

FasCat Coaching Performance Lab
Exercise Physiology Lab

*** Metabolic Text Report ***

Patient Information

Name: BUTLER, TOM
Age: 37 yrs
Height: 72.0 in (183 cm)
File number: 06221979
Sex: M
Weight: 198.0 lb (90.0 kg)
Test time: 2012/09/28 09:46
Doctor: CEC
Tech: CEC

Test Protocol

Test degree: Maximal
Exercise device: Bike

Test Environment

Insp. temp.: 23.0 deg C
Insp. humidity: 39.0 %
Insp. O2: 20.94 %
Selected Flowmeter: 1-PFT Spirometry
(STPD to BTPS: 1.4879)
Baro. pressure: 627.0 mmHg
Exp. flow temp.: Mean of room temp
Insp. CO2: 0.03 %
Exp. RH: 7.0 deg C 100%

Base Values for Sampling

Base O2: 20.94 %
Base CO2: 0.03 %
Measured O2: 20.42%, CO2: 0.56%

TIME	VO2 STPD L/min	VO2/kg STPD ml/kg/m	METS	VCO2 STPD L/min	VE BTPS L/min	RER	%CHO %	%FAT %	REE Kcal/m	FECO2 %	HR bpm	CHOmin g/min	FATmin g/min	REE/kg Kc/D/kg
**00:19	Start Exercise													
1:03	1.71	19.0	5.4	1.51	47.99	0.88	62	38	8.3	4.72	132	1.24	0.34	133
**01:23	120													
2:00	1.76	19.5	5.6	1.59	51.00	0.91	70	31	8.6	4.67	137	1.44	0.28	138
**02:23	140													
3:01	1.84	20.4	5.8	1.66	53.43	0.90	69	31	9.0	4.66	145	1.49	0.30	144
**03:27	160													
4:01	2.11	23.4	6.7	1.94	61.52	0.92	75	26	10.4	4.72	149	1.85	0.29	166
**04:24	180													
5:02	2.26	25.1	7.2	2.14	68.96	0.95	84	17	11.2	4.66	158	2.24	0.20	179
**05:23	200													
6:00	2.43	27.0	7.7	2.39	79.66	0.98	95	5	12.1	4.49	163	2.76	0.07	193
**06:21	220													
7:00	2.56	28.5	8.1	2.50	80.14	0.97	93	8	12.7	4.67	167	2.82	0.11	204
**07:24	240													
8:00	2.70	30.0	8.6	2.79	91.78	1.03	111	-10	13.6	4.55	174	3.62	-0.15	218
**08:24	260													
9:01	2.80	31.1	8.9	3.09	110.17	1.11	134	-33	14.3	4.21	180	4.59	-0.50	229
**09:24	280													
10:01	2.78	30.9	8.8	3.20	123.23	1.15	148	-46	14.4	3.89	184	5.07	-0.70	230

Max VO2: 2.80 L/min, 31.1 ml/kg/min, 8.9 METS

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Exercise Physiology Lab

*** Metabolic Text Report ***

Patient Information

Name: BUTLER, TOM	File number: 06221979	Test time: 2012/10/05 09:29
Age: 37 yrs	Sex: M	Doctor: CEC
Height: 72.0 in (183 cm)	Weight: 198.0 lb (90.0 kg)	Tech: CEC

Test Protocol

Test degree: Maximal
Exercise device: Bike

Test Environment

Insp. temp.: 23.0 deg C	Baro. pressure: 626.0 mmHg
Insp. humidity: 31.0 %	Exp. flow temp.: Mean of room tem
Insp. O2: 20.94 %	Insp. CO2: 0.03 %
Selected Flowmeter: 1-PFT Spirometry	Exp. RH: 7.0 deg C 100%
(STPD to BTPS: 1.4905)	

Base Values for Sampling

Base O2: 20.94 % Base CO2: 0.03 % Measured O2: 20.72%, CO2: 0.27%

TIME	VO2 STPD	VO2/kg STPD	METS	VCO2 STPD	VE BTPS	RER	%CHO	%FAT	REE	FECO2	HR	CHOmin	FATmin	REE/kg
min:sec	L/min	ml/kg/m		L/min	L/min		%	%	Kcal/m	%	bpm	g/min	g/min	Kc/D/kg
**00:11	Start Exercise													
1:00	1.56	17.4	5.0	1.28	68.00	0.82	40	61	7.5	2.83	136	0.71	0.48	120
**01:27	120													
2:01	1.37	15.2	4.3	1.17	68.30	0.86	53	47	6.6	2.59	140	0.85	0.33	106
3:00	1.44	16.0	4.6	1.29	72.76	0.90	67	34	7.0	2.67	147	1.12	0.25	112
**03:30	160													
4:01	1.68	18.7	5.3	1.53	78.60	0.91	70	31	8.2	2.92	149	1.38	0.27	132
5:00	1.86	20.6	5.9	1.67	81.34	0.90	68	33	9.1	3.09	158	1.47	0.32	145
**05:31	200													
6:00	2.15	23.9	6.8	2.02	93.16	0.94	82	19	10.6	3.27	163	2.08	0.21	170
**06:34	220													
7:01	2.33	25.9	7.4	2.24	99.04	0.96	88	13	11.6	3.40	167	2.42	0.16	185
**07:31	240													
8:01	2.51	27.9	8.0	2.48	106.69	0.99	97	4	12.5	3.49	171	2.89	0.06	200
**08:32	260													
9:01	2.96	32.9	9.4	3.02	117.50	1.02	106	-6	14.9	3.86	177	3.79	-0.09	238
**09:33	280													
10:01	3.19	35.4	10.1	3.45	131.77	1.08	127	-26	16.2	3.93	181	4.92	-0.44	259
11:01	3.16	35.2	10.0	3.62	139.80	1.14	145	-44	16.3	3.88	185	5.67	-0.76	261
12:01	2.51	27.9	8.0	2.98	124.86	1.19	158	-57	13.1	3.59	175	4.95	-0.79	209

Max VO2: 3.19 L/min, 35.4 ml/kg/min, 10.1 METS

FasCat Coaching Performance Lab

Exercise Physiology Lab

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Patient Information

Name BUTLER, T File number 06221979 Doctor CEC
 Age 37 yrs Sex M
 Height 72 in 182.88 cm Weight 198 lb 90
 Tech CEC

Test Protocol

Test degree Maximal
 Exercise D Bike

Test Environment

Insp. temp 23 deg C Baro. pres: 623 mmHg
 Exp. flow t Mean of room temp. and 37.0 deg C
 Insp. O2 20.94 % Insp. CO2 0.03 %
 Selected F 1-PFT Spirometry
 STPD to B1 1.49827

Base Values for Sampling

Base O2 20.94 % Base CO2 0.03 % Measured 20.72738 %

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TIME	VO2	VO2/kg	METS	VCO2	VE	RER	%CHO	%FAT
min	STPD L/min	STPD ml/kg/m		STPD L/min	BTPS L/min		%	%
1.049	1.349867	14.99853	4.285293	1.220471	40.59724	0.904141	69.32551	31.29037
2.033	1.696822	18.85358	5.386738	1.494968	48.37069	0.88104	61.52603	39.03378
3.006167	1.873617	20.81796	5.947989	1.64794	53.27217	0.87955	61.02025	39.53593
4.017668	2.015454	22.39393	6.398267	1.803638	57.68396	0.894904	66.2166	34.37693
5.026501	2.20936	24.54845	7.013843	2.018124	64.85683	0.913443	72.44307	28.19523
6.017334	2.415421	26.83801	7.668003	2.213892	71.05946	0.916566	73.48691	27.15891
7.020667	2.667501	29.6389	8.468259	2.484121	78.91836	0.931254	78.37663	22.30435
8.025002	2.758303	30.64781	8.756517	2.653876	84.56916	0.962141	88.55505	12.19909
9.003837	2.92115	32.45723	9.273493	2.878863	93.69535	0.985524	96.16839	4.640493
10.02134	3.058417	33.98241	9.709259	3.090345	105.366	1.010439	104.1948	-3.32816
11.02151	3.150167	35.00186	10.00053	3.282554	118.7118	1.042025	114.2445	-13.3057
12.01734	3.286149	36.51276	10.43222	3.535557	135.4166	1.075897	124.8689	-23.8537

13.01184 3.114611 34.60679 9.887654 3.434655 136.8633 1.102756 133.1835 -32.1085
13.87284 2.376099 26.4011 7.543172 2.75711 111.2751 1.160351 150.6932 -49.4923

Max VO2 3.286149 L/min 36.51276 ml/kg/min 10.43222 METS

Events

0.55 Start Exercise
1.533333 120
2.55 140
3.583333 160
4.533333 180
5.516667 200
6.5 220
7.516667 240
8.516666 260
9.516666 280
11.56667 320

Summary

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Exercise Physiology Lab

*** Metabolic Text Report ***

Patient Information

Name: BUTLER, TOM
Age: 37 yrs
Height: 72.0 in (183 cm)
File number: 06221979
Sex: M
Weight: 190.0 lb (86.4 kg)
Test time: 2012/12/14 10:00
Doctor: CEC
Tech: CEC

Test Protocol

Test degree: Maximal
Exercise device: Bike

Test Environment

Insp. temp.: 22.0 deg C
Insp. humidity: 26.0 %
Insp. O2: 20.94 %
Selected Flowmeter: 1-PFT Spirometry
(STPD to BTPS: 1.5194)
Baro. pressure: 615.0 mmHg
Exp. flow temp.: Mean of room temp
Insp. CO2: 0.03 %
Exp. RH: 7.0 deg C 100%

Base Values for Sampling

Base O2: 20.94 %
Base CO2: 0.03 %
Measured O2: 20.86%, CO2: 0.14%

TIME	VO2 STPD min:sec L/min	VO2/kg STPD ml/kg/m	METS	VCO2 STPD L/min	VE BTPS L/min	RER	%CHO %	%FAT %	REE Kcal/m	FECO2 %	HR bpm	CHOmin g/min	FATmin g/min	REE/kg Kc/D/kg
1:02	1.28	14.9	4.2	1.12	35.46	0.87	57	43	6.2	4.81	0	0.85	0.29	104
**02:00	Start Exercise													
**02:00	100													
2:01	1.52	17.6	5.0	1.28	39.95	0.84	48	52	7.3	4.89	119	0.84	0.41	122
**03:01	120													
3:01	1.56	18.1	5.2	1.36	42.85	0.87	58	42	7.6	4.87	119	1.06	0.34	127
4:01	1.92	22.3	6.4	1.67	50.20	0.87	58	43	9.3	5.09	132	1.29	0.42	156
**04:02	140													
5:00	2.04	23.6	6.7	1.83	54.87	0.90	67	34	10.0	5.10	137	1.60	0.35	166
**05:01	160													
**06:01	180													
6:01	2.25	26.1	7.5	2.06	61.26	0.91	73	28	11.1	5.14	142	1.93	0.33	184
**07:02	200													
7:02	2.45	28.3	8.1	2.33	69.47	0.95	86	15	12.1	5.14	153	2.49	0.19	202
**08:00	220													
8:02	2.67	30.9	8.8	2.57	75.54	0.96	89	12	13.2	5.19	158	2.80	0.17	221
**09:01	240													
9:02	2.88	33.3	9.5	2.85	85.21	0.99	97	4	14.4	5.10	163	3.34	0.06	239
10:00	3.05	35.3	10.1	3.02	90.32	0.99	97	4	15.2	5.11	169	3.54	0.06	254
**10:04	260													
11:00	3.21	37.2	10.6	3.27	99.56	1.02	106	-6	16.1	5.02	174	4.11	-0.10	269
**11:03	280													
**12:01	300													
12:01	3.34	38.7	11.0	3.59	115.14	1.07	124	-23	17.0	4.76	177	5.05	-0.42	283
13:00	3.46	40.1	11.4	3.83	132.19	1.11	134	-33	17.7	4.43	183	5.69	-0.62	295
**13:01	320													
**13:57	Cool Down													
14:01	3.41	39.4	11.3	3.86	144.85	1.13	142	-41	17.5	4.07	186	5.96	-0.76	292
15:01	2.49	28.8	8.2	3.17	125.18	1.28	185	-84	13.2	3.88	176	5.84	-1.16	220
16:01	1.92	22.2	6.3	2.40	108.69	1.25	178	-77	10.1	3.39	163	4.32	-0.82	169
17:02	1.94	22.5	6.4	2.09	98.33	1.07	125	-24	9.9	3.25	154	2.94	-0.25	164

Max VO2: 3.46 L/min, 40.1 ml/kg/min, 11.4 METS