





PNOE Ergometry results							
Subject 				Measurement			
Name		*****		Status		 Closed	
Gender		Male (70)		Date		January 13, 2022 at 8:50:44 AM GMT	
Weight		91 kg		Duration		11' (128 breaths)	
Height		172 cm		Protocol		RMR	
Exercise Frequency		2 times a week		Device		PNOE 2016-157	
Exercise Goal		Fat Loss					
Report Type		None					
 RMR - Duration: 10.18 (min) / 115 (breaths)							
VO2 peak	331.0 (ml/min)	3.6 (ml/min/kg)	HR peak	71 (bpm)	Mean Carbs	7.2 %	
VCO2 peak	254.5 (ml/min)	2.8 (ml/min/kg)	VE peak	10.5 (L/min)	Mean Fat	92.8 %	
VO2 Ending	263.1 (ml/min)	3.6 (ml/min/kg)	RER peak	0.76	Mean EE	1.5 (Kcal/min)	
VCO2 Ending	190.6 (ml/min)	2.8 (ml/min/kg)	HR Ending	68 (bpm)	Mean EE	2147 (kcal/day)	
VO2 mean	318.0 (ml/min)	3.5 (ml/min/kg)	VE Ending	8.42 (L/min)	Total Carbs	1.1 (Kcal)	
VCO2 mean	228.2 (ml/min)	2.5 (ml/min/kg)	RER Ending	0.71	Total Fat	13.6 (Kcal)	
Mechanical Efficiency	0 (35%)		RER mean	0.71	Total EE	14.7 (Kcal)	
			HR Average	67 (bpm)			
 Parameters							
Start time		68 sec		End time		686 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 None	
RPM Increment		0.00		Speed Increment		0.00	
RPM Increment Span		1.00		Speed Increment Span		1.00	