

Colorado Mesa University

Monfort Family Human Performance Lab (sys#2)

\*\*\* Meta 2020 / 2 / 19 9 : 35 0

Patient Information

Name FEIGH, ADA File number 0 Doctor Brent  
Age 27 yrs Sex M  
Height 74 in 188 cm Weight 170 lb 77.3 kg

Test Environment

Insp. tem 21 deg C Baro. pr 647 mmHg  
Exp. flow Mean of room temp. and 37.0 deg C  
Insp. O2 20.94 % Insp. CC 0.04 %

Base Values for Sampling

Base O2 20.94 % Base CC 0.04 % Meas 20.85 % Measur 0.074 %

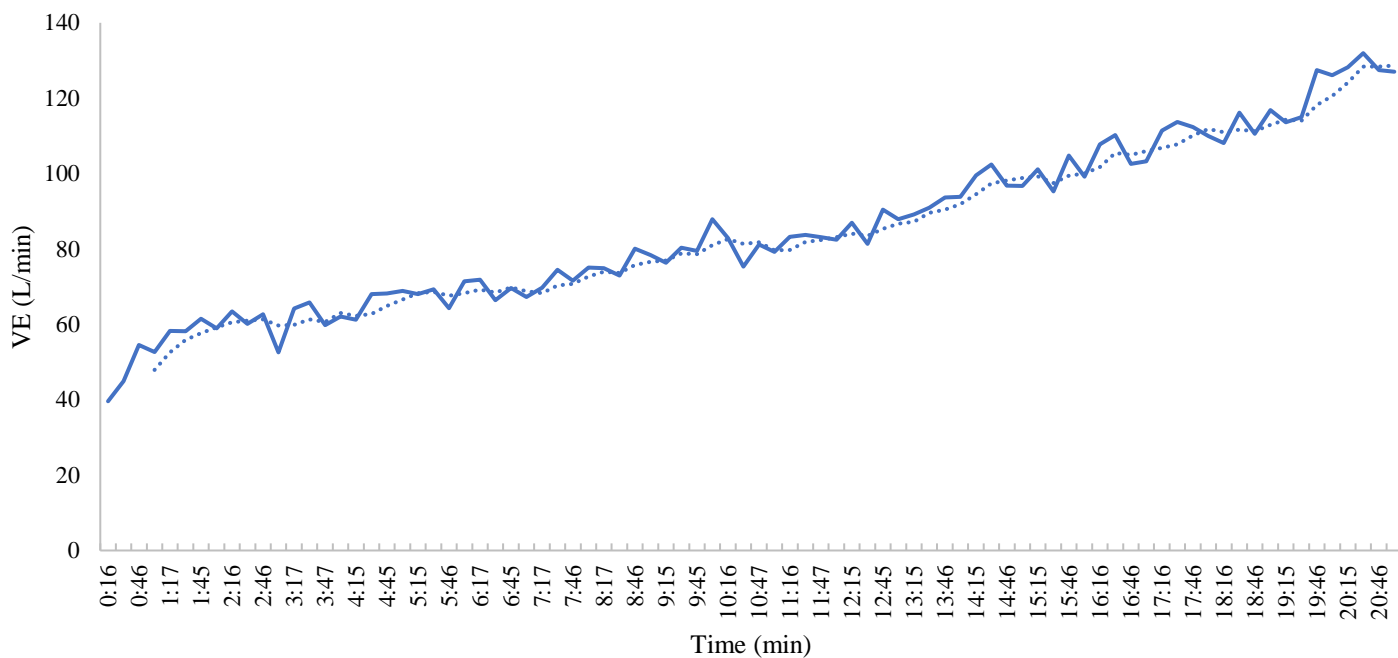
| TIME | VO2  | VO2/kg | AcKcal | VCO2 | KCHO   | RER  | RR    | VE/   | VE/   | HR  | LOAD | VE    | CHOfin |
|------|------|--------|--------|------|--------|------|-------|-------|-------|-----|------|-------|--------|
| min  | STPD | STPD   | Kcal   | STPD | Kcal/m |      | BPM   | BT/ST | BT/ST | bpm | W    | L/min | g/min  |
| 0:16 | 1.94 | 25.09  | 2.60   | 1.70 | 5.67   | 0.88 | 21.80 | 29.36 | 33.49 | 108 | 240  | 39.59 | 1.36   |
| 0:32 | 2.23 | 28.91  | 5.42   | 1.97 | 6.73   | 0.88 | 19.29 | 28.90 | 32.77 | 127 | 240  | 44.91 | 1.61   |
| 0:46 | 3.16 | 40.84  | 8.96   | 2.43 | 3.42   | 0.77 | 21.17 | 24.84 | 32.26 | 129 | 240  | 54.51 | 0.82   |
| 1:01 | 3.14 | 40.63  | 12.66  | 2.36 | 2.42   | 0.75 | 20.04 | 24.10 | 32.07 | 130 | 240  | 52.62 | 0.58   |
| 1:17 | 3.52 | 45.58  | 17.22  | 2.66 | 2.97   | 0.76 | 21.95 | 23.79 | 31.47 | 127 | 240  | 58.26 | 0.71   |
| 1:32 | 3.57 | 46.23  | 21.34  | 2.77 | 4.15   | 0.77 | 20.56 | 23.41 | 30.23 | 129 | 240  | 58.16 | 0.99   |
| 1:45 | 3.57 | 46.15  | 25.08  | 2.86 | 5.81   | 0.80 | 22.83 | 24.79 | 30.93 | 132 | 240  | 61.49 | 1.39   |
| 2:02 | 3.40 | 43.98  | 29.67  | 2.74 | 5.85   | 0.81 | 21.29 | 24.94 | 30.91 | 132 | 240  | 58.95 | 1.40   |
| 2:16 | 3.70 | 47.83  | 33.73  | 2.98 | 6.23   | 0.80 | 21.80 | 24.68 | 30.67 | 131 | 240  | 63.44 | 1.49   |
| 2:30 | 3.55 | 45.96  | 37.94  | 2.89 | 6.49   | 0.81 | 20.20 | 24.34 | 29.93 | 132 | 240  | 60.11 | 1.55   |
| 2:46 | 3.59 | 46.47  | 42.45  | 2.93 | 6.79   | 0.82 | 22.96 | 25.09 | 30.72 | 132 | 240  | 62.67 | 1.62   |
| 3:01 | 3.35 | 43.35  | 46.41  | 2.67 | 5.23   | 0.80 | 20.19 | 22.55 | 28.28 | 128 | 242  | 52.55 | 1.25   |
| 3:17 | 3.75 | 48.46  | 51.05  | 3.03 | 6.54   | 0.81 | 23.20 | 24.66 | 30.51 | 135 | 260  | 64.22 | 1.56   |
| 3:31 | 3.82 | 49.41  | 55.62  | 3.12 | 7.25   | 0.82 | 24.08 | 24.79 | 30.34 | 137 | 260  | 65.84 | 1.74   |
| 3:47 | 3.56 | 46.01  | 60.02  | 2.87 | 6.04   | 0.81 | 23.18 | 24.17 | 30.00 | 133 | 260  | 59.77 | 1.45   |
| 4:01 | 3.77 | 48.80  | 64.09  | 3.02 | 6.14   | 0.80 | 22.17 | 23.66 | 29.52 | 130 | 260  | 62.06 | 1.47   |
| 4:15 | 3.72 | 48.09  | 68.47  | 2.99 | 6.30   | 0.81 | 24.36 | 23.70 | 29.43 | 133 | 260  | 61.24 | 1.51   |
| 4:30 | 3.92 | 50.67  | 73.09  | 3.21 | 7.58   | 0.82 | 24.46 | 24.98 | 30.48 | 139 | 260  | 68.01 | 1.81   |
| 4:45 | 4.00 | 51.70  | 77.87  | 3.29 | 8.00   | 0.82 | 24.10 | 24.53 | 29.80 | 139 | 260  | 68.16 | 1.91   |
| 5:00 | 3.98 | 51.43  | 82.59  | 3.28 | 8.15   | 0.83 | 24.32 | 24.90 | 30.15 | 140 | 260  | 68.83 | 1.95   |
| 5:15 | 3.83 | 49.51  | 87.17  | 3.18 | 8.25   | 0.83 | 24.13 | 25.55 | 30.71 | 142 | 260  | 67.98 | 1.97   |
| 5:30 | 3.95 | 51.13  | 92.05  | 3.30 | 8.68   | 0.83 | 23.42 | 25.23 | 30.23 | 143 | 260  | 69.32 | 2.08   |
| 5:46 | 3.66 | 47.32  | 96.59  | 3.05 | 8.03   | 0.83 | 23.26 | 25.26 | 30.27 | 144 | 260  | 64.24 | 1.92   |
| 6:00 | 4.24 | 54.87  | 101.44 | 3.50 | 8.60   | 0.82 | 25.23 | 24.21 | 29.36 | 145 | 260  | 71.40 | 2.06   |
| 6:17 | 4.04 | 52.21  | 106.93 | 3.38 | 8.99   | 0.84 | 24.81 | 25.59 | 30.60 | 147 | 280  | 71.82 | 2.15   |
| 6:32 | 3.91 | 50.61  | 111.72 | 3.24 | 8.22   | 0.83 | 23.58 | 24.43 | 29.47 | 145 | 280  | 66.44 | 1.97   |
| 6:45 | 3.98 | 51.45  | 115.86 | 3.29 | 8.32   | 0.83 | 23.13 | 25.20 | 30.41 | 146 | 280  | 69.67 | 1.99   |

|       |      |       |        |      |       |      |       |       |       |     |     |        |      |
|-------|------|-------|--------|------|-------|------|-------|-------|-------|-----|-----|--------|------|
| 7:01  | 3.91 | 50.54 | 120.78 | 3.24 | 8.31  | 0.83 | 22.92 | 24.75 | 29.80 | 148 | 280 | 67.22  | 1.99 |
| 7:17  | 4.25 | 54.97 | 126.31 | 3.50 | 8.62  | 0.82 | 22.17 | 23.61 | 28.63 | 144 | 280 | 69.75  | 2.06 |
| 7:32  | 4.33 | 56.06 | 131.45 | 3.66 | 10.30 | 0.85 | 24.44 | 24.72 | 29.25 | 152 | 280 | 74.46  | 2.46 |
| 7:46  | 4.23 | 54.77 | 136.39 | 3.57 | 9.89  | 0.84 | 24.79 | 24.32 | 28.86 |     | 280 | 71.58  | 2.37 |
| 8:00  | 4.21 | 54.46 | 141.17 | 3.59 | 10.65 | 0.85 | 25.57 | 25.64 | 30.03 |     | 280 | 75.04  | 2.55 |
| 8:17  | 4.25 | 54.93 | 146.78 | 3.62 | 10.56 | 0.85 | 25.64 | 25.37 | 29.80 |     | 280 | 74.90  | 2.53 |
| 8:30  | 4.11 | 53.22 | 151.27 | 3.51 | 10.32 | 0.85 | 26.57 | 25.49 | 29.90 |     | 280 | 72.91  | 2.47 |
| 8:46  | 4.41 | 57.06 | 156.91 | 3.74 | 10.67 | 0.85 | 30.26 | 26.11 | 30.80 |     | 280 | 80.05  | 2.55 |
| 9:01  | 4.19 | 54.25 | 162.12 | 3.64 | 11.58 | 0.87 | 27.34 | 26.88 | 30.98 |     | 282 | 78.35  | 2.77 |
| 9:15  | 4.27 | 55.26 | 166.90 | 3.64 | 10.69 | 0.85 | 25.94 | 25.71 | 30.17 |     | 300 | 76.36  | 2.56 |
| 9:31  | 4.42 | 57.17 | 172.50 | 3.79 | 11.41 | 0.86 | 26.75 | 26.16 | 30.52 |     | 300 | 80.37  | 2.73 |
| 9:45  | 4.38 | 56.60 | 177.40 | 3.74 | 11.12 | 0.85 | 25.90 | 26.12 | 30.57 |     | 300 | 79.47  | 2.66 |
| 10:00 | 4.64 | 60.02 | 183.16 | 4.02 | 12.66 | 0.87 | 31.31 | 27.24 | 31.48 |     | 300 | 87.87  | 3.03 |
| 10:16 | 4.31 | 55.81 | 188.83 | 3.74 | 11.85 | 0.87 | 29.52 | 27.65 | 31.90 |     | 300 | 82.92  | 2.83 |
| 10:31 | 4.27 | 55.22 | 193.88 | 3.62 | 10.38 | 0.85 | 24.52 | 25.37 | 29.91 |     | 300 | 75.29  | 2.48 |
| 10:47 | 4.48 | 57.90 | 199.60 | 3.82 | 11.31 | 0.85 | 26.48 | 26.09 | 30.56 |     | 300 | 81.18  | 2.71 |
| 11:01 | 4.47 | 57.81 | 204.72 | 3.85 | 11.96 | 0.86 | 25.42 | 25.51 | 29.57 |     | 300 | 79.25  | 2.86 |
| 11:16 | 4.44 | 57.40 | 210.17 | 3.85 | 12.19 | 0.87 | 27.63 | 26.96 | 31.12 |     | 300 | 83.18  | 2.92 |
| 11:31 | 4.55 | 58.91 | 215.49 | 3.94 | 12.33 | 0.86 | 29.09 | 26.46 | 30.61 |     | 300 | 83.77  | 2.95 |
| 11:47 | 4.47 | 57.83 | 221.28 | 3.88 | 12.33 | 0.87 | 26.20 | 26.75 | 30.84 |     | 300 | 83.13  | 2.95 |
| 12:00 | 4.50 | 58.16 | 225.93 | 3.89 | 12.18 | 0.86 | 28.17 | 26.39 | 30.53 |     | 300 | 82.49  | 2.91 |
| 12:15 | 4.63 | 59.92 | 231.58 | 4.00 | 12.51 | 0.86 | 31.83 | 27.01 | 31.27 |     | 320 | 86.98  | 2.99 |
| 12:31 | 4.33 | 56.02 | 237.15 | 3.74 | 11.76 | 0.86 | 26.38 | 27.03 | 31.26 |     | 320 | 81.37  | 2.81 |
| 12:45 | 4.86 | 62.84 | 242.65 | 4.21 | 13.36 | 0.87 | 30.02 | 26.77 | 30.89 |     | 320 | 90.42  | 3.20 |
| 13:00 | 4.52 | 58.49 | 248.45 | 3.99 | 13.63 | 0.88 | 30.34 | 27.97 | 31.70 |     | 320 | 87.91  | 3.26 |
| 13:15 | 4.70 | 60.80 | 254.03 | 4.12 | 13.66 | 0.88 | 28.71 | 27.28 | 31.15 | 166 | 320 | 89.14  | 3.27 |
| 13:31 | 4.71 | 60.95 | 260.16 | 4.15 | 14.16 | 0.88 | 29.93 | 27.75 | 31.48 | 168 | 320 | 90.90  | 3.39 |
| 13:46 | 4.60 | 59.45 | 265.83 | 4.14 | 15.40 | 0.90 | 31.70 | 29.33 | 32.53 | 170 | 320 | 93.70  | 3.68 |
| 14:00 | 4.92 | 63.64 | 271.46 | 4.35 | 15.08 | 0.89 | 29.83 | 27.44 | 31.01 | 170 | 320 | 93.86  | 3.61 |
| 14:15 | 4.89 | 63.31 | 277.35 | 4.39 | 15.92 | 0.90 | 32.45 | 29.25 | 32.65 | 172 | 320 | 99.53  | 3.81 |
| 14:31 | 4.86 | 62.88 | 283.65 | 4.40 | 16.58 | 0.91 | 33.98 | 30.31 | 33.49 | 174 | 320 | 102.43 | 3.97 |
| 14:46 | 4.68 | 60.48 | 289.52 | 4.19 | 15.30 | 0.90 | 31.17 | 29.78 | 33.19 | 174 | 320 | 96.80  | 3.66 |
| 15:01 | 4.76 | 61.53 | 295.22 | 4.21 | 14.51 | 0.88 | 32.50 | 29.24 | 33.07 | 172 | 322 | 96.70  | 3.47 |
| 15:15 | 4.91 | 63.56 | 300.82 | 4.36 | 15.23 | 0.89 | 34.24 | 29.60 | 33.37 | 174 | 340 | 101.10 | 3.64 |
| 15:30 | 4.83 | 62.48 | 306.66 | 4.25 | 14.38 | 0.88 | 32.19 | 28.36 | 32.23 |     | 340 | 95.24  | 3.44 |
| 15:46 | 4.94 | 63.86 | 313.10 | 4.46 | 16.72 | 0.90 | 33.79 | 30.52 | 33.77 | 179 | 340 | 104.75 | 4.00 |
| 16:01 | 4.82 | 62.38 | 318.89 | 4.36 | 16.36 | 0.90 | 32.59 | 29.58 | 32.72 | 177 | 340 | 99.18  | 3.91 |
| 16:16 | 5.09 | 65.83 | 325.27 | 4.61 | 17.42 | 0.91 | 35.13 | 30.46 | 33.62 |     | 340 | 107.77 | 4.17 |
| 16:31 | 5.06 | 65.45 | 331.48 | 4.64 | 18.34 | 0.92 | 36.00 | 31.32 | 34.13 |     | 340 | 110.17 | 4.39 |
| 16:46 | 4.72 | 61.02 | 337.06 | 4.32 | 16.97 | 0.92 | 33.24 | 31.29 | 34.16 |     | 340 | 102.61 | 4.06 |
| 17:00 | 5.20 | 67.24 | 343.03 | 4.60 | 15.94 | 0.89 | 33.92 | 28.58 | 32.29 |     | 340 | 103.27 | 3.81 |
| 17:16 | 5.13 | 66.31 | 349.65 | 4.70 | 18.46 | 0.92 | 37.97 | 31.26 | 34.11 |     | 340 | 111.38 | 4.42 |
| 17:30 | 5.12 | 66.26 | 355.57 | 4.72 | 18.98 | 0.92 | 38.27 | 31.92 | 34.60 |     | 340 | 113.66 | 4.54 |
| 17:46 | 5.14 | 66.47 | 362.48 | 4.70 | 18.43 | 0.92 | 36.50 | 31.45 | 34.35 |     | 340 | 112.33 | 4.41 |
| 18:01 | 5.04 | 65.19 | 368.59 | 4.61 | 17.96 | 0.91 | 36.41 | 31.39 | 34.34 |     | 342 | 109.98 | 4.30 |
| 18:16 | 5.01 | 64.83 | 374.68 | 4.50 | 16.47 | 0.90 | 40.24 | 31.01 | 34.54 | 184 | 360 | 108.06 | 3.94 |
| 18:30 | 5.21 | 67.43 | 380.62 | 4.80 | 19.25 | 0.92 | 38.77 | 32.06 | 34.79 | 180 | 360 | 116.18 | 4.60 |

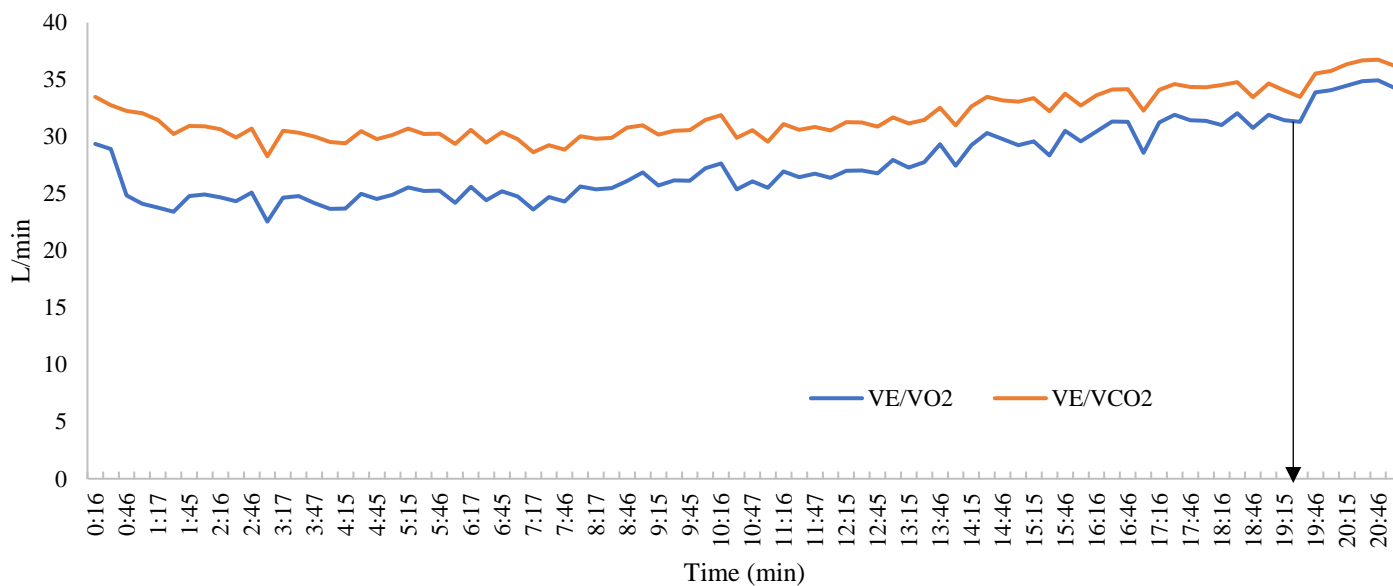
|       |      |       |        |      |       |      |       |       |       |     |        |      |
|-------|------|-------|--------|------|-------|------|-------|-------|-------|-----|--------|------|
| 18:46 | 5.17 | 66.89 | 387.30 | 4.76 | 18.93 | 0.92 | 34.26 | 30.76 | 33.45 | 360 | 110.59 | 4.53 |
| 19:01 | 5.26 | 68.07 | 393.80 | 4.85 | 19.41 | 0.92 | 39.74 | 31.93 | 34.65 | 360 | 116.81 | 4.64 |
| 19:15 | 5.20 | 67.26 | 400.00 | 4.80 | 19.32 | 0.92 | 37.09 | 31.44 | 34.06 | 360 | 113.64 | 4.62 |
| 19:30 | 5.28 | 68.35 | 406.45 | 4.94 | 20.72 | 0.93 | 36.34 | 31.31 | 33.49 | 360 | 115.00 | 4.96 |
| 19:46 | 5.41 | 70.01 | 413.41 | 5.16 | 22.90 | 0.95 | 42.31 | 33.87 | 35.55 | 360 | 127.45 | 5.48 |
| 20:00 | 5.32 | 68.83 | 419.70 | 5.07 | 22.51 | 0.95 | 41.87 | 34.08 | 35.76 | 360 | 126.05 | 5.38 |
| 20:15 | 5.35 | 69.17 | 426.47 | 5.07 | 22.20 | 0.95 | 42.97 | 34.48 | 36.37 | 360 | 128.19 | 5.31 |
| 20:30 | 5.44 | 70.41 | 433.22 | 5.17 | 22.82 | 0.95 | 43.88 | 34.87 | 36.68 | 360 | 131.94 | 5.46 |
| 20:46 | 5.25 | 67.88 | 439.99 | 4.99 | 22.01 | 0.95 | 42.17 | 34.94 | 36.75 | 360 | 127.47 | 5.27 |
| 21:00 | 5.33 | 68.92 | 446.31 | 5.04 | 21.96 | 0.95 | 41.61 | 34.30 | 36.24 | 361 | 127.05 | 5.25 |

Max VO2 5.443019 L/min      70.41 ml/kg/mi    20.118 METS

Ventilation Compensation Point: Power = 340 watts;  
HR = 181 bpm; RPE = 16 (Hard)



Gas Exchange Threshold: Power = 340 watts;  
HR = 180 bpm; RPE = 16 (Hard)



# Hear Rate Response

