

TIME min:sec	VO2 STPD L/min	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	HR bpm	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
10:41	2.24	29.4	8.4	2.01	47.77	0.90	27	2.17	16.35	4.23	15	149	3.4	14.0
**10:52 RPE 13														
**10:52 BP 204/80														
11:01	2.26	29.5	8.4	2.09	49.29	0.93	26	2.27	16.43	4.27	15	155	3.4	14.0
11:20	2.50	32.7	9.3	2.39	54.55	0.96	28	2.36	16.41	4.40	16	158	3.4	14.0
11:41	2.45	32.1	9.2	2.44	56.53	0.99	33	2.08	16.61	4.34	15	161	3.4	14.0
**11:51 RPE 13														
**11:51 BP 202/74														
**11:51 HR 66														
12:02	2.54	33.2	9.5	2.64	63.28	1.04	32	2.43	16.90	4.20	15	165		
**12:08 running														
12:21	2.61	34.2	9.8	2.72	64.81	1.04	34	2.32	16.88	4.23	16	167		
12:41	2.58	33.8	9.7	2.80	67.27	1.08	34	2.41	17.03	4.19	15	169		
**12:51 Cool Down														
13:01	2.13	27.9	8.0	2.33	58.41	1.09	35	2.01	17.22	4.02	12	173	2.8	7.6
13:21	2.42	31.7	9.1	2.61	62.92	1.08	33	2.28	17.03	4.18	14	170	1.5	0.0
**13:23 BP 206/52														
13:38	0.77	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														
**15:27 BP 200/90														
**16:39 BP 190/88														
**18:00 BP 182/92														
**19:23 BP 174/88														
**19:35 Stop Exercise														
**20:38 BP 162/90														
**22:06 BP 154/88														
**24:20 BP 144/94														
**24:20 HR 104														
**24:51 HR 93														

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