

Maximal Metrics

VO2max	Speed	Heart Rate
57.6	9.5	189
mL/kg/min	mph	bpm
Ventilation	Tidal Volume	Respiratory Frequency
133	3.3	41.4
L/min	L	bpm

Heart Rate, Intensity, Ventilation, Tidal Volume and Respiratory Frequency values are taken at the time of VO2Max.

Ventilatory Thresholds

	VT1	VT2	
Heart Rate	159	N/A	bpm
Speed	6.7	N/A	mph
Calories	902	N/A	kcal/hr

Ventilatory thresholds are transitions in breathing patterns. VT1 marks ventilation increasing faster than VO2. VT2 is the point of sustainable output.

How Your VO2max Compares to Others



This scale shows how your VO2max compares to statistical norms for you to track changes over time.

Training Zones

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	Warm Up	Fat Burning	Endurance	Vigorous	Maximal
Heart Rate [bpm]	123	131	150	177	
Calories [kcal/hr]	460	560	800	1140	
Speed [mph]	4	4.5	6	8.2	

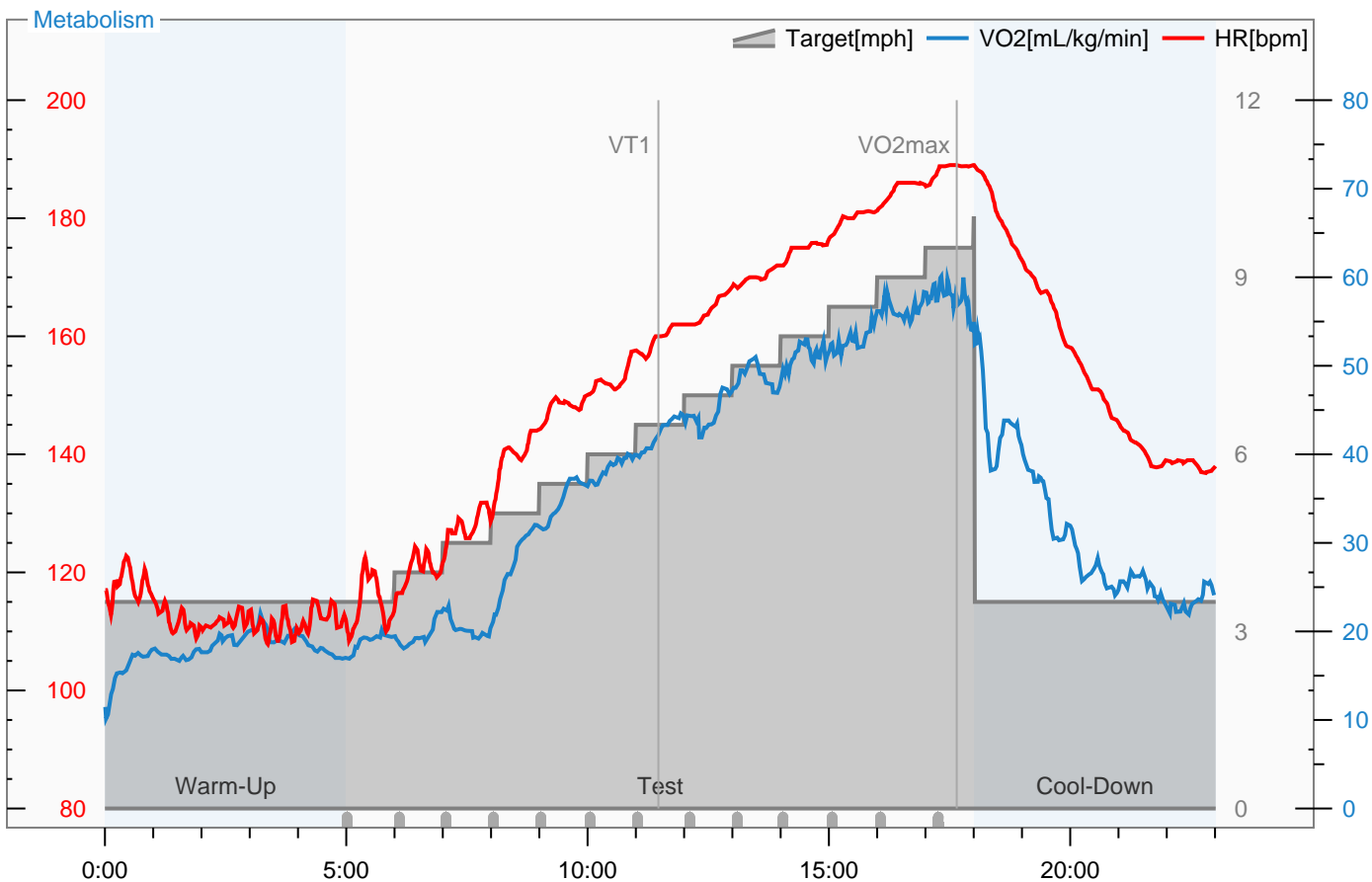
Training Zones are calculated using your ventilatory thresholds to accurately determine your optimal training intensities, based on your unique physiology. If your thresholds cannot be found, Training Zones are calculated based on the relationship between your VO2, heart rate, and mechanical output in terms of power or speed.

Workout Name			Athlete Name		Weight
Recording #12			Parker		160 lbs
Test Date - America/New_York			Date of Birth	Sex	Height
3/17/2023 1:12 PM			2005/07/05 (17)	Male	71 inches
Elapsed	Data Average	PDF Version	Notes		
00:23:01	30s	1.5.15.0			
User Piece Size	Mask Size				
Medium	Petite				



VO2 Min: 10.1 Max: 60.1 Avg: 35.3

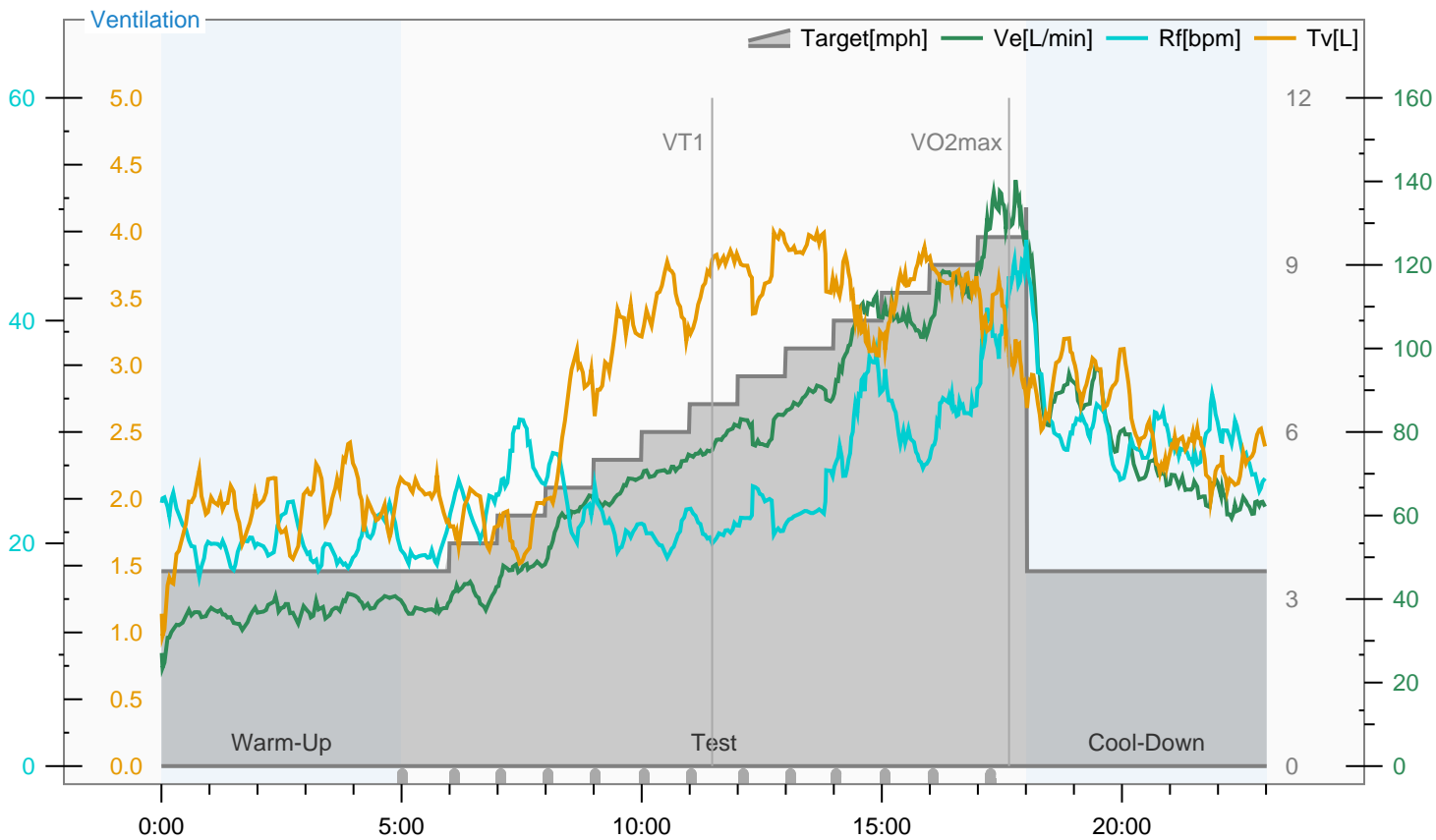
HR Min: 108 Max: 189 Avg: 146



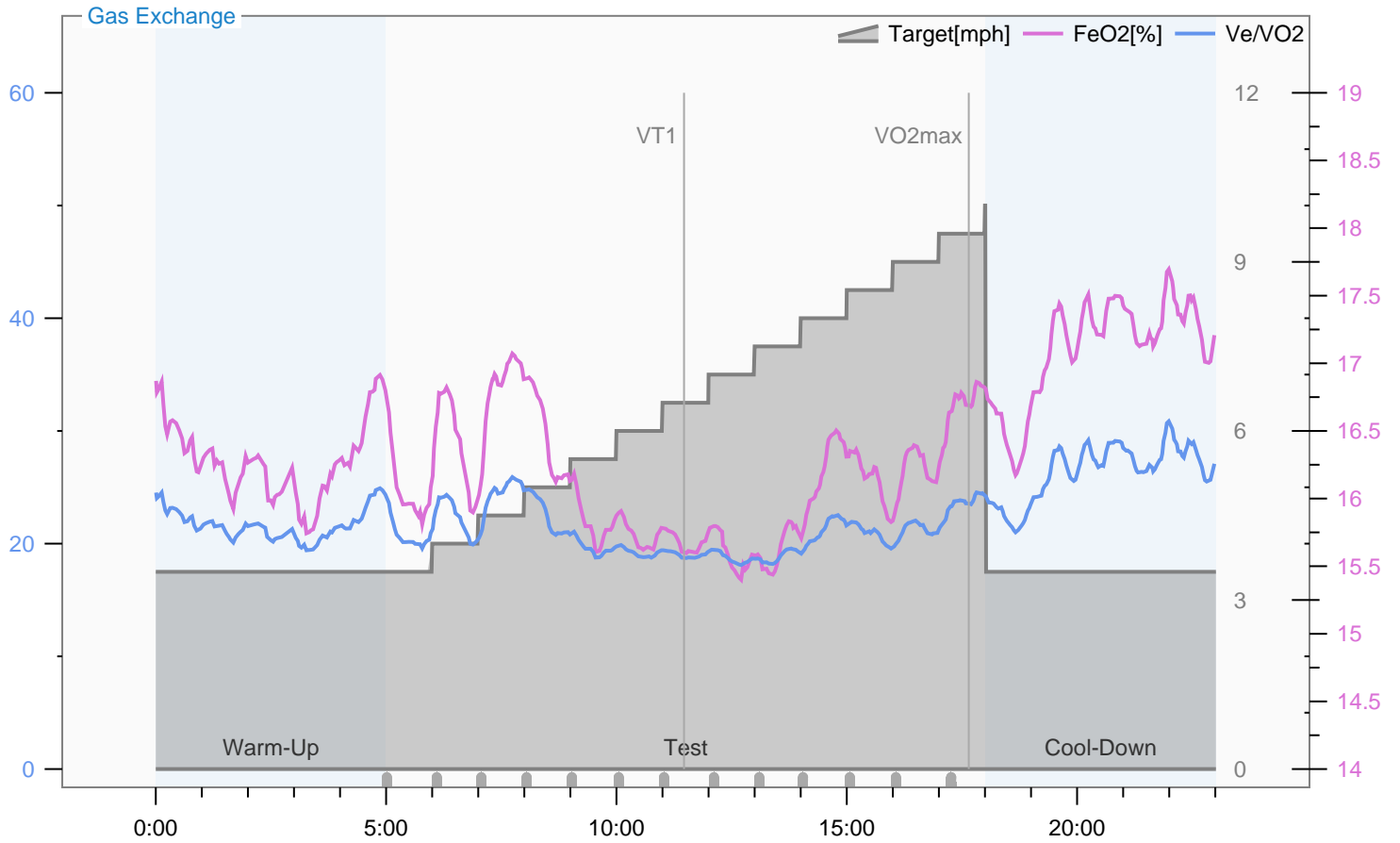
Tv Min: 1.0 Max: 4.0 Avg: 2.8

Rf Min: 17.0 Max: 47.3 Avg: 27.0

Ve Min: 23.5 Max: 140.3 Avg: 74.9



FeO2 Min: 15.4 Max: 17.7 Avg: 16.4 Ve/VO2 Min: 18.10 Max: 30.86 Avg: 22.57



Session Marks

Time[hh:mm:ss]	Details
00:05:01	
00:06:06	
00:07:04	
00:08:03	
00:09:02	
00:10:03	
00:11:02	
00:12:07	
00:13:06	
00:14:03	
00:15:04	
00:16:04	
00:17:16	

Device Information

Name	Measurement Types	Description
TICKR 232C (FW:1.10.0 SW: HW:21 Wahoo Fitness)	HR, RR	
VO2 Master 10093 (1.6.0 6D2700000043EEE FW:14 SW:34 HW:14 VO2 Master Health Sensors Inc.)	Rf, Tv, Ve, VO2, FeO2, VO2, Pressure, Temp, HUM, Ve/VO2	