

PNOE Ergometry results							
Subject				Measurement			
Name	*****			Status	Closed		
Gender	Male (23)			Date	May 23, 2022 at 10:40:38 AM GMT+1		
Weight	130 kg			Duration	10' (152 breaths)		
Height	189 cm			Protocol	RMR		
Exercise Frequency	6 times a week			Device	PNOE 2016-157		
Exercise Goal	Conditioning						
Report Type	None						
ⓘ RMR - Duration: 10.15 (min) / 145 (breaths)							
VO2 peak	561.8 (ml/min)	4.3 (ml/min/kg)	HR peak	75 (bpm)	Mean Carbs	51.9 %	
VCO2 peak	471.8 (ml/min)	3.6 (ml/min/kg)	VE peak	19.5 (L/min)	Mean Fat	48.1 %	
VO2 Ending	370.0 (ml/min)	4.3 (ml/min/kg)	RER peak	0.92	Mean EE	1.9 (Kcal/min)	
VCO2 Ending	299.9 (ml/min)	3.6 (ml/min/kg)	HR Ending	66 (bpm)	Mean EE	2791 (kcal/day)	
VO2 mean	400.2 (ml/min)	3.1 (ml/min/kg)	VE Ending	13.28 (L/min)	Total Carbs	10.0 (Kcal)	
VCO2 mean	343.0 (ml/min)	2.6 (ml/min/kg)	RER Ending	0.81	Total Fat	9.2 (Kcal)	
Mechanical Efficiency	0 (35%)		RER mean	0.86	Total EE	19.2 (Kcal)	
			HR Average	66 (bpm)			
⚙ Parameters							
Start time		41 sec		End time		656 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	

