## West Virginia University Human Performance Lab (sys#2)

\*\*\* Metabolic Text Report \*\*\*

Patient Information GILLILAND, DOUG

Name: GILLELAND, DOUG

Age: 57 yrs Height: 70.0 in (178 cm)

File number: Sex:

Weight:

1960

168.0 lb (76.4 kg)

Doctor.

Tec

Test Protocol

Test degree: Exercise device:

Maximal Treadmill

**Test Environment** 

Insp. temp.:

Insp. humidity: Insp. O2:

22.0 deg C 49.0 % 20.94 %

Baro. pressure: Exp. flow temp.:

761.0 mmHg

Mean of room temp. and 37.0 deg C 0.03 %

Selected Flowmeter: (STPD to BTPS:

0-800 Lpm 1.2087)

O2 gain: 0.00012895 CO2 gain: 0.00013066

Base Values for Sampling Base O2:

20.94 %

Base CO2:

Insp. CO2:

0.03 %

Measured O2: 20.90

												14:30 (14)	10.00	
											1 ,			
TIME	VO2	VO2/kg	METS	VCO2	VE	RER	RR	Vt	FEO2	FECO2	O2pulse	HP	TM	tw 3
I IIVIbaa	STPD	STPD	1915 1 0	STPD	STPD	1 11	1313	BTPS	I LOZ	LOUZ	STPD		SPD	GRD
min:sec		ml/kg/m		L/min	L/min		BPM	L	%	%	ml/beat	hnm	mph	%Grd
										70	THE DOOL	DPIII.	12 99	70010
0:21	0.32	4.2	1.2	0.23	7.96	0.73	19	0.50	17.17	2.95	4	78	0.0	0.0
0:45	0.24	3.1	0.9	0.19	5.94	0.78	13	0.55	17.12	3.15	3	76	0.0	00
1:01	0.28	3.7	1.1	0.22	8.10	0.79	15	0.66	17.61	2.79	4		0.0	0.0
	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \													
1:20	0.26	3.3	1.0	0.19	7.74	0.76	15	0.61	17.80	2.54	3 3	80 12	l dioi	loo is
1:41	0.28	3.6	1.0	0.21	7.85	0.74	18	0.54	17.60	2.65	31	84	66	
**02:00	72.00 VVdiii Op													
2:00	0.30	4.0	1.1	0.23	8.82	0.75	18	0.59	17.68	2.60	4	76	<b>3</b> -1	
2:22	0.45	5.9	1.7	0.32	12.91	0.71	19	0.81	17.66	2.51	5	84		
2:41	0.54	7.1	2.0	0.39	13.99	0.71	20	0.86	17.28	2.81	6	92	151	<b>10</b> 0 M
3:01	0.43	5.7	1.6	0.31	10.50	0.71	21	0.61	17.06	2.95	5 5 5 5	84	15	o.b
3:22	0.45	5.9	1.7	0.30	10.97	0.66	17 .	0.78	17.13	2.74	5	82	15	0.0
	BP 170/9	92												
**03:35	RPE 7										.113			
3:42	0.59	7.8	2.2	0.37	13.21	0.63	19	0.86	16.79	2.86	7	88 6	1.5	0.0
**04:00 Start Exercise														
4:02	0.60	7.8	2.2	0.37	12.09	0.63	26	0.56	16.37	3.13	7	88 🐰	1.5	0.3
4:24	0.72	9.5	2.7	0.45	14.71	0.63	17	1.06	16.41	3.11	8	90	1.7	10.0
4:40	0.71	9.3	2.7	0.44	13.61	0.62	22	0.75	16.14	3.26	8	94	1.7	10.0
	BP 174/8													
5:01	0.91	11.9	3.4	0.55	16.49	0.60	17	1.17	15.86	3.37	9	97	17	10.0
5:22	1.09	14.3	4.1	0.64	18.04	0.59	15	1.46	15.41	3.59	11	99	1.7	10.0
5:40	1.05	13.8	3.9	0.63	16.81	0.60	22	0.91	15.20	3.79	10	102	1.7	10.0
	RPE 7													
	BP 178/8											100		
6:00	1.27	16.6	4.7	0.76	20.28	0.60	18	1.34	15.21	3.79	12	103	1,7	10.0
6:20	1.26	16.5	4.7	0.78	20.57	0.62	24	1.03	15.31	3.82	12	106	1.7	100
6:42	1.11	14.6	4.2	0.72	19.44	0.64	21	1.10	15.64	3.71	10	114	1.7	10.0
	BP 192/8		4.0	0.00	00.05	0.05	0.4	4.00	45.54	0.00	40	400		
7:02	1.29	16.8	4.8	0.83	22.05	0.65	21	1.28	15.54	3.80	12	106		10 1 12l0
7:21	1.53	20.1	5.7	1.00	25.85	0.65	23	1.37	15.44	3.89	14 14	109 117	42	
7: <b>4</b> 3 8:00	1.63 1.77	21.4	6.1	1.14	28.39	0.70	19	1.83	15.55	4.06	14	124	4 2	
		23.2	6.6	1.28	31.29	0.73	21	1.80	15.61	4.13	14	1211	1111	
**08:04 BP 188/84 **08:19 RPE 12														
	1.62	24.2	C 1	4 04	29.32	0.75	22	4 0 4	15.69	4.17	13	100		
8:23 8:41	1.70	21.3 22.2	6.1 6.3	1.21 1.28	29.32 29.22	0.75 0.75	22 26	1.64 1.37	15.69	4.17	13	120		
9:02	2.00	26.2	6.3 7.5	1.28	29.22 36.20	0.75	26 23	1.37	15.44	4.40	15	135		20
	EP 204/8		U, I	1.04	30.20	0.77	23	1.80	10.00	7.41	19	TIME		
9:21	1.89	24.8	7.1	1.54	36.29	0.82	26	1.70	15.93	4.29	14	138	2.5	12.0
9:42	2.04	2 <del>4</del> .0 26.7	7.6	1.70	39.61	0.83	23	2.08	15.97	4.32	15	138	2.5	12.0
10:02	1.88	24.6	7.0	1.57	36.83	0.84	24	1.86	16.01	4.30	14	139	2.5	12.0
	BP 202/8		7.0	1.01	50.03	0.07	<u>~7</u>	1.00	10.01	1.00	• •			
10.00	LULI	-										4.34		1

TIN min		PD	VO2/kg STPD ml/kg/m	METS	VCO2 STPD L/min	VE STPD L/min	RER	RR BPM	Vt BTPS L	FEO2	FECO2	O2pulse STPD ml/beat		TM SPD mph	TM GRD %Grd
10:	20 2.	25	29.4	8.4	1.88	43.19	0.84	26	2.02	15.92	4.37	16	143	3.3	14,0
		24	29.4	8.4	2.01	47.77	0.90	27	2.17	16.35	4.23	15	149	3.4	14.0
	0:52 RP						•					3	The Name of the		
**1	0:52 BP											. <u> </u>	្រាះ្នឹង		
11		26	29.5	8.4	2.09	49.29	0.93	26	2.27	16.43	4.27	15	155	3.4	14.0
		50	32.7	9.3	2.39	54.55	0.96	28	2.36	16.41	4.40	16	158	3.4	14.0
		45	32.1	9.2	2.44	56.53	0.99	33	2.08	16.61	4.34	15	161	3.4	140
	1:51 RF														
	1:51 BF		′4									p.			i du i
	1:51 HF		00.0	0.5	0.64	63.28	1.04	32	2.43	16.90	4.20	15	165		
		54	33.2	9.5	2.64	63.26	1.04	32	2.43	10.50	₩.ZU	13			
	2:08 rur		34.2	9.8	2.72	64.81	1.04	34	2.32	16.88	4.23	16	167		li in
		61 58	33.8	9.7	2.72	67.27	1.08	34	2.41	17.03	4.19	15	169	1 1 2	140
		ol Dov		J.1	2.00	01.21	1.00	0.7	4m, ¬ '		,0				1.4
		.13	27.9	8.0	2.33	58.41	1.09	35	2.01	17.22	4.02	12	173	2.8	7.6
		42	31.7	9.1	2.61	62.92	1.08	33	2.28	17.03	4.18	14	170	2.8 1.5	0.0
		206/5		<b>.</b>									1 1		
		.77	10.1	2.9	0.85	21.87	1.11	17	1.52	17.34	3.93	5	161	1.5	0.0
	**14:19 BP 210/74														
	**15:03 RPE 14														111
**15:27 BP 200/90													5	î Fir	
***	**16:39 BP 190/88														
**18:00 BP 182/92															
	**19:23 BP 174/88												116	h-date	
**19:35 Stop Exercise														1	
**20:38 BP 162/90															
**22:06 BP 154/88; **24:20 BP 144/94;															
			94:												d Chr.
	24:20 HF										-		- 1941		romania (n. 1941). Singan
^ **	24:51 HF	২ ৪১											1 1		<u> </u>

Max VO2: 2.61 L/min, Exercise Time: 8:50.99 Ve/Vco2 Slope: 26.7

34.2 ml/kg/min,

9.8 METS

34-42 Good