

Fitness report

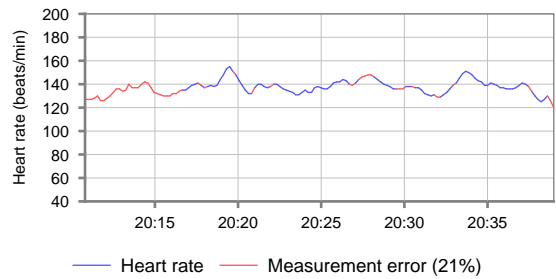
Date: 23.9.2009

Personal information

Age 46 years
Height 179 cm
Weight 69 kg
Maximal heart rate 191 bpm
Activity class 9,5

Measurement information

Duration 00:28:22
Time period 20:10:48-20:39:10
Lowest heart rate 119 bpm
Highest heart rate 155 bpm
Average heart rate 137 bpm



Training effect of the last workout

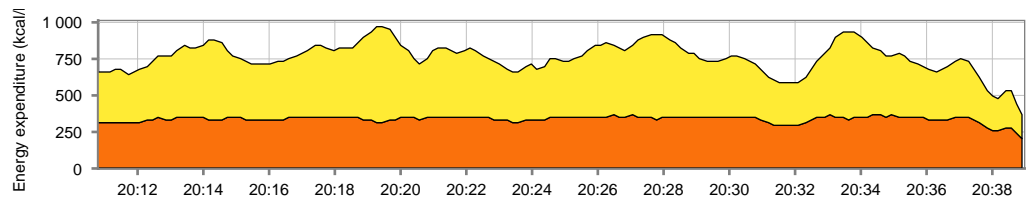


Training effect 2,1
Duration 28 min
Energy expenditure 356 kCal

Maintaining workout

This workout builds a foundation for better cardiorespiratory fitness and harder training in the future and maintains cardiorespiratory fitness.

Energy expenditure chart



Total energy expenditure 356 kcal/1490 kJ

Expended fats 157 kcal/657 kJ

Expended carbohydrates 199 kcal/833 kJ

Optimizing fat expenditure

Absolute fat consumption during the exercise was the most effective at the heart rate of 142 beats/min. In your case, fat consumption is proportionally the most effective at heart rate level 123-142 beats/min.