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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 ... Below is a list of VO₂max 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. 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 quality of ... Feb 2, 2026 · We've got details on the highest VO₂ Max score ever recorded, what VO₂ Max means and how you can increase your VO₂ Max. Jan 31, 2026 · Just four days ago, Norwegian powerhouse Kristian Blummenfelt

shared what appears to be the first documented triple-digit VO₂ max ever recorded under controlled laboratory testing. The ... Jul 30, 2024 · Joe Skipper reveals his latest radical triathlon bike setup. The results showed that the Blummenfelt absorbed more than 7.7 litres of oxygen per minute, that is almost seven per cent more ... Jul 8, 2024 · How is VO₂ max measured? The most accurate measurement of VO₂ max takes place in an exercise medicine lab. Jan 30, 2026 · Kristian Blummenfelt now appears to have set a record for having the highest VO₂ Max ever recorded in a lab setting, beating the previous record set by 18-year-old Norwegian cyclist Oskar ... 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 Alaskan ...

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

VO2max - Who has the highest values in history? - ProXCskiing Triathlon star with highest ever recorded VO2 max Kristian ...

VO2 max World Records - Topend Sports VO2max test records - Fitness Testing

VO2 max: What is it and how can you improve it? - Harvard Health

What Is Ironman Kristian Blummenfelt's VO2 Max Record? - BroBible
Kristian Blummenfelt Appears to Have Recorded the Highest VO2 Max ...
How Does Kristian Blummenfelt's Record VO2

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VO2 max - Wikipedia

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