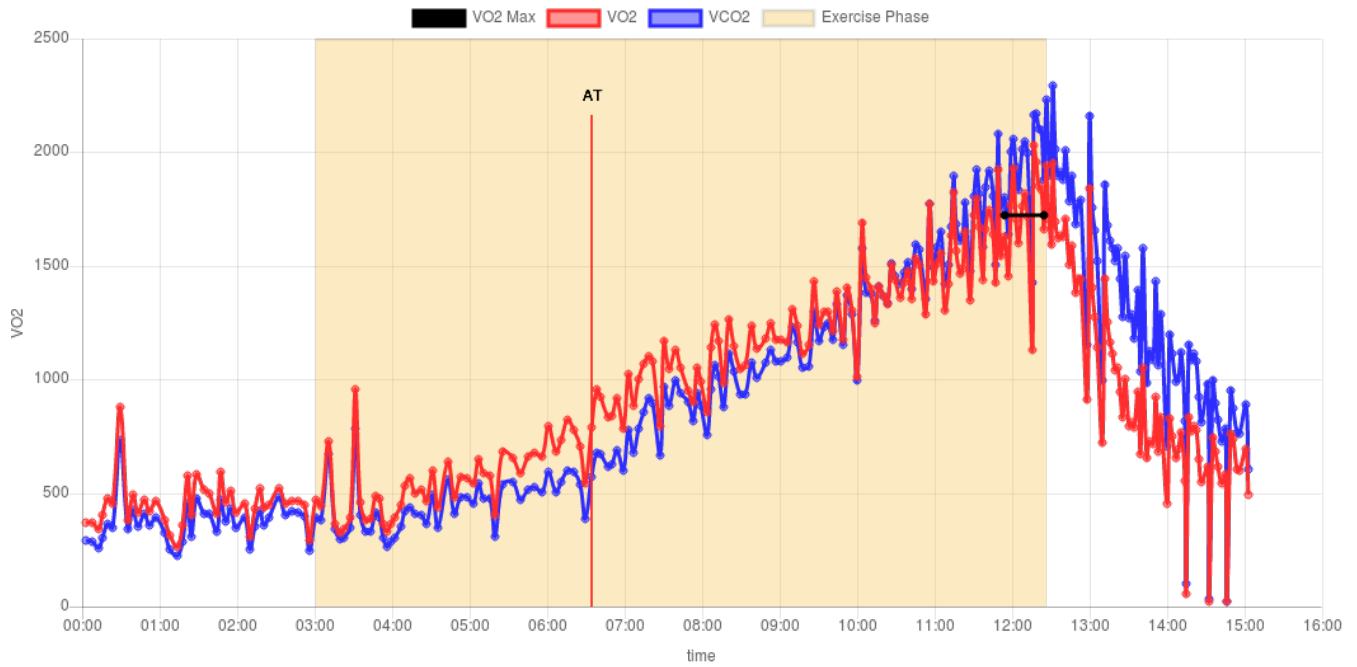
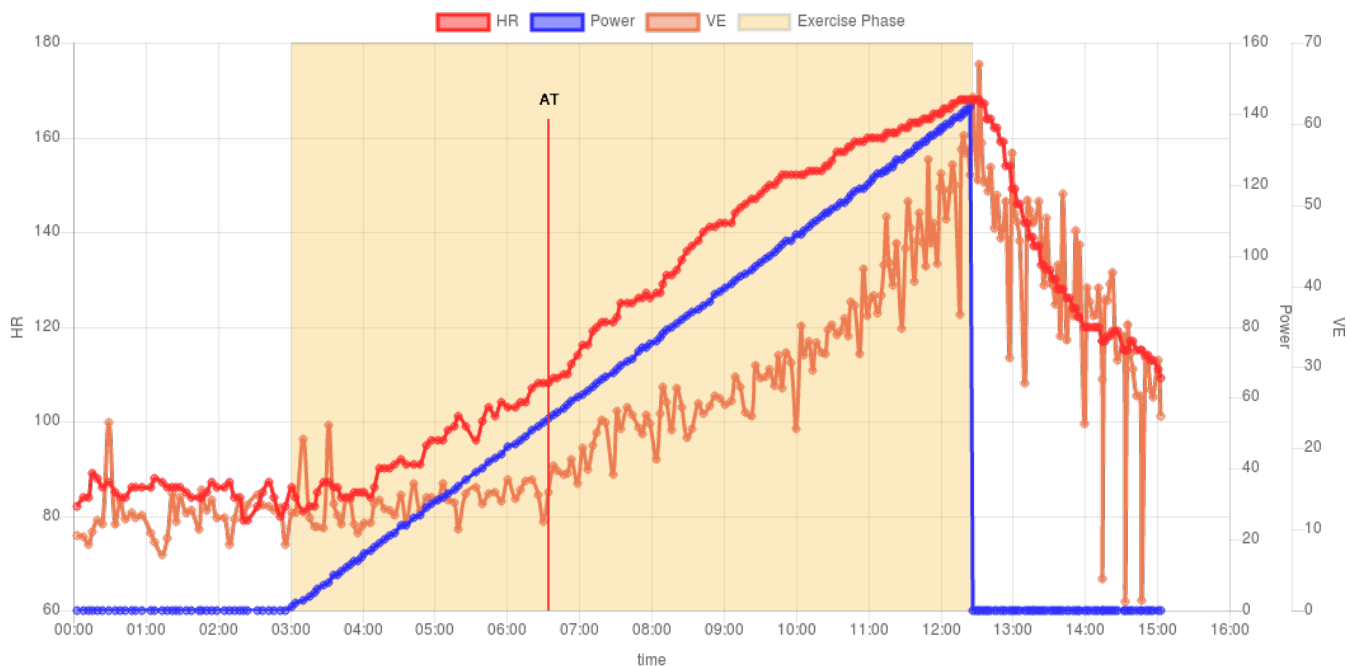


Firstname	Lastname	Date of Birth	Height(cm)	Weight(kg)
Manu	Maglio	01 January 1980	180	80

VO2 and VCO2 on time

HR, Power and Ve on time



VO2max Test Summary

	@_AT	@_MAX	Pred	Pred(%)
<i>t (mm:ss)</i>	06:35	12:25	-	-
<i>RQ</i>	0.73	1.13	-	-
<i>VO2 (l/min)</i>	790	1662	< 3072	Poor
<i>VO2/Kg (ml/min/Kg)</i>	15.2	32	< 38.4	Poor
<i>HR (bpm)</i>	108	168	183	92
<i>Power (watt)</i>	54	142	-	-
<i>Revolution (BPM)</i>	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)
HR (Bpm) 157 - 161	HR (Bpm) 163 - 168
Power (Watt) 114 - 125	Power (Watt) 129 - 141
Revolution (RPM) 59 - 62	Revolution (RPM) 58 - 60