

COSMED

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

Last Name: DAYAH
First Name: MICHAEL
ID:

00025 Date(dd-mm-yyyy): 05/05/2012

Test conducted by:

DB Gender: Male

Height(in):

72.0 Weight(lb): 195.1

Age:

29 BMI(Kg/m²): 26.4

Resting Metabolic Rate

t	VO2	Ve	Rf	HR	FeO2	RMR
mm:ss	ml/min	l/min	l/min	bpm	%	kcal/day

Averaged values

10:00	28.1	8.4	12.2	162	16.93	1956
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162
Avg.

%Var VE: 7.6 %

%Var VO2: 6.7 %

Resting Metabolic Rate (Kcal/day)

			1956
Slow	Normal	Fast	
<1723	1723-2284	>2284	

%Pred (Harris Benedict): 98 %

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

<i>Last Name:</i> DAYAH	<i>Age:</i> 29	<i>Membership #:</i> 00025
<i>First Name:</i> MICHAEL	<i>Height (in):</i> 72.05	<i>Report Date:</i> 5/3/2012
<i>Gender:</i> Male	<i>Weight (lbs):</i> 195.1	<i>Personal Trainer:</i> DB

Resting Metabolic Rate

Rest Metabolic Rate (Kcal/day)

1956

Slow	Normal	Fast
< 1723	1723 - 2284	> 2284

Pred. Harris-Benedict

% Pred. 98%

Calculation method Measured

