



Example determination of Crossover Percentage

Data in this example is from one female participant.

Time at which $KCHO > KFAT = 12.75$ minutes

VO_2/kg at 12.75 minutes = 35.54 ml/kg/min

Crossover VO_2 / Calculated absolute VO_2 max = % of VO_2 max at crossover
(ie, Crossover %)

$35.54 \text{ ml/kg/min} / 50.72 \text{ ml/kg/min} = \underline{68.1\%}$