



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

Heart Rate Session

Student: **Last Name, First Name**
 Date: **4/15/2008 2:19:31 PM**
 Activity:
 Total Time: **2:30**
 Comment:

Sample Rate: **15 sec**
 Avg. HR: **135 bpm**
 Max. HR: **169 bpm**
 Recovery: **165**

Target Zone: -
 Above Zone: **0:30** ■ **20.0%**
 In Zone: **1:30** ■ **60.0%**
 Below Zone: **0:30** ■ **20.0%**
 # Beats: **304**
 First Lap Warm-Up: Last Lap Cool-Down: