|  | | Pre | | Post | |  | | | Pre | Post | |  | |  | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | Frisklivssentral | | | | | P-verdi | Kontroll | |  | P-verdi | | | ANCOVA | |
| Antall | | | 8 | | 8 | | - | | 19 | | 19 | | - | | | - |
| Prosent av maks HF | | | 64.89 (8.5) | | 63.488 (9.4) | | 0,849 | | 63.733 (7.9) | | 62.188 (7.8) | 0,584 | | 0,882 | | |
| Prosent av maksVo2 | | | 51.585 (11) | | 49.266 (10) | | 0,580 | | 47.812 (7.5) | | 45.524 (8.1) | 0,387 | | 0,850 | | |
| Vo2 | | | 1256.4 (160) | | 1256.4 (140) | | 0,934 | | 1286.2 (220) | | 1255.4 (230) | 0,598 | | 0,489 | | |
| RER | | | 0.81325 (0.036) | | 0.79435 (0.027) | | 0,771 | | 0.80996 (0.047) | | 0.83032 (0.046) | 0,128 | | 0,048 | | |
| Kacl/min | | | 6.2513 (0.76) | | 6.2254 (0.69) | | 0,945 | | 6.3935 (1.1) | | 6.275 (1.1) | 0,684 | | 0,690 | | |
| KJ/min | | | 26.143 (3.2) | | 26.035 (2.9) | | 0,945 | | 26.738 (4.6) | | 26.242 (4.7) | 0,684 | | 0,690 | | |
|  | Data er gitt som gjennomsnitt og standardavvik. | | | | | | | | | | |  | |  | | |

PPM