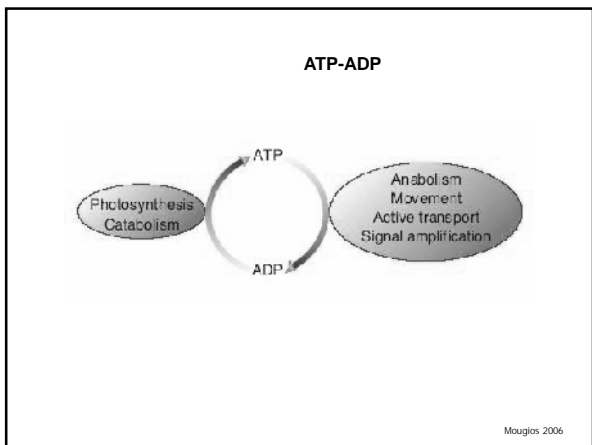
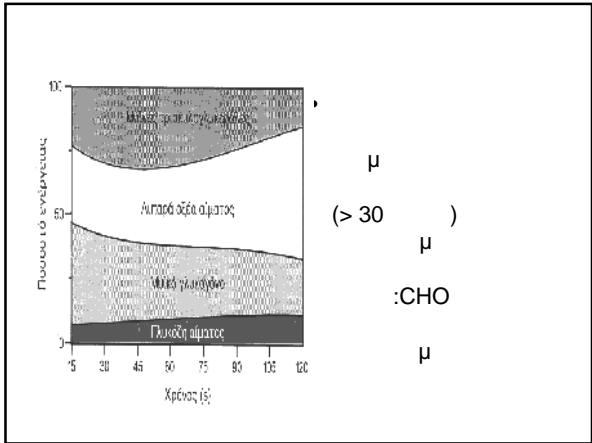
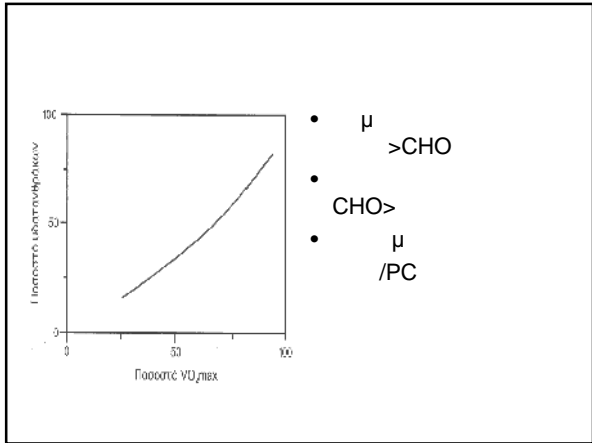


-
- PC
-
- TG
-
- TG

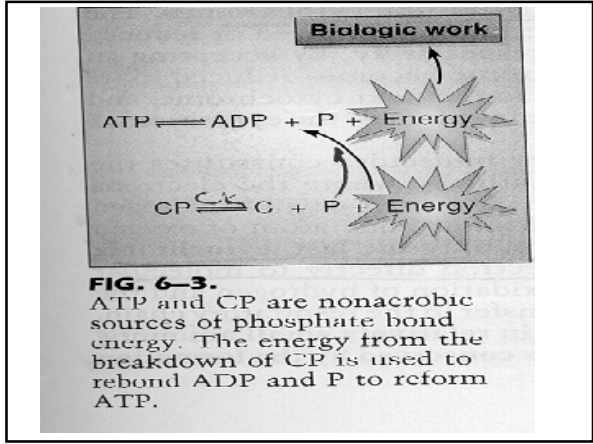
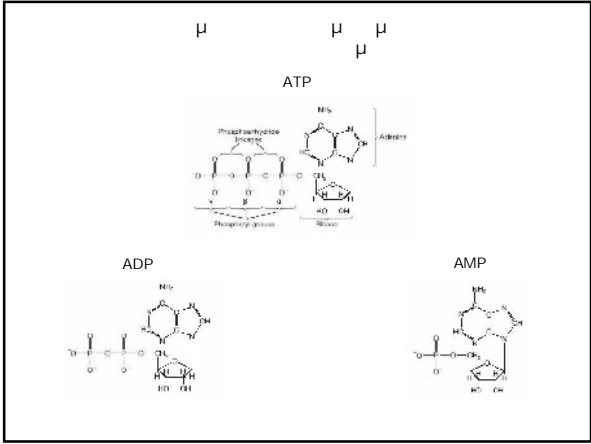
μ

Πηγή	Ποσότητα (mmol)	Αποδόμενη ATP (mmol)		Μέγιστος ρυθμός παραγωγής ATP (mmol/s)	
		Αναερόβια	Αερόβια	Αναερόβια	Αερόβια
Μείγμα ATP	168	168			
Μείγμα φωσφοκρεατίνης	560	560		72,8	
Μείγμα γλυκογόνου	2160*	6480	71.280	39,2	16,2
Ηλεκτικό γλυκογόνο	556*		17.792		2,1
Μείγμα τριαιθυλεγγλυκερίδων	226		117.360		8,4
Τριαιθυλεγγλυκερίδες					
Λιπώδης ιστός	12.209		4.395.240		5,6

-
-
-
- μμ
-
-



• $\mu \mu \mu$
 $\mu \mu \mu$
 1. μ
 2. μ
 • $\mu :$
 • $, \text{ADP}, \text{PC}$

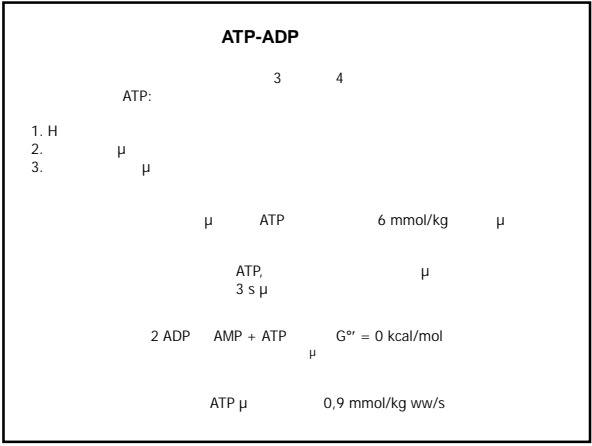
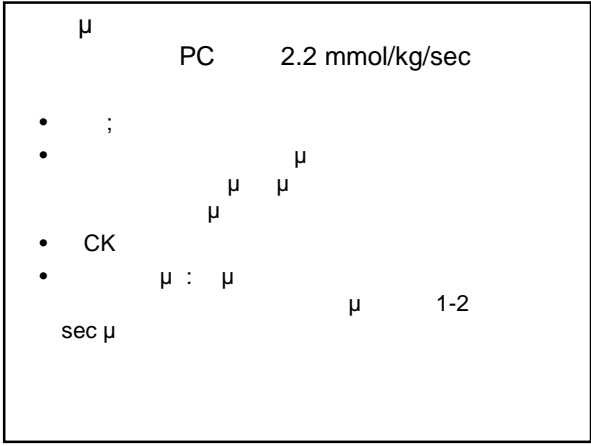
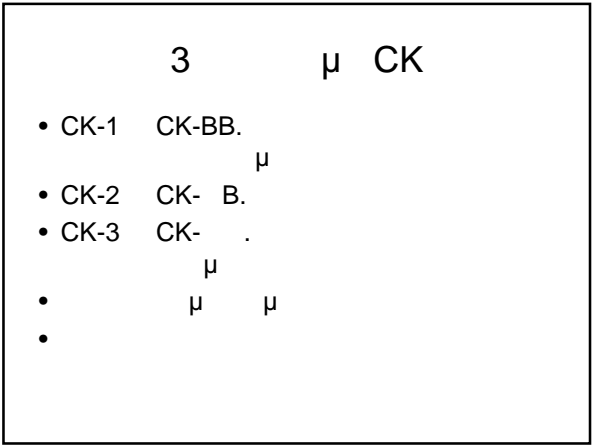
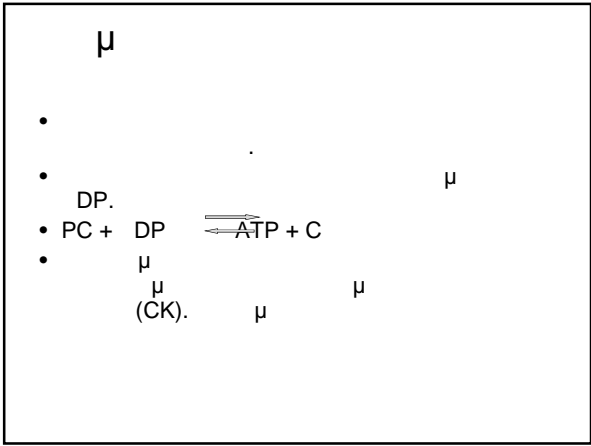


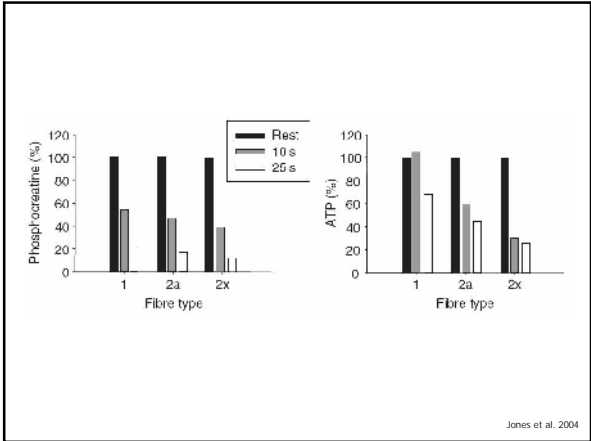
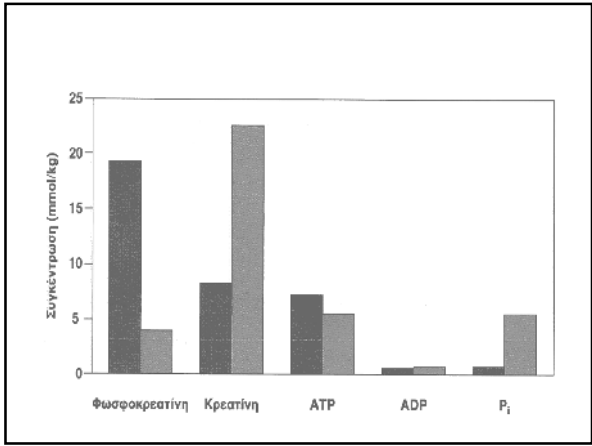
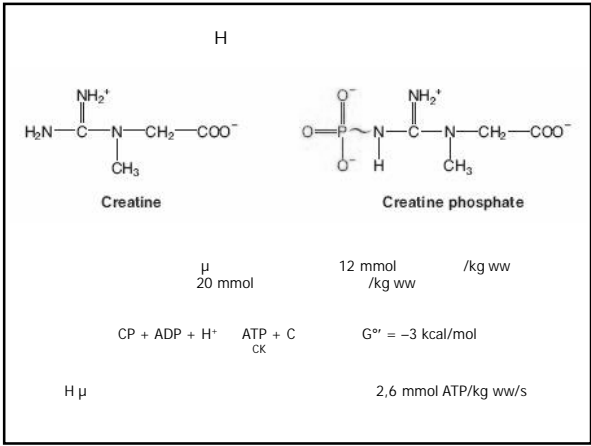
-ADP

- H
- μ
- μ (~3 sec).
-
- μ
- 40 μ

-ADP

- 3
- μ (μ Na-K, Ca) : 1) 2)
- 3) μ (μ) 70
- μ
- μ 0.5
- μ -





μ PC ;

μ

• 7

• , μ , , 60 μ

μ

Distance (m)	Exercise duration (s) [§] and [Running speed (km/h)] [†]		% Aerobic	% Anaerobic
	Men	Women		
100	9.78 [36.8]	10.49 [34.3]	10	90
200	19.32 [37.3]	21.34 [33.6]	20	80
400	43.18 [33.3]	47.60 [30.3]	30	70

Maughan & Gleeson 2004

PC

- H^μ (mit CK)
- C + ATP
- μ
- μ
- μ
- μ
- μ
- VO₂ max
- 3-10

$$\text{PC} \xrightleftharpoons[\text{ADP + H}]{\text{CP}} \text{CP}$$

CK

