



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

Heart Rate Session

Student: **Last Name, First Name**
 Date: **4/15/2008 2:18:57 PM**
 Activity:
 Total Time: **2:15**
 Comment:

Sample Rate: **15 sec**
 Avg. HR: **159 bpm**
 Max. HR: **187 bpm**
 Recovery: **187**

Target Zone: -
 Above Zone: **2:00** ■ **88.9%**
 In Zone: **0:00** ■ **0.0%**
 Below Zone: **0:15** ■ **11.1%**
 # Beats: **318**
 First Lap Warm-Up: Last Lap Cool-Down: