



VS

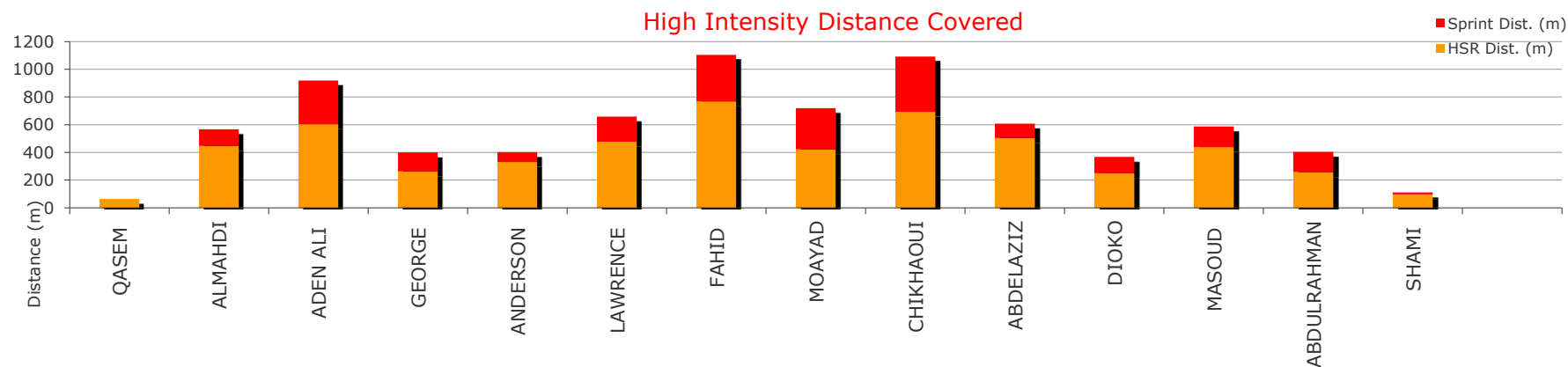
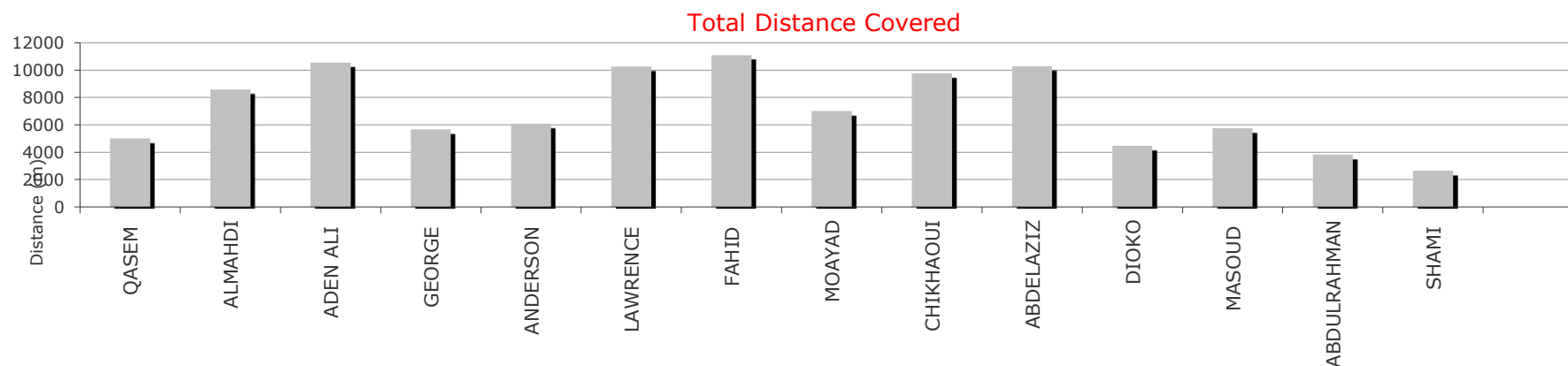


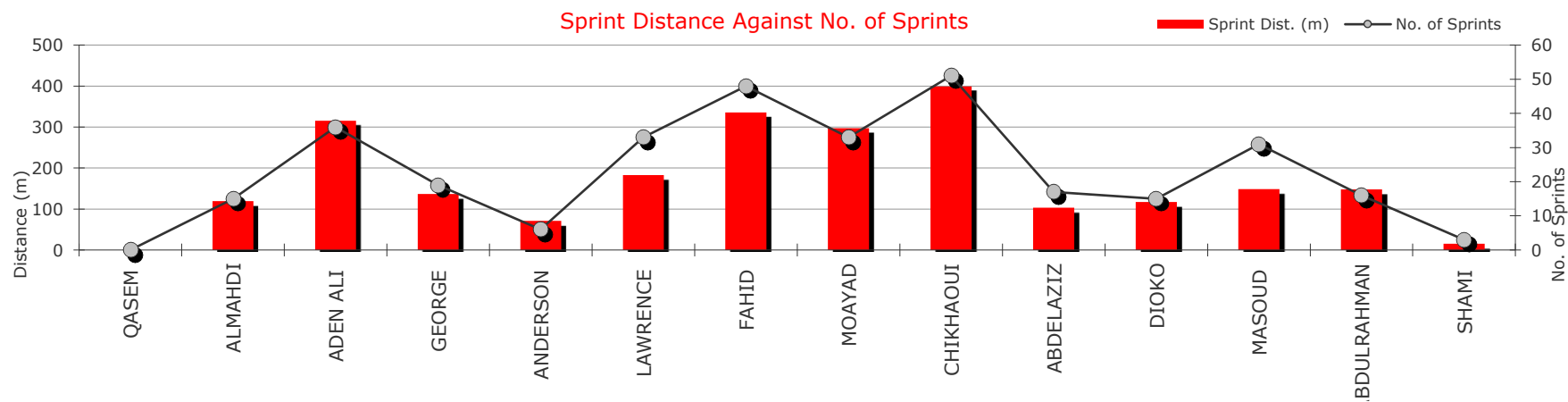
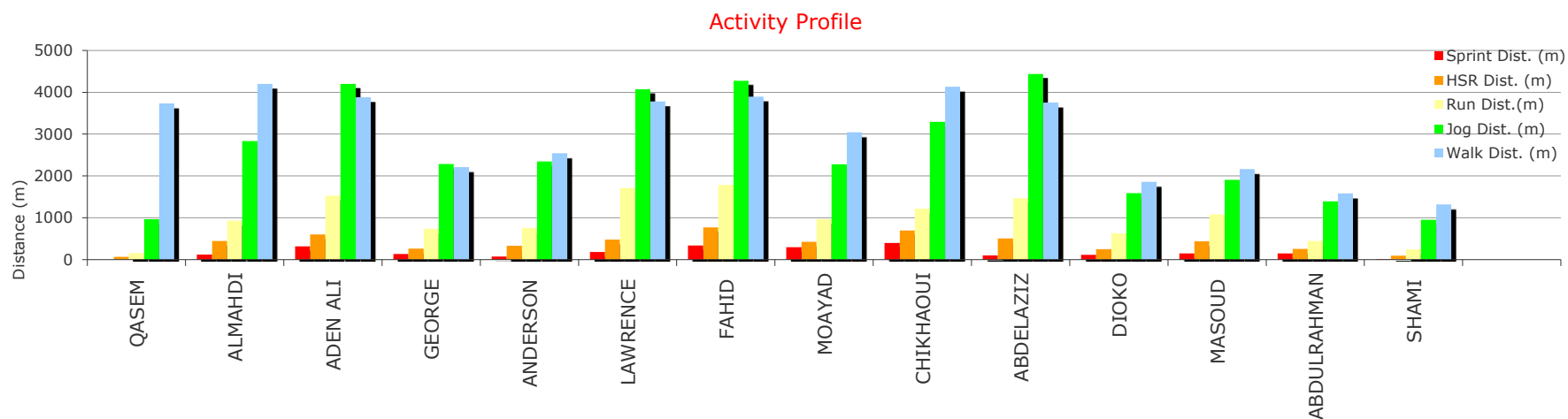
Prozone Performance Analysis

Al Gharafa x Al Ahli week 3

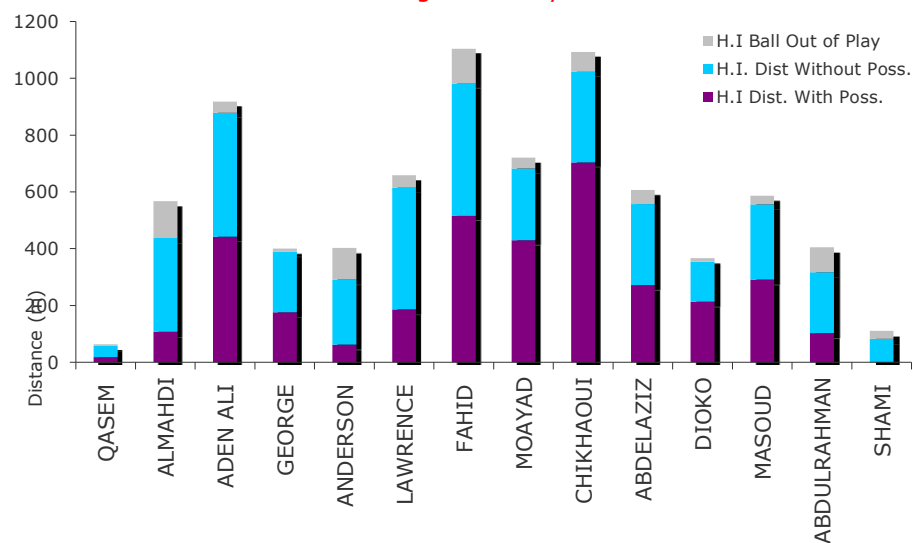
Fitness Data Analysis (ex. Gk)

				Activity Profile								
		Mins Played	Total Distance (m)	Sprint Dist. (m)	HSR Dist. (m)	Run Dist.(m)	Jog Dist. (m)	Walk Dist. (m)	Standing Dist (m)	No. of Sprints	No. H.I.Activities	H.I. Distance
Staring Line - Up	QASEM	99	5001	0	64	157	969	3732	80	0	12	64
	ALMAHDI	99	8580	119	448	930	2837	4203	43	15	71	567
	ADEN ALI	99	10554	315	603	1525	4198	3880	32	36	94	918
	GEORGE	62	5663	137	264	734	2284	2214	30	19	58	401
	ANDERSON	65	6080	71	332	758	2346	2546	27	6	61	403
	LAWRENCE	99	10258	182	477	1711	4073	3779	36	33	121	659
	FAHID	99	11088	335	769	1787	4274	3893	30	48	140	1104
	MOAYAD	68	7025	297	423	964	2280	3045	16	33	75	720
	CHIKHAOUI	99	9772	399	693	1215	3294	4135	36	51	110	1092
	ABDELAZIZ	99	10288	103	504	1465	4434	3751	31	17	98	607
DIOKO	46	4462	117	250	628	1591	1861	15	15	49	367	
Subs	MASOUD	53	5751	149	438	1079	1904	2167	15	31	93	587
	ABDULRAHMAN	37	3838	148	257	447	1393	1585	9	16	48	405
	SHAMI	31	2642	15	96	244	954	1321	11	3	24	111
Summary (Excluding Gk)												
Total			96000	2388	5552	13487	35861	38379	332	323	1042	7940
Average			8377	208	476	1172	3161	3331	30	27	88	684
Maximum			11088	399	769	1787	4434	4203	43	51	140	1104
Minimum			4462	71	250	628	1591	1861	15	6	49	367

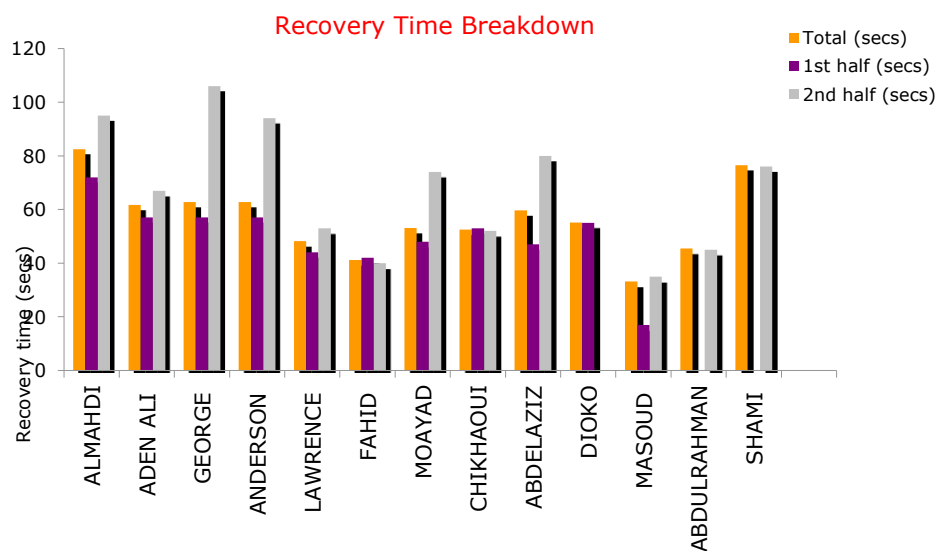




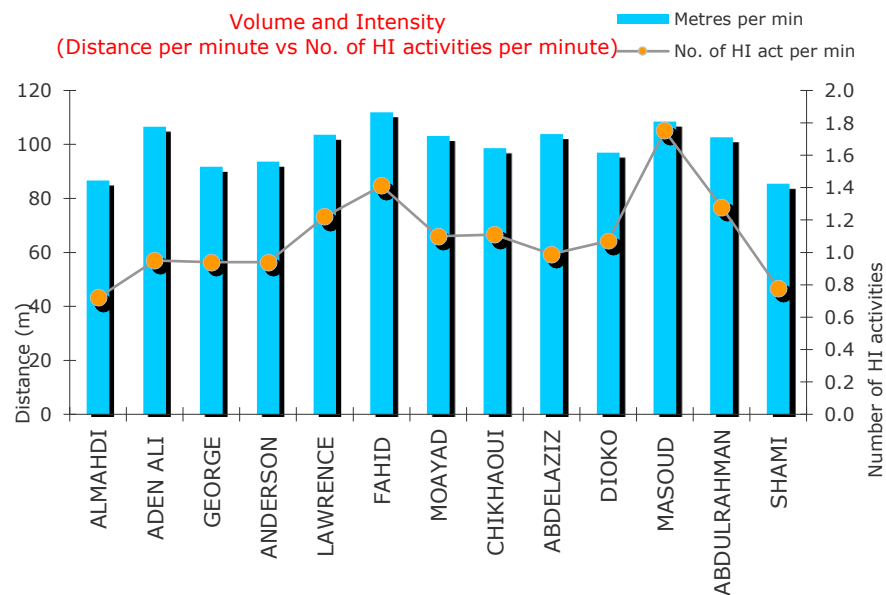
High Intensity Breakdown



	High Intensity Activity (metres)			
	Total H.I. Distance	H.I Dist. With Poss.	H.I. Dist Without Poss.	H.I Ball Out of Play
QASEM	64	18	39	6
ALMAHDI	567	107	331	129
ADEN ALI	918	442	436	40
GEORGE	401	176	213	12
ANDERSON	403	62	229	112
LAWRENCE	659	186	429	44
FAHID	1104	515	466	123
MOAYAD	720	430	252	38
CHIKHAOUI	1092	703	319	70
ABDELAZIZ	607	272	285	49
DIOKO	367	213	141	13
MASOUD	587	291	266	30
ABDULRAHMAN	405	103	214	88
SHAMI	111	0	83	28



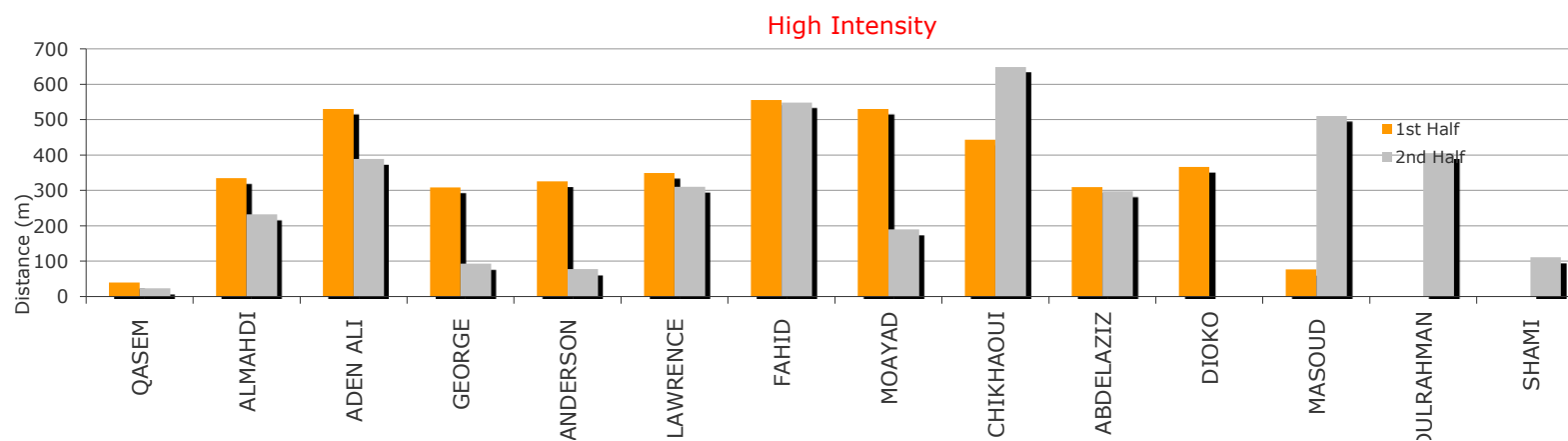
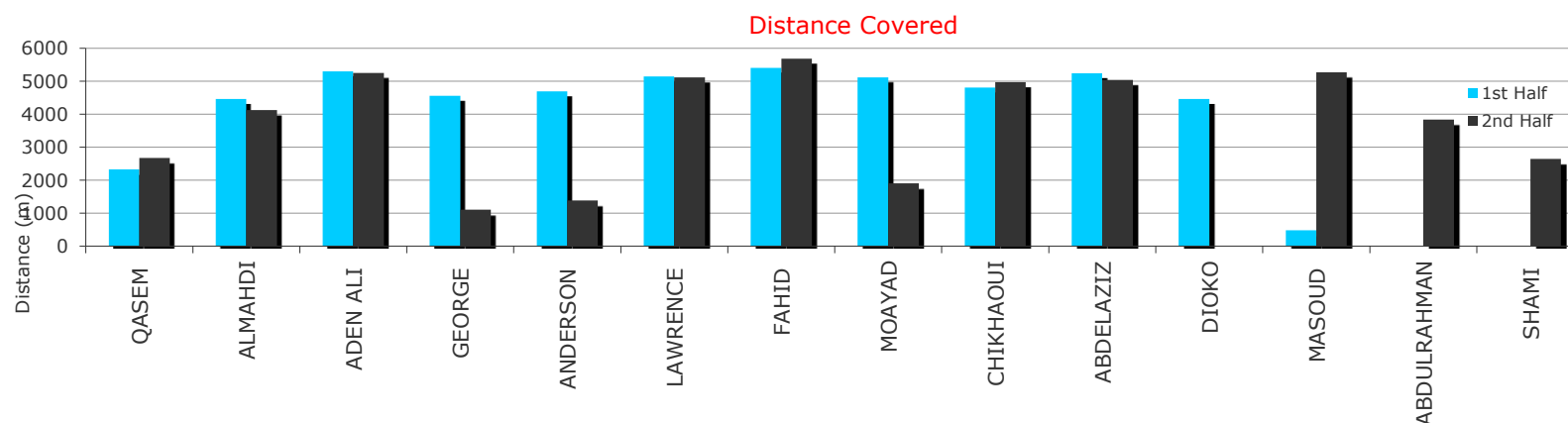
	No. H.I.Activities	Recovery Time		
		Total (secs)	1st half (secs)	2nd half (secs)
ALMAHDI	71	82	72	95
ADEN ALI	94	62	57	67
GEORGE	58	63	57	106
ANDERSON	61	63	57	94
LAWRENCE	121	48	44	53
FAHID	140	41	42	40
MOAYAD	75	53	48	74
CHIKHAOUI	110	53	53	52
ABDELAZIZ	98	60	47	80
DIOKO	49	55	55	0
MASOUD	93	33	17	35
ABDULRAHMAN	48	45	0	45
SHAMI	24	76	0	76

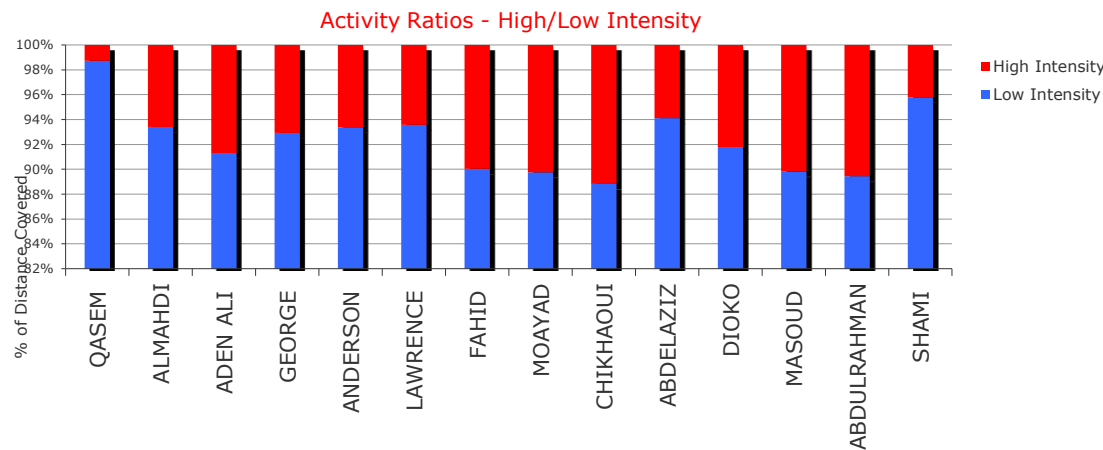
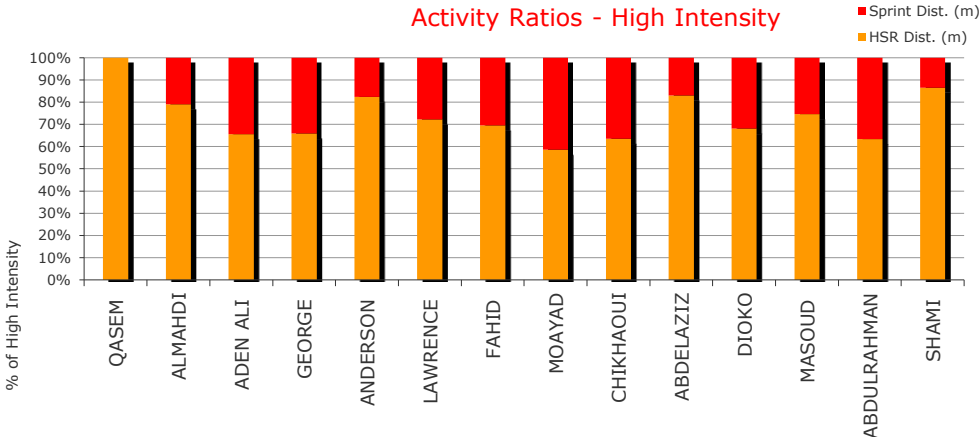
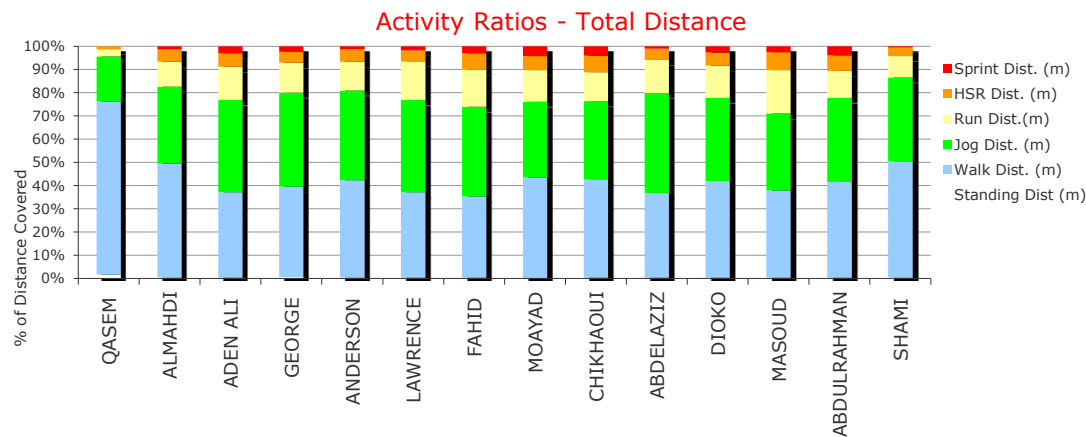


	Volume and Intensity			
	No. H.I.Activities	Total Dist Cov (m)	Metres per min	No. of HI act per min
ALMAHDI	71	8580	87	0.7
ADEN ALI	94	10554	107	1.0
GEORGE	58	5663	92	0.9
ANDERSON	61	6080	94	0.9
LAWRENCE	121	10258	104	1.2
FAHID	140	11088	112	1.4
MOAYAD	75	7025	103	1.1
CHIKHAOUI	110	9772	99	1.1
ABDELAZIZ	98	10288	104	1.0
DIOKO	49	4462	97	1.1
MASOUD	93	5751	108	1.8
ABDULRAHMAN	48	3838	103	1.3
SHAMI	24	2642	86	0.8

Fitness Data Analysis - Half v Half

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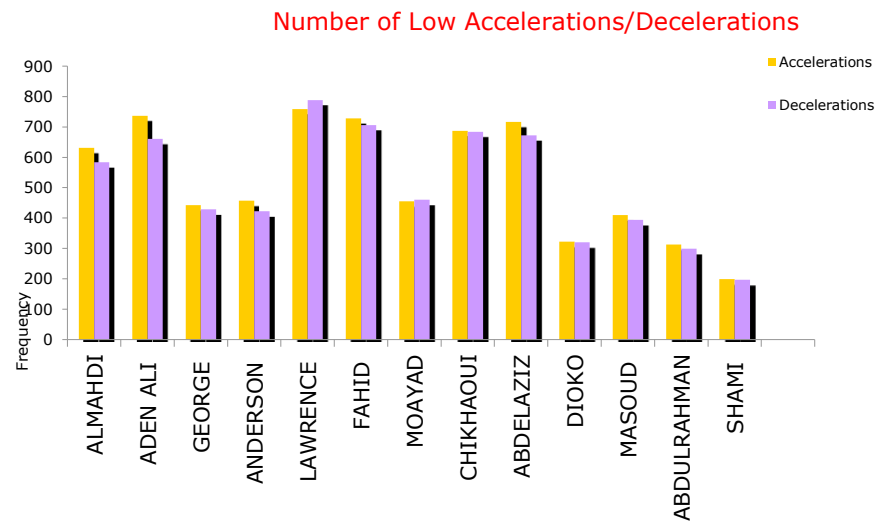


	High Intensity	Low Intensity	Ratio
QASEM	64	4937	0.01
ALMAHDI	567	8013	0.07
ADEN ALI	918	9635	0.10
GEORGE	401	5262	0.08
ANDERSON	403	5677	0.07
LAWRENCE	659	9599	0.07
FAHID	1104	9984	0.11
MOAYAD	720	6305	0.11
CHIKHAOUI	1092	8680	0.13
ABDELAZIZ	607	9681	0.06
DIOKO	367	4095	0.09
MASOUD	587	5165	0.11
ABDULRAHMAN	405	3433	0.12
SHAMI	111	2530	0.04

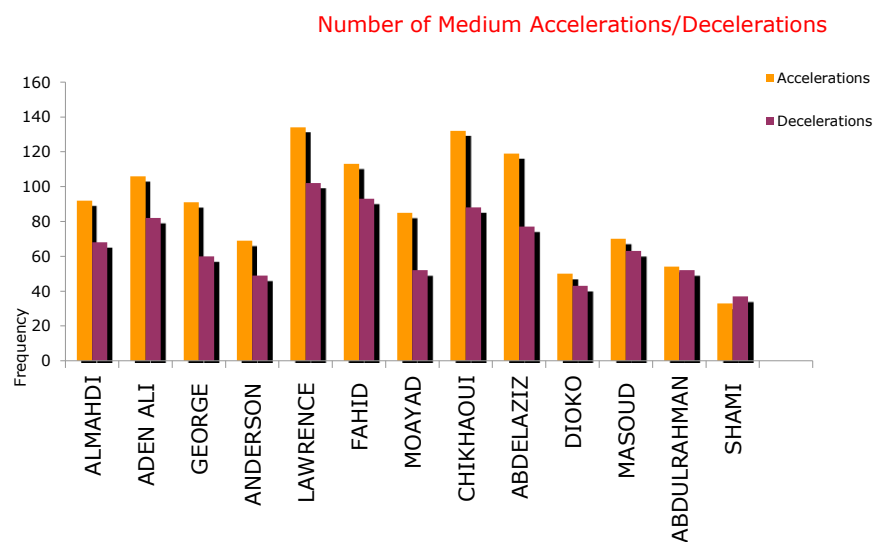
Prozone Performance Analysis

Al Gharafa x Al Ahli week 3

Fitness Data Analysis -Low Accelerations/Decelerations



	TOTAL	Low Acc/Dec (Frequency)	
		Accelerations	Decelerations
ALMAHDI	1215	631	584
ADEN ALI	1397	736	661
GEORGE	872	443	429
ANDERSON	880	457	423
LAWRENCE	1547	759	788
FAHID	1434	728	706
MOAYAD	915	455	460
CHIKHAOUI	1371	687	684
ABDELAZIZ	1388	716	672
DIOKO	642	322	320
MASOUD	804	410	394
ABDULRAHMAN	612	313	299
SHAMI	396	199	197

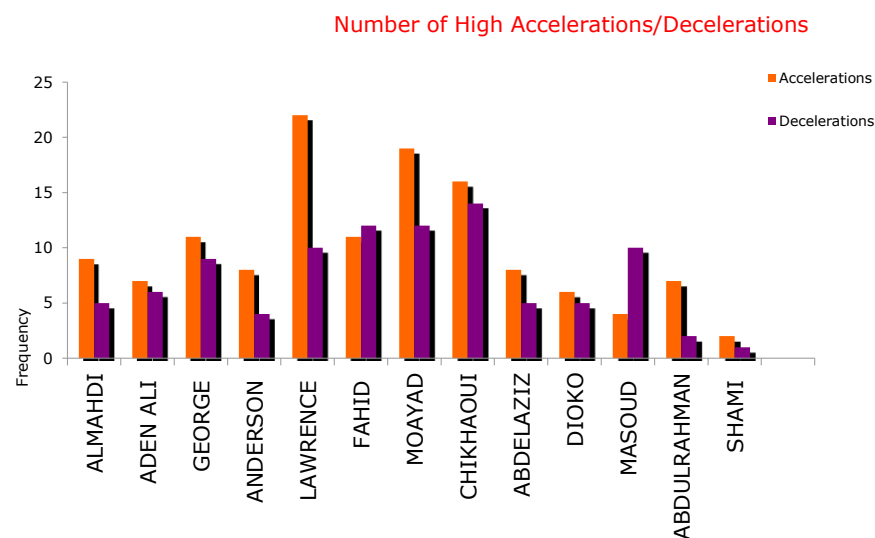


	TOTAL	Med Acc/Dec (Frequency)	
		Accelerations	Decelerations
ALMAHDI	160	92	68
ADEN ALI	188	106	82
GEORGE	151	91	60
ANDERSON	118	69	49
LAWRENCE	236	134	102
FAHID	206	113	93
MOAYAD	137	85	52
CHIKHAOU	220	132	88
ABDELAZIZ	196	119	77
DIOKO	93	50	43
MASOUD	133	70	63
ABDULRAHMAN	106	54	52
SHAMI	70	33	37

Prozone Performance Analysis

Al Gharafa x Al Ahli week 3

Fitness Data Analysis -High Accelerations/Decelerations



	TOTAL	High Acc/Dec (Frequency)	
		Accelerations	Decelerations
ALMAHDI	14	9	5
ADEN ALI	13	7	6
GEORGE	20	11	9
ANDERSON	12	8	4
LAWRENCE	32	22	10
FAHID	23	11	12
MOAYAD	31	19	12
CHIKHAOU	30	16	14
ABDELAZIZ	13	8	5
DIOKO	11	6	5
MASOUD	14	4	10
ABDULRAHMAN	9	7	2
SHAMI	3	2	1