INNOVATION CHALLENGE - WELLBEING 4.0
3. GZDN HACKATHON 18.-19. OKT AT PASSAU
THE CONCONI TEST CHALLENGE

THE CHALLENGE

WE WANT TO IMPROVE THE PROCESS OF TAKING AND ANALYZING THE CONCONI TEST.
THERE ARE VARIOUS POINTS FOR OPTIMIZATION:

- USING DATA SCIENCE TO ANALYZE THE RAW DATA (HEARTRATE, SPEED) AND FIND THE THRESHOLD
- CREATING AUTOMATED TRAINING PLANS OUT OF THE ANALYZED DATA
- ENABLING EVERYBODY TO DO THE TEST BY THEMSELVES WITH A WEARABLE DEVICE AND BY USING THIS TECHNOLOGY CREATING MORE ACCURATE TEST RESULTS
- SUMMARIZING THE ABOVE IN A USERFRIENDLY WAY TO MAKE THE RESULTS EASILY ACCESSIBLE FOR EVERYBODY

THE FACTS

THE CONCONI TEST IS USED BY RUNNERS TO FIND THEIR AEROBIC THRESHOLD. KNOWING THIS FIGURE HELPS RUNNERS TO PLAN A MORE EFFECTIVE TRAINING.
WHEN RUNNING THEY MEASURE THEIR HEARTRATE AND SPEED AND CREATE A GRAPH USING THIS DATA. WITHIN THE GRAPH THERE WILL BE A CLEAR BEND INDICATING THE AEROBIC THRESHOLD.

REGISTRATION & FURTHER INFOS:

HAPPENING.INNKUBATOR.DE
APPLY UNTIL 17. OKT 2019

Gründerland Bayern

Unsere Standorte:
INN.KUBATOR PASSAU | ITC1 DEGGENDORF | LINK DAS GRÜNDERZENTRUM LANDSHUT