

PNOE Ergometry results

Subject		Measurement	
Name	Veridiana Periz Pinheiro e Campos (/Customer/Edit?)	Status	Closed
Gender	Female (48)	Date	November 8, 2022 at 3:22:20 PM GMT
Weight	86 kg	Duration	11' (37 breaths)
Height	158 cm	Protocol	RMR - PNOE (/Protocol/Edit?id=770cc333-c4fa-49eb-a965-1f143ed5d608)
Exercise Frequency	2 times a week	Device	PNOE 2016-157
Exercise Goal	Fat Loss		
Report Type	None		

ⓘ RMR - Duration: 10.40 (min) / 37 (breaths)

VO2 peak	303.69 (ml/min)	3.5 (ml/min/kg)	HR peak	79 (bpm)	Mean Carbs	17.7 %
VO2 mean	240.0 (ml/min)	2.8 (ml/min/kg)	HR mean	75 (bpm)	Mean Fat	82.3 %
VO2 last 15"	244.1 (ml/min)	3.5 (ml/min/kg)	HR last 15"	72 (bpm)	Mean EE	1.1 (Kcal/min)
VCO2 peak	207.16 (ml/min)	2.4 (ml/min/kg)	VE peak	10.21 (L/min)	Mean EE	1635 (kcal/day)
VCO2 mean	181.3 (ml/min)	2.1 (ml/min/kg)	VE last 15"	9.47 (L/min)	Total Carbs	0.9 (Kcal)
VCO2 last 15"	180.3 (ml/min)	2.4 (ml/min/kg)	RER peak	1.33	Total Fat	4.8 (Kcal)
Mechanical Efficiency	0 (35%)		RER mean	0.89	Total EE	5.2 (Kcal)
			RER last 15"	0.96		

⚙ Parameters

Start time	72 sec	End time	712 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

