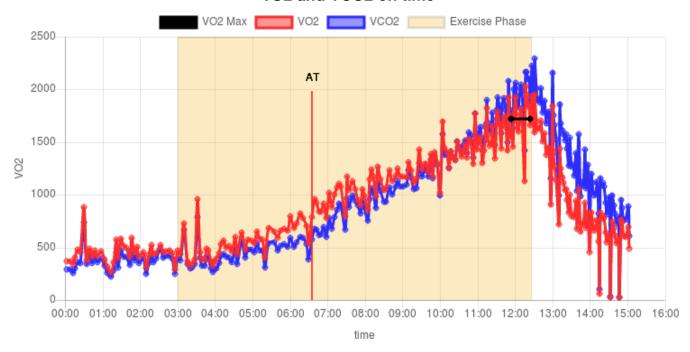
Erin's Company

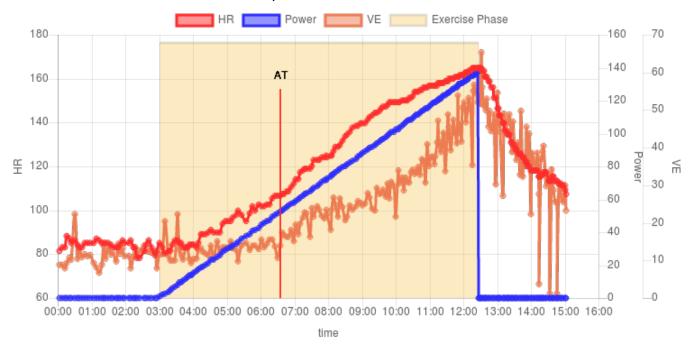


Firstname	Lastname	Date of Birth	Height(cm)	Weight(kg)	
Manu	Maglio	01 January 1980	180	80	

VO2 and VCO2 on time



HR, Power and Ve on time



VO2max Test Summary

	@_AT	@_MAX	Pred	Pred(%)
t (mm:ss)	06:35	12:25	-	-
RQ	0.73	1.13	-	-
VO2 (I/min)	790	1662	< 3072	Poor
VO2/Kg (ml/min/Kg)	15.2	32	< 38.4	Poor
HR (bpm)	108	168	183	92
Power (watt)	54	142	-	-
Revolution (BPM)	58	54	-	-

Training Zones

Fat Burning (35-50% of VO2Max)	Endurance (51-75% of VO2Max)		
HR (Bpm) 103 - 119	HR (Bpm) 121 - 154		
Power (Watt) 46 - 63	Power (Watt) 65 - 112		
Revolution (RPM) 57 - 58	Revolution (RPM) 57 - 59		
Endurance (51-75% of VO2Max)	Endurance (51-75% of VO2Max)		
Endurance (51-75% of VO2Max) HR (Bpm) 157 - 161	Endurance (51-75% of VO2Max) HR (Bpm) 163 - 168		