

Unit of Time (Suppose 1 sec)	Heart Rate g(time)	Time between HRs (ms)	HRV (last 5 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)	HRV (last 30 cells)	HRV (last 40 cells)	HRV (last 50 cells)	HRV (last 60 cells)
1	1025.00078												
2	80.32703	746.946758				108.950841							
3	61.324005	195.408762				150.283216							
4	79.7170	162.244844			145.258167	124.455004							
5	66.67646	988.801068	135.04137	132.440448	127.831289	102.727558							
6	81.81526	124.518614	120.952607	127.017076	140.195878	181.244977							
7	54.938917	1017.698718	130.865426	148.896841	157.084246	201.8680774							
8	78.20280	760.207452	138.778241	140.310716	157.438679	182.264641							
9	62.41138	801.383136	134.807127	142.817108	158.403862								
10	80.13484	748.851485	134.838832	137.79539	119.548653	150.282574							
11	59.81474	1001.427488	132.809911	132.077832	135.759016	178.812383							
12	86.188734	744.930328	127.004778	138.584832	147.019109	181.451432							
13	82.46831	960.860298	125.886979	136.343643	136.047003	182.819521							
14	61.41474	738.449585	131.113867	139.027129	127.200189	183.774384							
15	61.304677	878.272712	132.160237	134.887306	171.334093								
16	84.347171	125.794304	130.802715	138.181330	188.602201								
17	82.46497	106.915688	125.311574	133.926091	132.808672	141.34498							
18	79.67838	763.061635	124.361778	126.103373	123.748624	146.813842							
19	87.84315	1035.497725	127.078588	146.446675	146.328842	190.709794							
20	86.18242	748.848469	130.741820	140.830178	163.897028	201.867946							
21	58.10021	1032.098505	144.545804	163.102304	164.097369	199.984171							
22	70.26986	971.168892	102.078408	129.261075	156.532078	187.757945							
23	60.30080	891.700462	144.274115	147.858158	142.054815	188.763465							
24	82.50080	728.854758	145.725912	134.246532	142.030715	181.674187							
25	57.20781	1048.784197	155.436833	158.030734	170.448097	220.242689							
26	82.46803	731.300752	154.264278	168.147868	184.008472	224.466623							
27	78.84347	1015.65128	160.134383	170.005273	175.494867	203.864884							
28	82.45482	746.225702	164.004854	171.155485	162.342004	192.310206							
29	59.01748	1016.648362	155.202758	161.423785	157.000269	191.217871							
30	78.29429	766.827134	148.428382	151.300244	150.508081	176.578723							
31	86.66275	1022.83817	144.328852	162.104427	145.008456	188.988818							
32	82.4186	792.41867	150.011348	158.023138	160.177948	205.891077							
33	83.40340	989.822541	144.844804	160.719321	181.514416	186.007039							
34	79.11622	791.163377	141.027786	148.103377	141.746645	181.777342							
35	57.8542	1042.87927	152.303108	168.007239	191.360265	201.233281							
36	81.84877	728.278818	163.261428	172.484264	176.888687	216.868687							
37	61.00185	983.566016	144.700278	157.045891	165.035265	177.861618							
38	82.3392	728.698102	151.741732	165.103883	161.21888	180.291218							
39	84.81947	986.871609	151.91810474	147.17823	144.332639	182.347768							
40	77.90052	770.168978	133.255266	137.107460	138.476413	153.020371							
41	58.3423	1028.13347	138.899802	150.808441	138.696653	182.608133							
42	82.41780	792.211823	144.555265	158.11880484	161.888689	188.266234							
43	61.78301	871.452448	138.693182	158.307327	150.585185	188.681341							
44	81.07225	738.671577	140.856468	154.740719	138.592589	183.722226							
45	82.86483	883.864463	138.466242	151.832377	128.828984	183.744424							
46	82.87273	723.588889	127.075162	133.7188071	128.586785	162.832178							
47	82.42864	960.354525	126.481725	130.257327	130.257327	177.686287							
48	82.65425	724.376088	124.791151	134.267809	136.259124	166.875742							
49	60.63805	989.811534	133.886789	144.072734	144.385213	188.078315							
50	79.73461	752.717871	132.878822	144.830246	144.830246	187.868687							
51	61.884185	986.835315	128.794807	138.191488	131.264841	181.767387							
52	79.76207	757.802182	138.83088	139.760738	123.695235	148.007039							
53	86.362003	1010.47466	139.322918	138.788024	138.464133	178.788024							
54	80.6470	743.869971	131.656345	138.380051	150.288845	188.848681							
55	61.84878	986.84877	138.454848	147.168822	138.688222	188.84877							
56	78.04848	768.813603	138.317836	139.317836	123.910708	141.368187							
57	59.98872	1000.87439	131.163089	132.077832	135.759028	184.187811							
58	79.46297	792.41867	138.83088	139.760738	123.910708	141.368187							
59	59.06240	1015.86561	120.074708	142.814643	146.693274	184.215862							
60	81.91891	732.449528	141.133211	150.331071	157.853463	200.487342							
61	86.8878	1008.718039	140.83088	154.076284	151.080222	188.83088							
62	77.08809	778.681858	141.258782	148.881359	148.881359	181.252357							
63	81.87288	988.719428	134.446642	161.344444	122.11533	134.088243							
64	77.07813	779.072285	124.942422	121.488474	126.338886	153.744424							
65	62.878708	956.878844	110.270477	126.988074	106.118001	125.888815							
66	79.28338	792.41867	138.83088	139.760738	123.910708	141.368187							
67	59.98872	1000.87439	110.252255	126.978579	127.47314	184.187811							
68	78.94811	768.841711	121.291977	131.642633	145.397887	171.381002							
69	80.08175	1000.818715	138.83088	148.83088	148.83088	188.83088							
70	78.048	768.878379	138.940461	139.568307	150.963894	184.963894							
71	60.98874	956.84342	120.487778	133.844444	138.107188	188.83088							
72	82.271484	729.852224	138.83088	148.83088	148.83088	188.83088							
73	62.26137	956.882735	121.514473	141.707882	152.038449	187.858778							
74	78.288179	768.878379	138.940461	139.568307	150.963894	184.963894							
75	62.7687	956.437908	120.088865	143.708882	145.074449	161.718783							
76	77.348015	775.714802	120.088865	132.077832	120.419108	142.00517							
77	87.47048	1044.126532	140.83088	148.83088	148.83088	188.83088							
78	86.4083	746.008389	141.673708	143.088388	164.124088	190.722148							
79	58.15682	1014.28959	127.84472	138.83088	146.147728	189.701777							
80	78.80858	768.878379	138.940461	139.568307	150.963894	184.963894							
81	58.111723	1032.39793	151.387124	158.429712	150.324815	190.146831							
82	78.9182	760.844887	144.954271	148.070784	158.882179	188.217177							
83	59.78885	1004.44444	127.888188	146.848778	144.558855	186.788877							
84	79.7074	752.718727	146.83088	148.83088	145.015162	177.887841							
85	86.1845	1021.52185	140.83088	148.83088	148.83088	188.83088							
86	78.9187	760.343813	141.254748	151.274888	158.810372	191.751887							
87	61.42783	986.758805	138.940461	147.777188	143.308386	183.028484							
88	78.288179	768.878379	138.940461	139.568307	150.963894	184.963894							
89	86.80848	985.375108	130.088248	125.821913	123.889845	154.6148874							
90	84.4718	784.848481	118.970319	124.344209	120.788772	153.081803							
91	80.77371	981.715411	130.078958	127.808848	127.848584	187.808848							
92	82.74005	725.173708	126.017813	142.269635	145.268184	188.268184							
93	86.808242	1019.168491	150.819118	161.408888	208.008888								
94	80.3879	746.848481	142.263708	155.118885	168.880793	192.882907							
95	62.847788	953.281783	139.088416	147.288118	142.127248	188.488887							
96	77.288179	779.288179	132.844886	132.844886	111.168888	138.83088							
97	57.10021	1048.871163	130.078101	144.009585	137.104013	182.107287							
98	74.42884	774.00883	133.889313	143.768033	137.808841								

132	79.57088	754.044853	153.730009	142.488374	146.132205	172.381685	134.894284	133.819415	130.936635	131.228448	127.4814238	126.0003178	125.3441058	125.020928
133	82.72876	696.490904	144.324155	135.1028	135.1028	143.147108	143.147108	132.862861	129.344068	129.344068	127.407138	126.424068	125.404181	
134	77.04808	778.764688	122.741788	123.888881	110.446501	125.882078	132.742704	125.202334	125.97487	126.443407	127.321818	123.811036	124.081918	124.828893
135	87.88858	1308.58274	120.833587	137.170844	131.927088	126.282055	140.070267	128.371858	128.498551	131.729109	128.198754	125.432405	124.13021	125.825209
136	81.22225	795.17917	124.8832158	142.851034	151.618582	133.070548	125.275127	130.304357	129.890857	129.890857	128.487737	125.820635	124.428104	
137	80.77786	887.248381	132.424488	148.419205	158.012681	175.781802	137.120651	129.88933	130.49559	128.840758	129.520428	124.871528	124.820547	125.38145
138	81.1038	148.142352	142.471854	158.313305	140.897484	158.000105	135.092187	131.198475	128.748721	128.128229	129.388414	125.177952	125.17955	125.328025
139	81.758773	871.558115	147.728527	138.48291	133.891448	157.463788	127.834201	131.052859	126.337174	128.481594	128.772887	124.581945	124.654181	
140	78.86509	708.889312	125.208708	128.057412	123.453488	143.483242	124.521077	125.151240	126.115947	125.988324	128.384781	124.488807	124.875882	124.577468
141	87.451813	144.171827	141.871812	142.732126	142.732126	142.732126	142.732126	142.732126	142.732126	142.732126	142.732126	142.732126	142.732126	142.732126
142	79.63808	753.396338	140.032054	145.880504	145.880504	153.619747	130.418973	133.451162	129.038445	128.6882782	128.514817	125.538375	125.343838	125.074902
143	59.59495	1023.87842	140.714257	157.800888	162.281815	131.338334	136.514209	134.088503	132.145456	129.788474	128.797247	128.048139	125.858071	125.448388
144	79.14471	708.818818	140.032054	145.880504	145.880504	153.619747	130.418973	133.451162	129.038445	128.6882782	128.514817	125.538375	125.343838	125.074902
145	86.48027	1025.76239	151.093742	154.027887	154.027887	188.271948	137.157128	130.471976	134.024387	128.491687	128.0914825	128.449739	128.748822	125.240435
146	83.91325	723.688729	153.836475	164.170889	168.381384	213.825149	130.970001	133.315337	136.128834	131.484185	130.195888	130.173388	127.848488	125.300155
147	80.78612	887.13205	144.895518	158.012681	158.012681	175.781802	137.120651	129.88933	130.49559	128.840758	129.520428	124.871528	124.820547	125.38145
148	83.12436	738.679211	160.870511	162.089977	160.153879	140.828629	136.619139	135.248483	132.344838	130.960791	130.173388	127.848488	125.300155	
149	88.182347	1331.24888	158.48589	163.803389	162.281815	131.338334	136.514209	134.088503	132.145456	129.788474	128.797247	128.048139	125.858071	125.448388
150	82.1858	730.050778	154.764704	162.00129	172.783418	212.871084	155.305408	159.087891	134.386219	136.721812	132.058803	128.517356	128.771482	127.818237
151	57.782327	1038.32427	150.275842	175.813437	175.813437	218.098245	146.842701	140.880787	136.58924	137.771553	133.83247	125.83888	130.3747123	128.994747
152	79.291	796.793037	162.327189	168.820784	170.628801	190.118107	144.338885	141.468833	136.480748	136.1913545	133.537344	128.773241	124.430114	
153	62.33308	862.89041	146.691913	152.013588	145.791438	145.882553	143.90835	138.963556	136.649748	135.34085	133.109548	130.842326	129.842916	127.884423
154	85.58489	749.823386	142.588784	145.344553	120.882223	150.833487	144.739705	141.577748	137.931886	133.272845	133.828469	130.481026	128.777884	127.828889
155	62.71584	696.683346	131.571275	119.388498	121.285838	146.4471274	136.182848	136.830239	134.213841	131.224053	133.877289	129.688453	128.818055	127.558882
156	79.65087	753.884948	131.129787	122.849474	118.529524	143.838193	135.045485	136.100134	133.428682	133.832811	129.701889	129.982748	127.824832	
157	65.32472	654.68877	121.258623	130.132838	120.174784	170.521094	136.787751	136.102231	133.33688	131.131021	132.840214	130.418595	129.884875	125.240435
158	81.46883	738.161161	127.233171	135.578132	145.782285	185.448919	158.057894	158.187348	144.689915	132.348137	133.1482314	128.598688	128.787223	127.828889
159	88.38327	903.852711	131.929388	145.384852	151.183255	148.181747	131.082003	155.931455	155.982889	134.081768	130.818555	129.450393	128.454847	127.744829
160	78.28412	790.728844	143.512188	144.400288	144.389108	187.5124748	122.232425	126.733458	136.102324	130.101733	130.188858	129.122137	130.787092	127.817776
161	86.17743	907.051524	137.528864	145.195255	137.765822	169.918877	122.730712	131.448118	133.421213	131.818918	136.185713	129.786214	128.554873	128.198478
162	87.84485	732.188214	140.02148	145.280238	146.353708	187.387878	125.388023	132.889585	140.013559	132.784811	130.240433	130.138161	128.587844	128.128738
163	81.1377	877.848841	121.452861	145.632861	145.632861	170.521094	136.787751	136.102231	133.33688	131.131021	132.840214	130.418595	129.884875	125.240435
164	78.8884	772.333568	128.089135	136.381854	131.426828	145.124553	124.868338	128.038691	131.502491	133.121222	131.044023	130.174489	128.881937	128.384408
165	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
166	82.8243	724.383789	130.7791338	145.147839	144.620732	184.1527618	134.140773	132.749681	132.174822	131.684911	131.487182	128.720287	128.881937	128.384408
167	59.03763	1016.29875	138.245312	161.159355	163.758172	208.488249	134.408737	125.914814	131.485014	131.743788	131.087714	131.332868	128.888271	128.81447
168	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
169	59.03763	1016.29875	138.245312	161.159355	163.758172	208.488249	134.408737	125.914814	131.485014	131.743788	131.087714	131.332868	128.888271	128.81447
170	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
171	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
172	81.87547	734.714881	132.948768	145.7718149	134.724805	186.888872	132.621627	129.088788	125.13553	132.812628	131.274133	129.223291	128.103688	128.81447
173	62.48387	690.248789	134.388212	133.102276	131.847314	154.574201	130.131242	129.888384	125.020504	127.889697	129.202248	129.488779	129.794738	127.858889
174	78.8474	725.148291	134.142077	142.103188	134.388212	154.574201	130.131242	129.888384	125.020504	127.889697	129.202248	129.488779	129.794738	127.858889
175	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
176	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
177	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
178	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
179	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
180	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
181	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
182	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
183	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
184	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
185	80.00727	698.888889	131.894713	137.830111	125.089332	160.152709	130.097882	135.134832	129.074796	132.794713	130.177978	130.031027	128.148837	128.81447
186	81.74814	734.073436	130.877287	130.884136	158.928842	198.889887	131.833883	127.014237	128.781346	128.781346	128.781346	128.781346	128.781346	128.781346
187	80.78612	1028.8211	158.94478	168.881514	163.881188	215.621688	142.348123	136.151222	138.877058	128.412226	127.974788	128.412226	127.974788	128.412226
188	78.02157	769.018181	140.371747	168.762884	150.760288	198.889887	131.833883	127.014237	128.781346</					

