



COSMED
Via dei Piani di Monte Savello, 37 - 00041 Albano Laziale - Rome
http://www.cosmed.com

Test date: 19/02/2015
Report date: 04/08/2015

Name	SUBJECT DEMO		Gender	Female	Age	67	Height (kg)	52.0	Weight (kg)	160
Company	COSMED		DOB	04/03/1947	SN	---	HR Regm ²	203	Smoker	No
Occupation	demo subject		Technician	---	Physician	Mr. U	Years	---	Cap/Day	---
Ethnic	Caucasian	Race	CPET	Wasserman (Exercise Testing (Clinical))						

Exercise (SP Panel) @ 15.01

Test Information

Test Duration:	15:03	Max Effort Confirmed:	No	PR (mmHg):	768
Exercise Duration:	09:24	Reason for test:	Exercise Capacity	RH_amb(%):	36
Subject type:	Clinical	Reason for stopping test:	Leg fatigue	RH_How(%):	100
Test type:	Maximal	Test Purpose:	Educational	Flowm. Temp. (°C):	34.0
Test Position:	Sitting	ECG Response:	Normal	HTPS Seg. (---):	1.020
Ergometer:	Ergoline900	Flowmeter:	Turbine 28mm	BTPS Ins. (---):	1.100
Protocol Name:	None	Amb. Temp. (°C):	24.0	SPD (---):	0.8354

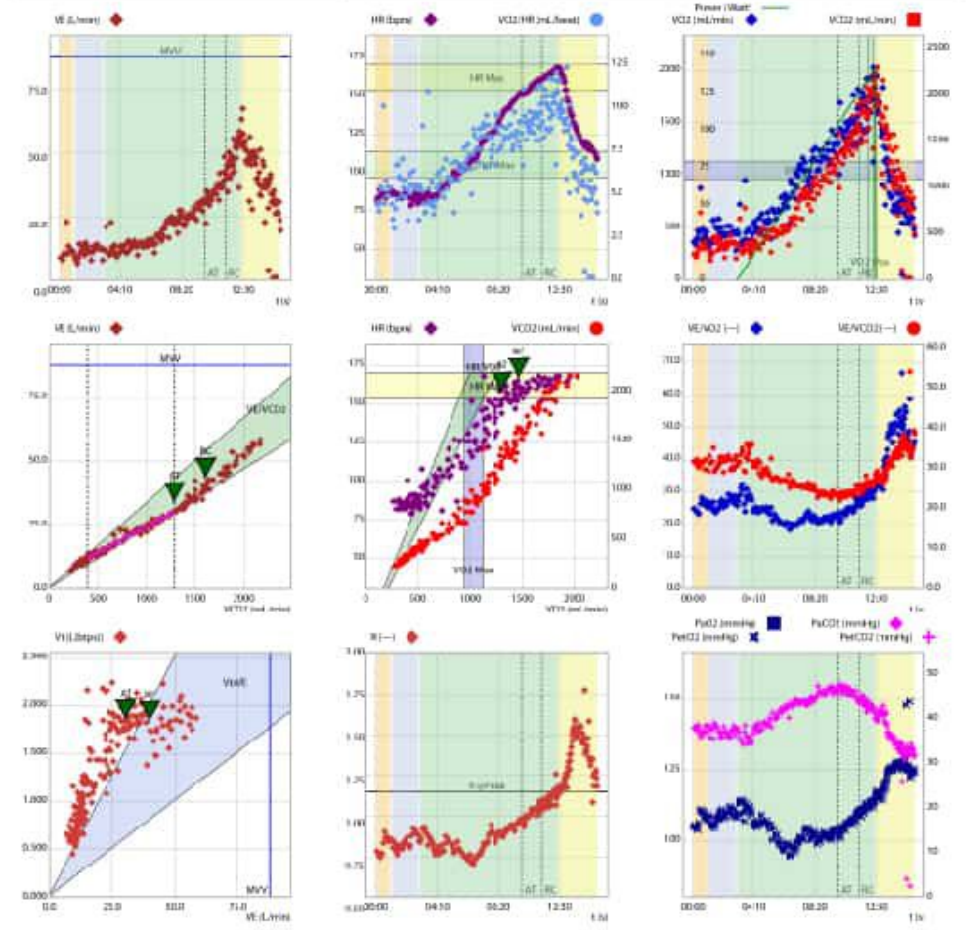


Interpretation
At peak of exercise respiratory exchange ratio is 1.13, heart rate is 110% of predicted. Subject did not achieve maximal effort. Maximum oxygen uptake is 1723 mL/min (152% of the predicted value) indicating a normal Aerobic Exercise Capacity. Anaerobic threshold has been identified at 1304 mL/min and at 115% of the VO2max predicted (76% of measured VO2max), which is normal. VE/VO2 slope is 20.3 and VE/VO2@AT is 23.7, which are both within normal range. This indicates a normal ventilatory efficiency. Breathing Reserve at peak exercise is 38.8%, which is normal. This indicates an absence of exercise ventilatory limitation. Heart rate reserve is 2 bpm, which is normal. Heart rate recovery after 1 minute is 36 bpm, which is normal. VO2/WR slope is 10.00 mL/min/Watt. This indicates a normal aerobic work efficiency. Oxygen pulse at peak exercise is 10.3 mL/beat, corresponding to 138% of predicted which is normal. SpO2 during exercise did not significantly decrease. Exercise ECG response is normal.

Confirms Report Signature: _____

Protocol	Meas	Rest	Warm Up	AT	FC	Max	Normal	Class
Power	Watt	0	104	125	142	---	---	---
Revelution	RPM	59	57	41	54	---	---	---
Metabolic	Meas	Rest	Warm Up	AT	FC	Max	Normal	Class
VO2	mL/min	456	439	1304	1468	1723	> 95.1	Normal
VO2/Kg	mL/min/Kg	8.8	8.4	25.1	29.2	33.1	> 18.1	Normal
METS	---	2.5	2.4	7.2	8.1	9.5	> 5.2	Normal
R	---	0.82	0.86	0.99	1.10	1.13	> 1.10	Maximal
Ventilatory	Meas	Rest	Warm Up	AT	FC	Max	Normal	Class
VE/VO2 slope	---	20.3	---	---	---	---	< 33.2	Normal
OUES	mL/min/Watt	2009	---	---	---	---	> 1400	---
VE	L/min	11.7	12.0	30.5	42.1	53.7	---	---
BR	%	---	---	65.2	54.3	38.8	> 15.0	Normal
Cardiovascular	Meas	Rest	Warm Up	AT	FC	Max	Normal	Class
HR	bpm	85	83	152	161	168	> 138	Normal
HRR	bpm	---	---	---	---	---	< 15	Normal
HRR_1_minute	bpm	---	---	---	---	---	> 12	Normal
VO2/WR Slope	mL/min/Watt	10.00	---	---	---	---	> 8.40	Normal, Continual Rise
VO2/HR	mL/beat	5.3	5.3	8.6	9.1	10.3	> 5.5	Normal, Continual Rise Throughout Exercise
Gas Exchange	Meas	Rest	Warm Up	AT	FC	Max	Normal	Class
VO2@AT	mL/min	1304	---	---	---	---	> 454	Normal
PeiCO2	mmHg	38	37	46	44	40	---	---
VE/VO2	---	---	---	23.7	24.9	28.6	< 34.0	Normal

Name	SUBJECT DEMO		Gender	Female	Age	67	Weight (kg)	52.0	Height (cm)	160
DOB	04/03/1947		SN	---	Wasserman (Exercise Testing (Clinical))					



t	VO2@AT	VO2	VO2@	R	VE	BR	Vr	VO2@HR	VR/VO2	VE/VO2	PeiCO2	PeiCO2	SpO2	Power	HR	HRmax
Time (min)	mL/min	mL/min	mL/min	---	L/min	%	L/beat	mL/beat	---	---	mmHg	mmHg	%	Watt	bpm	bpm
00:03	7.1	359	289	0.78	9.2	13.1	0.698	4.2	24.9	31.7	105	38	97	0	82	Rest
00:08	7.1	359	287	0.78	9.3	13.2	0.812	4.7	24.5	31.5	106	38	97	0	84	Rest
00:13	6.5	319	258	0.76	8.2	13.7	0.600	4.0	24.3	31.9	105	38	97	0	84	Rest
00:16	7.7	402	300	0.75	9.7	16.1	0.602	4.5	24.1	32.2	105	38	97	0	89	Rest
00:20	9.2	476	363	0.76	11.1	14.6	0.764	5.4	23.4	30.6	104	39	97	0	85	Rest
00:24	8.7	434	348	0.77	10.6	16.2	0.652	5.2	23.3	30.3	106	37	97	0	85	Rest
00:30	14.0	820	724	0.82	23.1	10.7	2.148	10.1	26.3	21.5	111	36	98	0	87	Rest
00:35	7.3	330	343	0.90	10.7	11.3	0.948	4.3	28.2	31.3	110	37	98	0	85	Rest
00:39	9.4	411	425	0.87	13.5	15.5	0.870	5.8	27.5	31.8	111	37	98	0	84	Rest
00:43	7.9	372	355	0.88	11.3	13.8	0.818	4.3	27.5	31.9	110	37	98	0	84	Rest
00:48	9.0	458	407	0.87	12.1	12.0	1.013	5.4	25.9	29.8	108	39	98	0	85	Rest
00:52	8.1	422	356	0.84	11.5	14.5	0.789	4.5	27.2	32.2	109	37	98	0	85	Rest
00:57	8.9	453	393	0.85	11.7	13.3	0.883	5.4	25.3	29.8	108	39	98	0	85	Rest
01:04	7.4	332	327	0.86	9.5	8.3	1.159	4.7	25.1	29.4	107	39	98	0	85	Warmup
01:08	6.1	315	254	0.81	8.4	14.8	0.728	4.4	26.7	31.2	106	39	98	0	84	Warmup
01:14	5.1	294	221	0.84	8.2	10.5	0.659	3.0	26.2	31.3	106	38	98	0	87	Warmup
01:18	6.9	330	285	0.79	9.3	14.2	0.634	4.2	25.0	31.6	105	38	98	0	85	Warmup
01:22	11.1	577	453	0.79	14.4	17.3	0.823	6.3	23.0	31.8	103	38	98	0	80	Warmup

Name	SUBJECT DEMO		ID	---	Gender	Male	Age	63	Weight (kg)	97.0	Height (cm)	195
Company	COSMED		D.O.B.	04/03/1947	DOB	---	BMI (kg/m ²)	25.5	Smoke	No	Years	---
Occupation	demo subject		Technician	---	Physician	---	Mr. Q	---	Dr. House	---	---	---
Ethnic	Caucasian	Race	---	---	Set	---	Harris Benedict (Resting Metabolism)					

Canopy (Results)

@ 09:10

Test Information

Test Duration:	15:50	Amb. Temp. (°C):	20.0	BTPS Exp (---):	1.119
Rest Duration:	09:40	PB (mmHg):	705	BTPS Ins (---):	1.119
Test Position:	Supine	RH_amb (%):	50	SIPS (---):	0.7524
Protocol Name:	None	RH_Flow (%):	50	---	---
Flowmeter:	Turbine 18mm	Flowm. Temp (°C):	20.0	---	---



Interpretation

 Confirm Report

Signature: _____

Metabolic		Meas.	Fred	%CV	Class
RMR	kcal/day	2227	1917	4.1	Fast
R	---	0.82	0.85	1.7	---
VO2	mL/min	322	340	4.2	---
VCO2	mL/min	265	269	4	---
Ventilatory		Meas.	%CV	---	
VP	L/min	40.6	0.2	---	
FeO2	%	19.33	0.2	---	
FeCO2	%	0.89	3.8	---	
Substrates		Meas.	---		
FAT%	%	60.6	---		
CHO%	%	39.4	---		
PRO%	%	0.0	---		

