

ANEXO 1

Termo Individual de consentimento

TERMO DE RESPONSABILIDADE

Eu, _____,
portador do B.I./C.C. nº _____, do Arq. de Identificação de
_____, emitido em ___/___/_____, declaro que fui suficientemente
informado das finalidades, benefícios esperados e riscos associados com a realização
dos testes ou da actividade. Foi-me dada a oportunidade de formular questões e
colocar dúvidas e estou na posse de informação suficiente para poder assinar o termo
de consentimento.

Assumo a responsabilidade de eventuais lesões ou situações de risco de saúde que
possam resultar do facto de não apresentar declaração médica que autorize a prática
de actividade física. Assumo ainda a responsabilidade da ocorrência das situações
nefastas para a minha saúde, que resultem do não cumprimento das indicações
técnicas da ESDRM.

É da minha inteira responsabilidade o não cumprimento do programa de exercícios
e/ou de recomendações fornecidas pelos técnicos da ESDRM.

Rio Maior ____ de _____ de 2013

Assinatura

ANEXO 2

Descriptives

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Idade	10	27	41	34,10	4,280
Peso	10	63,00	96,00	74,0000	10,18714
Altura	10	162,00	198,00	176,9000	9,06091
Valid N (listwise)	10				

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
VO2max	10	37,30	55,00	48,4600	6,18065
FCmax	10	171,00	192,00	184,1000	7,27935
VE	10	89,42	141,95	124,0879	19,28033
R	10	1,10	1,30	1,1340	,06603
Valid N (listwise)	10				

Descriptives

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
FC_T1	10	108,42	152,62	138,0640	14,40618
perFCmax_T1	10	56,47	89,25	75,2231	9,49723
FC_T2	10	123,00	172,06	150,5470	15,53186
perFCmax_T2	10	66,13	100,62	81,9880	10,22782
FC_T3	10	123,00	182,57	154,8690	20,71210
perFCmax_T3	10	66,13	106,77	84,3654	12,95772
FC_T4	10	123,00	177,00	146,8540	20,33947
perFCmax_T4	10	65,17	99,38	80,0141	12,51524
FC_T5	10	93,83	179,93	142,9470	24,12396
perFCmax_T5	10	49,65	99,81	77,8372	13,91448
FC_T6	10	123,00	165,79	148,1110	14,37836
perFCmax_T6	10	66,13	93,21	80,6021	8,86043
VO2_T1	10	13,49	42,43	29,5920	9,51987
perVO2mx_T1	10	26,61	81,91	60,5775	15,93382
VO2_T2	10	18,28	52,07	35,0270	10,63840
perVO2mx_T2	10	48,62	100,52	71,2773	17,05966
VO2_T3	10	18,28	57,02	36,6620	12,24038
perVO2mx_T3	10	48,62	110,08	74,4318	20,28187
VO2_T4	10	18,28	50,84	32,5650	10,77044
perVO2mx_T4	10	43,67	98,15	66,7702	18,97768
VO2_T5	10	12,34	51,49	31,0530	11,71176
perVO2mx_T5	10	22,44	99,40	63,8814	20,91879
VO2_T6	10	18,28	45,52	33,4340	8,86058
perVO2mx_T6	10	48,62	92,27	68,5124	14,48615
Dist_T1	10	250,00	700,00	470,0000	176,63522
Dist_T2	10	580,00	2300,00	1352,0000	588,78028
Dist_T3	10	550,00	2090,00	1388,0000	585,60131
Dist_T4	10	260,00	2250,00	1263,9000	629,17661
Dist_T5	10	330,00	2240,00	1220,1000	521,41271
Dist_T6	10	900,00	2220,00	1372,0000	363,09778
dist max	10	2930,00	11430,00	7066,0000	2368,58701
Valid N (listwise)	10				

Oneway

Test of Homogeneity of Variances				
	Levene Statistic	df1	df2	Sig.
FC	,767	5	54	,578
%FCmax	,592	5	54	,706
VO2	,161	5	54	,976
%VO2max	,275	5	54	,925
Dist	2,724	5	54	,029

ANOVA						
		Sum of Squares	df	Mean Square	F	Sig.
FC	Between Groups	1719,753	5	343,951	,992	,431
	Within Groups	18721,480	54	346,694		
	Total	20441,233	59			
%FCmax	Between Groups	508,683	5	101,737	,771	,575
	Within Groups	7123,136	54	131,910		
	Total	7631,819	59			
VO2	Between Groups	332,833	5	66,567	,583	,713
	Within Groups	6167,772	54	114,218		
	Total	6500,605	59			
%VO2max	Between Groups	1248,558	5	249,712	,763	,581
	Within Groups	17674,821	54	327,312		

	Total	18923,380	59			
Dist	Between Groups	6224265,533	5	1244853,107	4,913	,001
	Within Groups	13683289,800	54	253394,256		
	Total	19907555,333	59			

Post Hoc Tests

Multiple Comparisons

Dependent Variable	(I) traj	(J) traj	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Tukey HSD	parcial 1	parcial 2	-12,48300	8,32699	,666	-37,0849	12,1189
		parcial 3	-16,80500	8,32699	,346	-41,4069	7,7969
		parcial 4	-8,79000	8,32699	,896	-33,3919	15,8119
		parcial 5	-4,88300	8,32699	,992	-29,4849	19,7189
		parcial 6	-10,04700	8,32699	,832	-34,6489	14,5549
		parcial 1	12,48300	8,32699	,666	-12,1189	37,0849
	parcial 2	parcial 3	-4,32200	8,32699	,995	-28,9239	20,2799
		parcial 4	3,69300	8,32699	,998	-20,9089	28,2949
		parcial 5	7,60000	8,32699	,942	-17,0019	32,2019
		parcial 6	2,43600	8,32699	1,000	-22,1659	27,0379
		parcial 1	16,80500	8,32699	,346	-7,7969	41,4069
		parcial 2	4,32200	8,32699	,995	-20,2799	28,9239
	parcial 3	parcial 4	8,01500	8,32699	,928	-16,5869	32,6169
		parcial 5	11,92200	8,32699	,708	-12,6799	36,5239
		parcial 6	6,75800	8,32699	,964	-17,8439	31,3599
		parcial 1	8,79000	8,32699	,896	-15,8119	33,3919
		parcial 2	-3,69300	8,32699	,998	-28,2949	20,9089
		parcial 3	-8,01500	8,32699	,928	-32,6169	16,5869
	parcial 4	parcial 5	3,90700	8,32699	,997	-20,6949	28,5089
		parcial 6	-1,25700	8,32699	1,000	-25,8589	23,3449
		parcial 1	4,88300	8,32699	,992	-19,7189	29,4849
		parcial 2	-7,60000	8,32699	,942	-32,2019	17,0019
		parcial 3	-11,92200	8,32699	,708	-36,5239	12,6799
		parcial 4	-3,90700	8,32699	,997	-28,5089	20,6949
	parcial 5	parcial 6	-5,16400	8,32699	,989	-29,7659	19,4379
		parcial 1	10,04700	8,32699	,832	-14,5549	34,6489
		parcial 2	-2,43600	8,32699	1,000	-27,0379	22,1659
		parcial 3	-6,75800	8,32699	,964	-31,3599	17,8439
		parcial 4	1,25700	8,32699	1,000	-23,3449	25,8589
		parcial 5	5,16400	8,32699	,989	-19,4379	29,7659
	parcial 6	parcial 2	-12,48300	6,69908	,709	-35,0751	10,1091
		parcial 3	-16,80500	7,97828	,546	-44,1784	10,5684
		parcial 4	-8,79000	7,88183	,993	-35,7882	18,2082
		parcial 5	-4,88300	8,88540	1,000	-35,8504	26,0844
		parcial 6	-10,04700	6,43642	,888	-31,7351	11,6411
		parcial 1	12,48300	6,69908	,709	-10,1091	35,0751
	parcial 2	parcial 3	-4,32200	8,18676	1,000	-32,2321	23,5881
		parcial 4	3,69300	8,09279	1,000	-23,8592	31,2452
		parcial 5	7,60000	9,07306	1,000	-23,7660	38,9660
		parcial 6	2,43600	6,69310	1,000	-20,1369	25,0089
		parcial 1	16,80500	7,97828	,546	-10,5684	44,1784
		parcial 2	4,32200	8,18676	1,000	-23,5881	32,2321
	parcial 3	parcial 4	8,01500	9,17979	,999	-22,9187	38,9487
		parcial 5	11,92200	10,05463	,987	-22,0734	45,9174
		parcial 6	6,75800	7,97326	1,000	-20,6030	34,1190
		parcial 1	8,79000	7,88183	,993	-18,2082	35,7882
		parcial 2	-3,69300	8,09279	1,000	-31,2452	23,8592
		parcial 3	-8,01500	9,17979	,999	-38,9487	22,9187
parcial 4	parcial 5	3,90700	9,97827	1,000	-29,8586	37,6726	
	parcial 6	-1,25700	7,87675	1,000	-28,2424	25,7284	
	parcial 1	4,88300	8,88540	1,000	-26,0844	35,8504	
	parcial 2	-7,60000	9,07306	1,000	-38,9660	23,7660	
	parcial 3	-11,92200	10,05463	,987	-45,9174	22,0734	
	parcial 4	-3,90700	9,97827	1,000	-37,6726	29,8586	
parcial 5	parcial 6	-5,16400	8,88089	1,000	-36,1224	25,7944	
	parcial 1	10,04700	6,43642	,888	-11,6411	31,7351	
	parcial 2	-2,43600	6,69310	1,000	-25,0089	20,1369	
	parcial 3	-6,75800	7,97326	1,000	-34,1190	20,6030	
	parcial 4	1,25700	7,87675	1,000	-25,7284	28,2424	
	parcial 5	5,16400	8,88089	1,000	-25,7944	36,1224	
Tukey HSD	parcial 1	parcial 2	-6,76494	5,13634	,774	-21,9401	8,4103
		parcial 3	-9,14233	5,13634	,487	-24,3175	6,0329

		parcial 4	-4,79105	5,13634	,936	-19,9663	10,3842
		parcial 5	-2,61411	5,13634	,996	-17,7893	12,5611
		parcial 6	-5,37900	5,13634	,900	-20,5542	9,7962
		parcial 1	6,76494	5,13634	,774	-8,4103	21,9401
		parcial 3	-2,37740	5,13634	,997	-17,5526	12,7978
	parcial 2	parcial 4	1,97389	5,13634	,999	-13,2013	17,1491
		parcial 5	4,15083	5,13634	,965	-11,0244	19,3260
		parcial 6	1,38594	5,13634	1,000	-13,7893	16,5612
		parcial 1	9,14233	5,13634	,487	-6,0329	24,3175
		parcial 2	2,37740	5,13634	,997	-12,7978	17,5526
	parcial 3	parcial 4	4,35128	5,13634	,957	-10,8239	19,5265
		parcial 5	6,52822	5,13634	,799	-8,6470	21,7034
		parcial 6	3,76334	5,13634	,977	-11,4119	18,9385
		parcial 1	4,79105	5,13634	,936	-10,3842	19,9663
		parcial 2	-1,97389	5,13634	,999	-17,1491	13,2013
	parcial 4	parcial 3	-4,35128	5,13634	,957	-19,5265	10,8239
		parcial 5	2,17694	5,13634	,998	-12,9983	17,3522
		parcial 6	-5,8795	5,13634	1,000	-15,7632	14,5873
		parcial 1	2,61411	5,13634	,996	-12,5611	17,7893
		parcial 2	-4,15083	5,13634	,965	-19,3260	11,0244
	parcial 5	parcial 3	-6,52822	5,13634	,799	-21,7034	8,6470
		parcial 4	-2,17694	5,13634	,998	-17,3522	12,9983
		parcial 6	-2,76489	5,13634	,994	-17,9401	12,4103
		parcial 1	5,37900	5,13634	,900	-9,7962	20,5542
		parcial 2	-1,38594	5,13634	1,000	-16,5612	13,7893
	parcial 6	parcial 3	-3,76334	5,13634	,977	-18,9385	11,4119
		parcial 4	,58795	5,13634	1,000	-14,5873	15,7632
		parcial 5	2,76489	5,13634	,994	-12,4103	17,9401
		parcial 2	-6,76494	4,41368	,901	-21,6493	8,1195
		parcial 3	-9,14233	5,08035	,758	-26,4937	8,2091
	parcial 1	parcial 4	-4,79105	4,96819	,998	-21,7132	12,1311
		parcial 5	-2,61411	5,32738	1,000	-20,9245	15,6963
		parcial 6	-5,37900	4,10737	,969	-19,2290	8,4710
		parcial 1	6,76494	4,41368	,901	-8,1195	21,6493
		parcial 3	-2,37740	5,22026	1,000	-20,1092	15,3544
	parcial 2	parcial 4	1,97389	5,11116	1,000	-15,3504	19,2982
		parcial 5	4,15083	5,46096	1,000	-14,4961	22,7978
		parcial 6	1,38594	4,27920	1,000	-13,0768	15,8487
		parcial 1	9,14233	5,08035	,758	-8,2091	26,4937
		parcial 2	2,37740	5,22026	1,000	-15,3544	20,1092
	parcial 3	parcial 4	4,35128	5,69679	1,000	-14,8480	23,5506
		parcial 5	6,52822	6,01261	,994	-13,7470	26,8035
		parcial 6	3,76334	4,96397	1,000	-13,2951	20,8217
Tamhane		parcial 1	4,79105	4,96819	,998	-12,1311	21,7132
		parcial 2	-1,97389	5,11116	1,000	-19,2982	15,3504
	parcial 4	parcial 3	-4,35128	5,69679	1,000	-23,5506	14,8480
		parcial 5	2,17694	5,91814	1,000	-17,7978	22,1517
		parcial 6	-5,8795	4,84911	1,000	-17,1986	16,0227
		parcial 1	2,61411	5,32738	1,000	-15,6963	20,9245
	parcial 5	parcial 2	-4,15083	5,46096	1,000	-22,7978	14,4961
		parcial 3	-6,52822	6,01261	,994	-26,8035	13,7470
		parcial 4	-2,17694	5,91814	1,000	-22,1517	17,7978
		parcial 6	-2,76489	5,21651	1,000	-20,8193	15,2896
		parcial 1	5,37900	4,10737	,969	-8,4710	19,2290
		parcial 2	-1,38594	4,27920	1,000	-15,8487	13,0768
	parcial 6	parcial 3	-3,76334	4,96397	1,000	-20,8217	13,2951
		parcial 4	,58795	4,84911	1,000	-16,0227	17,1986
		parcial 5	2,76489	5,21651	1,000	-15,2896	20,8193
		parcial 2	-5,43500	4,77950	,864	-19,5559	8,6859
		parcial 3	-7,07000	4,77950	,679	-21,1909	7,0509
	parcial 1	parcial 4	-2,97300	4,77950	,989	-17,0939	11,1479
		parcial 5	-1,46100	4,77950	1,000	-15,5819	12,6599
		parcial 6	-3,84200	4,77950	,966	-17,9629	10,2789
		parcial 1	5,43500	4,77950	,864	-8,6859	19,5559
		parcial 3	-1,63500	4,77950	,999	-15,7559	12,4859
	parcial 2	parcial 4	2,46200	4,77950	,995	-11,6589	16,5829
		parcial 5	3,97400	4,77950	,960	-10,1469	18,0949
		parcial 6	1,59300	4,77950	,999	-12,5279	15,7139
		parcial 1	7,07000	4,77950	,679	-7,0509	21,1909
		parcial 2	1,63500	4,77950	,999	-12,4859	15,7559
	parcial 3	parcial 4	4,09700	4,77950	,955	-10,0239	18,2179
		parcial 5	5,60900	4,77950	,847	-8,5119	19,7299
		parcial 6	3,22800	4,77950	,984	-10,8929	17,3489
Tukey HSD		parcial 1	2,97300	4,77950	,989	-11,1479	17,0939
		parcial 2	-2,46200	4,77950	,995	-16,5829	11,6589
	parcial 4	parcial 3	-4,09700	4,77950	,955	-18,2179	10,0239
		parcial 5	1,51200	4,77950	1,000	-12,6089	15,6329
		parcial 6	-8,6900	4,77950	1,000	-14,9899	13,2519
		parcial 1	1,46100	4,77950	1,000	-12,6599	15,5819
		parcial 2	-3,97400	4,77950	,960	-18,0949	10,1469
	parcial 5	parcial 3	-5,60900	4,77950	,847	-19,7299	8,5119
		parcial 4	-1,51200	4,77950	1,000	-15,6329	12,6089
		parcial 6	-2,38100	4,77950	,996	-16,5019	11,7399
		parcial 1	3,84200	4,77950	,966	-10,2789	17,9629
		parcial 2	-1,59300	4,77950	,999	-15,7139	12,5279
	parcial 6	parcial 3	-3,22800	4,77950	,984	-17,3489	10,8929
		parcial 4	,86900	4,77950	1,000	-13,2519	14,9899
		parcial 5	2,38100	4,77950	,996	-11,7399	16,5019
Tamhane	parcial 1	parcial 2	-5,43500	4,51446	,985	-20,6745	9,8045

	parcial 3	-7,07000	4,90362	,936	-23,7428	9,6028
	parcial 4	-2,97300	4,54566	1,000	-18,3243	12,3783
	parcial 5	-1,46100	4,77277	1,000	-17,6433	14,7213
	parcial 6	-3,84200	4,11264	,999	-17,7105	10,0265
	parcial 1	5,43500	4,51446	,985	-9,8045	20,6745
	parcial 3	-1,63500	5,12838	1,000	-18,9654	15,6954
	parcial 4	2,46200	4,78726	1,000	-13,6695	18,5935
	parcial 5	3,97400	5,00341	1,000	-12,9084	20,8564
	parcial 6	1,59300	4,37819	1,000	-13,2316	16,4176
	parcial 1	7,07000	4,90362	,936	-9,6028	23,7428
	parcial 2	1,63500	5,12838	1,000	-15,6954	18,9654
	parcial 3	4,09700	5,15586	1,000	-13,3180	21,5120
	parcial 5	5,60900	5,35716	,996	-12,4477	23,6657
	parcial 6	3,22800	4,77846	1,000	-13,1092	19,5652
	parcial 1	2,97300	4,54566	1,000	-12,3783	18,3243
	parcial 2	-2,46200	4,78726	1,000	-18,5935	13,6695
	parcial 3	-4,09700	5,15586	1,000	-21,5120	13,3180
	parcial 5	1,51200	5,03158	1,000	-15,4600	18,4840
	parcial 6	-,86900	4,41036	1,000	-15,8123	14,0743
	parcial 1	1,46100	4,77277	1,000	-14,7213	17,6433
	parcial 2	-3,97400	5,00341	1,000	-20,8564	12,9084
	parcial 3	-5,60900	5,35716	,996	-23,6657	12,4477
	parcial 4	-1,51200	5,03158	1,000	-18,4840	15,4600
	parcial 6	-2,38100	4,64408	1,000	-18,2029	13,4409
	parcial 1	3,84200	4,11264	,999	-10,0265	17,7105
	parcial 2	-1,59300	4,37819	1,000	-16,4176	13,2316
	parcial 3	-3,22800	4,77846	1,000	-19,5652	13,1092
	parcial 4	,86900	4,41036	1,000	-14,0743	15,8123
	parcial 5	2,38100	4,64408	1,000	-13,4409	18,2029
	parcial 2	-10,69972	8,09088	,771	-34,6041	13,2046
	parcial 3	-13,85426	8,09088	,530	-37,7586	10,0501
	parcial 4	-6,19266	8,09088	,972	-30,0970	17,7117
	parcial 5	-3,30387	8,09088	,998	-27,2082	20,6005
	parcial 6	-7,93484	8,09088	,922	-31,8392	15,9695
	parcial 1	10,69972	8,09088	,771	-13,2046	34,6041
	parcial 3	-3,15454	8,09088	,999	-27,0589	20,7498
	parcial 4	4,50706	8,09088	,993	-19,3973	28,4114
	parcial 5	7,39585	8,09088	,941	-16,5085	31,3002
	parcial 6	2,76488	8,09088	,999	-21,1395	26,6692
	parcial 1	13,85426	8,09088	,530	-10,0501	37,7586
	parcial 2	3,15454	8,09088	,999	-20,7498	27,0589
	parcial 3	7,66160	8,09088	,932	-16,2427	31,5659
	parcial 5	10,55038	8,09088	,782	-13,3540	34,4547
	parcial 6	5,91942	8,09088	,977	-17,9849	29,8237
	parcial 1	6,19266	8,09088	,972	-17,7117	30,0970
	parcial 2	-4,50706	8,09088	,993	-28,4114	19,3973
	parcial 3	-7,66160	8,09088	,932	-31,5659	16,2427
	parcial 5	2,88879	8,09088	,999	-21,0155	26,7931
	parcial 6	-1,74218	8,09088	1,000	-25,6465	22,1622
	parcial 1	3,30387	8,09088	,998	-20,6005	27,2082
	parcial 2	-7,39585	8,09088	,941	-31,3002	16,5085
	parcial 3	-10,55038	8,09088	,782	-34,4547	13,3540
	parcial 4	-2,88879	8,09088	,999	-26,7931	21,0155
	parcial 6	-4,63097	8,09088	,992	-28,5353	19,2734
	parcial 1	7,93484	8,09088	,922	-15,9695	31,8392
	parcial 2	-2,76488	8,09088	,999	-26,6692	21,1395
	parcial 3	-5,91942	8,09088	,977	-29,8237	17,9849
	parcial 4	1,74218	8,09088	1,000	-22,1622	25,6465
	parcial 5	4,63097	8,09088	,992	-19,2734	28,5353
	parcial 2	-10,69972	7,38186	,933	-35,5907	14,1913
	parcial 3	-13,85426	8,15623	,819	-41,5673	13,8588
	parcial 4	-6,19266	7,83606	1,000	-32,7147	20,3294
	parcial 5	-3,30387	8,31554	1,000	-31,6197	25,0119
	parcial 6	-7,93484	6,80981	,989	-30,9119	15,0422
	parcial 1	10,69972	7,38186	,933	-14,1913	35,5907
	parcial 3	-3,15454	8,38085	1,000	-31,5179	25,2088
	parcial 4	4,50706	8,06960	1,000	-22,7297	31,7438
	parcial 5	7,39585	8,53597	1,000	-21,5403	36,3320
	parcial 6	2,76488	7,07729	1,000	-21,1759	26,7057
	parcial 1	13,85426	8,15623	,819	-13,8588	41,5673
	parcial 2	3,15454	8,38085	1,000	-25,2088	31,5179
	parcial 3	7,66160	8,78354	,999	-21,9547	37,2779
	parcial 5	10,55038	9,21385	,991	-20,5009	41,6017
	parcial 6	5,91942	7,88164	1,000	-21,0583	32,8972
	parcial 1	6,19266	7,83606	1,000	-20,3294	32,7147
	parcial 2	-4,50706	8,06960	1,000	-31,7438	22,7297
	parcial 3	-7,66160	8,78354	,999	-37,2779	21,9547
	parcial 5	2,88879	8,93167	1,000	-27,2494	33,0270
	parcial 6	-1,74218	7,54984	1,000	-27,4466	23,9622
	parcial 1	3,30387	8,31554	1,000	-25,0119	31,6197
	parcial 2	-7,39585	8,53597	1,000	-36,3320	21,5403
	parcial 3	-10,55038	9,21385	,991	-41,6017	20,5009
	parcial 4	-2,88879	8,93167	1,000	-33,0270	27,2494
	parcial 6	-4,63097	8,04639	1,000	-32,2492	22,9873
	parcial 1	7,93484	6,80981	,989	-15,0422	30,9119
	parcial 2	-2,76488	7,07729	1,000	-26,7057	21,1759
	parcial 3	-5,91942	7,88164	1,000	-32,8972	21,0583
	parcial 4	1,74218	7,54984	1,000	-23,9622	27,4466
	parcial 5	4,63097	8,04639	1,000	-22,9873	32,2492

Tukey HSD

Tamhane

Tukey HSD	parcial 1	parcial 2	-882,00000	225,11964	,003	-1547,1114	-216,8886	
		parcial 3	-918,00000	225,11964	,002	-1583,1114	-252,8886	
		parcial 4	-793,90000	225,11964	,011	-1459,0114	-128,7886	
		parcial 5	-750,10000	225,11964	,018	-1415,2114	-84,9886	
		parcial 6	-902,00000	225,11964	,002	-1567,1114	-236,8886	
		parcial 1	882,00000	225,11964	,003	216,8886	1547,1114	
	parcial 2	parcial 3	-36,00000	225,11964	1,000	-701,1114	629,1114	
		parcial 4	88,10000	225,11964	,999	-577,0114	753,2114	
		parcial 5	131,90000	225,11964	,992	-533,2114	797,0114	
		parcial 6	-20,00000	225,11964	1,000	-685,1114	645,1114	
		parcial 1	918,00000	225,11964	,002	252,8886	1583,1114	
		parcial 2	36,00000	225,11964	1,000	-629,1114	701,1114	
	parcial 3	parcial 4	124,10000	225,11964	,994	-541,0114	789,2114	
		parcial 5	167,90000	225,11964	,975	-497,2114	833,0114	
		parcial 6	16,00000	225,11964	1,000	-649,1114	681,1114	
		parcial 1	793,90000	225,11964	,011	128,7886	1459,0114	
		parcial 2	-88,10000	225,11964	,999	-753,2114	577,0114	
		parcial 3	-124,10000	225,11964	,994	-789,2114	541,0114	
	parcial 4	parcial 5	43,80000	225,11964	1,000	-621,3114	708,9114	
		parcial 6	-108,10000	225,11964	,997	-773,2114	557,0114	
		parcial 1	750,10000	225,11964	,018	84,9886	1415,2114	
		parcial 2	-131,90000	225,11964	,992	-797,0114	533,2114	
		parcial 3	-167,90000	225,11964	,975	-833,0114	497,2114	
		parcial 4	-43,80000	225,11964	1,000	-708,9114	621,3114	
	parcial 5	parcial 6	-151,90000	225,11964	,984	-817,0114	513,2114	
		parcial 1	902,00000	225,11964	,002	236,8886	1567,1114	
		parcial 2	20,00000	225,11964	1,000	-645,1114	685,1114	
		parcial 3	-16,00000	225,11964	1,000	-681,1114	649,1114	
		parcial 4	108,10000	225,11964	,997	-557,0114	773,2114	
		parcial 5	151,90000	225,11964	,984	-513,2114	817,0114	
	Tamhane	parcial 1	parcial 2	-882,00000	194,38679	,014	-1611,0458	-152,9542
			parcial 3	-918,00000	193,42412	,010	-1643,1183	-192,8817
			parcial 4	-793,90000	206,65508	,044	-1572,9356	-14,8644
			parcial 5	-750,10000	174,08941	,018	-1396,1842	-104,0158
			parcial 6	-902,00000	127,68712	,000	-1357,7679	-446,2321
			parcial 1	882,00000	194,38679	,014	152,9542	1611,0458
parcial 2		parcial 3	-36,00000	262,60067	1,000	-920,8618	848,8618	
		parcial 4	88,10000	272,49320	1,000	-830,6897	1006,8897	
		parcial 5	131,90000	248,70332	1,000	-707,9491	971,7491	
		parcial 6	-20,00000	218,74694	1,000	-779,6823	739,6823	
		parcial 1	918,00000	193,42412	,010	192,8817	1643,1183	
		parcial 2	36,00000	262,60067	1,000	-848,8618	920,8618	
parcial 3		parcial 4	124,10000	271,80730	1,000	-792,4780	1040,6780	
		parcial 5	167,90000	247,95163	1,000	-669,2538	1005,0538	
		parcial 6	16,00000	217,89192	1,000	-740,2696	772,2696	
		parcial 1	793,90000	206,65508	,044	14,8644	1572,9356	
		parcial 2	-88,10000	272,49320	1,000	-1006,8897	830,6897	
		parcial 3	-124,10000	271,80730	1,000	-1040,6780	792,4780	
parcial 4		parcial 5	43,80000	258,40558	1,000	-831,3920	918,9920	
		parcial 6	-108,10000	229,71792	1,000	-911,8093	695,6093	
		parcial 1	750,10000	174,08941	,018	104,0158	1396,1842	
		parcial 2	-131,90000	248,70332	1,000	-971,7491	707,9491	
		parcial 3	-167,90000	247,95163	1,000	-1005,0538	669,2538	
		parcial 4	-43,80000	258,40558	1,000	-918,9920	831,3920	
parcial 5		parcial 6	-151,90000	200,92566	1,000	-841,1982	537,3982	
		parcial 1	902,00000	127,68712	,000	446,2321	1357,7679	
		parcial 2	20,00000	218,74694	1,000	-739,6823	779,6823	
		parcial 3	-16,00000	217,89192	1,000	-772,2696	740,2696	
		parcial 4	108,10000	229,71792	1,000	-695,6093	911,8093	
		parcial 5	151,90000	200,92566	1,000	-537,3982	841,1982	

*. The mean difference is significant at the 0.05 level.

Homogeneous Subsets

		FC		
	traj	N	Subset for alpha = 0.05	
				1
Tukey HSD ^a	parcial 1	10	138,0640	
	parcial 5	10	142,9470	
	parcial 4	10	146,8540	
	parcial 6	10	148,1110	
	parcial 2	10	150,5470	

	parcial 3	10	154,8690
	Sig.		,346

Means for groups in homogeneous subsets are displayed.
a. Uses Harmonic Mean Sample Size = 10,000.

%FCmax

traj		N	Subset for alpha = 0.05	
			1	
Tukey HSD ^a	parcial 1	10	75,2231	
	parcial 5	10	77,8372	
	parcial 4	10	80,0141	
	parcial 6	10	80,6021	
	parcial 2	10	81,9880	
	parcial 3	10	84,3654	
	Sig.		,487	

Means for groups in homogeneous subsets are displayed.
a. Uses Harmonic Mean Sample Size = 10,000.

VO2

traj		N	Subset for alpha = 0.05	
			1	
Tukey HSD ^a	parcial 1	10	29,5920	
	parcial 5	10	31,0530	
	parcial 4	10	32,5650	
	parcial 6	10	33,4340	
	parcial 2	10	35,0270	
	parcial 3	10	36,6620	
	Sig.		,679	

Means for groups in homogeneous subsets are displayed.
a. Uses Harmonic Mean Sample Size = 10,000.

%VO2max

traj		N	Subset for alpha = 0.05	
			1	
Tukey HSD ^a	parcial 1	10	60,5775	
	parcial 5	10	63,8814	
	parcial 4	10	66,7702	
	parcial 6	10	68,5124	
	parcial 2	10	71,2773	
	parcial 3	10	74,4318	
	Sig.		,530	

Means for groups in homogeneous subsets are displayed.
a. Uses Harmonic Mean Sample Size = 10,000.

Dist

traj		N	Subset for alpha = 0.05	
			1	2
Tukey HSD ^a	parcial 1	10	470,0000	
	parcial 5	10		1220,1000
	parcial 4	10		1263,9000
	parcial 2	10		1352,0000
	parcial 6	10		1372,0000
	parcial 3	10		1388,0000
	Sig.		1,000	,975

Means for groups in homogeneous subsets are displayed.
a. Uses Harmonic Mean Sample Size = 10,000.

Oneway

Test of Homogeneity of Variances

Vel_vento

Levene Statistic	df1	df2	Sig.
2,430	5	54	,047

ANOVA

Vel_vento

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	423,393	5	84,679	189,382	,000
Within Groups	24,145	54	,447		
Total	447,538	59			

Post Hoc Tests

Multiple Comparisons

Dependent Variable: Vel_vento
 Tukey HSD

(I) traj	(J) traj	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
parcial 1	parcial 2	-6,30500	,29904	,000	-7,1885	-5,4215
	parcial 3	-8,51900	,29904	,000	-9,4025	-7,6355
	parcial 4	-5,22300	,29904	,000	-6,1065	-4,3395
	parcial 5	-4,60700	,29904	,000	-5,4905	-3,7235
	parcial 6	-6,85100	,29904	,000	-7,7345	-5,9675
parcial 2	parcial 1	6,30500	,29904	,000	5,4215	7,1885
	parcial 3	-2,21400	,29904	,000	-3,0975	-1,3305
	parcial 4	1,08200	,29904	,008	,1985	1,9655
	parcial 5	1,69800	,29904	,000	,8145	2,5815
	parcial 6	-,54600	,29904	,458	-1,4295	,3375
parcial 3	parcial 1	8,51900	,29904	,000	7,6355	9,4025
	parcial 2	2,21400	,29904	,000	1,3305	3,0975
	parcial 4	3,29600	,29904	,000	2,4125	4,1795
	parcial 5	3,91200	,29904	,000	3,0285	4,7955
	parcial 6	1,66800	,29904	,000	,7845	2,5515
parcial 4	parcial 1	5,22300	,29904	,000	4,3395	6,1065
	parcial 2	-1,08200	,29904	,008	-1,9655	-,1985
	parcial 3	-3,29600	,29904	,000	-4,1795	-2,4125
	parcial 5	,61600	,29904	,323	-,2675	1,4995
	parcial 6	-1,62800	,29904	,000	-2,5115	-,7445
parcial 5	parcial 1	4,60700	,29904	,000	3,7235	5,4905
	parcial 2	-1,69800	,29904	,000	-2,5815	-,8145
	parcial 3	-3,91200	,29904	,000	-4,7955	-3,0285
	parcial 4	-,61600	,29904	,323	-1,4995	,2675
	parcial 6	-2,24400	,29904	,000	-3,1275	-1,3605
parcial 6	parcial 1	6,85100	,29904	,000	5,9675	7,7345
	parcial 2	,54600	,29904	,458	-,3375	1,4295
	parcial 3	-1,66800	,29904	,000	-2,5515	-,7845
	parcial 4	1,62800	,29904	,000	,7445	2,5115
	parcial 5	2,24400	,29904	,000	1,3605	3,1275

*. The mean difference is significant at the 0.05 level.

Homogeneous Subsets

Vel_vento

Tukey HSD^a

traj	N	Subset for alpha = 0.05			
		1	2	3	4
parcial 1	10	15,9830	20,5900	22,2880	24,5020
parcial 5	10				
parcial 4	10	21,2060	22,8340	24,5020	1,000
parcial 2	10				
parcial 6	10	1,000	,323	,458	1,000
parcial 3	10				
Sig.					

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 10,000.