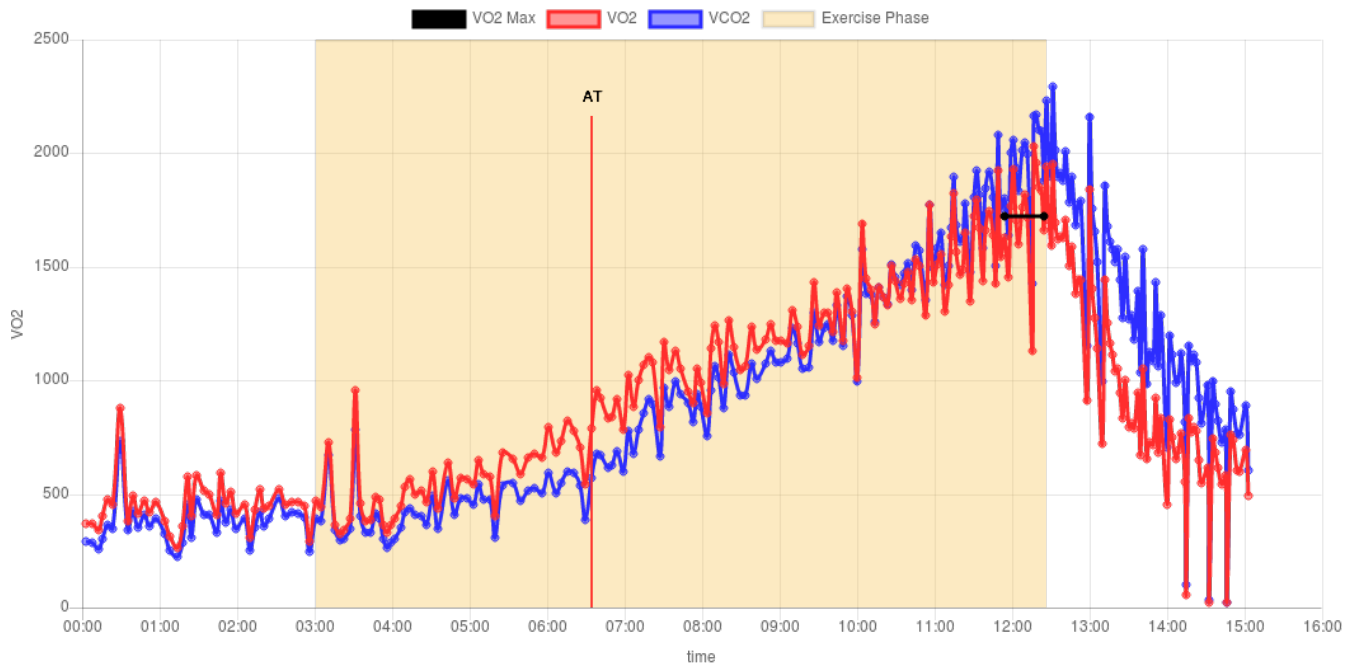


**My Comp**  
Address 1  
Address 2  
City 2064 Australia  
ema@email.com

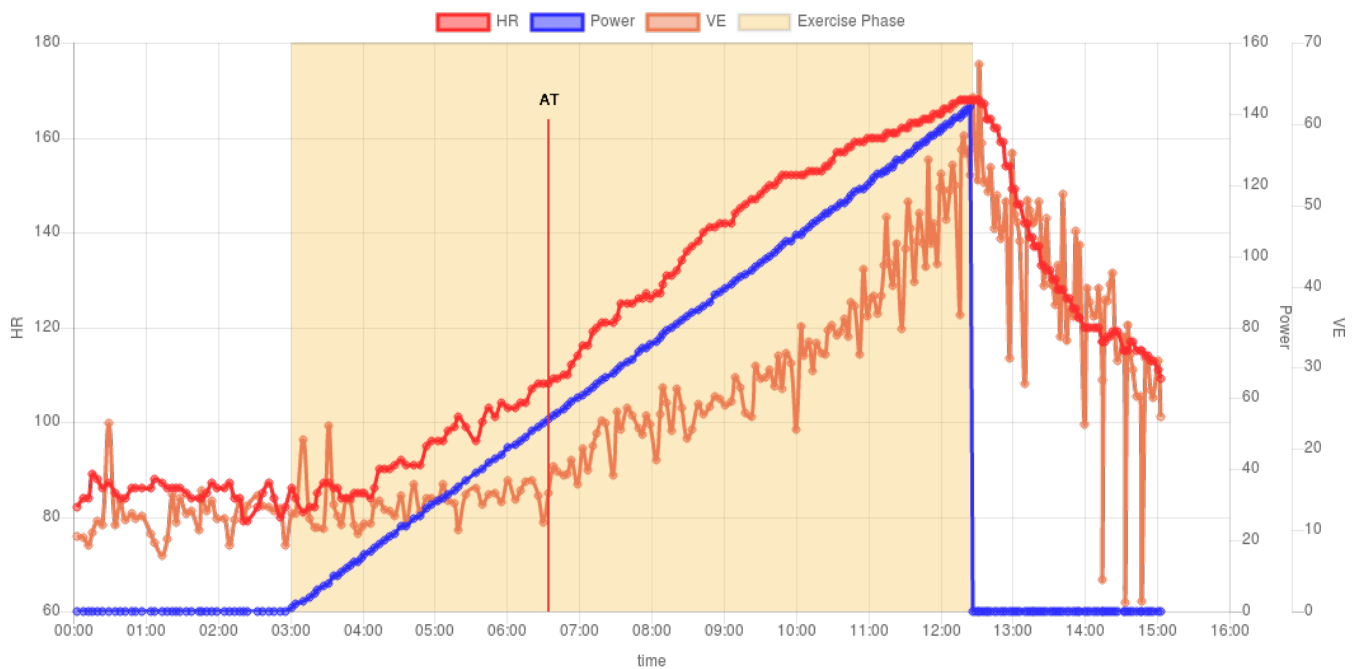


Firstname	Lastname	Date of Birth	Height(cm)	Weight(kg)
Erin	Wh	01 January 1980	160	60

### 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 (l/min)	790	1662	< 2106	Fair
VO2/Kg (ml/min/Kg)	15.2	32	< 35.1	Fair
HR (bpm)	108	168	183	92
Power (watt)	54	142	-	-
Revolution (BPM)	58	54	-	-

### Training Zones

#### Fat Burning (35-50% of VO2Max)

HR (Bpm) 103 - 119

Power (Watt) 46 - 63

Revolution (RPM) 57 - 58

#### Endurance (51-75% of VO2Max)

HR (Bpm) 157 - 161

Power (Watt) 114 - 125

Revolution (RPM) 59 - 62

#### Endurance (51-75% of VO2Max)

HR (Bpm) 121 - 154

Power (Watt) 65 - 112

Revolution (RPM) 57 - 59

#### Endurance (51-75% of VO2Max)

HR (Bpm) 163 - 168

Power (Watt) 129 - 141

Revolution (RPM) 58 - 60