





PNOE Ergometry results							
Subject 				Measurement			
Name *****				Status  Closed			
Gender Male (45)				Date May 14, 2021 at 2:54:26 PM GMT+1			
Weight 79 kg				Duration 12' (54 breaths)			
Height 174 cm				Protocol RMR			
Exercise Frequency 6 times a week				Device			
Exercise Goal Conditioning							
Report Type None							
 618-marker - Duration: 0.00 (min) / 1 (breaths)							
VO2 peak	240.7 (ml/min)	3.0 (ml/min/kg)	HR peak	54 (bpm)	Mean Carbs	43.9 %	
VCO2 peak	200.2 (ml/min)	2.5 (ml/min/kg)	VE peak	6.1 (L/min)	Mean Fat	56.1 %	
VO2 Ending	0 (ml/min)	3.0 (ml/min/kg)	RER peak	0.83	Mean EE	1.2 (Kcal/min)	
VCO2 Ending	0 (ml/min)	2.5 (ml/min/kg)	HR Ending	54 (bpm)	Mean EE	1669 (kcal/day)	
VO2 mean	240.7 (ml/min)	3.0 (ml/min/kg)	VE Ending	0 (L/min)	Total Carbs	0.1 (Kcal)	
VCO2 mean	200.2 (ml/min)	2.5 (ml/min/kg)	RER Ending	0	Total Fat	0.1 (Kcal)	
Mechanical Efficiency	0 (35%)		RER mean	0.83	Total EE	0.2 (Kcal)	
			HR Average	54 (bpm)			
 Parameters							
Start time		618 sec		End time		618 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 ML/H	
RPM Increment		0.00		Speed Increment		0.00	
RPM Increment Span		1.00		Speed Increment Span		1.00	