West Virginia University
Human Performance Lab (sys#2)

*** Metabolic Text Report ***

Patient Information

Name:	[redacted]	File number:	[redacted]/82	Test time:	2018/07/13 11:01:53
Age:	36 yrs	Sex:	M	Doctor:	
Height:	72.0 in (183 cm)	Weight:	172.0 lb (78.2 kg)	Tech:	J Thomas/BR

Test Protocol

Test degree:	Maximal
Exercise device:	Treadmill

Test Environment

Insp. temp.:	21.0 deg C	Baro. pressure:	766.1 mmHg
Insp. humidity:	52.0 %	Exp. flow temp.:	Mean of room temp. and 37.0 deg C
Insp. O2:	20.94 %	Insp. CO2:	0.03 %
Selected Flowmeter:	0-800 Lpm		
(STPD to BTPS:	1.2001)	O2 gain: 0.00012811	CO2 gain: 0.00013209

Base Values for Sampling

Base O2:	20.94 %	Base CO2:	0.03 %	Measured O2: 20.89%, CO2: 0.07%

TIME	VO2 STPD	VO2/kg STPD	METS	%CHO	%FAT	RER	RR	Vt BTPS	FEO2	FECO2	O2pulse STPD	HR	TM SPD	TM GRD
min:sec	L/min	ml/kg/m		%	%		BPM	L	%	%	ml/beat	bpm	mph	%Grd
0:22	0.34	4.4	1.3	-12	112	0.67	14	0.71	16.91	2.95	6	54	0.0	0.0
0:43	0.37	4.7	1.4	-13	113	0.67	17	0.62	17.02	2.86	7	55	0.0	0.0
1:02	0.33	4.2	1.2	-16	116	0.67	16	0.59	17.07	2.80	6	54	0.0	0.0
1:22	0.39	4.9	1.4	-14	114	0.67	18	0.61	17.06	2.83	7	57	0.0	0.0
1:42	0.39	4.9	1.4	-17	117	0.66	15	0.73	17.01	2.83	7	56	0.0	0.0
**02:00	Warm Up													
2:01	0.43	5.5	1.6	-16	116	0.66	16	0.80	17.09	2.79	5	80	0.0	0.0
2:20	0.65	8.4	2.4	-11	111	0.68	19	0.91	16.68	3.13	8	78	1.3	0.0
2:42	0.78	10.0	2.9	-2	102	0.70	22	0.90	16.44	3.40	9	84	1.5	0.0
3:01	0.61	7.8	2.2	13	87	0.74	19	0.87	16.75	3.32	8	80	1.5	0.0
3:20	0.62	8.0	2.3	21	79	0.76	19	0.96	17.02	3.18	8	78	1.5	0.0
3:41	0.47	6.1	1.7	12	88	0.74	20	0.67	16.83	3.24	6	74	1.5	0.0
**03:53	BP 126/86													
**04:00	Start Exercise													
4:02	0.61	7.7	2.2	-3	103	0.70	20	0.83	16.87	3.07	8	76	1.5	0.3
4:23	0.65	8.3	2.4	-5	105	0.69	17	0.99	16.62	3.23	8	85	1.7	10.0
4:41	0.43	5.5	1.6	4	96	0.72	21	0.54	16.58	3.36	5	92	1.7	10.0
5:02	0.99	12.6	3.6	-14	114	0.67	22	1.05	16.25	3.40	11	88	1.7	10.0
5:21	1.20	15.4	4.4	-21	121	0.65	19	1.40	15.92	3.56	14	88	1.7	10.0
**05:27	RPE 6													
5:42	1.03	13.2	3.8	-23	123	0.65	20	1.08	15.65	3.72	13	80	1.7	10.0
**05:52	BP 132/88													
6:02	1.46	18.6	5.3	-34	134	0.62	19	1.57	15.44	3.72	17	86	1.7	10.0
6:20	1.06	13.6	3.9	-19	119	0.66	23	0.99	15.67	3.76	11	93	1.7	10.0
6:40	1.27	16.3	4.6	-23	123	0.65	24	1.13	15.61	3.75	14	94	1.7	10.0
7:02	1.21	15.5	4.4	-11	111	0.68	20	1.36	15.85	3.72	13	94	1.7	10.0
7:21	1.43	18.3	5.2	-7	107	0.69	19	1.65	15.77	3.83	14	99	2.4	12.0
7:43	1.50	19.2	5.5	-1	101	0.70	19	1.68	15.76	3.92	14	106	2.5	12.0
8:00	1.75	22.3	6.4	-17	117	0.66	21	1.73	15.45	3.93	16	109	2.5	12.0
8:21	2.05	26.2	7.5	-14	114	0.67	23	1.82	15.46	3.97	19	110	2.5	12.0
**08:27	RPE 7													
8:42	1.58	20.3	5.8	-6	106	0.69	23	1.49	15.68	3.92	15	109	2.5	12.0
**08:54	BP 140/92													
9:01	1.89	24.2	6.9	-12	112	0.67	19	1.97	15.36	4.06	18	106	2.5	12.0
9:22	2.04	26.0	7.4	1	99	0.71	23	1.89	15.56	4.10	19	110	2.5	12.0
9:41	1.96	25.1	7.2	7	93	0.73	22	1.94	15.74	4.03	18	112	2.5	12.0
10:02	1.78	22.8	6.5	8	93	0.73	21	1.87	15.74	4.04	16	109	2.5	12.0
10:20	2.14	27.3	7.8	5	96	0.72	23	2.00	15.69	4.05	19	110	2.5	12.0
10:40	2.46	31.5	9.0	1	99	0.71	27	1.96	15.67	4.02	21	119	2.5	12.0
11:02	2.63	33.7	9.6	8	92	0.73	25	2.35	15.77	4.02	20	129	2.5	12.0
**11:17	RPE 11/12													
11:21	2.53	32.3	9.2	17	83	0.75	26	2.18	15.82	4.10	19	135	2.5	12.0
**11:35	BP 144/90													

TIME	VO2 STPD	VO2/kg STPD	METS	%CHO	%FAT	RER	RR	Vt BTPS	FEO2	FECO2	O2pulse STPD	HR	TM SPD	TM GRD
min:sec	L/min	ml/kg/m		%	%		BPM	L	%	%	ml/beat	bpm	mph	%Grd
11:40	2.86	36.6	10.5	8	92	0.73	27	2.21	15.55	4.19	22	131	3.4	14.0
12:00	2.85	36.5	10.4	22	78	0.77	27	2.44	16.03	3.99	22	132	3.4	14.0
12:20	3.05	39.1	11.2	31	69	0.79	30	2.37	16.09	4.05	22	138	3.4	14.0
12:41	2.85	36.5	10.4	39	61	0.82	32	2.31	16.42	3.86	21	138	3.4	14.0
13:01	2.99	38.3	10.9	35	66	0.80	33	2.30	16.36	3.86	22	135	3.4	14.0
13:21	3.03	38.8	11.1	34	67	0.80	33	2.29	16.38	3.84	22	137	4.1	15.9
13:40	3.45	44.2	12.6	33	67	0.80	38	2.34	16.43	3.79	23	147	4.2	16.0
14:01	3.58	45.8	13.1	41	59	0.82	37	2.51	16.54	3.79	24	150	4.2	16.0
**14:17	RPE 15													
14:20	3.51	44.9	12.8	51	49	0.85	34	2.76	16.58	3.86	23	155	4.2	16.0
14:41	4.17	53.4	15.2	47	53	0.84	39	2.76	16.39	3.98	26	158	4.2	16.0
15:01	4.06	51.9	14.8	68	33	0.90	41	2.83	16.86	3.78	25	161	4.2	16.0
15:20	3.99	51.0	14.6	68	33	0.90	41	2.73	16.78	3.85	25	161	4.2	16.0
15:41	4.32	55.3	15.8	71	30	0.91	40	3.11	16.87	3.80	27	163	4.2	16.0
16:01	4.27	54.6	15.6	70	30	0.91	42	2.89	16.84	3.82	26	165	4.2	16.0
16:20	4.39	56.1	16.0	73	28	0.91	46	2.89	17.04	3.66	26	167	4.9	17.9
16:41	4.51	57.6	16.5	79	22	0.93	47	2.90	17.03	3.73	26	172	[illegible]	[illegible]
17:00	4.68	59.8	17.1	91	10	0.97	48	2.97	17.06	3.81	27	173	[illegible]	[illegible]
**17:04	RPE 17													
**17:16	RPE 18													
17:20	4.44	56.7	16.2	95	5	0.98	49	2.81	17.09	3.83	25	176	5.0	18.0
**17:33	RPE 19													
17:40	4.23	54.1	15.5	100	1	1.00	53	2.55	17.18	3.79	24	176	5.0	18.0
**17:54	Cool Down													
18:00	3.52	45.0	12.8	107	-6	1.02	58	2.09	17.43	3.59	20	180	4.8	14.0
18:20	2.56	32.8	9.4	118	-17	1.05	48	1.89	17.52	3.59	14	178	1.5	0.0
**18:33	BP 172/96													
18:40	2.15	27.5	7.9	126	-25	1.08	45	1.76	17.63	3.55	13	171	1.5	0.0
**20:11	BP 182/96													
**21:47	BP 164/96													
**23:22	BP 146/90													
**24:14	BP 140/86													
**24:14	HR 97													
**24:53	Stop Exercise													
**26:20	BP 136/82													

Max VO2: 4.68 L/min, 59.8 ml/kg/min, 17.1 METS
Exercise Time: 13:54.08
Ve/Vco2 Slope: 31.8