





PNOE Ergometry results							
Subject 				Measurement			
Name *****				Status  Closed			
Gender Female (48)				Date May 14, 2021 at 2:37:20 PM GMT+1			
Weight 73 kg				Duration 12' (102 breaths)			
Height 168 cm				Protocol RMR			
Exercise Frequency 4 times a week				Device PNOE 2016-157			
Exercise Goal Fat Loss							
Report Type None							
 188-marker - Duration: 0.00 (min) / 1 (breaths)							
VO2 peak		193.1 (ml/min)	2.6 (ml/min/kg)	HR peak		64 (bpm)	Mean Carbs 27.0 %
VCO2 peak		150.8 (ml/min)	2.1 (ml/min/kg)	VE peak		6.6 (L/min)	Mean Fat 73.0 %
VO2 Ending		0 (ml/min)	2.6 (ml/min/kg)	RER peak		0.78	Mean EE 0.9 (Kcal/min)
VCO2 Ending		0 (ml/min)	2.1 (ml/min/kg)	HR Ending		64 (bpm)	Mean EE 1324 (kcal/day)
VO2 mean		193.1 (ml/min)	2.6 (ml/min/kg)	VE Ending		0 (L/min)	Total Carbs 0.1 (Kcal)
VCO2 mean		150.8 (ml/min)	2.1 (ml/min/kg)	RER Ending		0	Total Fat 0.2 (Kcal)
Mechanical Efficiency		0 (35%)		RER mean		0.78	Total EE 0.2 (Kcal)
				HR Average		64 (bpm)	
 Parameters							
Start time		188 sec		End time		188 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		0.00 ML/H	
RPM Increment		0.00		Speed Increment		0.00	
RPM Increment Span		1.00		Speed Increment Span		1.00	