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ATP

: ATP – PC

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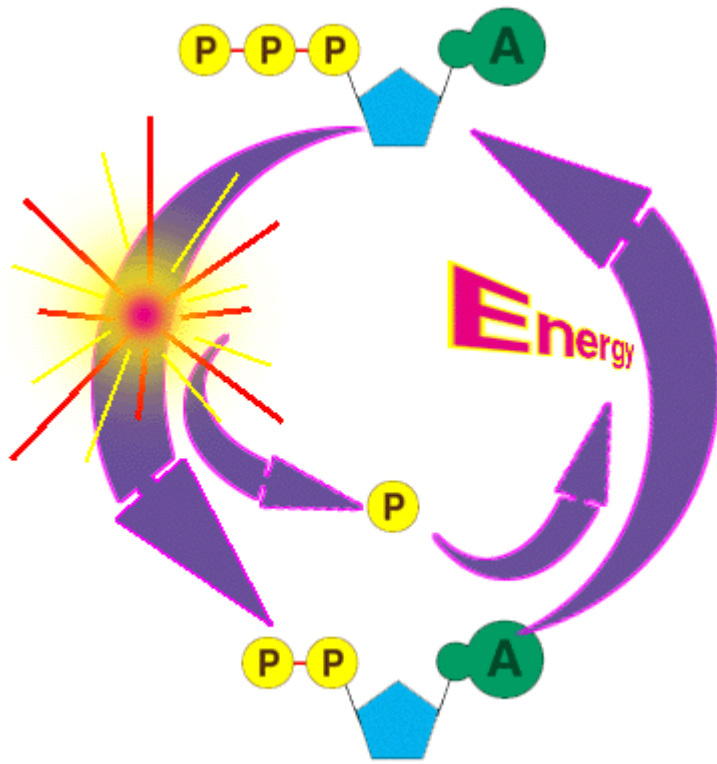
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( )

ATP – PC

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(F)

(W)

:

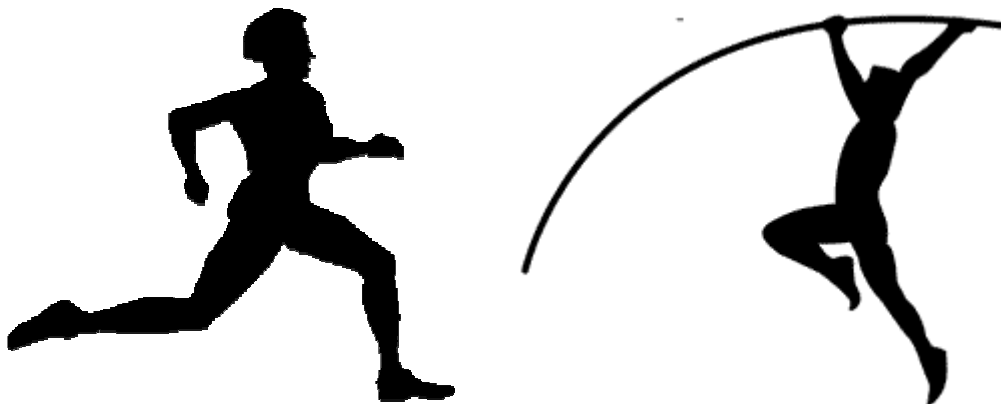
(d)

$$W = F * d \rightarrow$$

=

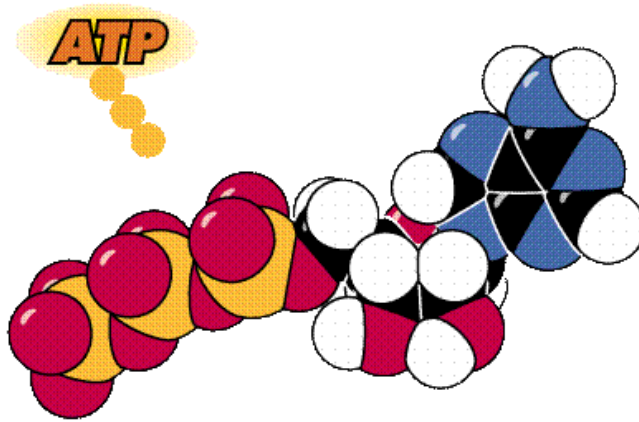
$$P = W / t \rightarrow$$

... ( )



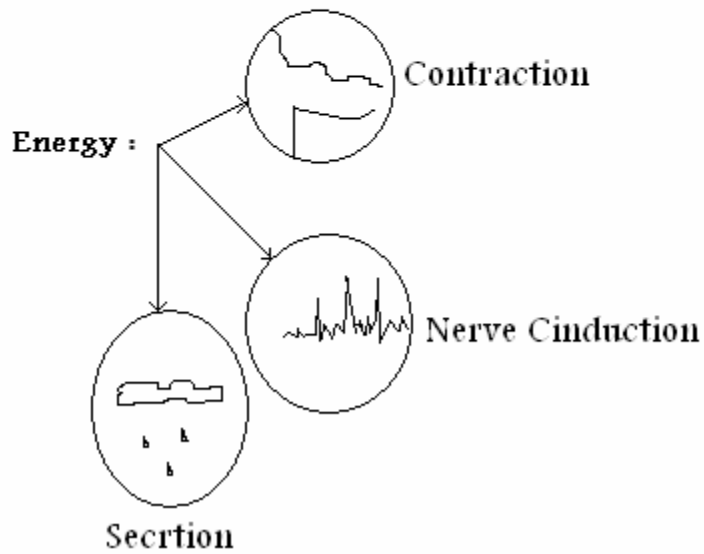
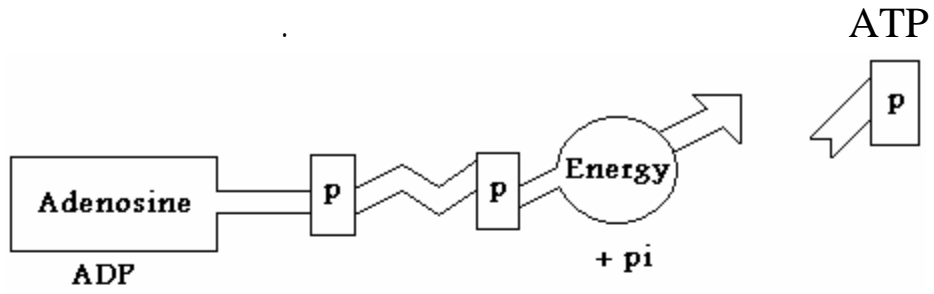
ATP :

(



ATP

ATP



ATP → ADP+Pi

ATP

ATP

ATP

ATP

ATP

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(ATP - PC ) ATP

( )

:ATP - PC

ATP

PC

(

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ATP

ATP

ATP

PC

Pi

ADP



ATP PC

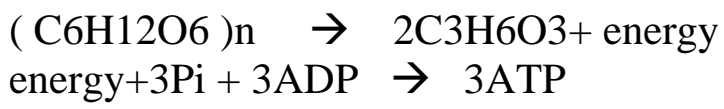
0.6 ) ( ) PC ATP  
100 ( 0.6

( )

ATP

( )

ATP



ATP

3

1600

1500

180

ATP 39

ATP

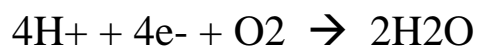
ATP

ATP

"

"

:



**ATP**

ATP

4

3.5

0.3

0.2

ATP

20

12

ATP

ATP 1.5

ATP

mol (42 Kg)

2.5

ATP 150

( )

ATP

: 1

		ATP - PC ( )	
			1
			2
:	:		3
ATP	ATP	ATP	4
			5
	3 1		6

.1

0.3 0.2

6 3

.2

ATP

ATP

.3

(ATP)

ATP

ATP - PC

( )

( )

ATP 9.9 0.43  
2.6

ATP

( ) 3 :2

( )	( )	
3.6	0.6	ATP+ ) (PC
1.6	1.2	
1		( )

42.2

ATP 150

ATP

1500

ATP

ATP

ATP

ATP 6

1500

1.7

3

: 3

O2	LA – O2	ATP-	PC SLA
-	20		80
-	15		85

-	10	90	
20	20	60	
-	10	90	
-	5	95	
-	10	90	
-	10	90	
-	20	80	
-	5	90	
-	20	80	
20	20	60	
95	5	-	
20	30	20	
-	20	80	
95	5	-	
-	20	80	
20	20	60	
-	20	80	

-	2	98		50
5	65	30	200	200
			(	)
25	55	20	440	400
				500
70	20	10	1650	1500
10	20	70		
-	2	98	100	100
			200	
				200
-	10	90		
-	10	90		
-	10	90		



3200

4 3

3

4

:4

O2	O2	ATP – PC		
5	5	90	110 45	
90	8	2	( )	
93	5	2	( )	
5	10	85		
70	10	20	45 55	

			4800	
0 – 80	0 – 80	0 – 80		
100	-	-	( 3200 )	
40	50	10		
40	40	20		
4	6	90		



( ST )

( FT )

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(  
(ST FT

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25 20

25

PC ATP

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40

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( )

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(

ATP – PC

ATP – PC

8

5

PC )

( ATP

(VO2 max)

) .

(.

ATP – PC

( )