



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

Heart Rate Session

Student: **Last Name, First Name**    Sample Rate: **15 sec**  
 Date: **11/18/2008 3:23:08 PM**    Avg. HR: **149 bpm**  
 Activity:     Max. HR: **233 bpm**  
 Total Time: **21:15**    Recovery: **13**  
 Comment:

Target Zone:  -   
 Above Zone: **0:30**        **2.3%**  
 In Zone: **20:15**        **95.3%**  
 Below Zone: **0:30**        **2.4%**  
 # Beats: **3129**  
 First Lap Warm-Up:     Last Lap Cool-Down: