PNOE Ergometry results

Subject		Measurement	
Name	*****	**Status**	✔ Closed
Gender	Male (38)	**Date**	October 14, 2020 at 8:15:41 PM GMT+1
Weight	106 kg	**Duration**	17' (210 breaths)
Height	175 cm	**Protocol**	Free run
Exercise Frequency	5 times a week	**Device**	PNOE 2016-157
Exercise Goal	Fat Loss		
Report Type	**None**		

Teste esforço submáximo na esteira - Duration: 16.07 (min) / 199 (breaths)

VO2 peak	3980.3 (ml/min)	37.6 (ml/min/kg)	**HR peak**	136 (bpm)	**Mean Carbs**	37.0 %
VCO2 peak	3566.0 (ml/min)	33.6 (ml/min/kg)	**VE peak**	101.3 (L/min)	**Mean Fat**	63.0 %
VO2 Ending	3591.8 (ml/min)	37.6 (ml/min/kg)	**RER peak**	0.96	**Mean EE**	9.9 (Kcal/min)
VCO2 Ending	3299.9 (ml/min)	33.6 (ml/min/kg)	**HR Ending**	135 (bpm)	**Mean EE**	14328 (kcal/day)
VO2 mean	2078.7 (ml/min)	19.6 (ml/min/kg)	**VE Ending**	98.39 (L/min)	**Total Carbs**	59.0 (Kcal)
VCO2 mean	1675.3 (ml/min)	15.8 (ml/min/kg)	**RER Ending**	0.92	**Total Fat**	100.2 (Kcal)
Mechanical Eficie	52.74 (100%)		**RER mean**	0.76	**Total EE**	159.2 (Kcal)
			HR Average	102 (bpm)		

Parameters

Start time	14 sec	**End time**	981 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**	3.00 None
RPM Increment	0.00	**Speed Increment**	1.00
RPM Increment Span	1.00	**Speed Increment Span**	2.00