

PNOE Ergometry results							
Subject				Measurement			
Name	*****			Status	Closed		
Gender	Male (17)			Date	May 20, 2022 at 2:13:48 PM GMT+1		
Weight	74 kg			Duration	12' (156 breaths)		
Height	183 cm			Protocol	RMR		
Exercise Frequency	5 times a week			Device	PNOE 2016-157		
Exercise Goal	Muscle Gain						
Report Type	None						
ⓘ RMR - Duration: 11.17 (min) / 143 (breaths)							
VO2 peak	329.1 (ml/min)	4.4 (ml/min/kg)	HR peak	64 (bpm)	Mean Carbs	12.9 %	
VCO2 peak	233.7 (ml/min)	3.2 (ml/min/kg)	VE peak	10.4 (L/min)	Mean Fat	87.1 %	
VO2 Ending	282.0 (ml/min)	4.4 (ml/min/kg)	RER peak	0.81	Mean EE	1.4 (Kcal/min)	
VCO2 Ending	192.7 (ml/min)	3.2 (ml/min/kg)	HR Ending	59 (bpm)	Mean EE	2017 (kcal/day)	
VO2 mean	297.7 (ml/min)	4.0 (ml/min/kg)	VE Ending	7.79 (L/min)	Total Carbs	2.0 (Kcal)	
VCO2 mean	217.7 (ml/min)	2.9 (ml/min/kg)	RER Ending	0.68	Total Fat	13.5 (Kcal)	
Mechanical Efficiency	0 (35%)		RER mean	0.73	Total EE	15.5 (Kcal)	
			HR Average	62 (bpm)			
⚙ Parameters							
Start time		58 sec		End time		735 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	

