



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

Heart Rate Session

Student: **Last Name, First Name**
 Date: **3/4/2001 10:20:49 AM**
 Activity:
 Total Time: **5:10**
 Comment:

Sample Rate: **5 sec**
 Avg. HR: **145 bpm**
 Max. HR: **223 bpm**
 Recovery: **136**

Target Zone: -
 Above Zone: **2:00** ■ **38.7%**
 In Zone: **2:10** ■ **41.9%**
 Below Zone: **0:60** ■ **19.4%**
 # Beats: **737**
 First Lap Warm-Up: Last Lap Cool-Down: