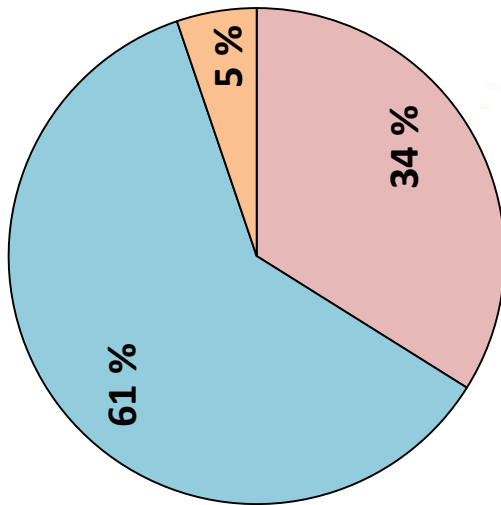


Comparing Energy Systems Between GR & FS

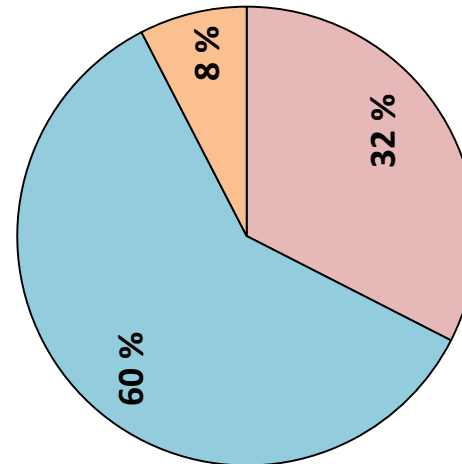
Video analysis of all **679 matches** in both Styles (Men)- Las vegas 2015

GR



- Aerobic
- LA
- ATP-PC

FS



- Aerobic
- LA
- ATP-PC



GR	Total match time (min)	Active time (min)	ATP- Pc %	Lactic acid %	Aerobic %
59 kg	6.42	4.20	5.56	60.37	34.05
66 kg	7.29	5.02	5.05	62.80	32.14
70 kg	6.86	4.74	5.57	62.43	31.99
75 kg	7.40	5.01	5.25	61.56	33.18
80 kg	7.40	5.15	5.54	62.49	31.95
85 kg	8.36	5.08	4.67	55.98	39.33
98 kg	7.93	5.15	5.06	58.47	36.48
130 kg	6.78	4.55	5.17	64.24	30.58
Mean	7.33	4.86	5.21	60.88	33.90



FS	Total match time (min)	Active time (min)	ATP- Pc %	Lactic acid %	Aerobic %
57 kg	6.51	4.95	10.25	63.34	26.40
61 kg	7.09	5.04	9.01	54.86	36.12
65 kg	6.50	4.65	8.53	56.55	34.90
70 kg	6.53	4.62	6.50	59.97	33.51
74 kg	7.06	5.01	6.25	57.84	35.90
86 kg	6.35	4.56	6.44	60.65	32.90
97 kg	6.66	4.88	6.42	62.70	30.87
125 kg	6.05	4.34	7.05	61.75	31.19
Mean	6.58	4.75	7.58	59.90	32.51

