





PNOE Ergometry results							
Subject 				Measurement			
Name *****				Status  Closed			
Gender Female (37)				Date March 25, 2020 at 4:24:41 PM GMT			
Weight 63 kg				Duration 28' (368 breaths)			
Height 175 cm				Protocol Free Run			
Exercise Frequency 3 times a week				Device PNOE 2016-157			
Exercise Goal Fat Loss							
Report Type Ramp							
 Run Steady State (Outdoor) - Duration: 27.24 (min) / 363 (breaths)							
VO2 peak	1786.1 (ml/min)	28.4 (ml/min/kg)	HR peak	176 (bpm)	Mean Carbs	49.8 %	
VCO2 peak	1606.3 (ml/min)	25.5 (ml/min/kg)	VE peak	62.6 (L/min)	Mean Fat	50.2 %	
VO2 Ending	1797.6 (ml/min)	28.4 (ml/min/kg)	RER peak	0.91	Mean EE	5.3 (Kcal/min)	
VCO2 Ending	1575.4 (ml/min)	25.5 (ml/min/kg)	HR Ending	176 (bpm)	Mean EE	7639 (kcal/day)	
VO2 mean	1096.5 (ml/min)	17.4 (ml/min/kg)	VE Ending	59.23 (L/min)	Total Carbs	70.4 (Kcal)	
VCO2 mean	935.1 (ml/min)	14.8 (ml/min/kg)	RER Ending	0.88	Total Fat	70.8 (Kcal)	
Mechanical Efficiency	31.53 (100%)		RER mean	0.84	Total EE	141.2 (Kcal)	
			HR Average	138 (bpm)			
 Parameters							
Start time		3 sec	End time		1647 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 KM/H		
RPM Increment		0.00	Speed Increment		1.00		
RPM Increment Span		1.00	Speed Increment Span		5.00		