

HRV Results (sample 1)

Male / 52 years  
180 cm / 78.0 kg (BMI=24.1 kg/m<sup>2</sup>)  
HR max: 168 bpm  
HR rest: 60 bpm

Thu, Dec 18 2025, 00:00:00  
Measurement length: 00:06:09  
Number of samples: 1  
Beat correction: none  
Trend removal: Smoothn priors

rr\_interval\_miyake\_rest.csv  
**Sample (sample 1)**  
Start time: 00:00:01  
Sample length: 00:02:48  
Beats corrected: 0 (0.00 %)

