

# Glucose test

2019/11/10  
15u nuchter

Hours	Time After eating	Passive activity	
		mg/dl	mmol/L
10:03		99	5,5
10:05		eten v	
10:10		2 EB vanilla 40G	
10:13		87	4,8
10:20	10'	87	4,8
10:25	15'	91	5,1
10:40	30'	122	6,8
10:55	45'	133	7,4
11:10	1u	124	6,9
11:25	1u15'	137	7,6
11:40	1u30'	143	7,9
11:55	1u45'	103	5,7
12:10	2u	92	5,1
12:25	2u15'	88	4,9

# Glucose test

2019/11/11  
nuchter

Hours	Time After eating	2u fietstraining op tacx mg/dl	mmol/L
5:23		82	4,55 (voor start fietsen)
5:37			(start met fietsen)
6:07	na 30' fietsen	91	5,05
6:09	1x Energy GEL fast 35g		
6:14	na 5' (na 35' fietsen)	102	5,66
6:24	na 15'	104	5,77
6:39	na 30'	106	5,88
6:40	1x Energy GEL fast 35g		
6:45	5' na 2de gel	109	6,05
6:55	15' na 2de gel	95	5,27
7:10	30' na 2de gel	87	4,83
7:25	45' na 2de gel	86	4,77
7:26	1x Energy GEL fast 35g		
7:31	5' na 3de gel	92	5,11
7:36	10' na 3de gel	114	
7:41	15' na 3de gel	102	
7:45	8 sprints om de minuut - 20sec max		
7:56	30' na 3de gel	90	
8:11	45' na 3de gel	93	