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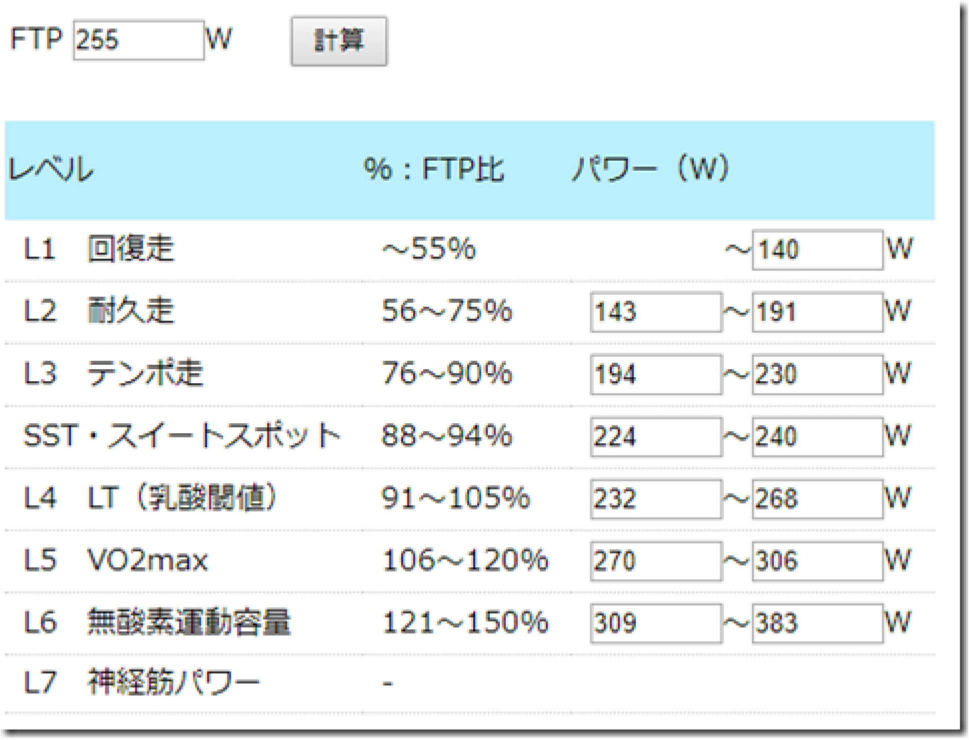

FTP 255 W 計算

レベル	%：FTP比	パワー（W）
L1　回復走	～55%	～ 140 W
L2　耐久走	56～75%	143 ～ 191 W
L3　テンポ走	76～90%	194 ～ 230 W
SST・スイートスポット	88～94%	224 ～ 240 W
L4　LT（乳酸閾値）	91～105%	232 ～ 268 W
L5　VO2max	106～120%	270 ～ 306 W
L6　無酸素運動容量	121～150%	309 ～ 383 W
L7　神経筋パワー	-	

[illegible]

[illegible]FTP[illegible]

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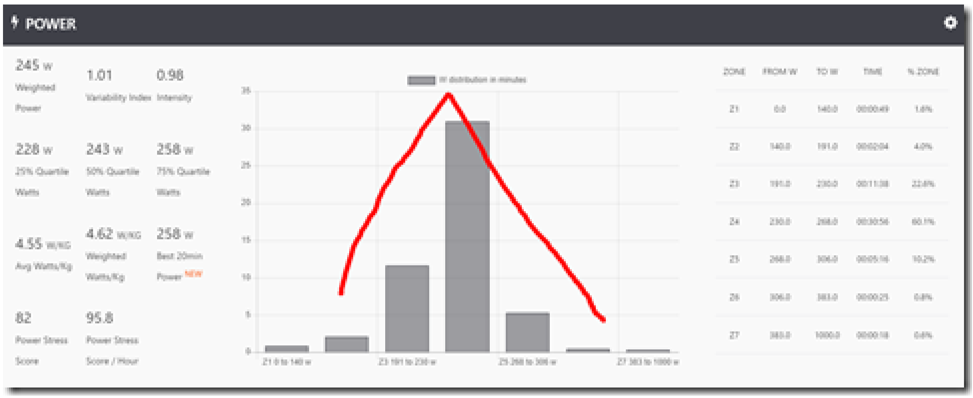

POWER

245 w
Weighted Power

1.01
Variability Index

0.98
Intensity

228 w
25% Quartile Watts

243 w
50% Quartile Watts

258 w
75% Quartile Watts

4.55 W/KG
Avg Watts/Kg

4.62 W/KG
Weighted Watts/Kg

258 w
Best 20min Power NEW

82
Power Stress Score

95.8
Power Stress Score / Hour

ZONE	FROM W	TO W	TIME	% ZONE
Z1	0.0	140.0	00:00:49	1.6%
Z2	140.0	191.0	00:02:04	4.0%
Z3	191.0	230.0	00:11:38	22.6%
Z4	230.0	268.0	00:30:56	60.1%
Z5	268.0	306.0	00:05:16	10.2%
Z6	306.0	383.0	00:00:25	0.8%
Z7	383.0	1000.0	00:00:18	0.6%

[illegible]

L4[illegible]

[illegible]

[illegible]

[illegible]

[illegible]L4[illegible]L3[illegible]L5[illegible]

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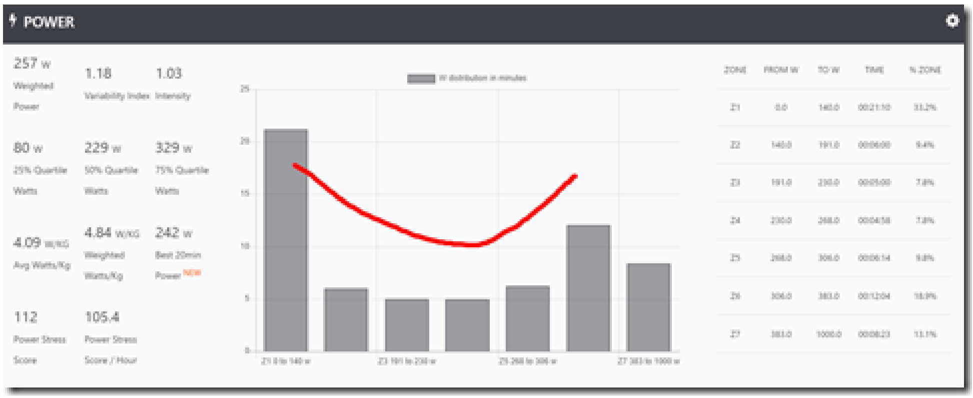

POWER

257 w
Weighted Power

1.18
Variability Index

1.03
Intensity

80 w
25% Quartile Watts

229 w
50% Quartile Watts

329 w
75% Quartile Watts

4.09 W/KG
Avg Watts/Kg

4.84 W/KG
Weighted Watts/Kg

242 w
Best 20min Power NEW

112
Power Stress Score

105.4
Power Stress Score / Hour

ZONE	FROM W	TO W	TIME	% ZONE
Z1	0.0	140.0	00:21:10	33.2%
Z2	140.0	191.0	00:06:00	9.4%
Z3	191.0	230.0	00:05:00	7.8%
Z4	230.0	268.0	00:04:58	7.8%
Z5	268.0	306.0	00:06:14	9.8%
Z6	306.0	383.0	00:12:04	18.9%
Z7	383.0	1000.0	00:08:23	13.1%

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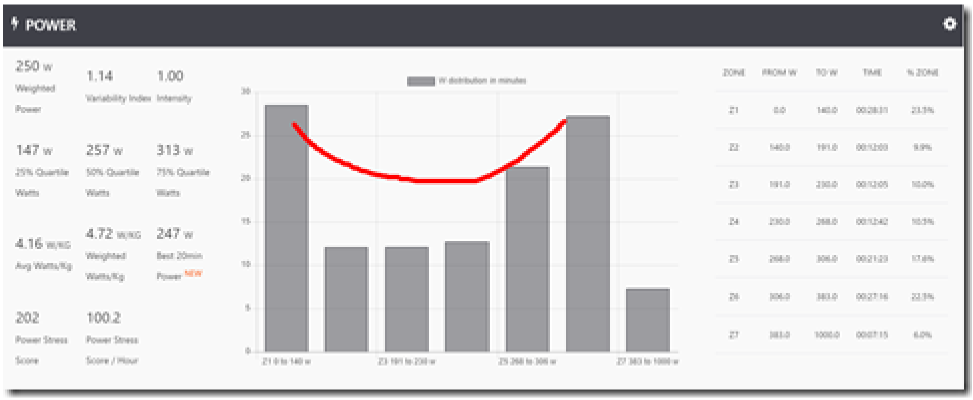

POWER

250 w Weighted Power

1.14 Variability Index

1.00 Intensity

147 w 25% Quartile Watts

257 w 50% Quartile Watts

313 w 75% Quartile Watts

4.16 w/kg Avg Watts/Kg

4.72 w/kg Weighted Watts/Kg

247 w Best 20min Power NEW

202 Power Stress Score

100.2 Power Stress Score / Hour

ZONE	FROM W	TO W	TIME	% ZONE
Z1	0.0	140.0	00:28:31	23.5%
Z2	140.0	191.0	00:12:03	9.9%
Z3	191.0	230.0	00:12:05	10.0%
Z4	230.0	268.0	00:12:42	10.5%
Z5	268.0	306.0	00:21:23	17.6%
Z6	306.0	383.0	00:27:16	22.5%
Z7	383.0	1000.0	00:07:15	6.0%

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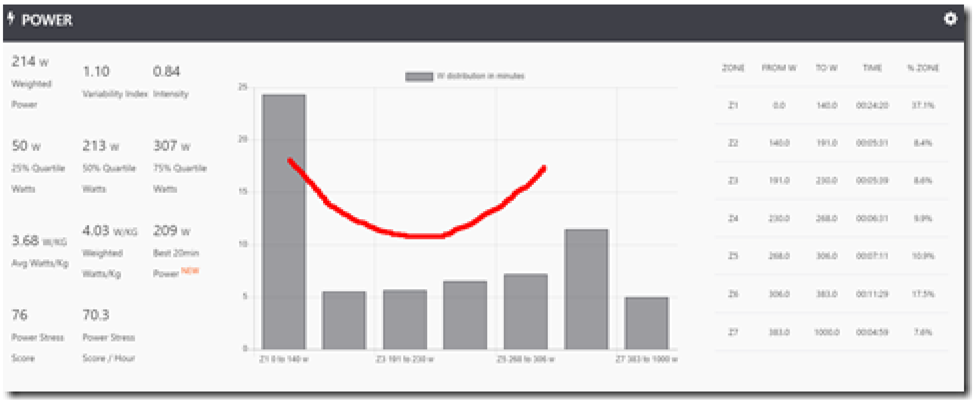

POWER

214 w Weighted Power

1.10 Variability Index

0.84 Intensity

50 w 25% Quartile Watts

213 w 50% Quartile Watts

307 w 75% Quartile Watts

3.68 w/kg Avg Watts/Kg

4.03 w/kg Weighted Watts/Kg

209 w Best 20min Power NEW

76 Power Stress Score

70.3 Power Stress Score / Hour

ZONE	FROM W	TO W	TIME	% ZONE
Z1	0.0	140.0	00:24:20	37.1%
Z2	140.0	191.0	00:05:31	8.4%
Z3	191.0	230.0	00:05:39	8.6%
Z4	230.0	268.0	00:06:31	9.9%
Z5	268.0	306.0	00:07:11	10.9%
Z6	306.0	383.0	00:11:29	17.5%
Z7	383.0	1000.0	00:04:59	7.6%

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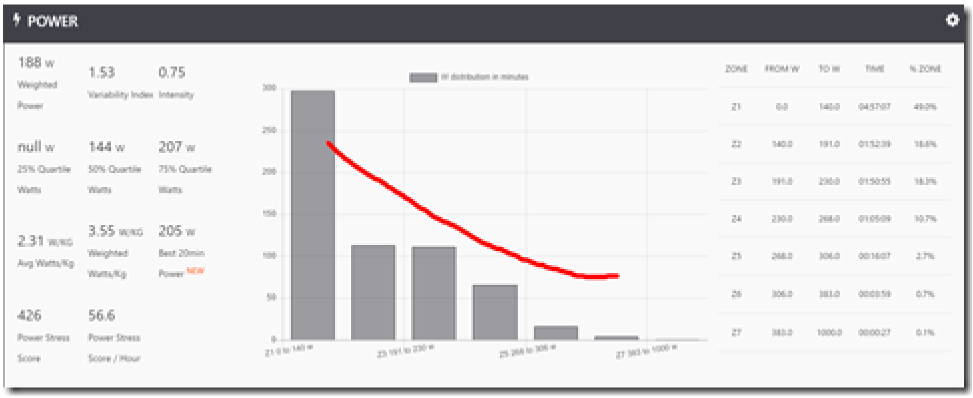

POWER

188 w Weighted Power
1.53 Variability Index
0.75 Intensity
null w 25% Quartile Watts
144 w 50% Quartile Watts
207 w 75% Quartile Watts
2.31 W/KG Avg Watts/Kg
3.55 W/KG Weighted Watts/Kg
205 w Best 20min Power NEW
426 Power Stress Score
56.6 Power Stress Score / Hour

ZONE	FROM W	TO W	TIME	% ZONE
Z1	0.0	140.0	04:57:07	49.0%
Z2	140.0	191.0	01:52:39	18.6%
Z3	191.0	230.0	01:50:55	18.3%
Z4	230.0	268.0	01:05:09	10.7%
Z5	268.0	306.0	00:16:07	2.7%
Z6	306.0	383.0	00:03:59	0.7%
Z7	383.0	1000.0	00:00:27	0.1%

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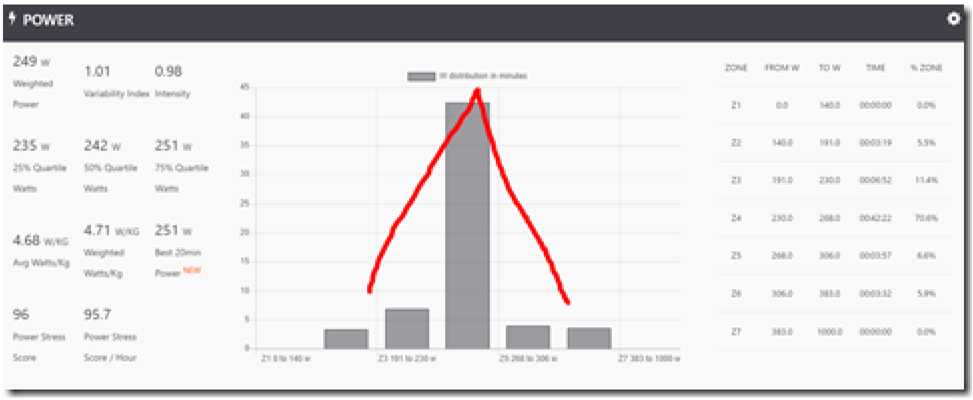

POWER

249 w Weighted Power
1.01 Variability Index
0.98 Intensity
235 w 25% Quartile Watts
242 w 50% Quartile Watts
251 w 75% Quartile Watts
4.68 W/KG Avg Watts/Kg
4.71 W/KG Weighted Watts/Kg
251 w Best 20min Power NEW
96 Power Stress Score
95.7 Power Stress Score / Hour

ZONE	FROM W	TO W	TIME	% ZONE
Z1	0.0	140.0	00:00:00	0.0%
Z2	140.0	191.0	00:03:19	5.5%
Z3	191.0	230.0	00:06:52	11.4%
Z4	230.0	268.0	00:42:22	70.6%
Z5	268.0	306.0	00:03:57	6.6%
Z6	306.0	383.0	00:03:32	5.9%
Z7	383.0	1000.0	00:00:00	0.0%

L4□□□□□□□□L3,L5□□□□□□□□□□

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