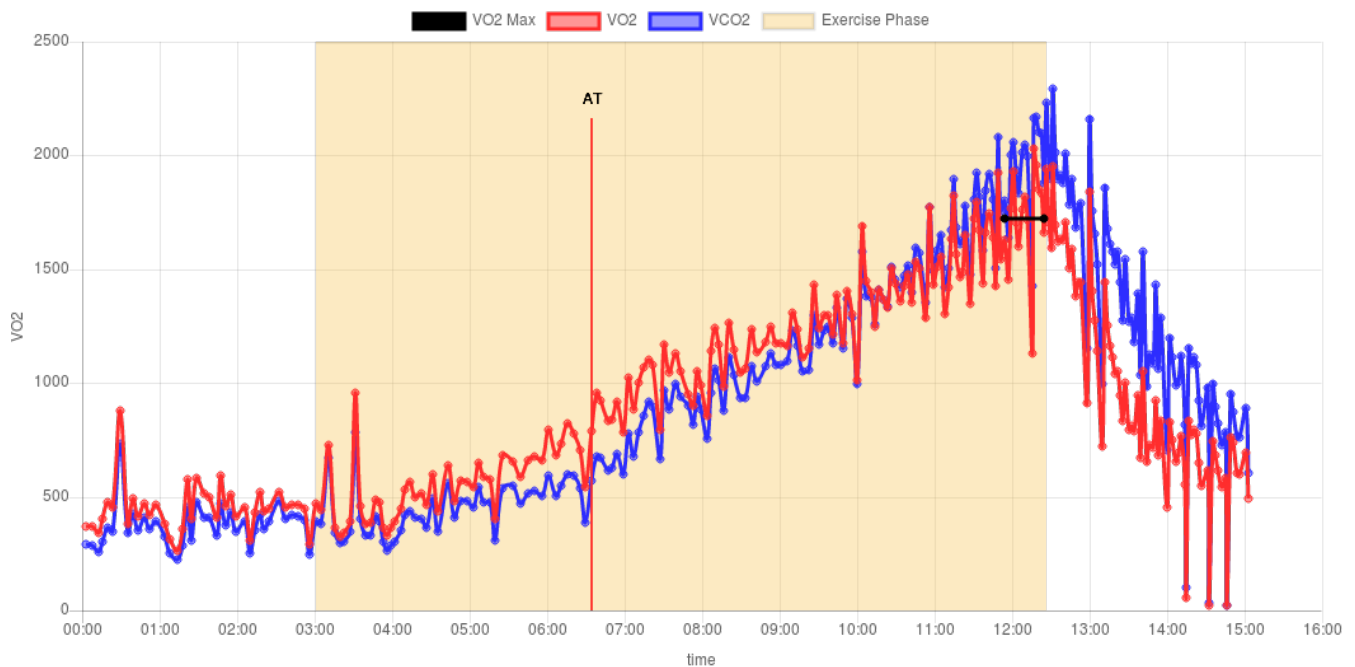


My Comp
Address 1
Address 2
City 1000 Australia
comp@email.com
018273
www.company.com

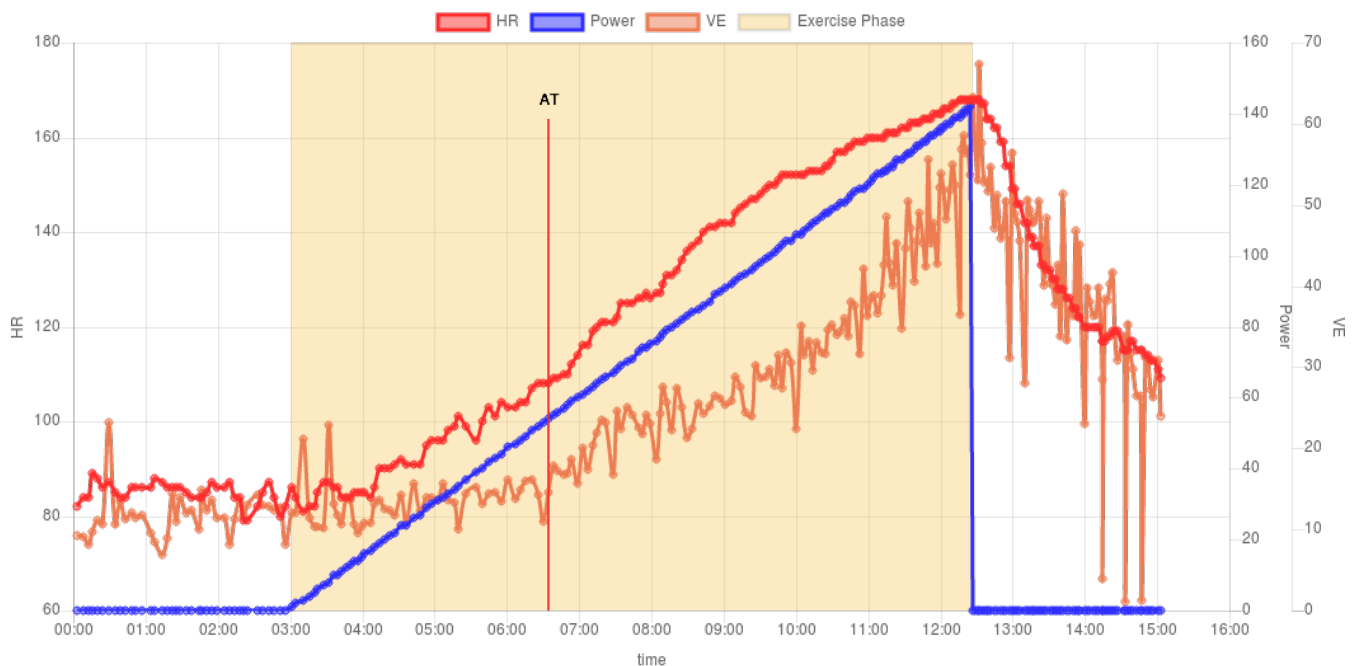


Firstname	Lastname	Date of Birth	Height(cm)	Weight(kg)
Erin	Whelan	01 January 1980	160	60

VO2 and VCO2 on time



HR, Power and Ve on time



Test Summary

	@_AT	@_MAX	Pred	Pred(%)
t (ss)	06:35	12:25	-	-
VO2 (l/min)	790	1662	< 2106	Fair
VO2/Kg (ml/min/Kg)	15.2	32	< 35.1	Fair
RQ	0.73	1.13	-	-
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

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