|  | Pre | | Post | | |  | | Pre | Post | | |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Frisklivssentral | | | | | P-verdi | | Kontroll | |  | P-verdi | | P-verdi |
| Antall | | 3 | | 3 | | - | | 19 | | 19 | - | | - |
| Prosent av maks HF | | 64.915 (11) | | 61.368 (12) | 0.0847 | | 63.733 (7.9) | | | 62.188 (7.8) | 0,461 | | 0.489 |
| Prosent av maksVo2 | | 48.152 (14) | | 44.724 (8.4) | | 0,406 | | 47.812 (7.5) | | 45.524 (8.1) | 0,316 | | 0,610 |
| Vo2 | | 1201.2 (51) | | 1242 (130) | | 0,631 | | 1286.2 (220) | | 1255.4 (230) | 0,672 | | 0,299 |
| RER | | 0.80613 (0.052) | | 0.7952 (0.019) | | 0,811 | | 0.80996 (0.047) | | 0.83032 (0.046) | 0,201 | | 0,224 |
| Kacl/min | | 5.9659 (0.21) | | 6.1555 (0.63) | | 0,614 | | 6.3935 (1.1) | | 6.275 (1.1) | 0,742 | | 0,324 |
| KJ/min | | 24.949 (0.88) | | 25.742 (2.6) | | 0,614 | | 26.738 (4.6) | | 26.242 (4.7) | 0,742 | | 0,324 |
| Data er gitt som gjennomsnitt og standardavvik. | | | | | | | | | | | | |  |