

Last Name: **WESTERLUND**
 First Name: **JENNY**
 Gender: **Female**

Age: **40**
 Height (cm): **183,00**
 Weight (Kg): **76,0**

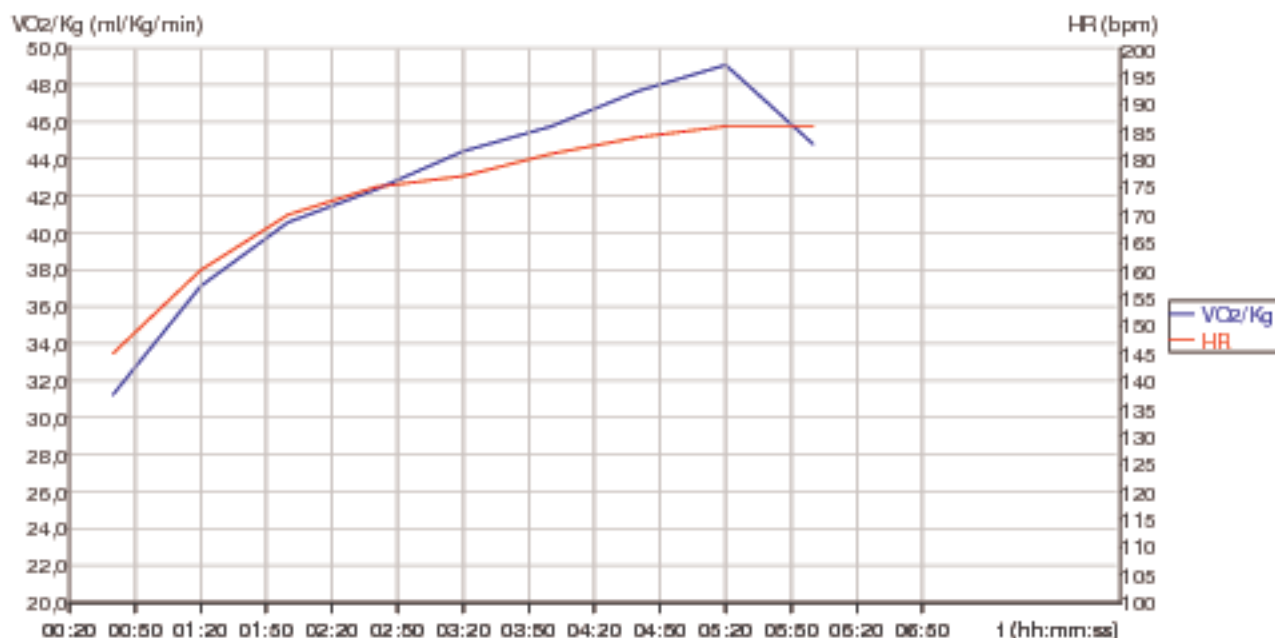
Membership #: **00059**
 Report Date: **2013-07-17**
 Personal Trainer: **PATRIK**

Cardio-respiratory Fitness

Cardio-respiratory Fitness (ml/ Kg/ min)	49,1
Calculation method	Measured
Functional Capacity (METS)	14,0
Test type	Maximal
Ergometer type	Bike Not Interfaced
Exercise protocol	None

Cardio-respiratory Fitness (ml/ Kg/ min)

Rank: 100%	Measured				
49,1					
Very Poor	Poor	Fair	Good	Excellent	Superior
< 26,5	26,5 - 29,4	29,4 - 32,3	32,3 - 36,3	36,3 - 41,0	> 41,0



Summary

t	VO2/Kg	VE	Rf	HR	VO2	EE	Load
hh:mm:ss	ml/Kg/min	l/min	b/min	bpm	ml/min	Kcal/hour	watt
Peak Values							
00:05:20	49,1	141,3	62	188	3730	1119	290

