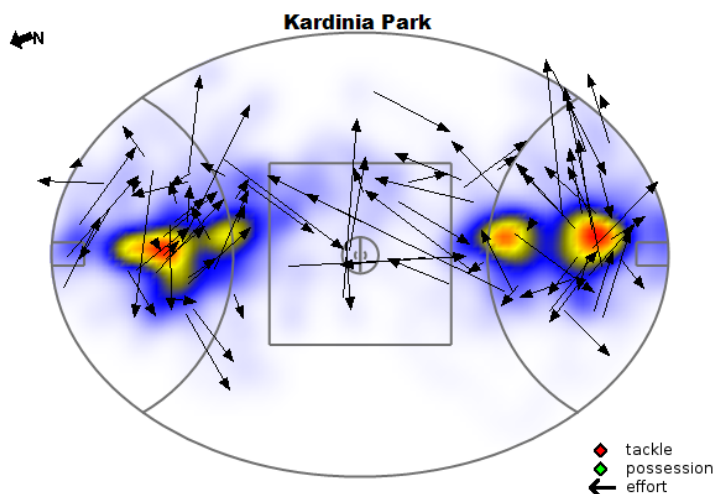


Catapult Sprint Individual Report



Player Name	Keenan Ramsey
Date	27Jun2014
Description	2014U18R5SAvVC

Summary	Period:	Period 1			Period 2			Period 3			Period 4			Session		
	Start Time: (h:m:s)	14:37:26			15:03:15			15:43:46			16:09:26			14:37:26		
	Duration: (m:s)	0:20:08			0:20:08			0:20:10			0:20:03			1:20:29		
	Distance: (m)	1789			2074			2037			1900			7800		
	Meterage: (m/min)	88.9			103.0			101.0			94.8			96.9		
	Player Load:	155			192			180			189			716		
	HR:[Min Mean Max]	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Efforts over 2/4/6 m/s:	38	13	4	44	18	6	42	19	4	56	16	5	180	66	19
	Acc. > 2/3/4 m/s ² :	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Rest Time: (m:s)	0:17.0			0:28.6			0:06.5			0:49.6			1:41.8		
	Max. Vel: (m/s)	7.2			7.4			6.3			7.6			7.6		
	Work:Rest Ratio:	0.07			0.12			0.09			0.08			0.09		
	Exertion Index	16.43			20.59			19.40			17.25			81.89		
	Exertion Index/min	0.82			1.02			0.96			0.86			1.02		
	Field Time	0:20:08			0:20:08			0:20:10			0:20:03			1:20:29		
	Bench Time	0:00:00			0:00:00			0:00:00			0:00:00			0:00:00		



Bands	Vel. Band		0-2 m/s	2-4 m/s	4-6 m/s	6-12 m/s
	Dist. (Est.)	m	3532	2492	1513	263
		%	45	32	19	3
	Time	s	1:00:26.0	14:09.0	5:13.8	0:39.8
		%	75	18	6	1

Effort Length/Duration	Efforts	#	0		180		66		19	
	Average	m/s	0	0	14	5	22	5	13	2
	Min	m/s	0	0	1	1	4	1	1	1
	Max	m/s	0	0	72	23	81	17	37	5
	0-5 m	#	0		35		2		2	
	5-10 m	#	0		57		9		6	
	10-40 m	#	0		82		47		11	
40+ m	#	0		6		8		0		

Start Accel.	0-1 m/s ²	#	0		53		14		6	
	1-2 m/s ²	#	0		54		24		8	
	2-4 m/s ²	#	0		55		22		5	
	4+ m/s ²	#	0		18		6		0	

Recovery Times	0-0.5 mins	#	145	145	28	0				
	0.5-1 mins	#	16	16	11	1				
	1-2 mins	#	15	15	16	2				
	2-5 mins	#	5	5	8	7				
	5+ mins	#	3	3	3	8				
Accel. Bands	Acc. Band		-20--4 m/s ²	-4--3 m/s ²	-3--2 m/s ²	-2-0 m/s ²	0-2 m/s ²	2-3 m/s ²	3-4 m/s ²	4-20 m/s ²
	Dist. (Est.)	m	28	53	111	2764	4309	158	63	47
		%	0	1	1	37	57	2	1	1
	Time	s	0:12.1	0:19.8	0:45.9	26:33.2	50:25.3	1:05.8	0:33.7	0:32.8
		%	0	0	1	33	63	1	1	1
	Efforts	#	0	2	1	990	1634	0	0	0
RHIE	Total Bouts		0							
	Efforts per Bout		0			0.0		0		
	Effort Duration	s	0.0			0.0		0.0		
	Effort Recovery	s	0.0			0.0		0.0		
	Bout Recovery	s	0.0			0.0		0.0		
Player Load	P.L. Band		0-1	1-2	2-3	3-4	4-6			
	Time	s	1:01:26.4	14:43.8	3:15.0	0:49.6	0:14.0			
		%	76	18	4	1	0			
	Mean		0.06	0.34	0.61	0.86	1.26			