

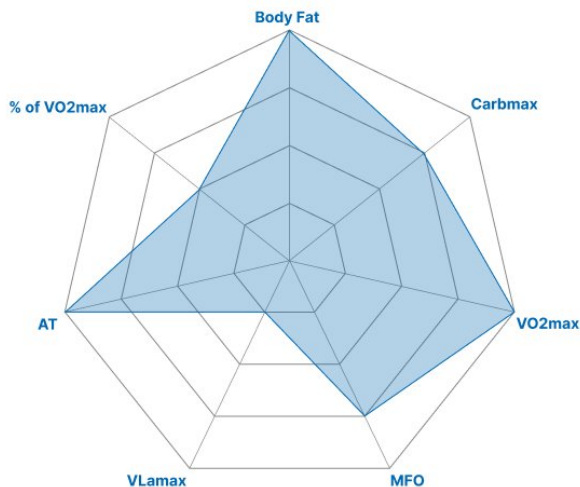
Your Metabolic Profile

Date 28.10.2025 Sport Running Athlete Andras Horvath Coach Peter Pal

This graph visualizes your metabolic profile at a glance.

The most important performance metrics are shown and benchmarked. The further outside a metric is, the higher your personal value is compared to a peer comparison group. This comparison group is based on: gender, your sport, and your category as an athlete (pro, amateur, recreational or custom groups created by your coach).

Please note that this is not a ranking in terms of good or bad, but an analysis of your physiological phenotype. For example: your VLamax (glycolytic power) may be ranked low, but if you are an endurance athlete this is maybe exactly what you want. And if you are more a sprint style athlete, you maybe should not be concerned if your FatMax values aren't ranked high. Therefore this graph needs to be understood as a fingerprint of your current physiological profile, not as a ranking of good or bad.



Custom comment title

Keep pushing your aerobic sessions a bit longer each week to build deeper endurance.

Add a controlled threshold workout mid-week to sharpen race pace consistency.

Fuel properly before key sessions and practice mid-training nutrition for better energy stability.

Include one relaxed long session on the weekend to support recovery and steady adaptation.



Your Key Performance Metrics

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VO2max - maximum aerobic power



Absolute: **1823** ml/min
Relative: **35.72** ml/min/kg

VLamax - maximum glycolytic power



VLamax: **0.51** mmol/l/s

AT - Anaerobic Threshold (MLSS)



Absolute: **104** Watt
Relative: **2.03** Watt/kg
%VO2max: **71.1** %

Fatmax - maximum fat metabolism



MFO Absolute: **134** kcal/h
MFO Relative: **2.62** kcal/h/kg
Fatmax: **67** Watt

Carbmax - carbohydrate metabolism



Absolute: **104** Watt
Relative: **2.02** Watt/kg

Available Glycogen g/kg



Absolute: **164** g
Relative: **4.02** g/kg

Heart Rate



Minimum: -
PWC150: -

Body Fat %



Body Fat: **36.4** %

Maximum aerobic power



Absolute: **106** Watt
Relative: **2.09** Watt/kg

Minimum Lactate Equivalent



Minimal Lactate Equivalent:
1.119 mmol/l/min

VO2max: is a proxy for your aerobic power. The maximum rate of oxygen uptake is proportional to the maximum energy production in the aerobic metabolism. In almost all sports it is desirable to have a high VO2max, enabling a high power production by aerobic metabolism.

VLamax: a proxy for your glycolytic (anaerobic) power. The maximum rate of lactate production is proportional to the maximum energy production in the glycolytic (anaerobic) metabolism of your muscles. For endurance events, such as an Ironman, or a Marathon, a low VLamax is desirable. In events which include sprinting or short intense bouts, a higher VLamax is associated with higher performance.

Anaerobic threshold (AT) AKA maximum lactate steady state (MLSS). MLSS marks the intensity (speed or power) at which the production rate of lactate in the muscle equals the clearance rate of lactate. AT marks the highest possible intensity, which can be sustained without accumulating lactate.

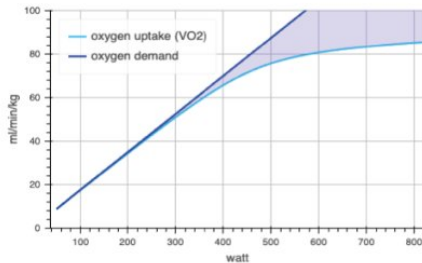
FatMax marks the highest fat oxidation rate. Simplified, this is the maximum amount of energy (kcal) from fat combustion per hour.

CarbMax marks the intensity (speed or power) at which the combustion of carbohydrates reaches 90g per hour.



Work only related steady state characteristics of selected physiological metrics

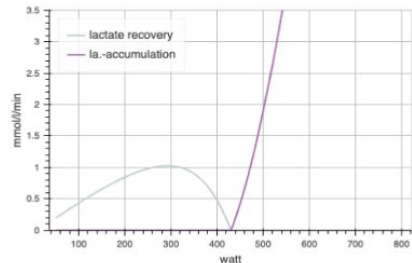
Metabolic demand & VO2



Recommendations :

Keep managing your metabolic demand by balancing hard sessions with proper recovery and fueling.

Lactate: recovery & accumulation

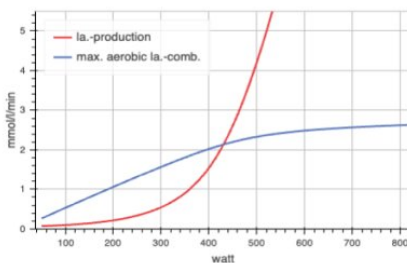


Recommendations :

Work on improving lactate recovery with easy aerobic sessions after intense days.

Control lactate accumulation by pacing threshold efforts and avoiding overreaching early in workouts.

Lactate – production & max. oxidation

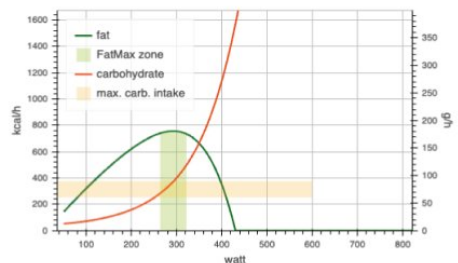


Recommendations :

Increase lactate production capacity with short, high-intensity intervals once per week.

Enhance lactate oxidation through steady tempo work and long aerobic endurance sessions.

Fat & carbohydrate combustion



Recommendations :

Improve fat combustion with longer low-intensity sessions in your aerobic zone.

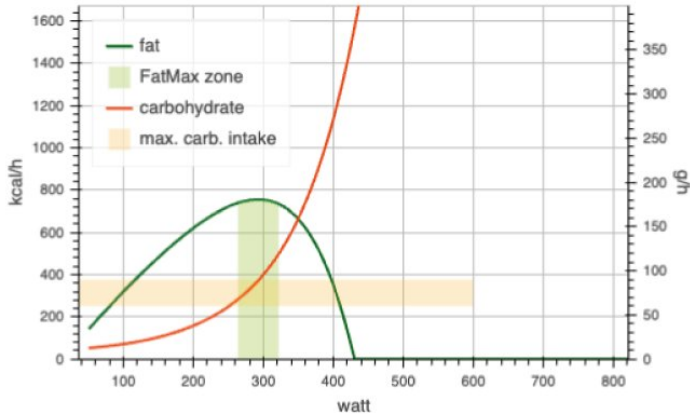
Support efficient carbohydrate combustion by including race-pace workouts and proper fueling strategies

Your Fuel Usage (Fat vs Carbs)

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Work only related steady state characteristics of selected physiological metrics

Fat & carbohydrate combustion



Available Glycogen g/kg



Absolute: **164 g**
Relative: **4.02 g/kg**

Carbmax - carbohydrate metabolism



Absolute: **104 Watt**
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Fatmax - maximum fat metabolism



MFO Absolute: **134 kcal/h**
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Increase lactate production capacity with short, high-intensity intervals once per week.
Enhance lactate oxidation through steady tempo work and long aerobic endurance sessions.

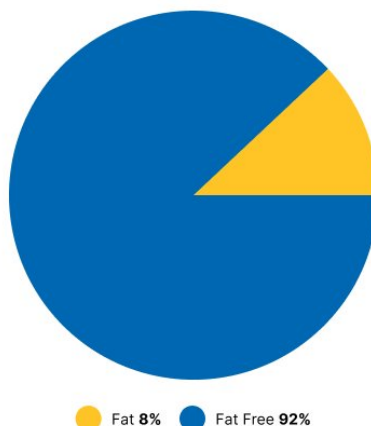
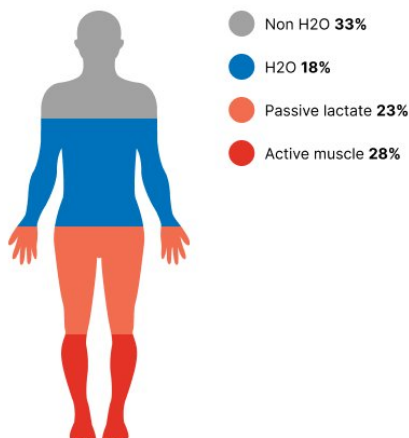


Your Body Composition Overview

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The graphs and the table show your actual body composition.

Please pay close attention to the body fat, and fat free values. In most sports it is desirable to achieve a low body fat percentage (= high fat free mass). However, with body fat, there are inter-individual differences of what the best value is. The lowest possible value, may not always be the desired goal.



Body Mass	75.0 kg
Body Height	180.0 cm
Body Mass Index	23.1 kg/m2
Projected BSA	1.931 m2
Body Fat	12.0 % of body mass / 9.0 kg
Fat Free	88.0 % of body mass / 66.0 kg

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Maintain consistent nutrition to support training load and adaptation.

Prioritize protein intake for recovery and lean mass maintenance.

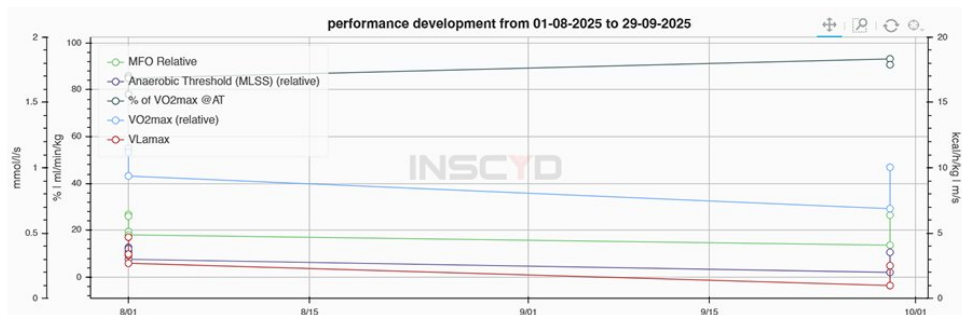
Track small trends rather than daily fluctuations — weekly averages give a better picture.

If any changes in body weight or composition occur, ensure they align with performance goals, not aesthetics.



Performance Development

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