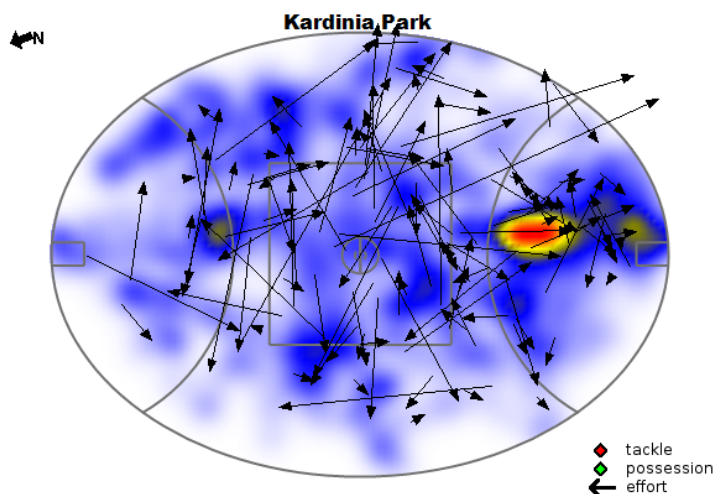


Catapult Sprint Individual Report



Player Name	Sam Durdin
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)	2310			2398			2659			2454			9821		
	Meterage: (m/min)	114.7			119.1			131.9			122.4			122.0		
	Player Load:	241			255			252			234			981		
	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:	63	26	10	75	21	5	69	26	8	60	21	6	267	94	29
	Acc. > 2/3/4 m/s ² :	3	0	1	2	0	0	0	1	0	0	0	1	5	1	2
	Rest Time: (m:s)	0:00.0			0:03.1			0:06.7			0:03.2			0:13.1		
	Max. Vel: (m/s)	7.3			7.3			8.5			7.4			8.5		
	Work:Rest Ratio:	0.15			0.14			0.20			0.13			0.15		
	Exertion Index	22.39			22.59			29.43			23.21			102.53		
	Exertion Index/min	1.11			1.12			1.46			1.16			1.27		
	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	3628		3703		1928		562	
		%	37		38		20		6	
	Time	s	52:06.2		20:14.3		6:42.5		1:25.6	
		%	65		25		8		2	

Effort Length/Duration	Efforts	#	0		267		94		29	
	Average	m/s	0	0	13	5	20	4	19	3
	Min	m/s	0	0	0	1	2	1	6	1
	Max	m/s	0	0	59	19	84	17	88	13
	0-5 m	#	0		54		9		0	
	5-10 m	#	0		76		23		9	
	10-40 m	#	0		131		49		17	
40+ m	#	0		6		13		3		

Start Accel.	0-1 m/s ²	#	0		81		32		9	
	1-2 m/s ²	#	0		83		27		11	
	2-4 m/s ²	#	0		80		24		9	
	4+ m/s ²	#	0		22		11		0	

Recovery Times	0-0.5 mins	#	244	244	50	3				
	0.5-1 mins	#	22	22	16	3				
	1-2 mins	#	8	8	22	6				
	2-5 mins	#	0	0	6	8				
	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	32	57	156	3236	5167	203	63	56
		%	0	1	2	36	58	2	1	1
	Time	s	0:15.4	0:24.7	1:04.3	27:42.7	48:47.8	1:18.1	0:28.2	0:27.2
		%	0	1	1	34	61	2	1	1
	Efforts	#	3	1	7	1134	1533	5	1	2
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	6-10		
	Time	s	51:35.4	22:53.7	4:59.0	0:44.9	0:14.3	0:01.5		
		%	64	28	6	1	0	0		
	Mean		0.09	0.35	0.60	0.89	1.28	2.27		