

*** FASTER ***

Patient Information

Name: FASTER10, VO2 MAX TEST File number: 0 Test time: 2014/02/20 16:37
Age: 32 yrs Sex: M Doctor:
Height: 72.0 in (183 cm) Weight: 173.9 lb (79.0 kg) Tech: CS

Test Protocol

Test degree: Maximal
Exercise device: Treadmill

Test Environment

Insp. temp.: 24.0 deg C Baro. pressure: 750.0 mmHg
Insp. humidity: 14.0 % Exp. flow temp.: Mean of room temp. and 37.0 deg C
Insp. O2: 20.94 % Insp. CO2: 0.03 %
(STPD to BTPS): 1.2276

Base Values for Sampling

Base O2: 20.94 % Base CO2: 0.03 % Measured O2: 20.89%, CO2: 0.14%

TIME	VO2/kg STPD	METS	VCO2 STPD	VE BTPS	RER	RR	FEO2	FECO2	REE	%FAT	FATmin	%CHO	CHOMin
min:sec	ml/kg/m		L/min	L/min		BPM	%	%	Kcal/m	%	g/min	%	g/min
0:32	15.6	4.5	0.92	27.83	0.74	20	15.78	4.08	5.8	87	0.54	13	0.18
1:02	16.1	4.6	0.94	28.96	0.74	20	15.84	4.04	6.0	87	0.55	13	0.19
1:30	16.2	4.6	0.94	27.86	0.74	19	15.61	4.18	6.0	90	0.57	10	0.15
2:01	17.8	5.1	1.04	30.96	0.74	20	15.67	4.15	6.6	88	0.62	12	0.19
2:31	21.8	6.2	1.32	38.63	0.77	20	15.74	4.24	8.2	77	0.67	23	0.45
3:03	27.2	7.8	1.54	43.46	0.71	21	15.23	4.37	10.1	97	1.04	3	0.07
3:30	30.6	8.7	1.77	48.20	0.73	20	15.12	4.53	11.4	92	1.10	9	0.23
4:00	30.7	8.8	1.86	50.09	0.77	20	15.29	4.59	11.5	78	0.95	22	0.60
4:31	34.8	9.9	2.18	63.61	0.79	27	15.86	4.24	13.1	69	0.96	31	0.99
5:00	36.4	10.4	2.20	63.07	0.76	27	15.61	4.31	13.6	80	1.15	21	0.68
5:30	38.0	10.9	2.39	69.11	0.80	28	15.83	4.27	14.3	68	1.04	32	1.10
6:00	41.7	11.9	2.65	72.57	0.81	26	15.59	4.52	15.8	65	1.08	35	1.33
6:31	42.3	12.1	2.79	77.69	0.83	28	15.84	4.43	16.1	55	0.94	45	1.74
7:01	45.9	13.1	3.03	84.44	0.84	30	15.85	4.44	17.5	54	1.00	46	1.93
7:31	47.0	13.4	3.17	86.36	0.86	28	15.82	4.54	18.0	48	0.91	53	2.26
8:02	48.8	13.9	3.41	94.31	0.88	33	16.04	4.47	18.8	38	0.75	63	2.82
8:31	48.2	13.8	3.39	95.33	0.89	33	16.15	4.40	18.6	36	0.70	65	2.89
9:00	51.6	14.7	3.71	100.76	0.91	33	16.07	4.55	20.0	30	0.63	71	3.39
9:30	54.0	15.4	4.07	117.81	0.95	40	16.54	4.27	21.1	15	0.33	86	4.34
10:00	54.9	15.7	4.24	125.41	0.98	43	16.71	4.18	21.6	8	0.17	93	4.82
10:31	55.6	15.9	4.40	133.60	1.00	43	16.90	4.07	22.0	-0	-0.01	101	5.32
11:01	57.5	16.4	4.65	136.96	1.02	43	16.85	4.19	22.8	-7	-0.18	108	5.91
11:31	58.1	16.6	4.75	141.38	1.03	44	16.92	4.15	23.1	-10	-0.26	111	6.17
12:01	61.1	17.5	5.10	160.46	1.06	53	17.20	3.93	24.5	-18	-0.45	119	6.94
12:30	56.4	16.1	4.75	148.37	1.07	47	17.20	3.96	22.6	-21	-0.50	122	6.59

Max VO2: 4.83 L/min, 61.1 ml/kg/min, 17.5 METS
Ve/Vco2 Slope: 30.4