



Cursor
 Time: **0:00:00**
 HR: **0 bpm**

Heart Rate Session

Student: **student, new**
 Date: **10/16/2007 12:37:21**
 Activity:
 Total Time: **10:15**
 Comment:

Sample Rate: **15 sec**
 Avg. HR: **135 bpm**
 Max. HR: **164 bpm**
 Recovery: **121**

Target Zone: -
 Above Zone: **0:00** **0.0%**
 In Zone: **6:30** **63.4%**
 Below Zone: **3:45** **36.6%**
 # Beats: **1350**
 First Lap Warm-Up: Last Lap Cool-Down: