




PNOE Ergometry results							
Subject 				Measurement			
Name		*****		Status		✔ Closed	
Gender		Male (35)		Date		June 17, 2021 at 9:55:31 AM GMT+1	
Weight		90 kg		Duration		19' (248 breaths)	
Height		175 cm		Protocol		Free run	
Exercise Frequency		2 times a week		Device		PNOE 2016-157	
Exercise Goal		Fat Loss					
Report Type		None					
 Teste esforço submáximo na esteira - Duration: 16.06 (min) / 207 (breaths)							
VO2 peak		1952.8 (ml/min)	21.7 (ml/min/kg)	HR peak		174 (bpm)	Mean Carbs 53.7 %
VCO2 peak		1916.2 (ml/min)	21.3 (ml/min/kg)	VE peak		58.2 (L/min)	Mean Fat 46.3 %
VO2 Ending		1889.4 (ml/min)	21.7 (ml/min/kg)	RER peak		0.97	Mean EE 7.0 (Kcal/min)
VCO2 Ending		1791.3 (ml/min)	21.3 (ml/min/kg)	HR Ending		174 (bpm)	Mean EE 10083 (kcal/day)
VO2 mean		1443.1 (ml/min)	16.0 (ml/min/kg)	VE Ending		58.61 (L/min)	Total Carbs 58.7 (Kcal)
VCO2 mean		1248.8 (ml/min)	13.9 (ml/min/kg)	RER Ending		0.95	Total Fat 50.6 (Kcal)
Mechanical Efficiency		68.66 (100%)		RER mean		0.84	Total EE 109.2 (Kcal)
				HR Average		123 (bpm)	
 Parameters							
Start time		63 sec		End time		1029 sec	
Initial Work		0.00 watts		Initial Inclination		0.00%	
Work Increment		0.00 watts		Inclination Increment		0.00%	
Work Increment Span		1.00		Inclination Increment Span		1.00	
Initial RPM		0.00		Initial Speed		3.00 None	
RPM Increment		0.00		Speed Increment		1.00	
RPM Increment Span		1.00		Speed Increment Span		2.00	