			PNO	E Ergometry r	esults				
Meight Male (28)		Subje	ct 🕜		Measurement				
Neight 106 kg 175 cm 17 (210 breaths) 175 cm 17 (210 breaths) 175 cm 17 (210 breaths) 175 cm 17 c	Name *****		Status ✓ Closed						
Protocol Free run Protocol Free run Protocol Free run Protocol Protocol	Gender Male (38)		Date October 14, 2020 at				8:15:41 PM GM	T+1	
Exercise Feequency 5 times a week Device Proce 2016-157 Exercise Geal Fact Loss A to Loss OP Tester of costum/axim/min/min/min/min/min/min/min/min/min/m	Weight 106 kg				Duration 17' (210 breaths)			
Exercise Goal Fat Loss Report Type None O Tests esforço submáximo na esteira - Duration: 16.07 (min) / 199 (breaths) VO2 peak 3980.3 (ml/min) 37.6 (ml/min/kg) HR peak 136 (bpm) Mean Carbs 37.0 % VC2 peak 3566.0 (ml/min) 33.6 (ml/min/kg) RER peak 0.96 Mean EE 9.9 (Kcal/min) VC2 Ending 3299.9 (ml/min) 33.6 (ml/min/kg) HR Ending 135 (bpm) Mean EE 14328 (kcal/day) VO2 mean 2078.7 (ml/min) 19.6 (ml/min/kg) VE Ending 98.39 (L/min) Total Carbs 59.0 (kcal) VC2 mean 1675.3 (ml/min) 15.8 (ml/min/kg) RER Ending 0.92 Total Fat 100.2 (kcal) Mechanical Efficie 52.74 (100%) RER mean 0.76 Total Fat 159.2 (kcal) ** Start time 14 sec End time 981 sec ** Fat Loss ** Parameters ** Initial Mork 0.000 watts Inclination Increment 0.00%	Hei	ght 175 cm			Protocol Free	e run			
Report Type None O Testset esforço submáximo na esteira - Duration: 16.07 (min) / 199 (breaths) VO2 peak 3980.3 (ml/min) 37.6 (ml/min/kg) HR peak 136 (bpm) Mean Carbs 37.0 % VC2 peak 3566.0 (ml/min) 33.6 (ml/min/kg) VE peak 101.3 (L/min) Mean Fat 63.0 % VO2 Ending 3591.8 (ml/min) 37.6 (ml/min/kg) RER peak 0.96 Mean EE 9.9 (Kcal/min) VCO2 Ending 3599.9 (ml/min) 33.6 (ml/min/kg) HR Ending 135 (bpm) Mean EE 14328 (kcal/day 40.00 material 14.00 material 1675.3 (ml/min) 15.8 (ml/min/kg) RER Ending 0.92 Total Fat 100.2 (Kcal) 16.00 material 1675.3 (ml/min) 15.8 (ml/min/kg) RER Ending 0.92 Total Fat 100.2 (Kcal) 16.00 material 1675.3 (ml/min) 15.8 (ml/min/kg) RER Ending 0.92 Total Fat 100.2 (Kcal) 16.00 material 1675.3 (ml/min) 15.8 (ml/min/kg) RER Ending 0.92 Total Fat 100.2 (Kcal) 16.00 material 1675.3 (ml/min) 15.9 (ml/min) 15.9 (ml/min/kg) 16.00 material 16.00 materia	Exercise Frequency 5 times a week				Device PNC	DE 2016-157			
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VCO2 Ending 3299.9 (ml/min) 33.6 (ml/min/kg) HR Ending 135 (bpm) Mean EE 14328 (kcal/day VO2 mean 2078.7 (ml/min) 19.6 (ml/min/kg) VE Ending 98.39 (L/min) Total Carbs 59.0 (kcal) VCO2 mean 1675.3 (ml/min) 15.8 (ml/min/kg) RER Ending 0.92 Total Fat 100.2 (kcal) Iechanical Eficie 52.74 (100%) RER mean 0.76 Total EE 159.2 (kcal) HR Average 102 (bpm) HR Average 102 (bpm) 981 sec Initial Work 0.00 watts Initial Inclination 0.00% Work Increment 0.00 watts Inclination Increment Span 1.00 Initial RPM 0.00 Inclination Increment 3.00 None RPM Increment 0.00 Speed Increment 1.00	VCO2 peak	3566.0 (ml/min)	33.6 (ml/min/kg)	VE peak	101.3 (L/min)		Mean Fat	63.0 %	
VO2 mean 2078.7 (ml/min) 19.6 (ml/min/kg) VE Ending 98.39 (L/min) Total Carbs 59.0 (Kcal) VCO2 mean 1675.3 (ml/min) 15.8 (ml/min/kg) RER Ending 0.92 Total Fat 100.2 (Kcal) Hechanical Efficie 52.74 (100%) RER mean 0.76 Total EE 159.2 (Kcal) HR Average 102 (bpm) **Parameters **Start time* **Initial Work** **O.00 watts** **Initial Inclination** **Inclination Increment** **O.00%* **Inclination Increment** **Inclination Increment** **D.00%* **Inclination Increment** **Inclination Increment** **Inclination Increment** **D.00 None** **Initial RPM** **O.00** **Initial Speed** **Initial Speed** **Initial Speed** **Initial Speed** **Initial RPM** **Increment** **O.00** **Initial RPM** **Ini	VO2 Ending	3591.8 (ml/min)	37.6 (ml/min/kg)	RER peak	0.96		Mean EE	9.9 (Kcal/min)	
VCO2 mean 1675.3 (ml/min) 15.8 (ml/min/kg) RER Ending 0.92 Total Fat 100.2 (Kcal) Ichanical Eficie 52.74 (100%) RER mean 0.76 Total EE 159.2 (Kcal) HR Average 102 (bpm) *** Parameters** ** Start time 14 sec End time 981 sec Initial Work 0.00 watts Inclination Increment 0.00% Work Increment 0.00 watts Inclination Increment Span 1.00 Work Increment Span 1.00 Initial Speed 3.00 None RPM Increment 0.00 Speed Increment 1.00	VCO2 Ending	3299.9 (ml/min)	33.6 (ml/min/kg)	HR Ending	135 (bpm)		Mean EE	14328 (kcal/day)	
RER mean 0.76 Total EE 159.2 (Kcal)	VO2 mean	2078.7 (ml/min)	19.6 (ml/min/kg)	VE Ending	98.39 (L/min)		Total Carbs	59.0 (Kcal)	
HR Average 102 (bpm) **Parameters** Start time 14 sec End time 981 sec Initial Work 0.00 watts Inclination 0.00% Work Increment Span 1.00 Inclination Increment Span 1.00 Initial RPM 0.00 Inclination Increment Span 3.00 None RPM Increment 0.00 Speed Increment 1.00	VCO2 mean	1675.3 (ml/min)	15.8 (ml/min/kg)	RER Ending	0.92		Total Fat	100.2 (Kcal)	
♣ Parameters Start time 14 sec End time 981 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	lechanical Eficie	52.74 (100%)		RER mean	0.76		Total EE	159.2 (Kcal)	
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RPM Increment Span 1.00 Speed Increment Span 2.00		RPM Increment	0.00		Spec	ed Increment	1.00		
	RPM	Increment Span	1.00		Speed Inc	rement Span		2.00	