





PNOE Ergometry results							
Subject 				Measurement			
Name *****				Status  Closed			
Gender Male (77)				Date October 29, 2020 at 11:27:38 AM GMT			
Weight 64 kg				Duration 11' (101 breaths)			
Height 175 cm				Protocol RMR			
Exercise Frequency 2 times a week				Device PNOE 2016-157			
Exercise Goal Muscle Gain							
Report Type None							
 RMR - Duration: 10.41 (min) / 101 (breaths)							
VO2 peak	224.6 (ml/min)	3.5 (ml/min/kg)	HR peak	82 (bpm)	Mean Carbs	42.1 %	
VCO2 peak	167.0 (ml/min)	2.6 (ml/min/kg)	VE peak	6.9 (L/min)	Mean Fat	57.9 %	
VO2 Ending	160.6 (ml/min)	3.5 (ml/min/kg)	RER peak	0.86	Mean EE	0.9 (Kcal/min)	
VCO2 Ending	134.2 (ml/min)	2.6 (ml/min/kg)	HR Ending	70 (bpm)	Mean EE	1270 (kcal/day)	
VO2 mean	183.7 (ml/min)	2.9 (ml/min/kg)	VE Ending	5.61 (L/min)	Total Carbs	3.8 (Kcal)	
VCO2 mean	150.4 (ml/min)	2.4 (ml/min/kg)	RER Ending	0.84	Total Fat	5.2 (Kcal)	
Mechanical Efficiency	0 (35%)		RER mean	0.82	Total EE	9.0 (Kcal)	
			HR Average	73 (bpm)			
 Parameters							
Start time		1 sec	End time		642 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		