



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

Heart Rate Session

Student: Last Name, First Name	Sample Rate: 15 sec	Target Zone: <input type="text" value="119"/> - <input type="text" value="161"/>
Date: 4/15/2009 4:42:20 PM	Avg. HR: 142 bpm	Above Zone: 0:00 ■ 0.0%
Activity: <input type="text" value=""/>	Max. HR: 161 bpm	In Zone: 20:45 ■ 97.6%
Total Time: 21:15	Recovery: 25	Below Zone: 0:30 ■ 2.4%
Comment: <input type="text" value=""/>	# Beats: 2982	
	First Lap Warm-Up: <input type="checkbox"/>	Last Lap Cool-Down: <input type="checkbox"/>