

Kementerian Pekerjaan Umum Dan Perumahan Rakyat

Kristian Blummenfelt has posted on Instagram what appears to be the highest VO2 max ever recorded under controlled laboratory testing. The Norwegian shared results showing a VO2 max of 101.1 ... Elite athletes, such as competitive distance runners, racing cyclists or Olympic cross-country skiers, can achieve VO 2 max values exceeding 90 mL/ (kg·min), while some endurance animals, such as ... Below is a list of VO 2max scores (in the units per body weight: ml.kg -1.min -1) that have been recorded for a variety of athletes in a range of sports. Feb 2, 2026 · The highest ever VO2 Max appears to be 101.1 recorded by Norwegian triathlete Kristian Blummenfelt. A VO2 Max of 101.1 means the ability to utilise 101.1 millimetres of oxygen per kilogram ... Here is a list of VO2max scores (in ml/kg/min) that have been recorded for a variety of athletes in a range of sports. The accuracy of these values may vary, as the scores achieved may depend of the ... Dec 7, 2024 · Cross-country skiers are known to have some of the highest values, but who holds the highest recorded VO2max? This article first explains what VO2max means and then highlights a few ... Sep 26, 2025 · Die VO₂max (auch VO₂max geschrieben) beschreibt deine Ausdauerleistung und gilt in der Sportmedizin als einer der besten Gesundheitsmarker. Eine höhere VO₂max bedeutet nicht nur ... Aug 29, 2025 · Elite athletes with VO₂ Max above 90 ml/kg/min demonstrate peak oxygen capacity, combining genetics, stroke volume, capillary density, and years of training. Learn how VO₂ Max and ... In August of 2012, Svendsen tested the highest VO2 Max measurement in recorded history before the 2012 Junior World Time Trial Championships. Dæhlie is well-known for his career in cross-country ... Sep 13, 2022 · A good VO2 max depends on your age, sex, and fitness level — for most adults, scores between 30 and 60 mL/kg/min are typical, with higher numbers indicating stronger aerobic fitness. ...

Kristian Blummenfelt Appears to Have Recorded the Highest VO2 Max ...

[VO2 max - Wikipedia](#)

VO₂ Max of Elite Athletes: What 90+ Really Looks Like

WORLD RECORD VO2 MAX SCORES - KORR Medical Technologies

Good VO2 Max By Age + Sex: Charts - Marathon Handbook

VO2 max World Records - Topend Sports

VO2max - Who has the highest values in history? - ProXCskiing

VO2max test records - Fitness Testing

VO₂max Tabelle: Werte nach Alter (Männer & Frauen) | Laufcampus

What Is The Highest Recorded VO2 Max? - The Running Channel

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