



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

Heart Rate Session

Student: **Last Name, First Name**  
 Date: **3/4/2001 10:15:58 AM**  
 Activity:   
 Total Time: **3:50**  
 Comment:

Sample Rate: **5 sec**  
 Avg. HR: **166 bpm**  
 Max. HR: **184 bpm**  
 Recovery: **40**

Target Zone:  -   
 Above Zone: **1:15** ■ **32.6%**  
 In Zone: **1:50** ■ **47.8%**  
 Below Zone: **0:45** ■ **19.6%**  
 # Beats: **622**  
 First Lap Warm-Up:  Last Lap Cool-Down: