



Qpoint Calculation

- Max 100 Qpoints achievable per session independent of workout duration and number of steps in the workout.
- Qpoints is achievable when:
 - HR profiles: During all workout
 - Power profiles: During all workout
 - Tabata session: During Work time excl. raise time (first 20 seconds of the Work time is excluded, with a minimum of 50% of the workout time calculated)
 - HR Tracking: During all workout
- Qpoints achieved during the workout are calculated continuously every second (as a Qpoint-fraction) based on how close Exerciser's Actual Value is to *Actual Target* (Dev):
 - HR profile: Actual Target = Target "line" between current Step Target and previous Step Target
 - Power profile: Actual Target = Target
 - Tabata profile: Actual Target = Target for Work time

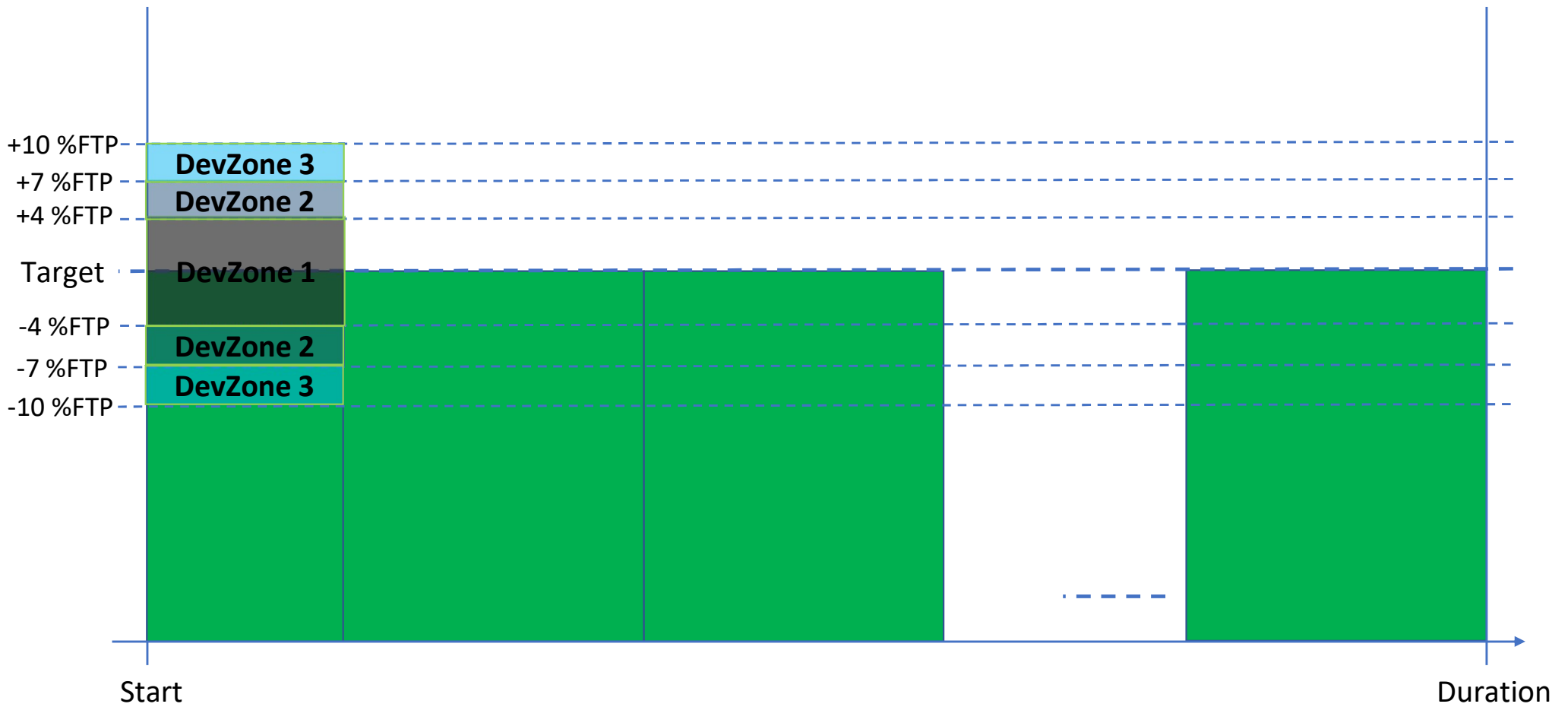
$$\text{Qpoints} = \text{maxQpoints} * (\text{time in DevZone1} * 1.0 + \text{time in DevZone2} * 0.6 + \text{time in DevZone3} * 0.2)$$

where

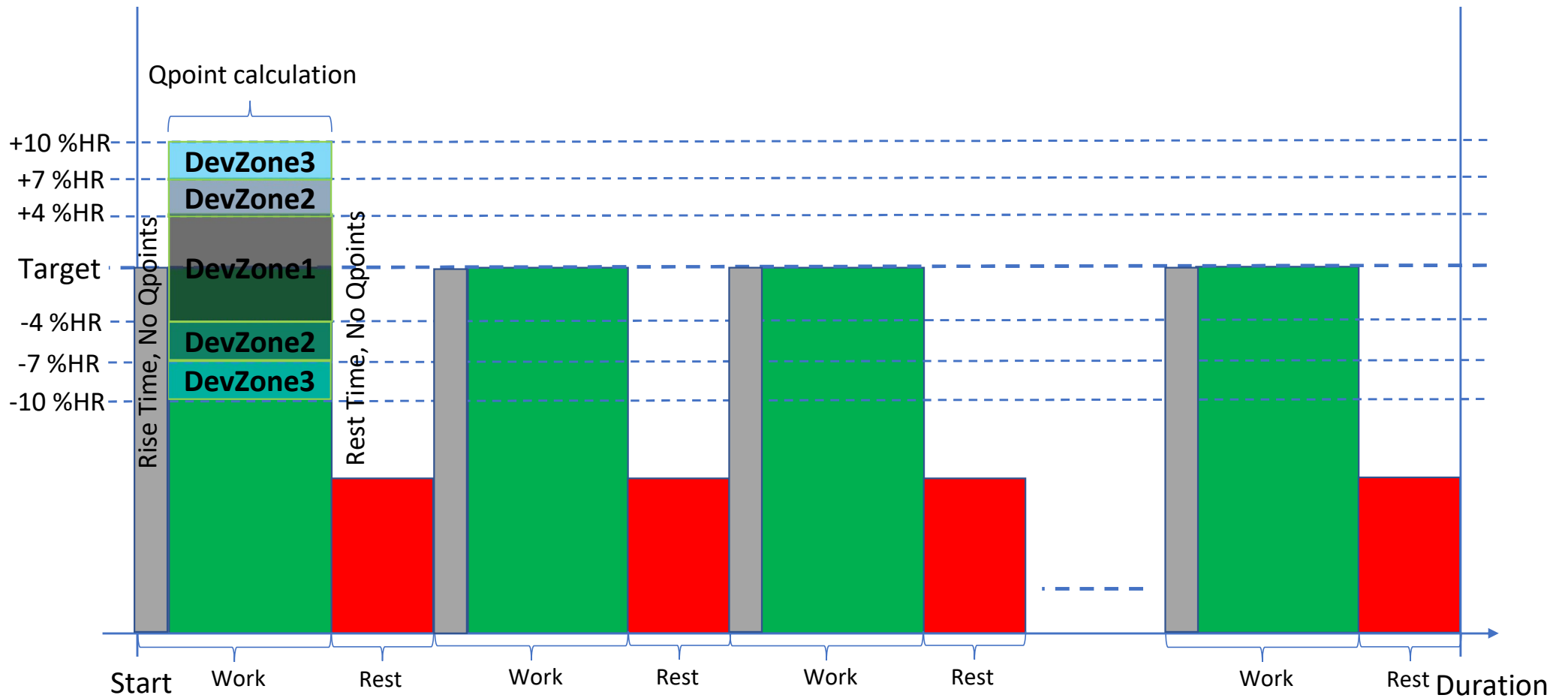
	HR profile	Power profile	Tabata profile
DevZone 1 =	-1 %HR < Dev < +1 %HR	-4 %FTP < Dev < +4 %FTP	-4 %HR < Dev < +4 %HR
DevZone 2 =	-3 %HR < Dev < -1 %HR +1 %HR < Dev < +3 %HR	-7 %FTP < Dev < -4 %FTP +4 %FTP < Dev < +7 %FTP	-7 %HR < Dev < -4 %HR +4 %HR < Dev < +7 %HR
DevZone 3 =	-5 %HR < Dev < -3 %HR +3 %HR < Dev < +5 %HR	-10 %FTP < Dev < -7 %FTP +7 %FTP < Dev < +10 %FTP	-10 %HR < Dev < -7 %HR +7 %HR < Dev < +10 %HR

- HR Tracking: Qpoints = min(100 x (dur/45) x multiplier, 100)
- Qpoints is displayed as rounded integer values (79,5 Qpoints displayed as 80 Qpoints)
- Thumb-up on step transition, if 80% of max Qpoints for the step has been achieved during the step

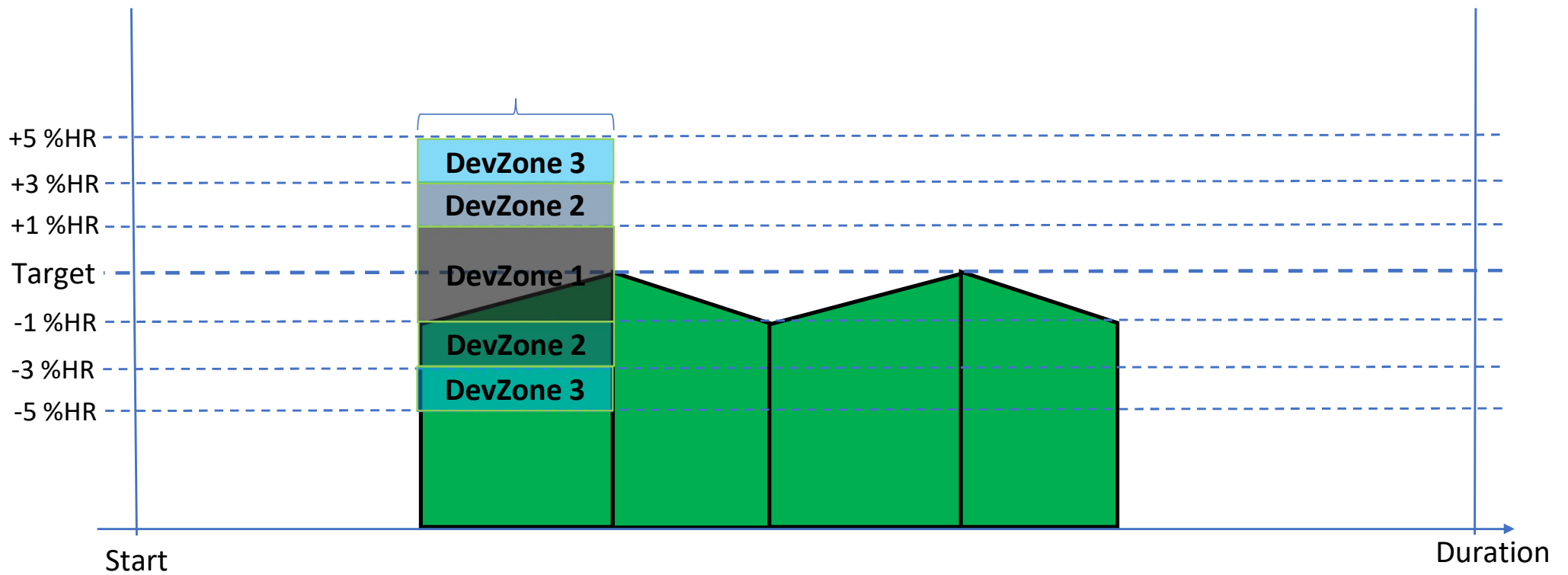
Power – Qpoint Calculation



Tabata – Qpoint Calculation



Heart Rate – Qpoint Calculation



Heart Rate Tracking – Qpoint Calculation

