

Individual Heart Rate Comparison Report

Teacher: Hare, Eileen
Student: Joe High School

Date Range: Saturday, December 01, 2007 - Friday, February 29,
Activities:

	<u>Session 2</u>	<u>Session 1</u>	<u>Change</u>
Course:	Mod 1	Mod 1	
HRM:	HRM #1 (E600)	HRM #1 (E600)	
File Number:	9	1	
Session Date:	1/31/2008 8:21:20 AM	1/28/2008 8:15:29 AM	3 days
Interval:	15 sec	15 sec	
Activity:			
Total Time:	21:15	30:15	9:00
Target Zone:	120 - 170 bpm	120 - 170 bpm	0 0
Above Zone:	2:45 (12.9%)	0:00 (0.0%)	2:45 (12.9%)
In Zone:	17:30 (82.4%)	28:30 (94.2%)	-11:00 (-11.8%)
Below Zone:	1:00 (4.7%)	1:45 (5.8%)	-0:45 (-0.8%)
Average HR:	142 bpm	143 bpm	-1 bpm
Recovery:	136 bpm	133 bpm	3 bpm
Total Beats:	3010	4319	-1309
Max HR Acheived:	177 bpm	170 bpm	7 bpm
First lap warm-up:	No	No	
Last lap cool-down:	No	No	

Comments:

Laps:

Lap	Time	Split	HR	Avg	Lap	Time	Split	HR	Avg	Lap	Time	Split	HR	Avg
1	20:00	20:00	129	136	1	30:09	30:09	0	130	1	-10:09	-10:09	129	6
2	1:06	21:06	0	51										