

Knoxville Performance Lab
 8025 Kingston Pike
 Knoxville, TN 37919
 (865) 693-4909
 www.knoxvilleperformancelab.com

Last Name: **DAYAH**

Age: **28**

Membership #: **00002**

First Name: **MIKE**

Height (in): **72.05**

Report Date: **4/30/2011**

Gender: **Male**

Weight (lbs): **259.0**

Personal Trainer: **MR**

Resting Metabolic Rate

Rest Metabolic Rate (Kcal/day)

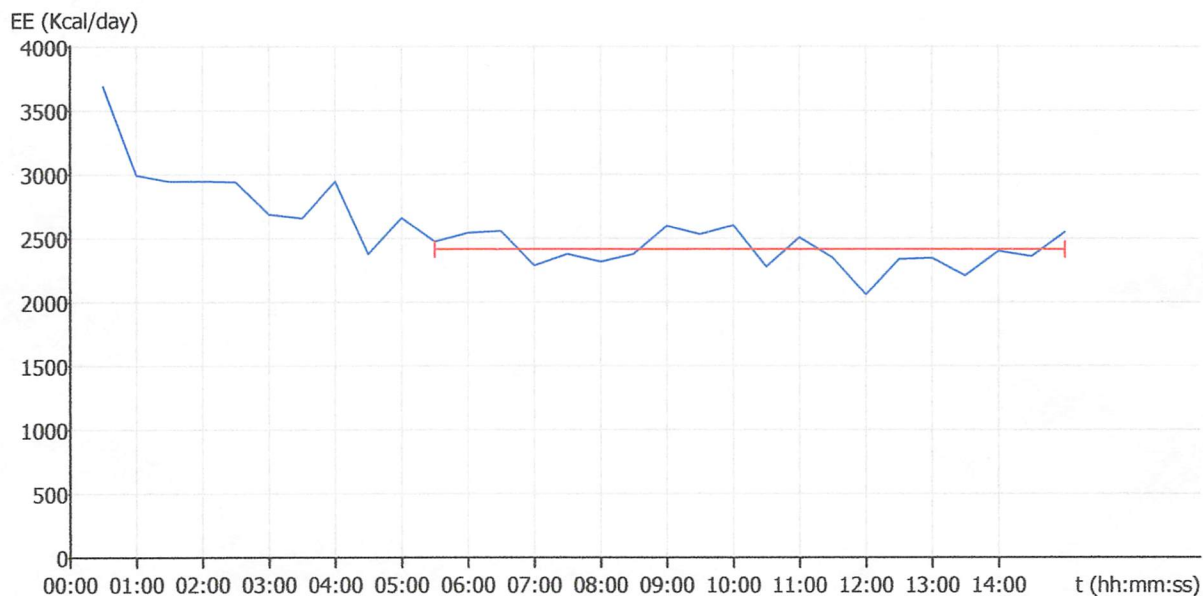
2415

Slow	Normal	Fast
< 2072	2072 - 2746	> 2746

Pred. Harris-Benedict

% Pred. 100%

Calculation method Measured





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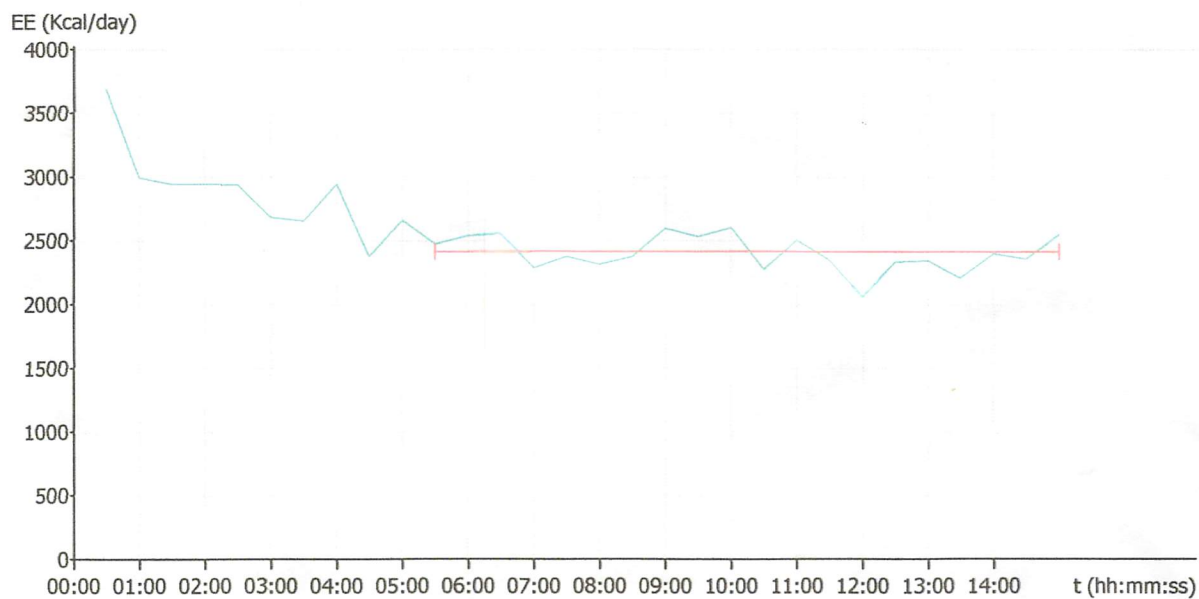
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Calculation method Measured



COSMED

37, Via dei Piani di Monte Savello
I-00041 Rome ITALY (www.cosmed.com)

Last Name: DAYAH

First Name: MIKE

ID:

00001 Date(dd-mm-yyyy):

03/05/2010

Test conducted by:

MR Gender:

Male

Height(m):

170 Weight(lb):

159.0

Age:

29 BMI(Kg/m²):

35.0

Resting Metabolic Rate

t	VO2	Ve	RI	HR	FeO2	RMR
min:ss	ml/min	l/min	l/min	b/min	% kcal/kg	

Averaged values

10:00	347	9.3	11.2	0	16.46	2415
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%Var VE: 5.5 %

%Var VO2: 5.8 %

Resting Metabolic Rate (Kcal/day)

2415

Slow	Normal	Fast
<2066	2066-2738	>2738

%Pred (Harris Benedict): 101 %