

Cardiovascular Health Test Table Report

	Unit	1	2	3
30:15 Ratio	n.u.	1.4	1.2	1.5
Max HR	bpm	108.9	95.7	106.2
Min HR	bpm	79.7	77.3	70.1
Time HR Max	sec	11.0	21.5	13.0
Time HR Min	sec	20.0	27.0	23.0
Mean HR baseline	bpm	70.2	71.5	67.2
SD baseline	ms	52.6	62.4	60.7
RMS-SD baseline	ms	38.6	36.3	43.8
Total Power baseline	ms ² /Hz	569.6	1211.3	1083.0
VLF baseline	ms ² /Hz	203.6	721.7	394.4
LF baseline	ms ² /Hz	85.8	363.9	225.9
HF baseline	ms ² /Hz	280.1	125.7	462.6
LF/HF baseline	ms ² /Hz	0.7	5.7	0.9
Mean HR test	bpm	82.5	80.0	78.6
SD test	ms	47.8	52.5	47.1
RMS-SD test	ms	27.6	33.3	31.9
Total Power test	ms ² /Hz	575.1	995.9	548.9
VLF test	ms ² /Hz	80.4	121.4	49.3
LF test	ms ² /Hz	193.5	578.3	154.1
HF test	ms ² /Hz	301.2	296.1	345.5
LF/HF test	ms ² /Hz	0.6	2.0	0.4

