



Test Report

VO2 [mL/kg/min]

Max
55.4
Min
13.4
Avg
37.8

HR [bpm]

Max
179
Min
118
Avg
156

Power [W]

Max
569
Min
0
Avg
221

Rf [bpm]

Max
60.7
Min
31.8
Avg
43.2

Tv [L]

Max
4.0
Min
1.5
Avg
3.3

Ve [L/min]

Max
208.1
Min
57.0
Avg
142.7

SmO2 [%]

Max
79.3
Min
3.1
Avg
33.8

THb [THb]

Max
12.83
Min
12.55
Avg
12.66

EqO2 []

Max
70.34
Min
26.60
Avg
37.24

FeO2 [%]

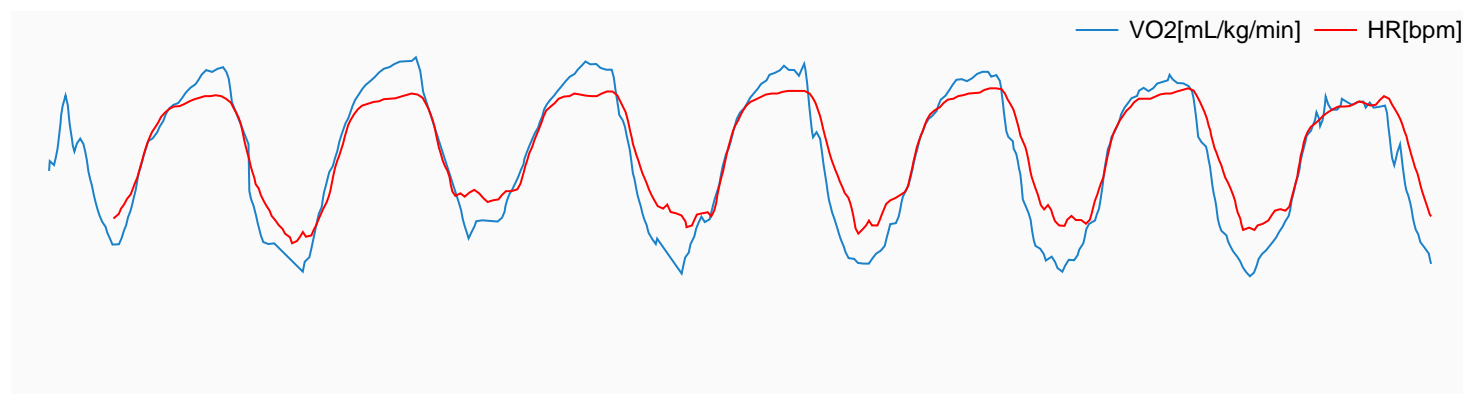
Max
19.5
Min
17.2
Avg
18.1

Pressure [hPa]

Max
834.9
Min
832.5
Avg
834.1

Temp [C]

Max
21.9
Min
19.3
Avg
21.1



Workout Name 7x3 Vo2 intervals			Athlete Name Richard Wharton		Weight 73 kg
Test Date 3/11/2025 5:25 AM			Date of Birth 1970/07/06 (54)	Sex Male	Height 70 inches
Elapsed 00:42:53	Data Average 30s	PDF Version 1.10.0.0	Notes		
User Piece Size Large	Mask Size Medium				





Test Report - Continued

HUM [%RH]

Max

66

Min

43

Avg

61

HRV []

Max

33

Min

18

Avg

24

RR [ms]

Max

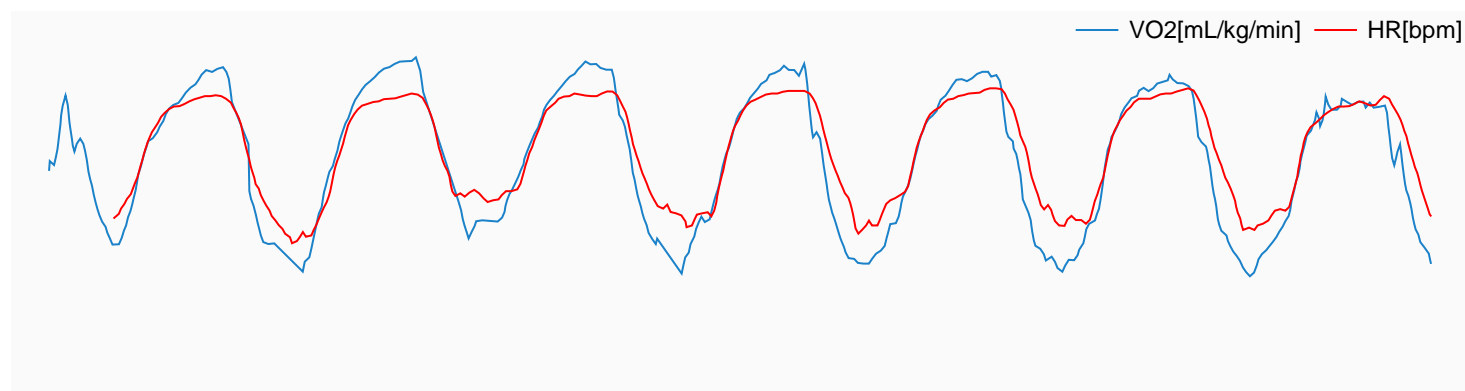
521

Min

263

Avg

385



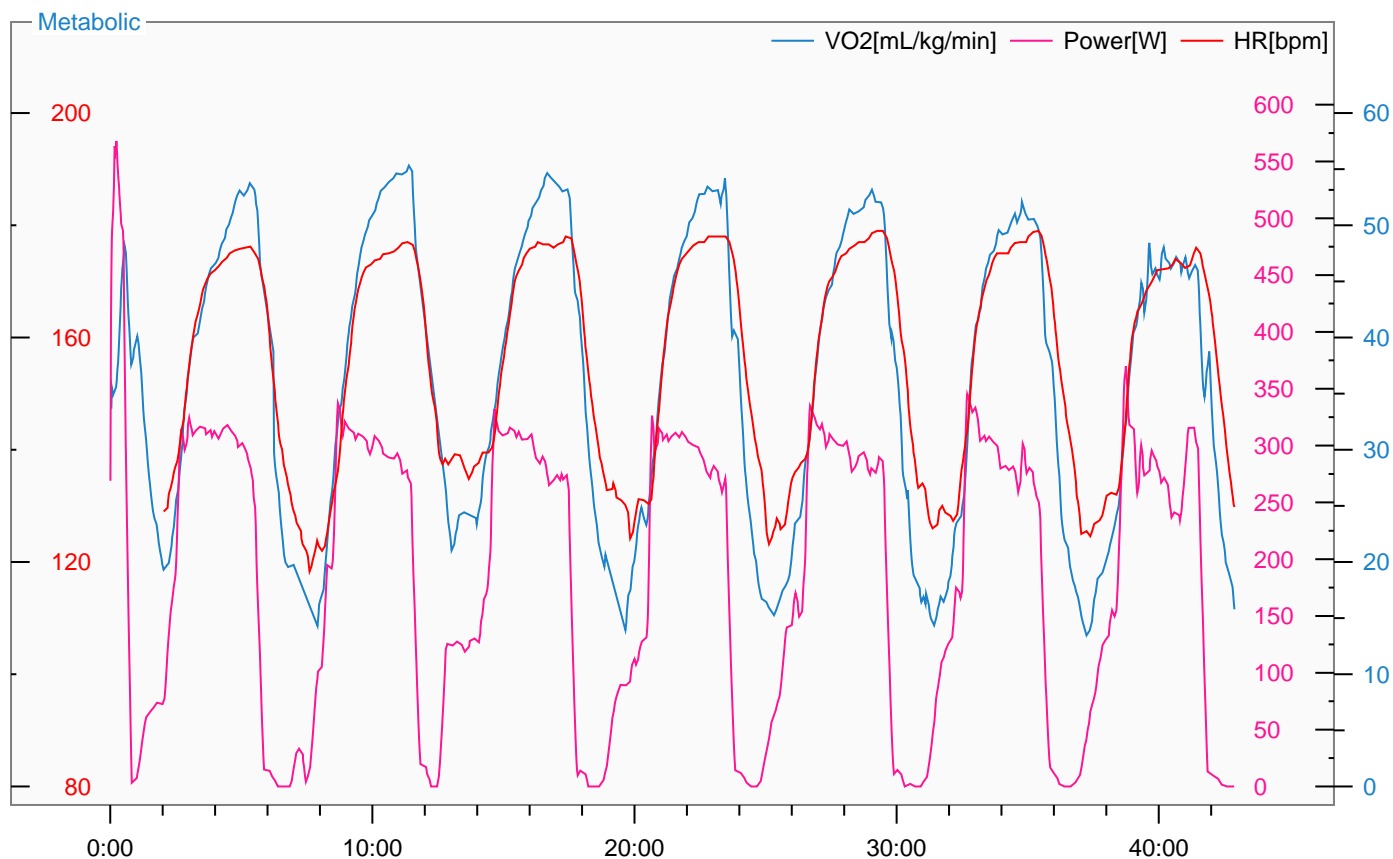
Workout Name 7x3 Vo2 intervals			Athlete Name Richard Wharton		Weight 73 kg
Test Date 3/11/2025 5:25 AM			Date of Birth 1970/07/06 (54)	Sex Male	Height 70 inches
Elapsed 00:42:53	Data Average 30s	PDF Version 1.10.0.0	Notes		
User Piece Size Large	Mask Size Medium				



VO2 Min: 13.4 Max: 55.4 Avg: 37.8

HR Min: 118 Max: 179 Avg: 156

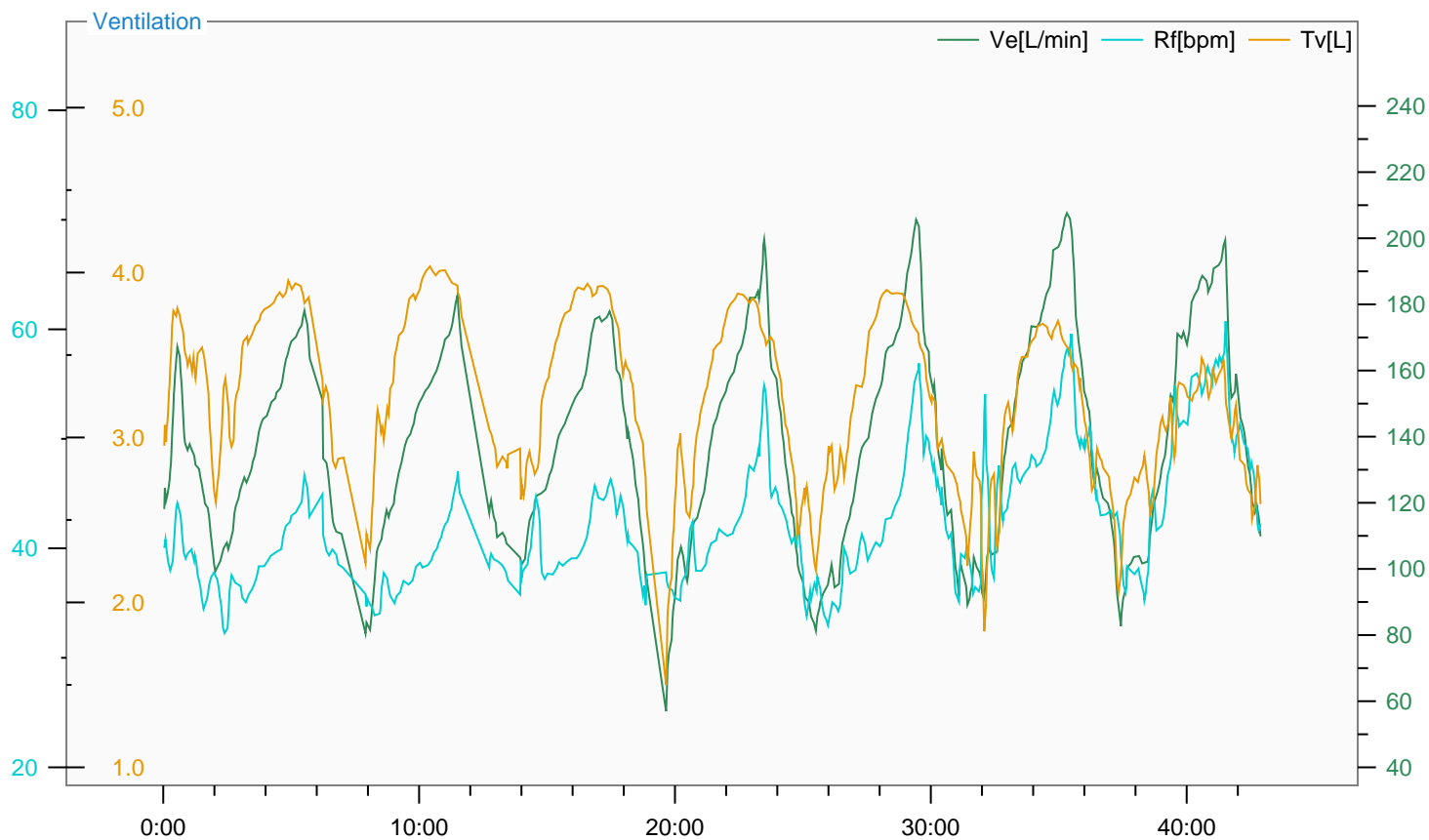
Power Min: 0 Max: 569 Avg: 221

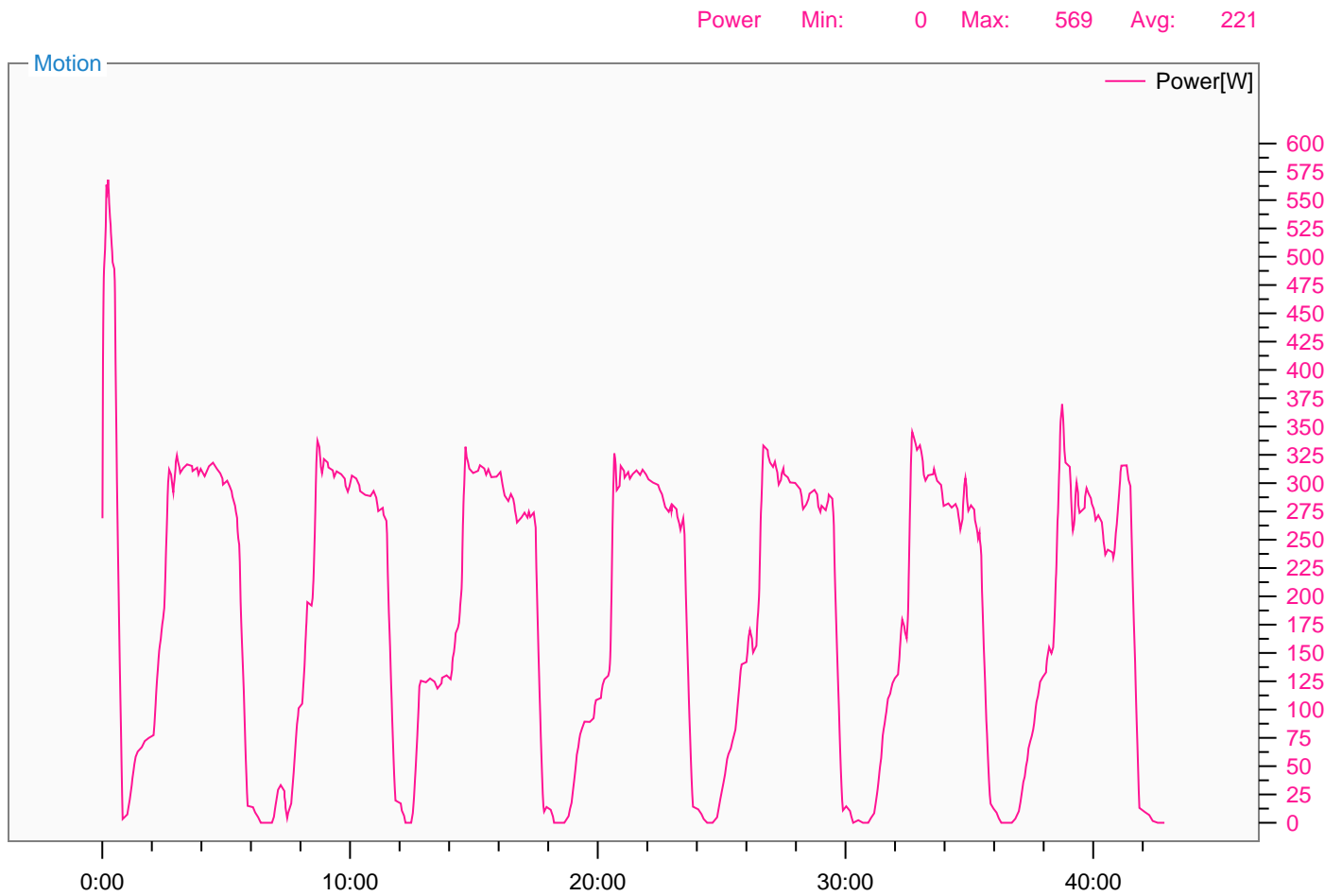
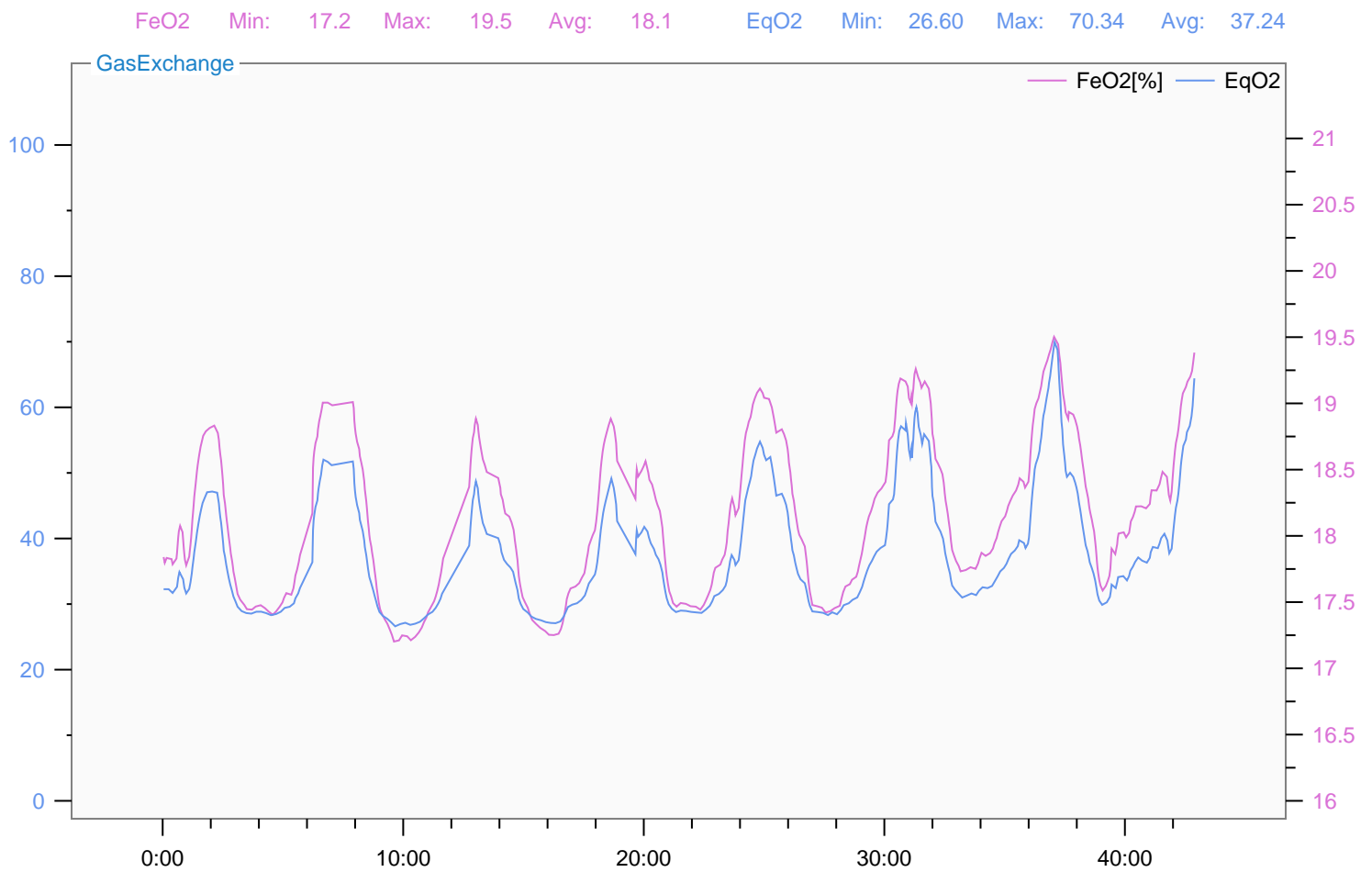


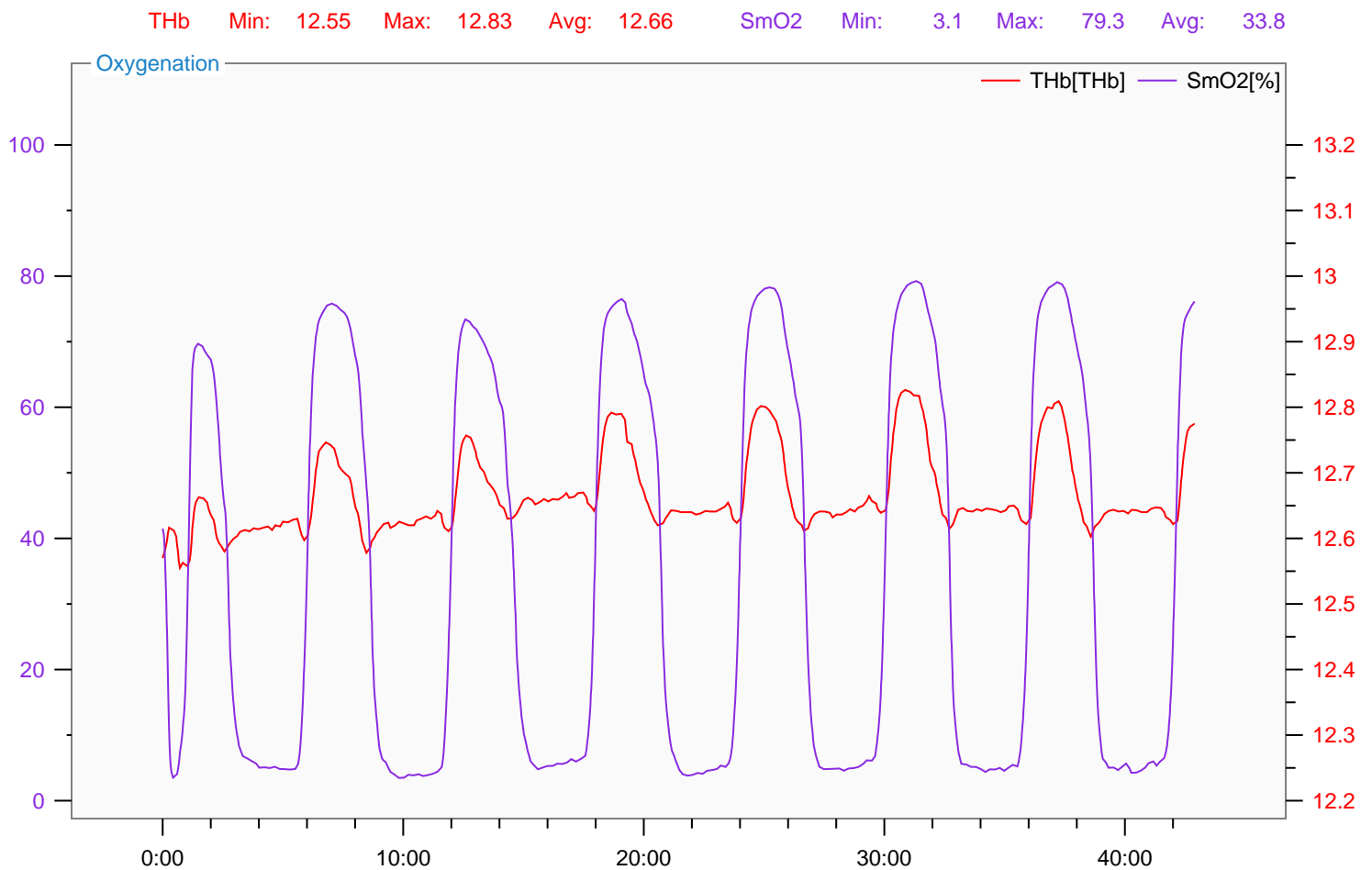
Tv Min: 1.5 Max: 4.0 Avg: 3.3

Rf Min: 31.8 Max: 60.7 Avg: 43.2

Ve Min: 57.0 Max: 208.1 Avg: 142.7







Device Information

Name	Measurement Types	Description
Moxy5 7385:1.5 (76 FW:1.5.5 SW: HW:5 Fortiori Design LLC)	SmO2, THb	
S5indoor (7 FW:3.2.0 SW: HW:22.5 4iiii Innovations Inc.)	Power	
VO2 Master 10226 (1.6.0 F227000000043EEE FW:14 SW:34 HW:12 VO2 Master Health Sensors Inc.)	Rf, Tv, Ve, VO2, FeO2, VO2, Pressure, Temp, HUM, EqO2, Calories	RPW OBC Vo2Master
Polar H10 9C60932D (H10 93609CFE9F1A9EA0 FW:5.0.0 SW:3.3.1 HW:00760690.03 Polar Electro Oy)	HR, HRV, RR	