



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

Heart Rate Session

| | | |
|---|---|--|
| Student: Last Name, First Name | Sample Rate: 15 sec | Target Zone: <input type="text" value="135"/> - <input type="text" value="167"/> |
| Date: 4/15/2008 2:08:55 PM | Avg. HR: 101 bpm | Above Zone: 0:00 0.0% |
| Activity: <input type="text" value=""/> | Max. HR: 108 bpm | In Zone: 0:00 0.0% |
| Total Time: 2:15 | Recovery: 14 | Below Zone: 2:15 100.0% |
| Comment: <input type="text" value=""/> | # Beats: 202 | |
| | First Lap Warm-Up: <input type="checkbox"/> | Last Lap Cool-Down: <input type="checkbox"/> |