

Colorado Mesa University

Monfort Family Human Performance Lab (sys#1)

\*\*\* Metab 2019 / 5 / 7 9 : 29 26

Patient Information

Name FEIGH, AD/ File numbe 0 Doctor Alumbaugh

Age 26 yrs Sex M

Height 74 in 187.96 cm Weight 167 lb 76 kg

Test Environment

Insp. temp. 20 deg C Baro. press 639 mmHg

Exp. flow to Mean of room temp. and 37.0 deg C

Base Values for Sampling

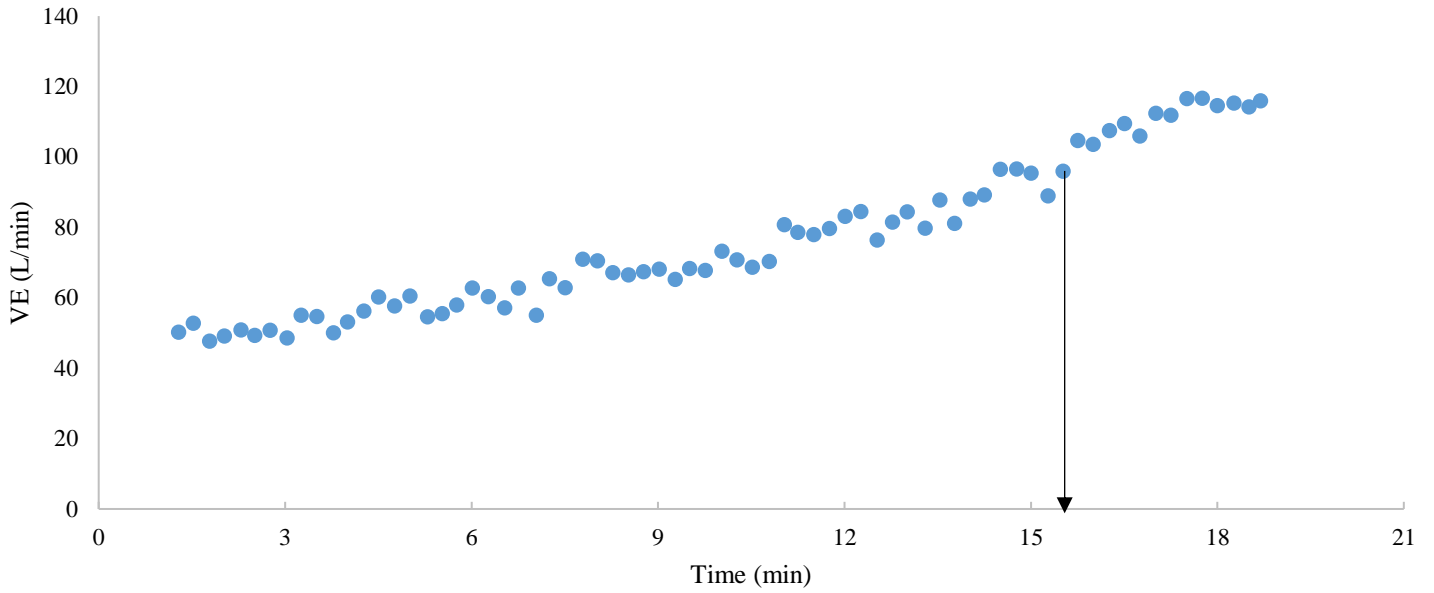
Base O2 20.94 % Base CO2 0.04 % Meas 20.87 Measure 0.07

TIME	VO2	VO2/kg	VE/	VE/	VE	RER	VCO2	FATmin	KFAT	KCHO	BIKE	HR
min	STPD	STPD	VO2	VCO2	STPD		STPD	g/min	Kcal/m	Kcal/m	MEAS	bpm
	L/min	ml/kg/m	BT/ST	BT/ST	L/min		L/min				W	
1.29	3.04	40.04	24.05	32.44	50.21	0.74	2.26	1.33	12.58	1.80	210	117
1.52	3.16	41.53	24.35	32.25	52.72	0.75	2.38	1.31	12.35	2.61	210	122
1.79	2.98	39.15	23.35	30.84	47.66	0.76	2.25	1.22	11.54	2.58	210	120
2.02	3.11	40.90	23.04	29.89	49.12	0.77	2.40	1.20	11.39	3.41	210	119
2.29	3.24	42.69	22.87	29.93	50.89	0.76	2.48	1.29	12.23	3.19	210	117
2.51	3.09	40.69	23.26	29.92	49.33	0.78	2.40	1.16	11.01	3.74	210	120
2.76	3.18	41.87	23.26	29.93	50.76	0.78	2.47	1.20	11.33	3.85	210	120
3.03	3.08	40.56	22.98	29.57	48.59	0.78	2.40	1.16	10.98	3.72	210	120
3.26	3.55	46.71	22.60	29.34	55.04	0.77	2.73	1.38	13.03	3.87	210	119
3.51	3.36	44.20	23.72	29.65	54.66	0.80	2.69	1.13	10.73	5.39	210	123
3.78	3.16	41.59	23.09	29.46	50.06	0.78	2.48	1.15	10.92	4.18	237	123
4.01	3.51	46.18	22.08	28.72	53.15	0.77	2.70	1.37	12.97	3.73	240	123
4.27	3.65	48.05	22.45	28.86	56.23	0.78	2.84	1.37	12.96	4.46	240	126
4.51	3.77	49.60	23.28	29.47	60.20	0.79	2.98	1.34	12.65	5.39	240	128
4.76	3.49	45.89	24.10	29.67	57.66	0.81	2.83	1.11	10.46	6.32	240	128
5.01	3.82	50.30	23.07	28.77	60.49	0.80	3.07	1.28	12.10	6.25	240	129
5.29	3.57	46.96	22.28	28.10	54.55	0.79	2.83	1.25	11.80	5.29	240	128
5.53	3.55	46.77	22.77	28.44	55.52	0.80	2.85	1.20	11.33	5.72	240	129
5.76	3.87	50.87	21.85	27.74	57.93	0.79	3.05	1.39	13.12	5.37	240	125
6.01	3.97	52.20	23.05	28.50	62.71	0.81	3.21	1.28	12.13	6.94	240	132
6.27	3.81	50.13	23.06	28.34	60.26	0.81	3.10	1.20	11.34	7.00	240	129
6.53	3.66	48.17	22.73	28.14	57.09	0.81	2.96	1.19	11.24	6.36	242	129
6.75	4.03	53.06	22.70	28.17	62.79	0.81	3.25	1.32	12.51	6.87	270	131
7.04	3.68	48.48	21.76	27.22	55.01	0.80	2.95	1.25	11.80	5.87	270	133
7.25	4.18	55.04	22.80	28.35	65.43	0.80	3.36	1.38	13.08	7.01	270	136
7.50	4.03	52.96	22.75	27.77	62.82	0.82	3.30	1.23	11.62	7.78	270	137
7.79	4.52	59.47	22.88	27.69	70.94	0.83	3.73	1.33	12.54	9.28	270	138
8.03	4.19	55.15	24.51	28.79	70.47	0.85	3.57	1.05	9.96	10.41	270	141
8.27	4.17	54.84	23.48	28.09	67.14	0.84	3.48	1.15	10.92	9.26	270	136
8.52	4.09	53.83	23.70	28.37	66.50	0.84	3.42	1.14	10.77	9.03	270	139

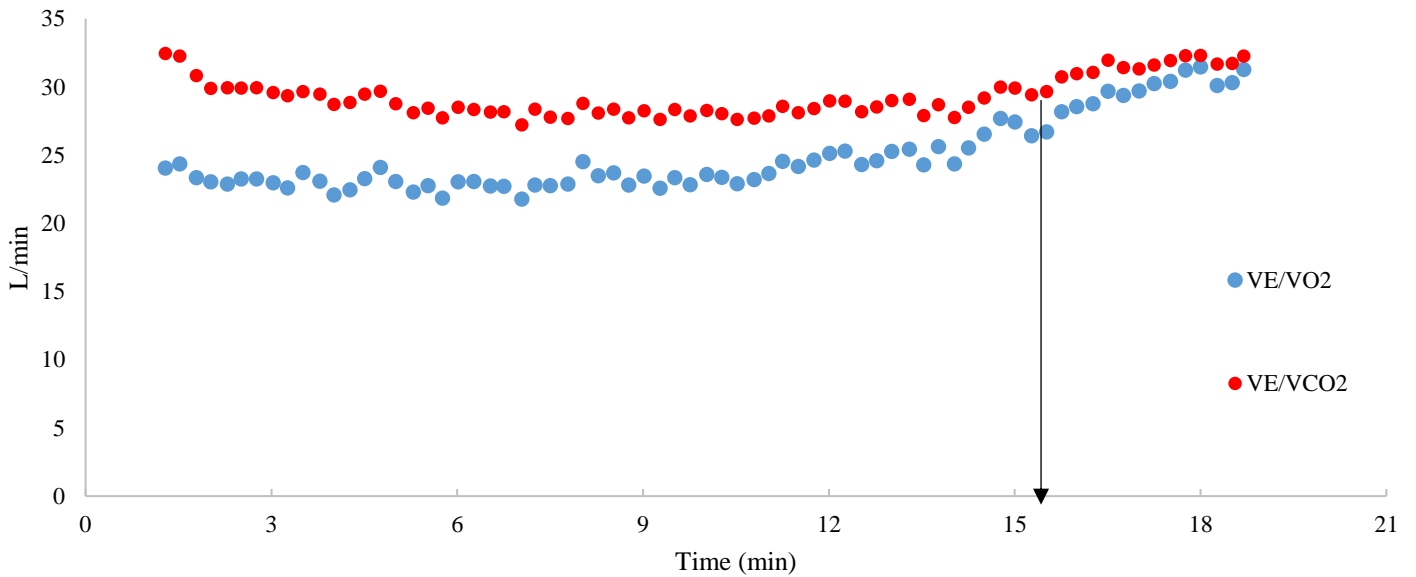
8.77	4.31	56.68	22.80	27.74	67.38	0.82	3.54	1.29	12.24	8.54	270	137
9.02	4.23	55.64	23.47	28.24	68.08	0.83	3.51	1.21	11.42	9.03	270	140
9.27	4.21	55.40	22.57	27.61	65.20	0.82	3.44	1.30	12.26	8.03	270	135
9.51	4.26	56.10	23.34	28.34	68.27	0.82	3.51	1.27	12.01	8.56	270	137
9.76	4.32	56.88	22.84	27.87	67.73	0.82	3.54	1.32	12.47	8.37	295	136
10.03	4.53	59.56	23.58	28.26	73.21	0.83	3.78	1.27	11.99	9.91	300	143
10.27	4.41	58.08	23.37	28.03	70.78	0.83	3.68	1.24	11.73	9.63	300	143
10.52	4.37	57.53	22.90	27.61	68.68	0.83	3.63	1.26	11.91	9.23	300	141
10.79	4.42	58.12	23.20	27.70	70.30	0.84	3.70	1.21	11.47	9.93	300	143
11.03	4.98	65.48	23.64	27.88	80.71	0.85	4.22	1.28	12.09	12.08	300	146
11.25	4.67	61.42	24.54	28.56	78.56	0.86	4.01	1.11	10.51	12.22	300	147
11.51	4.70	61.81	24.17	28.09	77.89	0.86	4.04	1.11	10.48	12.40	300	147
11.76	4.71	62.03	24.63	28.40	79.66	0.87	4.09	1.06	10.00	13.00	300	149
12.01	4.82	63.42	25.14	28.96	83.10	0.87	4.18	1.08	10.17	13.35	300	149
12.26	4.87	64.11	25.28	28.96	84.49	0.87	4.25	1.04	9.88	13.93	300	152
12.53	4.58	60.30	24.31	28.18	76.43	0.86	3.95	1.06	10.06	12.28	300	149
12.77	4.83	63.54	24.59	28.52	81.45	0.86	4.16	1.12	10.64	12.89	328	150
13.01	4.87	64.05	25.27	28.99	84.40	0.87	4.24	1.05	9.97	13.81	330	154
13.30	4.57	60.18	25.43	29.10	79.78	0.87	4.00	0.97	9.22	13.13	330	154
13.53	5.27	69.34	24.28	27.89	87.76	0.87	4.59	1.15	10.92	14.82	330	155
13.77	4.61	60.70	25.63	28.68	81.09	0.89	4.12	0.83	7.85	14.81	330	158
14.02	5.27	69.32	24.36	27.76	88.04	0.88	4.62	1.09	10.31	15.46	330	155
14.25	5.09	67.01	25.53	28.49	89.20	0.90	4.56	0.89	8.46	16.57	330	158
14.51	5.30	69.77	26.53	29.18	96.50	0.91	4.82	0.81	7.68	18.46	330	158
14.77	5.09	66.92	27.68	29.98	96.57	0.92	4.70	0.66	6.23	18.94	330	161
15.00	5.07	66.70	27.44	29.90	95.40	0.92	4.65	0.71	6.68	18.37	330	161
15.27	4.91	64.60	26.41	29.43	88.96	0.90	4.41	0.85	8.03	16.11	330	160
15.52	5.24	68.93	26.70	29.66	95.95	0.90	4.72	0.88	8.35	17.42	330	159
15.76	5.41	71.24	28.17	30.72	104.62	0.92	4.96	0.76	7.19	19.55	360	163
16.00	5.29	69.56	28.56	30.97	103.58	0.92	4.88	0.69	6.56	19.59	360	166
16.26	5.45	71.66	28.77	31.07	107.48	0.93	5.04	0.68	6.43	20.54	360	169
16.51	5.38	70.73	29.69	31.95	109.47	0.93	4.99	0.64	6.08	20.56	360	169
16.76	5.26	69.18	29.37	31.42	105.91	0.93	4.91	0.58	5.48	20.61	360	167
17.01	5.51	72.56	29.71	31.33	112.37	0.95	5.23	0.48	4.56	22.90	360	170
17.25	5.39	70.98	30.23	31.60	111.87	0.96	5.16	0.40	3.74	23.17	360	172
17.51	5.59	73.53	30.41	31.94	116.58	0.95	5.32	0.45	4.27	23.59	360	170
17.76	5.45	71.71	31.21	32.27	116.70	0.97	5.27	0.30	2.86	24.40	360	171
18.00	5.31	69.83	31.46	32.31	114.52	0.97	5.17	0.24	2.24	24.35	360	172
18.27	5.58	73.47	30.10	31.68	115.27	0.95	5.30	0.47	4.46	23.35	360	169
18.51	5.49	72.24	30.32	31.71	114.18	0.96	5.25	0.41	3.84	23.55	360	171
18.70	5.41	71.13	31.27	32.25	115.95	0.97	5.24	0.28	2.64	24.42	390	173

Max VO2 5.588538 L/min 73.53339 ml/kg/min 21.00954 METS

Ventilation Compensation Point: Power = 330 watts;  
HR = 161 bpm; RPE = 15 (Hard)



Gas Exchange Threshold: Power = 330 watts;  
HR = 161 bpm; RPE = 15 (Hard)



Estimated VO2 Max = 83 ml/kg/min

