

GENETICS, VIDEO

VO2MAX OF 99.5ML/KG/MIN AND 440 WATT?

28.07.2009

What's possible and what's unlikely to be possible: sportsscientists.com discusses the recent watt burst of the TdF winner at the Verbier climb.

... Antoine Vayer calculates that given Contador's power output on that climb (which he calculates as 490W for a 78kg "normalized" rider – more on that later), and with one or two assumptions to turn that power output into oxygen consumption, Contador would be riding at 5.55 L/min. The problem with this is that it implies that Contador's VO2max is about 99.5ml/kg/min!

Hematide? Aicar? No idea – there is an endless list of untested substances that will make the impossible possible.

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