

PACE

Real-time monitoring of your energetic balance

BACKGROUND



Many recreational cyclists participate in organized events in which they perform close to their limits.

They train several weeks in advance and want to reach the finish line in the best possible time.



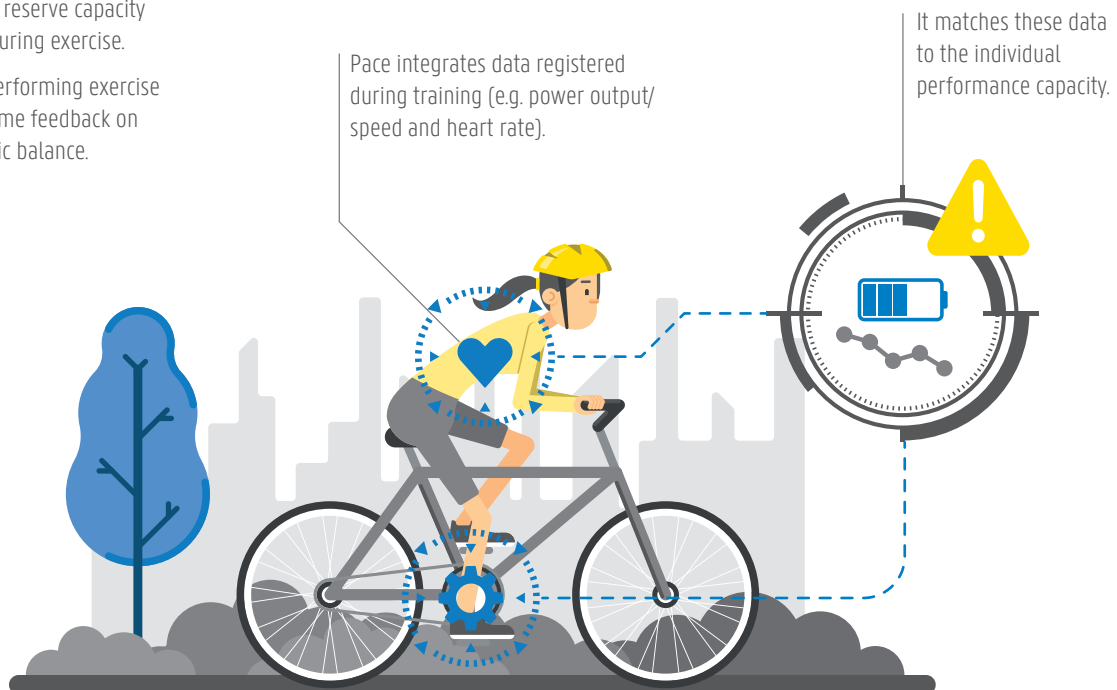
However, many of these cyclists lack insight into the physiological limits of their own body.

They do not know how to pace their ride, often resulting in exhaustion before reaching the finish line.

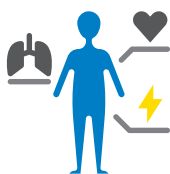
THE PROJECT

The **PACE** algorithm quantifies the energetic reserve capacity of the body during exercise.

Individuals performing exercise obtain real-time feedback on their energetic balance.



ADVANTAGES



Insights

Get to know the physiological limits of your body.



Improvement

Improve the effects of your efforts on the training outcomes in an optimized way.



Prevention

Decrease the occurrence of negative sport experiences and overreaching.

OUR GOALS



Demonstration

Develop the PACE model and integrate it into a demonstrator for field use.



Commercialization

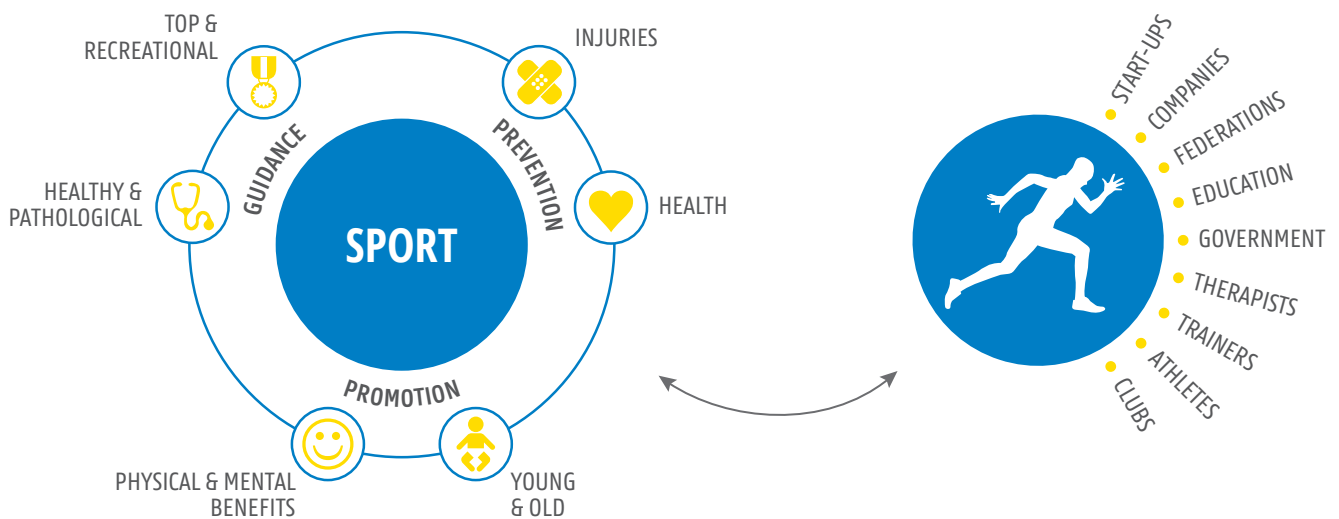
Look for appropriate partners to implement and commercialize the PACE tool.



Quality

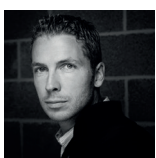
Improve the overall quality and experience of training and competition.

VICTORIS CONSORTIUM



We create new **SPORTS PRODUCTS** and **SERVICES** by facilitating the **TRANSFER of KNOWLEDGE** that results from **MULTIDISCIPLINARY RESEARCH**

SENIOR RESEARCHER



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KEY PUBLICATION

“The reconstitution of W’ depends on both work and recovery characteristics”

biblio.ugent.be/publication/8608947