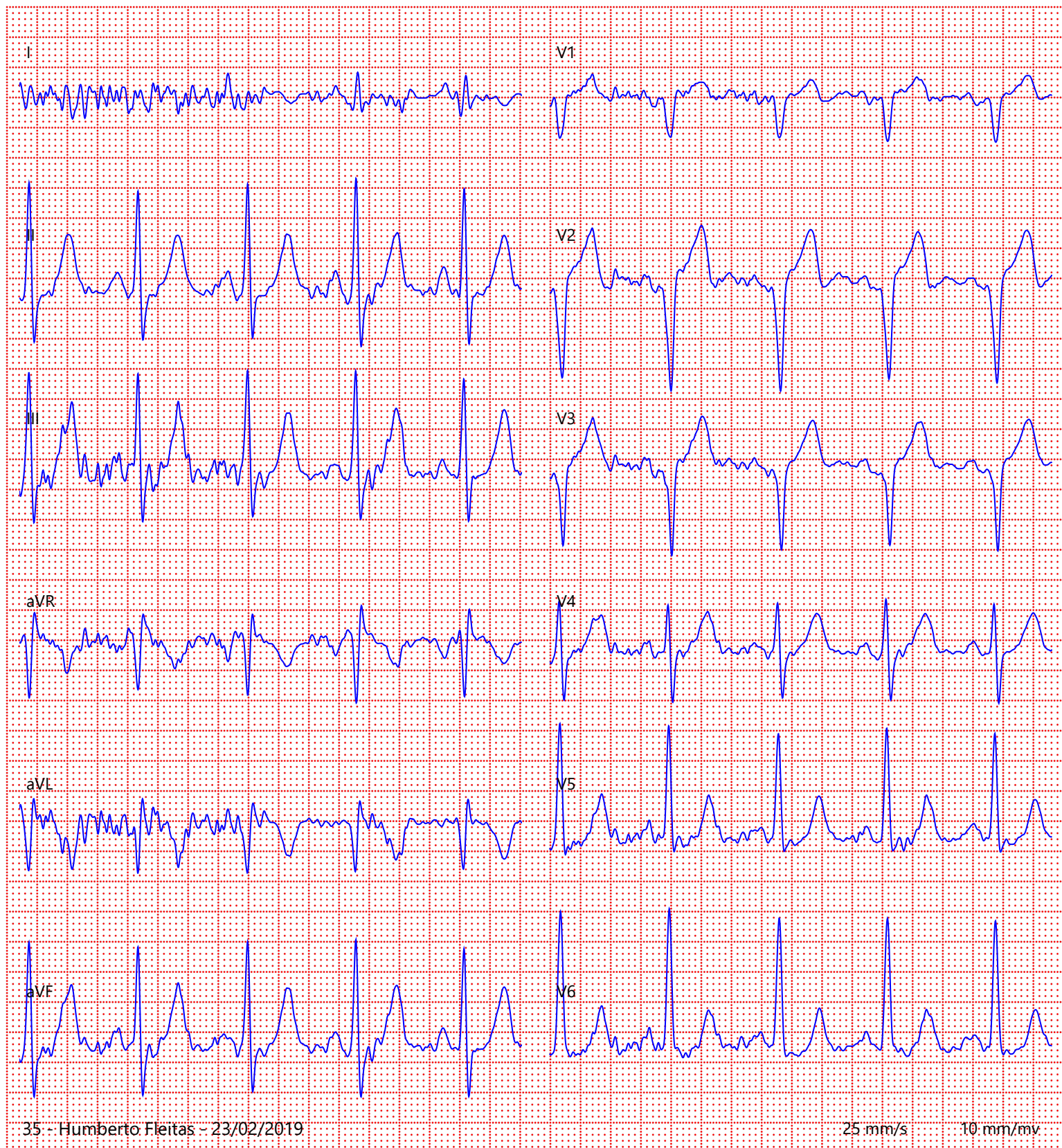


Reposo 00:20

FC 84

ST -0.6 (V6)

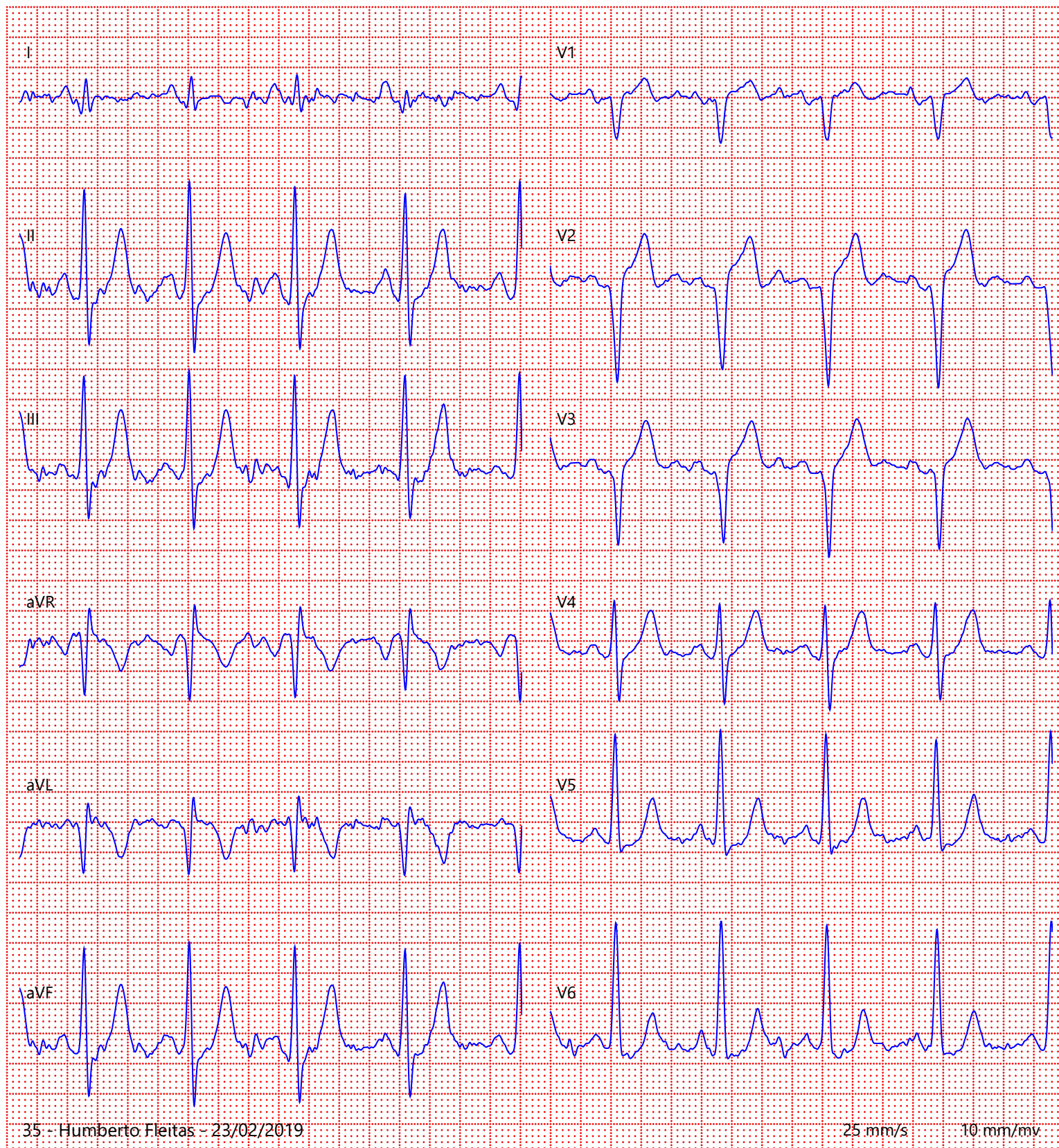


Stress 03:00

Etapa 1 03:00

FC 84

ST -0.6 (V6)

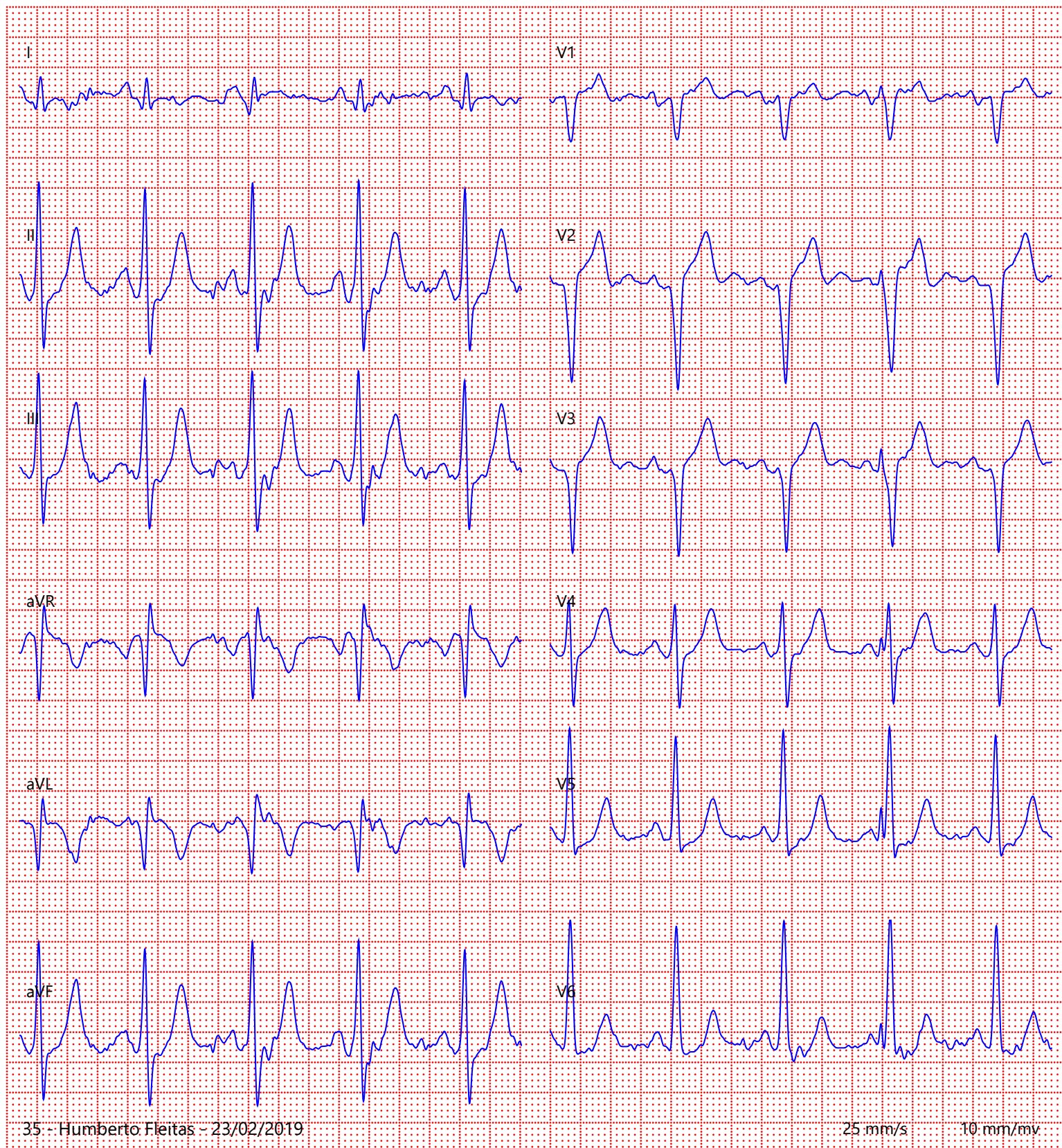


Stress 06:00

Etapa 2 03:00

FC 87

ST -0.6 (V6)

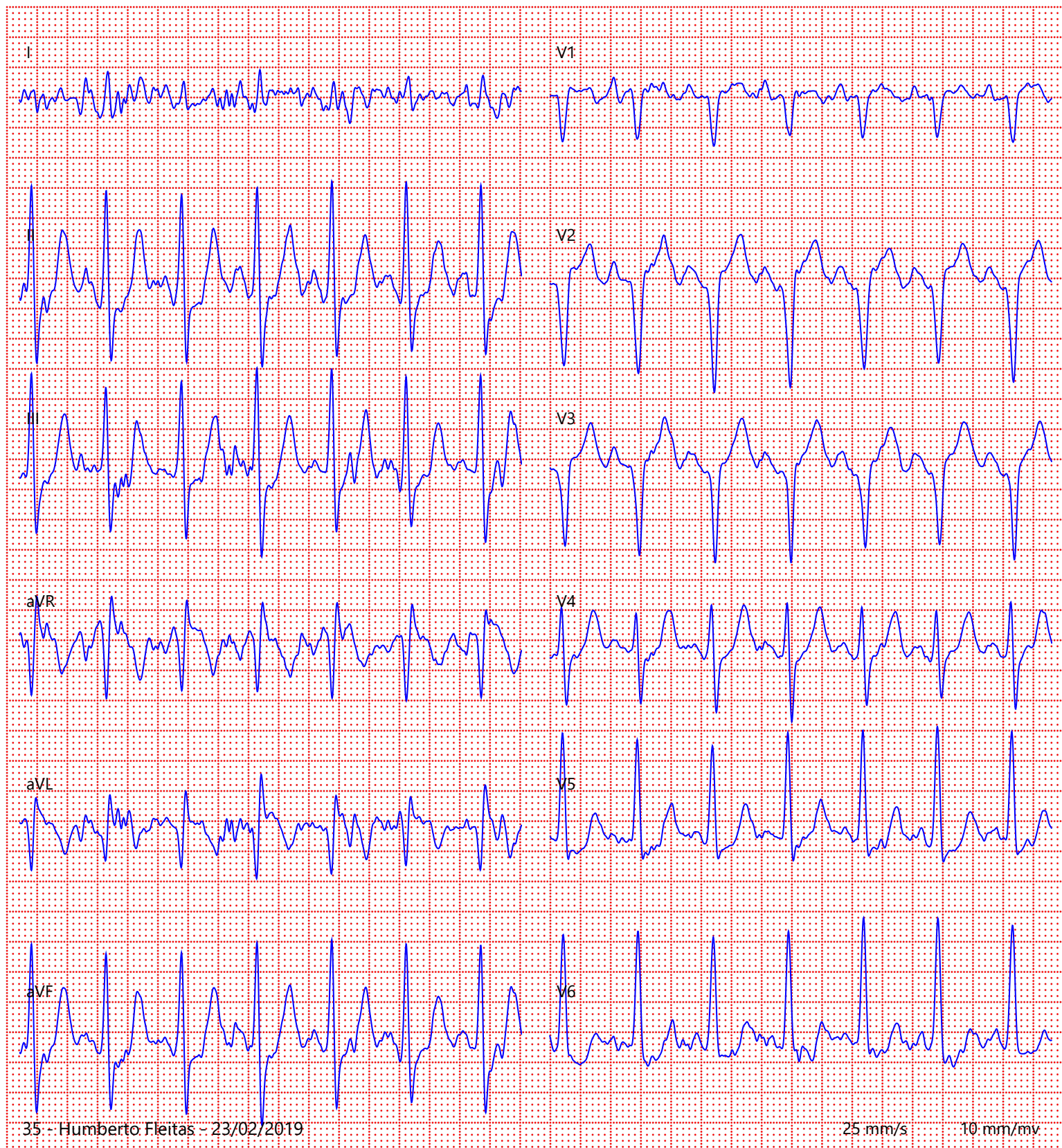


Stress 09:00

Etapa 3 03:00

FC 117

ST -0.7 (V6)

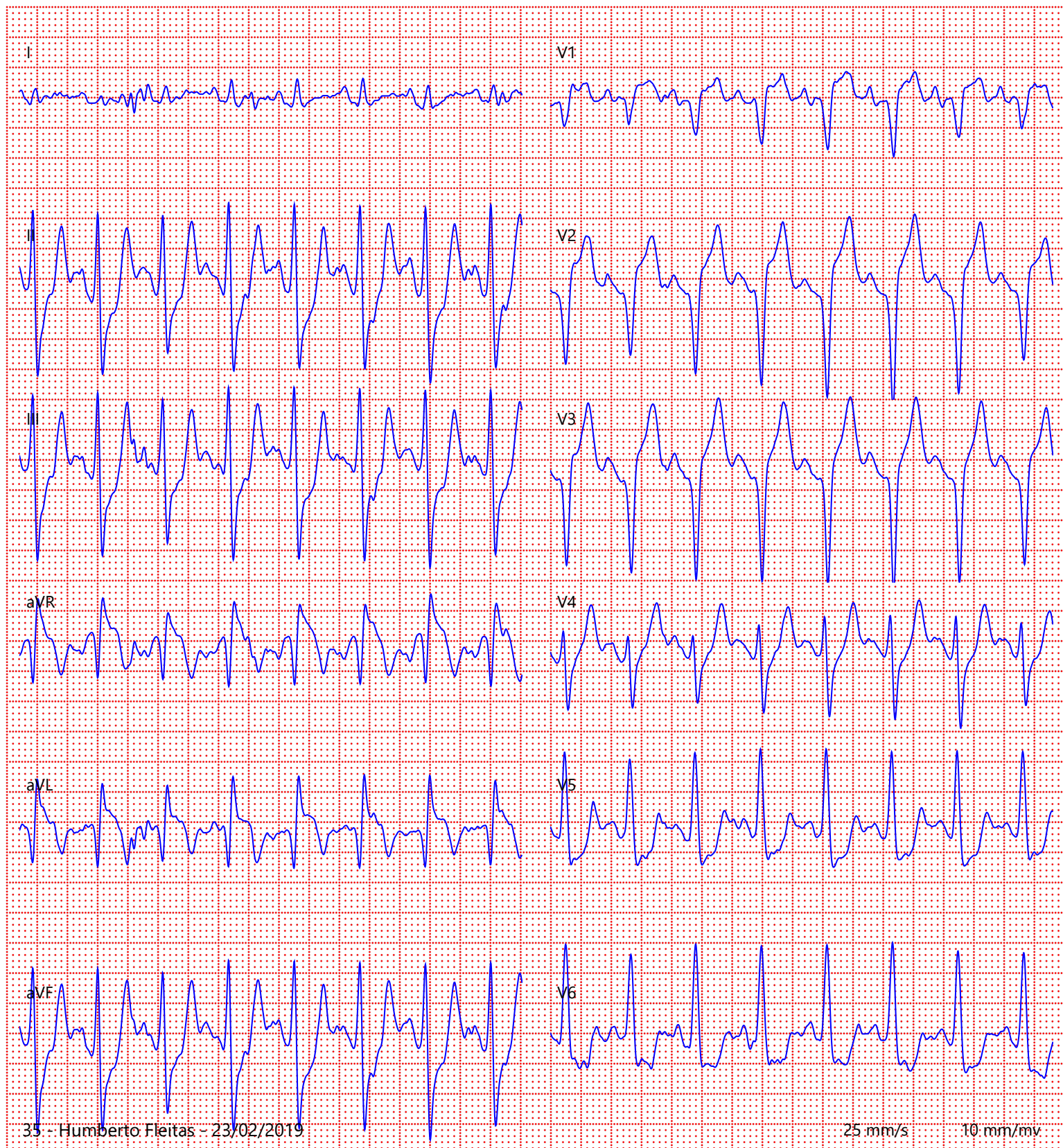


Stress 12:00

Etapa 4 03:00

FC 138

ST -1.4 (V6)

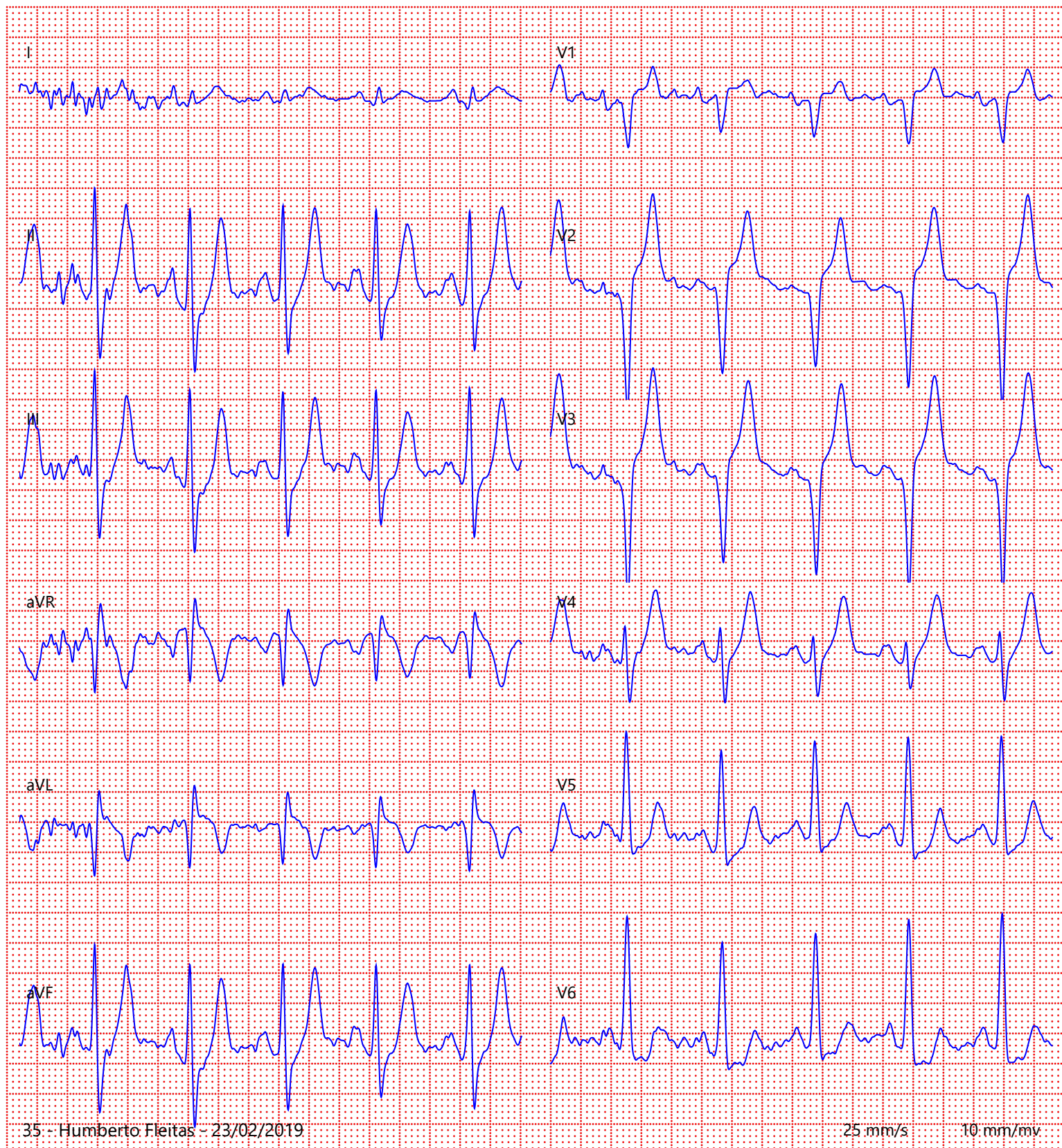


Stress 13:02

Etapa 5 01:02

FC 78

ST -1.5 (V6)

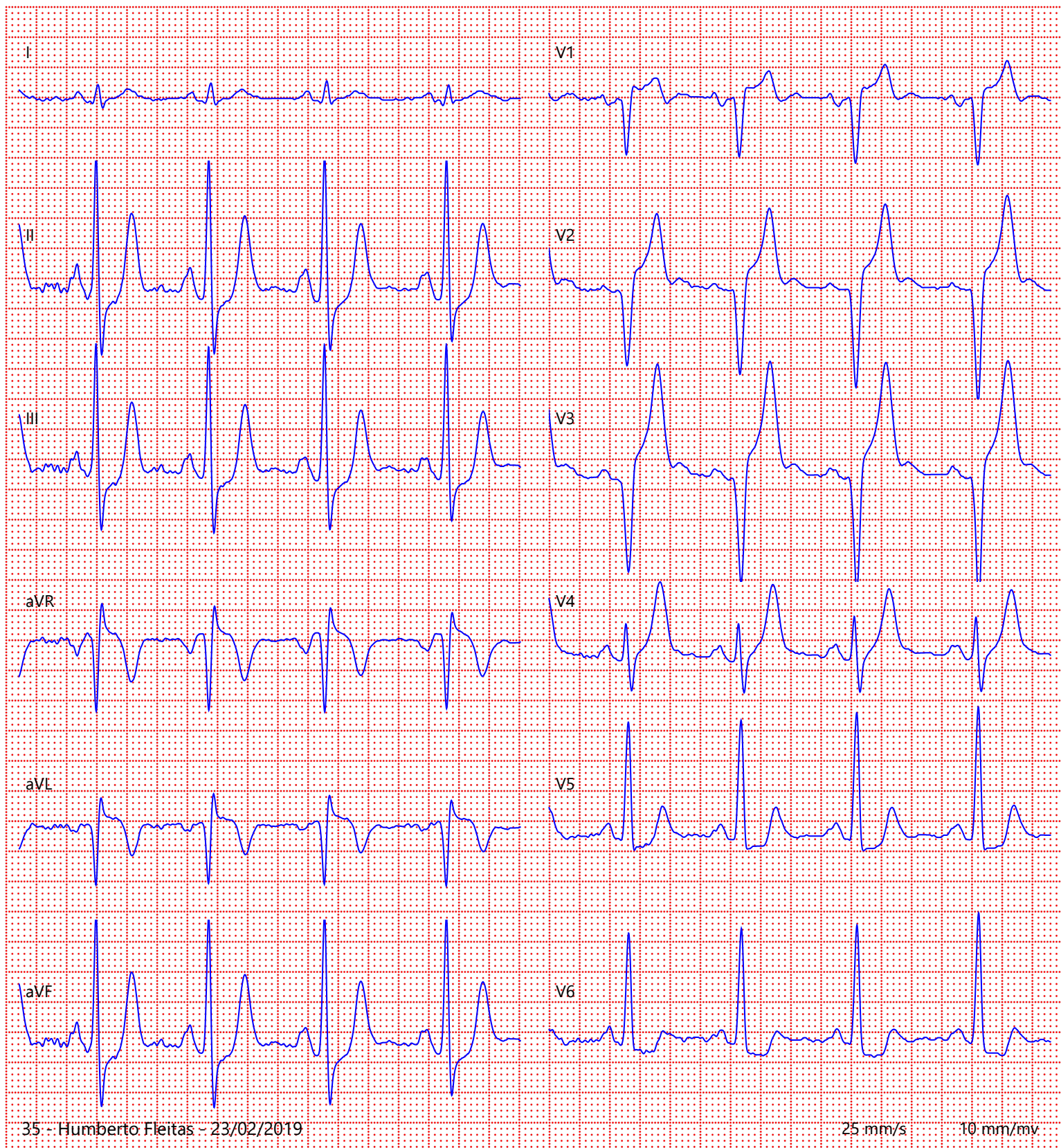


Recuperación 01:00

Etapa 1 01:00

FC 69

ST -1.5 (V6)

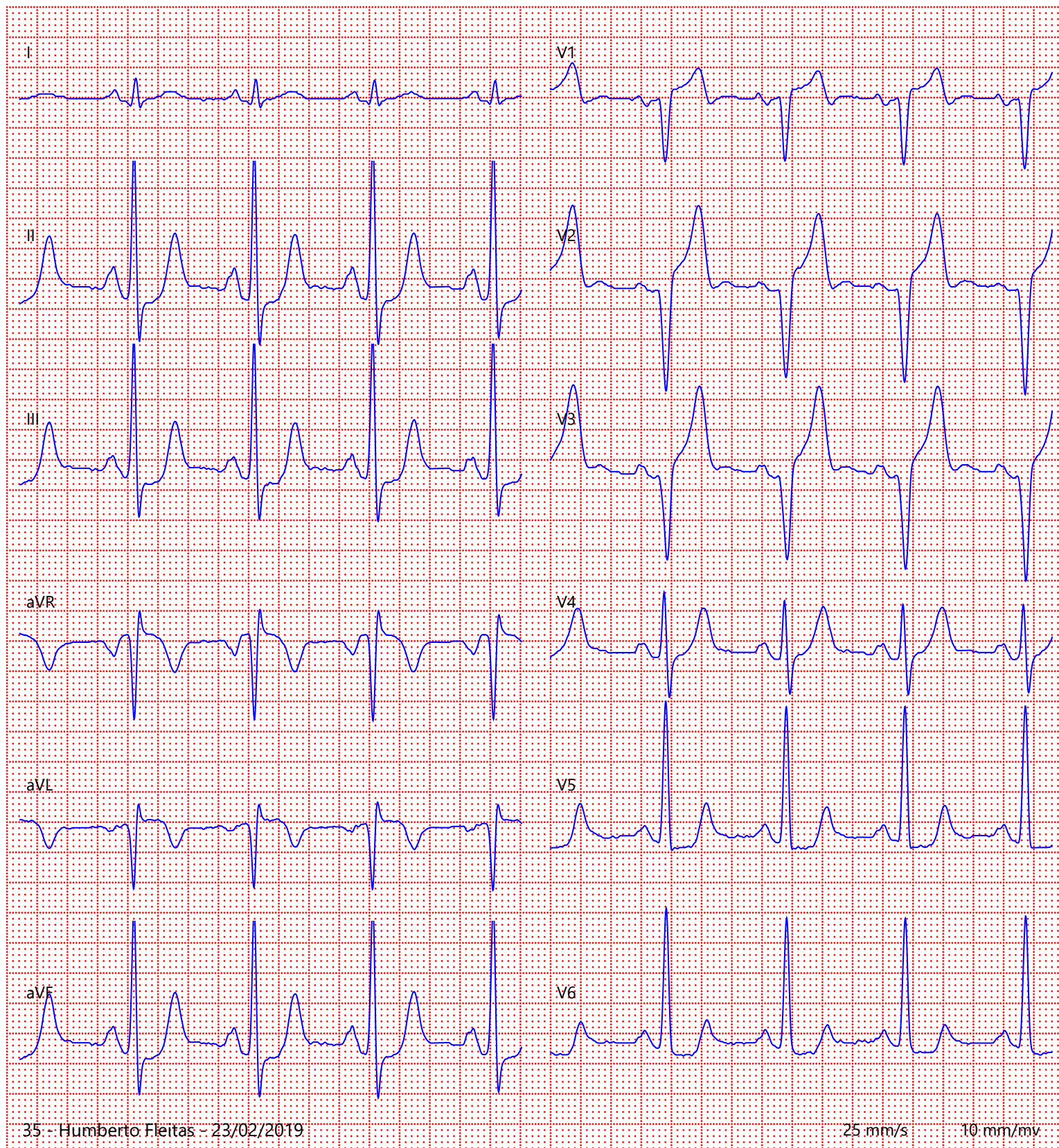


Recuperación 03:45

Etapa 2 02:45

FC 75

ST -1.5 (V6)

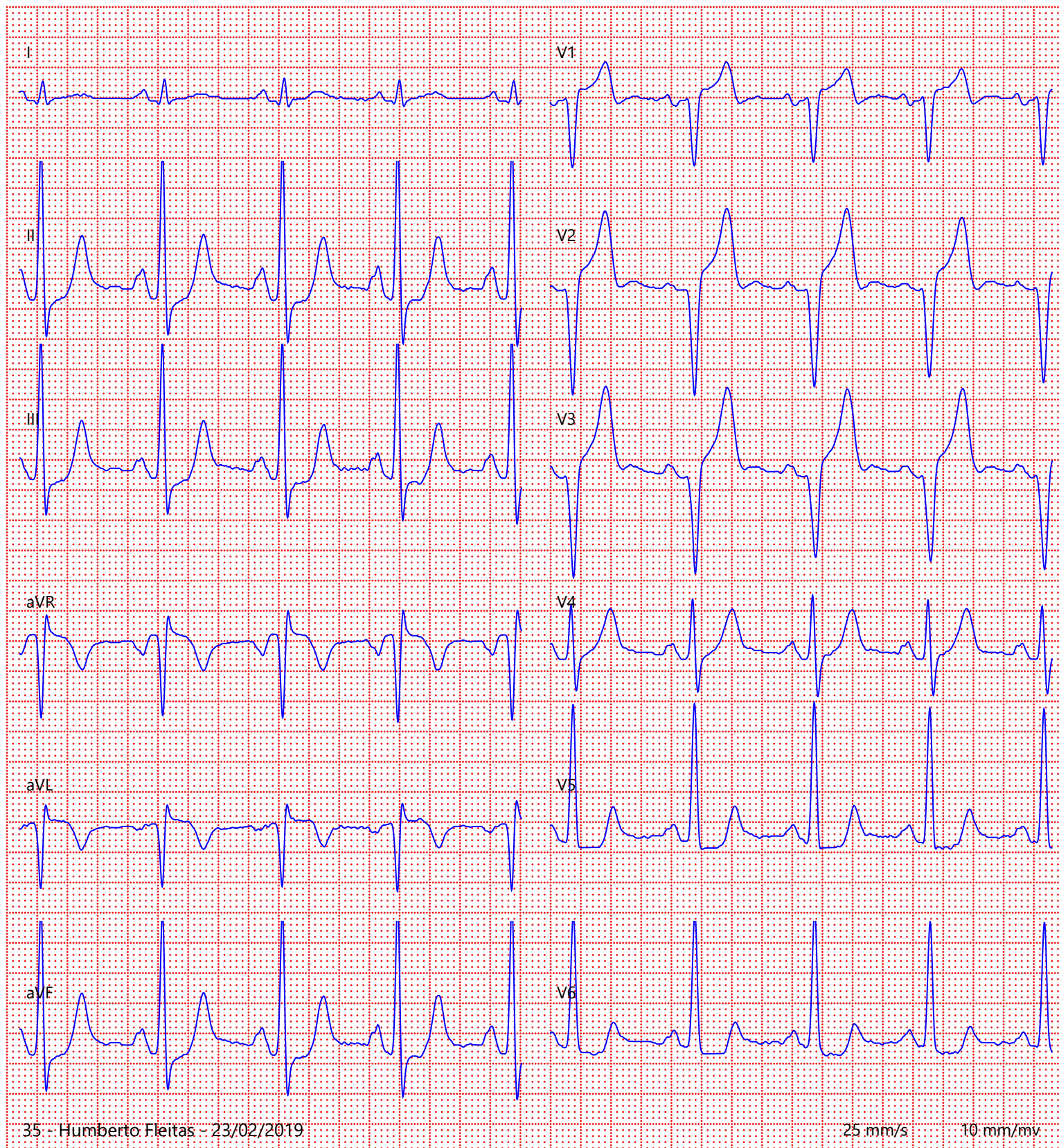


Recuperación 04:00

Etapla 2 03:00

FC 75

ST -1.5 (V6)

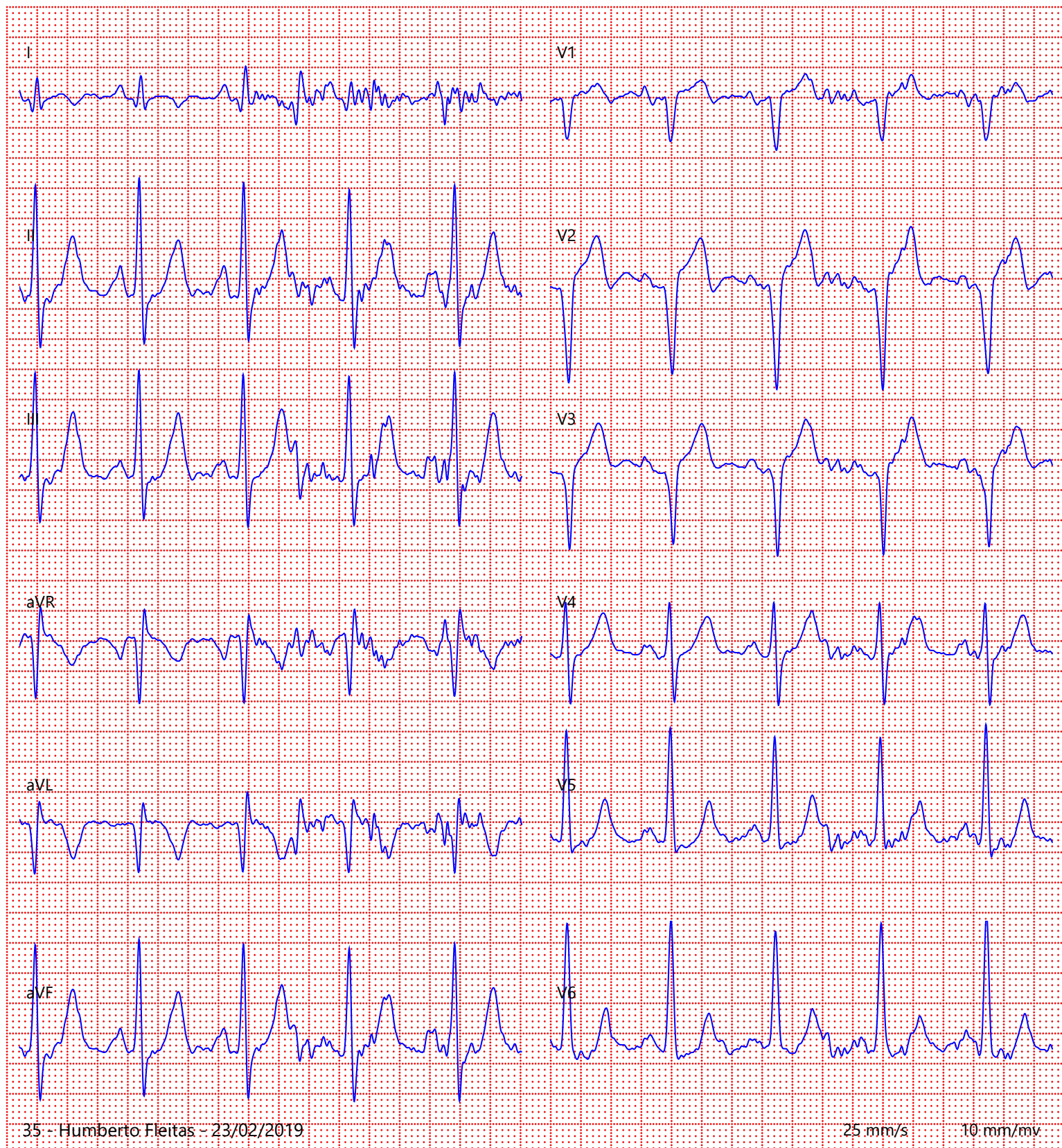


Recuperación 10:03

Etapa 3 06:03

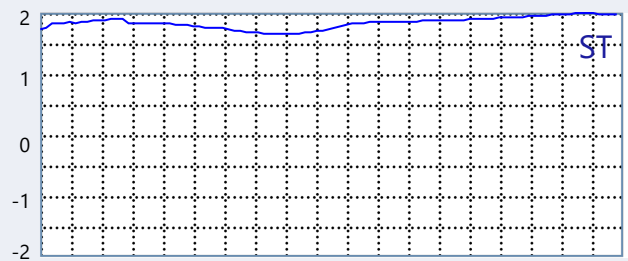
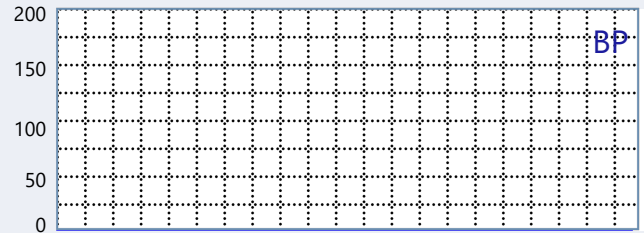
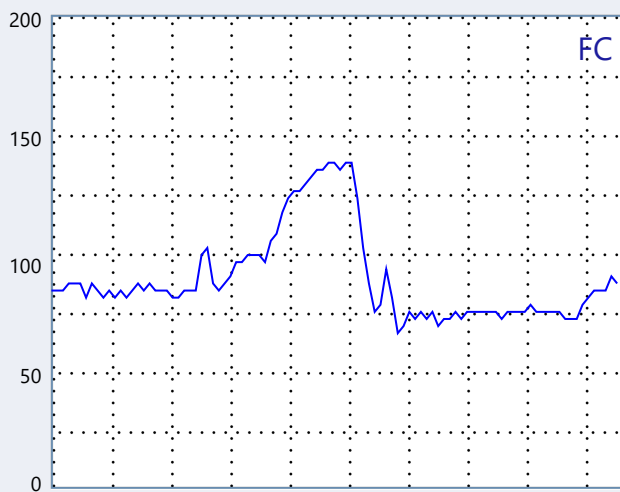
FC 87

ST -1.4 (V6)



Tendencias

35 - Humberto Fleitas - 23/02/2019



Reporte por Etapas

Ergómetro

Protocolo

Etapa	Tiempo	Velocidad (Km/h)	Inclinación (%)	Mets	FC	PA	ST (V6)	Observaciones
Reposo	0:20			1.0	84		-0.6	
Pre Stress	0:53			2.0	87		-0.5	
Stress 1	3:00	2.7	10.0	5.3	84		-0.6	
Stress 2	6:00	4.0	12.0	7.9	87		-0.6	
Stress 3	9:00	5.4	14.0	11.0	117		-0.7	
Stress 4	12:00	6.7	16.0	14.4	138		-1.4	
Stress 5	13:02	8.0	18.0	18.2	78		-1.5	
Recuperación 1	1:00	0.8	0.0	2.0	69		-1.5	
Recuperación 2	4:00	0.0	0.0	1.0	75		-1.5	
Recuperación 3	10:03	0.0	0.0	1.0	87		-1.4	



Resultado Final

Tiempo Stress

13:2 min

FC Max

78 - 51.0 %

Min ST

-1.5 mm (V6)

PA

Doble Producto

VO2 Max

63.7 - 199.0 %

METS Totales

18.2

Depresión ST

-0.9 mm

Indice ST/FC

-88

ALTO RIESGO

Capacidad Funcional

EXCELENTE

Interpretación