



Cursor
 Time: **0:00:00**
 HR: **0 bmp**

Heart Rate Session

Student: **student, new** Sample Rate: **15 sec**
 Date: **10/16/2007 1:13:24 PM** Avg. HR: **72 bpm**
 Activity: Max. HR: **232 bpm**
 Total Time: **14:30** Recovery: **0**
 Comment:

Target Zone: -
 Above Zone: **0:30** **3.4%**
 In Zone: **5:45** **39.7%**
 Below Zone: **8:15** **56.9%**
 # Beats: **1026**
 First Lap Warm-Up: Last Lap Cool-Down: