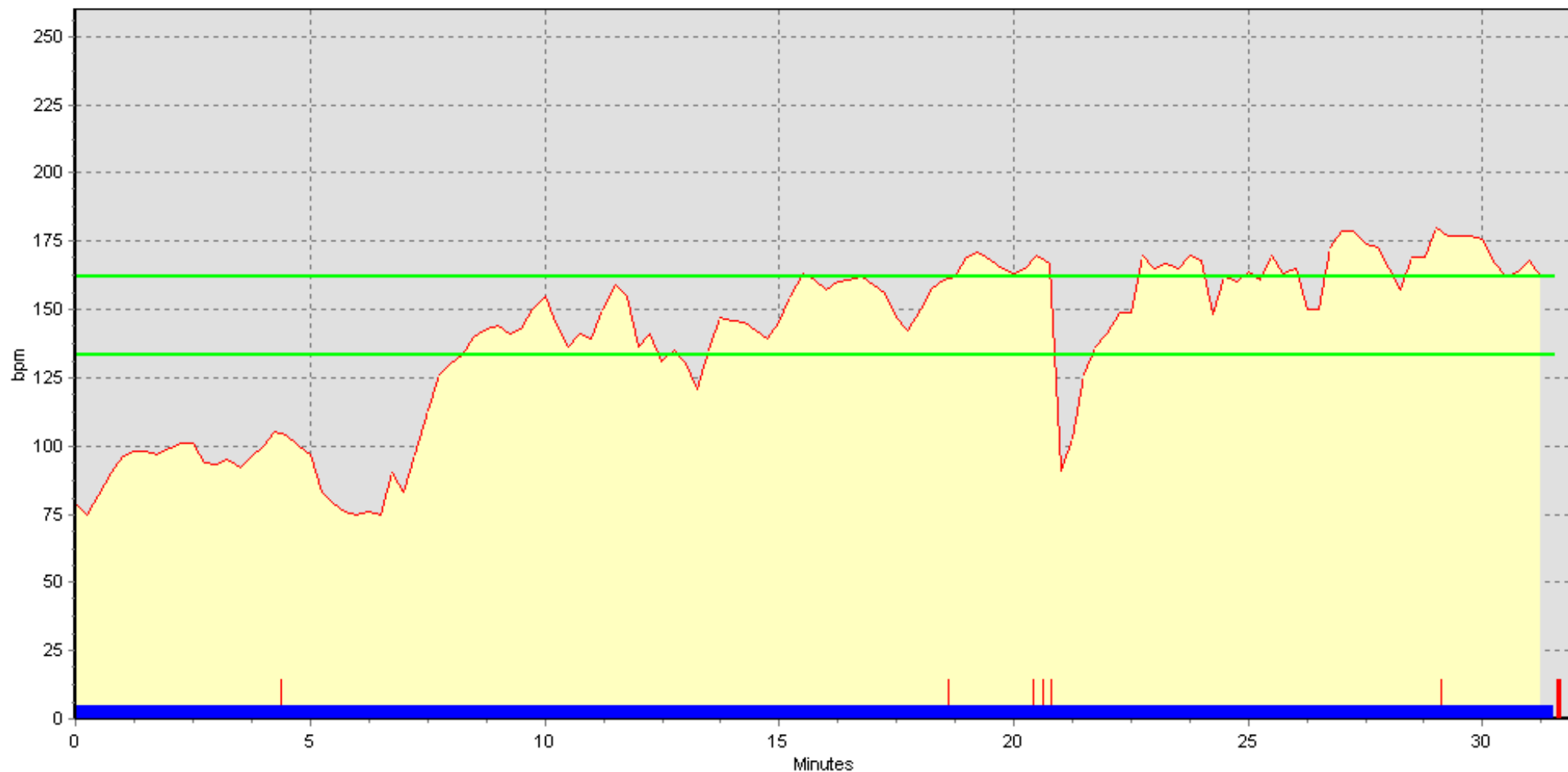




Cursor
Time: **0:00:00**
HR: **0 bpm**

Heart Rate Session

Student: **Last Name, First Name**
Date: **4/15/2009 4:43:43 PM**
Activity:
Total Time: **31:45**
Comment:

Sample Rate: **15 sec**
Avg. HR: **138 bpm**
Max. HR: **180 bpm**
Recovery: **79**

Target Zone: -
Above Zone: **8:45**
In Zone: **13:00**
Below Zone: **10:00**
Beats: **4347**

27.6%
40.9%
31.5%

First Lap Warm-Up: ☐ Last Lap Cool-Down: ☐