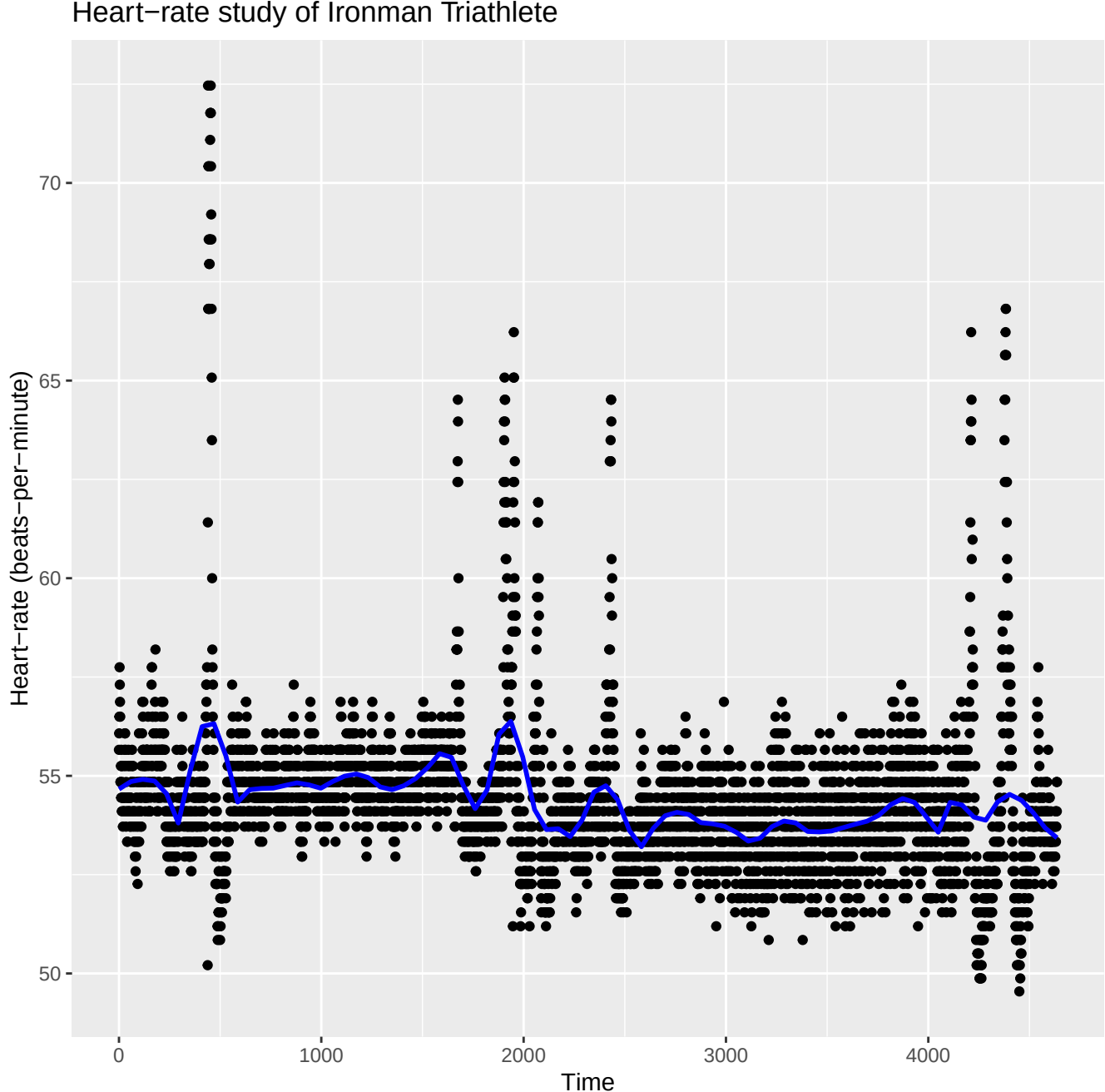
Heart−rate study of Ironman Triathlete
Heart−rate (beats−per−minute)
70
65
60
55
50
0
1000
2000
3000
4000
Time