

Unit of Time	Heart Rate	Time Between Beats (assume unit of time is seconds; ms)	HRV (last 5 cells)	HRV (last 4 cells)	HRV (last 3 cells)	HRV (last 2 cells)	HRV (last 10 cells)	HRV (last 15 cells)	HRV (last 20 cells)	HRV (last 25 cells)
1	78.72171438	762.1785231								
2	70.61495355	849.6783894								
3	71.9128917	834.3415523								
4	64.96804755	923.5266443		66.16879109	47.88430138	63.06355502				
5	75.03023895	799.6776825	60.40949593	52.16797086	63.893367	67.5449732				
6	73.368351	817.7913117	47.68740723	54.98191343	66.89127021	12.80832663				
7	70.71486051	848.4779517	47.66099901	54.62150248	24.66863871	21.69873121				
8	68.18008414	889.0130364	49.50521337	35.3211893	31.1182645	22.29667228				
9	67.2497	892.1972886	39.74659316	33.4212511	22.56212903	68.91567358				
10	79.9620214	759.1687748	56.86514444	64.38954922	78.7189713	100.4203252	55.34602318			
11	63.89663758	939.0136886	70.4565593	80.88844967	98.3414441	133.5334625	57.41943435			
12	63.50338155	944.8315745	78.55398104	90.70283903	110.7473292	4.113923152	64.20151086			
13	73.99641213	815.2571336	63.9997345	95.71290438	73.1881702	61.82296058	65.42027515			
14	64.20820013	934.4688827	88.9473025	62.23389688	72.028317	84.28921362	66.65922623			
15	68.63332412	874.2188992	56.02181564	59.99947013	59.60264767	42.60260617	62.95715152	62.41144147		
16	74.10905814	889.0173742	63.74635252	58.52685565	62.43395104	65.67451981	63.7531782	58.28999983		
17	78.94405529	763.8949114	55.99693188	74.57953336	55.42633591	32.33056345	71.84942829	63.44790047		
18	79.35202094	756.7379797	75.90387702	54.16687505	28.81330124	5.31369217	76.42884394	68.28439472		
19	70.75620386	847.9821801	51.39491227	42.73438133	50.85617967	64.77253708	76.89179565	65.18720646		
20	64.63548802	928.2872324	70.36273382	80.90127567	86.01327245	56.78106509	73.39920027	67.23523722	64.61608996	
21	62.48333018	960.2561168	82.81463605	91.0965201	57.84449396	22.60859692	76.15102972	71.74123083	65.8413513	
22	79.88797398	751.0517167	95.96461087	93.38484067	112.693893	147.92985	77.79763366	77.34180288	70.09321716	
23	74.51653812	885.1983847	68.19976278	99.30079955	108.5839598	38.28181931	78.27640441	78.12641727	70.81535699	
24	65.84941354	911.1813684	78.85522532	95.74462099	81.45532861	75.5079355	78.9816461	70.20962186	71.2036267	
25	72.53947623	827.1358316	63.98057516	66.5471375	55.94673569	59.43089596	74.70705768	74.19386379	69.40686781	66.94791267
26	73.97865809	811.0316428	57.90671208	49.24777477	53.780135	11.3873811	74.65267752	71.51209386	69.60285818	64.99028024
27	72.09642226	932.2188275	42.74625052	44.780948	11.06103172	14.98160194	70.29532184	66.51249578	69.74750181	65.09908682
28	66.32595054	884.6232962	46.06442813	41.57341939	49.07596405	51.19796086	65.4459427	67.94475009	70.48613169	65.8926713
29	71.47819541	839.414821	36.05808865	40.37337715	39.88755428	46.10793653	65.64584786	63.58095246	69.9251651	64.27647168
30	70.67565628	987.4814766	71.93739343	72.09914478	74.16599516	104.6409492	74.79868303	73.65895291	72.13025718	68.97372593
31	63.31123079	950.2118842	68.16204341	64.05015897	70.33097274	24.89366246	77.31769729	72.3626267	70.3776652	
32	76.59301853	783.3612143	82.83072017	95.70302656	109.07266	119.394888	68.80477425	75.76315583	72.30578572	72.69326368
33	79.27660489	756.8436548	91.9784645	116.693896	105.9731786	78.75073505	74.92976679	75.71800504	75.11070477	75.40751706
34	61.24356417	979.694778	112.346299	114.1441807	121.7324028	157.5795334	82.79395679	81.64492558	78.34115917	76.13790931
35	69.33597013	865.3875639	88.85924492	100.198438	111.4386758	60.88397476	81.60302886	79.96198809	78.24610123	75.84473219
36	76.5236351	784.0714822	91.12803002	100.0502373	98.2786935	57.44258426	84.21569292	77.79613857	79.20542281	75.72486951
37	79.02343759	759.2684123	95.01940742	99.33088065	55.46589781	17.5384189	90.62485433	77.05455806	79.4837089	75.85498111
38	69.32424854	865.7788867	86.42979871	55.13359539	55.72660697	75.308861	89.3816564	75.57360772	75.73602979	75.57360772
39	65.73861552	912.4886792	63.54077542	71.24732662	76.61490988	33.17895039	90.74295031	76.01158021	77.18151968	74.70013077
40	70.43084567	851.8994686	62.44320176	64.25864332	31.8565255	42.98446302	79.83985445	75.67491435	75.54157068	74.54144294
41	61.16701313	988.9288744	81.62196208	58.20227222	64.54647386	91.23191093	84.2723966	80.43727958	77.15192101	78.45753514
42	61.83962857	970.2469164	58.73628885	59.46321423	71.60839675	7.5476281	87.53023685	83.59350381	76.71778559	79.13627665
43	71.17043438	843.0467822	64.24486144	73.18115676	76.70627442	89.944134	76.64997457	83.78765204	75.51756932	76.0176201
44	63.1900578	949.5164681	65.84111222	63.28172038	68.24643537	75.28548778	74.94645315	85.21344632	77.0839342	77.57521169
45	74.51645556	885.28443518	80.1832785	80.20399497	74.82628465	10.20478104	76.4347864	82.17197382	77.89991474	77.76302979
46	71.42745745	848.814412	73.38348313	62.63362993	75.3087236	76.6144319	73.26843237	74.7297816	75.53917869	75.53917869
47	72.20718423	838.9422482	63.79198639	63.79198639	6.41490911	63.189008	76.76458458	77.01156827	77.20108574	77.20108574
48	68.79033117	858.9878787	55.26626047	22.6244132	74.76092847	20.2108306	63.41861018	70.63035057	76.69811374	71.10338133
49	71.42428877	846.8583671	19.81236751	12.18136706	14.76595015	13.97067044	63.97957405	64.53473052	76.68456412	70.71392862
50	75.83150738	791.2278428	25.32276858	28.82509887	35.30160396	34.52273796	69.29743661	67.20022451	73.47699746	71.88445014
51	71.80647984	835.5791864	25.06611234	26.98972645	28.94143816	31.36113577	58.0293263	64.35492187	70.43365505	71.30795559
52	70.42889498	951.923149	26.50595228	26.50595228	31.4061897	11.50695192	42.17009593	57.86734531	68.38818227	71.0406088
53	73.59177226	815.3885347	23.8812233	28.21943235	18.34238363	25.89048747	59.487962	64.96023486	74.24979652	71.63054004
54	78.72450191	868.5296324	22.80599301	18.86917707	20.21786906	23.47008088	21.21400334	50.07840304	59.2345058	71.63054004
55	65.94893018	989.7948949	38.39691054	43.79634853	53.58423145	64.37415519	31.52203883	60.45703965	60.57830514	67.50411767
56	67.23552131	892.3584361	42.61446455	49.0868947	48.32020991	12.31034642	35.71774878	58.63867412	65.04930027	
57	73.96525458	811.1928113	47.58206063	50.31943386	52.62760704	57.41242123	37.075725	42.37303312	54.91884139	63.98499593
58	74.07047181	818.0393926	48.57686864	52.71886899	47.21329548	6.8105248487	37.84196005	43.99596612	56.21297059	61.35069412
59	75.86436381	798.851564	54.11673972	45.1443213	11.40598886	13.54408323	40.58626737	34.24290356	56.91511058	57.36399
60	77.14784744	846.87274673	44.68176044	44.68176044	6.41490911	63.189008	76.76458458	77.01156827	77.20108574	77.20108574
61	68.72450191	868.5296324	31.47034911	36.33167171	44.49658208	55.46997274	43.07843294	37.23621655	51.17872599	57.64666293
62	63.54127024	944.2681862	67.87177641	76.46021974	83.27978919	59.2109927	55.66978737	46.99112764	48.0766623	57.25477728
63	63.13006408	958.418884	81.71448922	81.4168011	50.21626342	4.349143536	63.95716174	54.80644777	53.64474649	60.13976874
64	78.71415575	762.2517123	88.87610641	88.18798079	106.9070323	133.0542266	69.89261481	58.9987583	51.52922419	62.31988183
65	69.95073522	857.7465242	76.98265834	88.39687487	94.087074	67.52029313	66.89734282	57.43039908	51.00315791	62.31577132
66	67.16345106	893.1438317	76.8346109	78.96410097	67.78802695	25.1705214	66.97216721	58.6119371	52.24296977	57.25840359
67	66.53594698	944.2401887	70.49797615	64.5592423	24.31648337	7.70687825	66.07830784	60.28269694	53.73912652	52.96075621
68	73.1248934	816.1878748	58.46192902	59.77158593	48.00220501	62.26382049	67.65210295	60.24293959	54.15555549	53.37528101
69	67.38848717	898.3598887	55.88040498	40.34059677	47.34229519	52.44741774	64.28247843	60.14550479	54.9927235	49.92261361
70	75.39224772	795.8377926	50.0677954	53.6561634	49.74938034	66.83715288	61.73295898	60.34500422	54.74602016	50.27859967
71	74.26760099	887.8892976	50.42180833	42.68635562	51.44743703	8.521709099	64.57409754	60.09850543	55.46043921	50.84614294
72	77.07131289	778.4997783	42.99006122	49.63034005	14.77379073	70.7152837	62.42841887	61.970385	57.5804549	52.49449287
73	77.08541549	778.3573536	48.9188415	14.30790043	17.0093104	0.1007049687	53.40602762	63.6787941	59.13431289	53.89415566
74	73.93365959	814.73173117	15.26610074	19.19083657	25.72452823	25.72452823	40.53168905	59.62877327	59.22812523	54.11858612
75	75.42805988	795.4599482	16.62183926	17.26926295	18.20082004	13.63117431	49.40991423	61.4527476	57.8949886	53.9713681
76	73.53414031	815.9475279	18.47296387	17.84620905	11.49509789	14.48691222	43.32609829	61.67878696	56.50561099	54.15886723
77	77.95114568	769.7128692	20.88579755	21.64212944	23.16713396	32.69284067	34.07481312	56.9635046	58.07958328	55.73615276
78	75.28157405	797.0807772	18.76304914	18.987756	23.24281186	19.3004145	33.98605157	46.33555057	58.39606688	56.1

97	73.78795664	813.1488258	16.59723233	18.85683135	21.35855288	12.96366019	20.72510571	19.52686908	19.8039321	19.80107109
98	76.35408158	785.8126882	20.83822034	21.56083173	22.97798335	19.32396798	19.18980714	19.54860735	19.98144237	19.47634294
99	75.21293428	797.7351313	18.93991905	19.76051138	13.70105505	8.430496882	19.17019922	19.47196593	19.62517661	19.33716993
100	76.53617869	783.94298	19.98897783	13.45531682	7.481816881	9.75252372	20.46544258	19.99765905	19.36991334	19.63641616
101	74.93134156	888.7338278	11.91640061	8.413171771	8.954668492	11.87235666	17.87238127	18.60615648	18.69591681	19.40840883



