	Ice training	Training c	4,22 %	141	73,21 %	177	92,40 %	
Player 9	12/06/2017	10.35.44	12.02.39	1.26.55	Ice training	Training c	6,44 %	148	76,72 %	183	94,61 %	
Player 7	12/06/2017	10.35.44	12.02.40	1.26.56	Ice training	Training c	3,95 %	136	72,51 %	172	92,02 %	
Player 3	12/06/2017	10.35.44	12.02.25	1.26.41	Ice training	Training c	1,36 %	156	79,41 %	190	96,85 %	
Player 21	12/06/2017	10.35.44	12.02.40	1.26.56	Ice training	Training c	7,89 %	152	74,70 %	194	94,95 %	
Player 11	12/06/2017	10.35.44	12.02.04	1.26.20	Ice training	Training c	48,23 %	117	59,91 %	182	92,75 %	
Player 14	12/06/2017	10.35.44	12.02.40	1.26.56	Ice training	Training c	4,92 %	139	74,18 %	183	97,69 %	
Player 6	12/06/2017	10.35.44	12.02.39	1.26.55	Ice training	Training c	4,52 %	142	70,29 %	181	89,49 %	
Player 26	12/06/2017	10.35.44	12.02.35	1.26.51	Ice training	Training c	4,17 %	150	79,04 %	186	97,81 %	
Player 10	12/06/2017	10.35.44	12.00.47	1.25.03	Ice training	Training c	5,11 %	135	67,34 %	179	89,68 %	
Player 29	12/06/2017	10.35.44	12.02.39	1.26.55	Ice training	Training c	5,33 %	145	77,28 %	187	99,72 %	
Player 19	12/06/2017	10.35.44	12.02.08	1.26.24	Ice training	Training c	5,26 %	149	76,46 %	185	94,84 %	
Player 8	12/06/2017	10.35.44	12.02.41	1.26.57	Ice training	Training c	0,60 %	138	74,01 %	176	94,36 %	
Player 23	12/06/2017	10.35.44	12.02.39	1.26.55	Ice training	Training c	4,07 %	141	73,95 %	178	93,41 %	
Player 18	12/06/2017	10.35.44	12.02.40	1.26.56	Ice training	Training c	2,34 %	159	79,38 %	196	98,16 %	
Player 24	12/06/2017	10.35.44	12.02.39	1.26.55	Ice training	Training c	1,30 %	156	78,06 %	187	93,67 %	
Player 15	12/06/2017	10.35.44	12.02.40	1.26.56	Ice training	Training c	4,47 %	144	75,18 %	181	94,64 %	
Player 25	12/06/2017	10.35.44	12.02.24	1.26.40	Ice training	Training c	6,48 %	148	73,81 %	198	99,08 %	

SELECT ALL DESELECT ALL 0 Selected

EXPORT

Need Help?