

Professionshøjskolen Metropol

Last Name: Mørkeby
 First Name: Mia
 Identification: 060976-MIMO
 Age: 40 Years
 Height: 172 cm
 Weight: 61.0 kg
 BMI: 21
 Date of Birth: 06-09-1976
 Gender: female

Iltoptagelsestest

Time [min]	Load [W]	RPM [1/min]	HR [1/min]	V'O2 [mL/...]	V'CO2 [mL/...]	RER	V'O2/k g...	V'E [L/min]	BF [1/min]	Lac [mm...]	RPE Dys
00:15	0	87	110	797	632	0.79	13.1	21	21.8		
00:30	0	97	111	948	766	0.81	15.5	24	18.6		
00:45	0	101	106	976	778	0.80	16.0	24	21.0		
01:00	0	102	105	1051	752	0.72	17.2	23	20.8		
01:15	50	101	104	1181	845	0.72	19.4	27	23.7		
01:30	50	100	109	1217	898	0.74	20.0	28	22.9		
01:45	50	99	106	1298	944	0.73	21.3	28	24.5		
02:00	50	99	107	1344	993	0.74	22.0	28	21.6		
02:14	50	100	111	1234	901	0.73	20.2	25	19.4		
02:30	54	100	112	1455	1063	0.73	23.9	31	26.0		
02:45	60	100	115	1419	1106	0.78	23.3	33	27.9		
03:00	67	100	110	1382	1127	0.82	22.7	35	28.3		
03:15	72	99	115	1389	1117	0.80	22.8	34	29.4		
03:30	78	101	116	1415	1091	0.77	23.2	34	28.4		
03:45	85	101	122	1559	1209	0.78	25.6	34	22.1		
04:00	90	100	126	1619	1285	0.79	26.5	37	25.2		
04:15	98	99	128	1602	1291	0.81	26.3	38	26.1		
04:30	102	99	127	1644	1327	0.81	26.9	39	27.7		
04:45	110	99	132	1636	1313	0.80	26.8	36	24.3		
05:00	116	98	134	1761	1372	0.78	28.9	37	24.5		
05:15	122	97	137	1792	1425	0.80	29.4	37	22.2		
05:30	127	100	140	1921	1597	0.83	31.5	43	27.5		
05:45	135	99	144	1878	1582	0.84	30.8	40	22.4		
06:00	141	99	146	1948	1622	0.83	31.9	44	26.9		
06:15	147	100	147	2033	1767	0.87	33.3	46	25.5		
06:30	154	98	148	2025	1747	0.86	33.2	44	24.2		
06:45	160	98	146	2031	1759	0.87	33.3	45	25.6		
07:00	165	98	151	2181	1868	0.86	35.8	47	26.3		
07:15	172	97	151	2244	1959	0.87	36.8	48	24.9		
07:30	179	97	155	2292	2016	0.88	37.6	48	25.4		
07:45	185	97	156	2396	2124	0.89	39.3	51	24.0		
08:00	191	96	159	2335	2082	0.89	38.3	49	24.8		
08:15	197	96	161	2404	2148	0.89	39.4	51	24.8		
08:30	204	95	163	2659	2443	0.92	43.6	57	26.8		
08:45	210	95	166	2573	2437	0.95	42.2	59	27.3		
09:00	216	95	167	2693	2566	0.95	44.1	61	28.0		

Time [min]	Load [W]	RPM [1/min]	HR [1/min]	V'O2 [mL/...]	V'CO2 [mL/...]	RER	V'O2/kg g...	V'E [L/min]	BF [1/min]	Lac [mm...]	RPE Dys
09:15	221	94	168	2596	2499	0.96	42.6	57	23.0		
09:30	229	94	170	2844	2754	0.97	46.6	65	29.7		
09:45	235	94	173	2829	2845	1.01	46.4	68	30.5		
10:00	241	95	173	2932	2961	1.01	48.1	71	30.5		
10:15	247	97	173	2942	2940	1.00	48.2	71	32.1		
10:30	254	97	175	3032	3098	1.02	49.7	74	32.1		
10:45	260	96	177	3083	3111	1.01	50.5	76	33.3		
11:00	266	96	179	3145	3275	1.04	51.6	80	35.1		
11:15	272	96	180	3184	3353	1.05	52.2	81	33.8		
11:30	279	96	181	3326	3556	1.07	54.5	89	38.4		
11:45	285	93	182	3384	3692	1.09	55.5	98	44.6		
12:00	291	95	183	3367	3766	1.12	55.2	100	42.6		
12:15	297	94	184	3357	3724	1.11	55.0	98	42.3		
12:30	304	89	185	3588	4034	1.12	58.8	113	52.9		
12:45	310	82	185	3517	4039	1.15	57.6	115	51.4		
13:00	316	79	186	3522	4073	1.16	57.7	118	50.8		
13:02	317	69	186	3521	4120	1.17	57.7	118	51.1		
13:15	25	37	185	3394	3786	1.12	55.6	102	44.6		

Summary (15 - sec)	Rest (R)	Peak VO2	Peak Load [Watt]	Ventilatory threshold...
Time [min]	00:57	12:23	13:02	08:44
Load [W]	0	301	317	210
HR [1/min]	105	184	186	167
V'O2 [mL/min]	986	3695	3397	2556
V'CO2 [mL/min]	730	4165	3915	2427
RER	0.74	1.13	1.15	0.95
V'O2/kg [(mL/min)/kg]	16.2	60.6	55.7	41.9
V'E [L/min]	22	115	110	57
BF [1/min]	19.6	53.6	48.6	25.6
RPE Tot	-	-	-	-
RPE Dys	-	-	-	-

