




PNOE Ergometry results							
Subject 				Measurement			
Name		*****		Status		✔ Closed	
Gender		Female (57)		Date		May 19, 2020 at 11:13:36 AM GMT+1	
Weight		74 kg		Duration		16' (207 breaths)	
Height		161 cm		Protocol		Free run	
Exercise Frequency		3 times a week		Device		PNOE 2016-157	
Exercise Goal		Fat Loss					
Report Type		None					
 Free Run - Duration: 15.03 (min) / 193 (breaths)							
VO2 peak	1825.4 (ml/min)	24.7 (ml/min/kg)	HR peak	158 (bpm)	Mean Carbs	86.4 %	
VCO2 peak	2001.7 (ml/min)	27.0 (ml/min/kg)	VE peak	76.0 (L/min)	Mean Fat	13.6 %	
VO2 Ending	1873.2 (ml/min)	24.7 (ml/min/kg)	RER peak	1.10	Mean EE	5.4 (Kcal/min)	
VCO2 Ending	2014.9 (ml/min)	27.0 (ml/min/kg)	HR Ending	158 (bpm)	Mean EE	7837 (kcal/day)	
VO2 mean	1086.2 (ml/min)	14.7 (ml/min/kg)	VE Ending	75.07 (L/min)	Total Carbs	68.1 (Kcal)	
VCO2 mean	1096.4 (ml/min)	14.8 (ml/min/kg)	RER Ending	1.08	Total Fat	10.7 (Kcal)	
Mechanical Efficiency	55.88 (100%)		RER mean	0.99	Total EE	78.8 (Kcal)	
			HR Average	114 (bpm)			
 Parameters							
Start time		3 sec		End time		906 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		3.00	