





PNOE Ergometry results							
Subject 				Measurement			
Name *****				Status  Closed			
Gender Female (37)				Date March 24, 2020 at 9:38:52 AM GMT			
Weight 63 kg				Duration 12' (90 breaths)			
Height 175 cm				Protocol RMR			
Exercise Frequency 3 times a week				Device PNOE 2016-157			
Exercise Goal Fat Loss							
Report Type RMR							
 RMR - Duration: 12.37 (min) / 90 (breaths)							
VO2 peak	194.2 (ml/min)	3.1 (ml/min/kg)	HR peak	66 (bpm)	Mean Carbs	64.5 %	
VCO2 peak	190.9 (ml/min)	3.0 (ml/min/kg)	VE peak	6.7 (L/min)	Mean Fat	35.5 %	
VO2 Ending	180.7 (ml/min)	3.1 (ml/min/kg)	RER peak	0.95	Mean EE	0.9 (Kcal/min)	
VCO2 Ending	159.4 (ml/min)	3.0 (ml/min/kg)	HR Ending	70 (bpm)	Mean EE	1262 (kcal/day)	
VO2 mean	179.7 (ml/min)	2.9 (ml/min/kg)	VE Ending	5.91 (L/min)	Total Carbs	7.1 (Kcal)	
VCO2 mean	159.7 (ml/min)	2.5 (ml/min/kg)	RER Ending	0.88	Total Fat	3.9 (Kcal)	
Mechanical Efficiency	0 (35%)		RER mean	0.88	Total EE	11.0 (Kcal)	
			HR Average	62 (bpm)			
 Parameters							
Start time		5 sec	End time		762 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		