

PNOE Ergometry results							
Subject				Measurement			
Name	*****			Status	Closed		
Gender	Male (53)			Date	May 10, 2022 at 12:37:57 PM GMT+1		
Weight	91 kg			Duration	13' (124 breaths)		
Height	170 cm			Protocol	RMR		
Exercise Frequency	6 times a week			Device	PNOE 2016-157		
Exercise Goal	Muscle Gain						
Report Type	None						
ⓘ RMR - Duration: 10.41 (min) / 111 (breaths)							
VO2 peak	237.8 (ml/min)	2.6 (ml/min/kg)	HR peak	52 (bpm)	Mean Carbs	41.2 %	
VCO2 peak	214.4 (ml/min)	2.4 (ml/min/kg)	VE peak	9.9 (L/min)	Mean Fat	58.8 %	
VO2 Ending	178.9 (ml/min)	2.6 (ml/min/kg)	RER peak	0.86	Mean EE	1.1 (Kcal/min)	
VCO2 Ending	131.9 (ml/min)	2.4 (ml/min/kg)	HR Ending	54 (bpm)	Mean EE	1609 (kcal/day)	
VO2 mean	232.3 (ml/min)	2.6 (ml/min/kg)	VE Ending	5.40 (L/min)	Total Carbs	4.7 (Kcal)	
VCO2 mean	192.0 (ml/min)	2.1 (ml/min/kg)	RER Ending	0.74	Total Fat	6.7 (Kcal)	
Mechanical Efficiency	0 (35%)		RER mean	0.82	Total EE	11.4 (Kcal)	
			HR Average	51 (bpm)			
⚙ Parameters							
Start time		163 sec		End time		804 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	

