

## Messprotokoll 4-Bahnen-Test (on ice)

| Name | Ruhe-Laktat [mmol/l] | Zeit nach Bahn 1 [s] | Zeit Richtungswechsel 1 [s] | Zeit nach Bahn 2 [s] | Zeit Richtungswechsel 2 [s] | Zeit nach Bahn 3 [s] | Zeit Richtungswechsel 3 [s] | Gesamtzeit nach Bahn 4 [s] | Summe Zeit Richtungswechsel [s] | Laktat Min. 1–10 (höchster gemessener Wert) | VLA <sub>max</sub> [mmol/l/s] |
|------|----------------------|----------------------|-----------------------------|----------------------|-----------------------------|----------------------|-----------------------------|----------------------------|---------------------------------|---|-------------------------------|
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |
|      |                      |                      |                             |                      |                             |                      |                             |                            |                                 |   |                               |