

# Fitness report

**Person:** Bogdanovski Phil

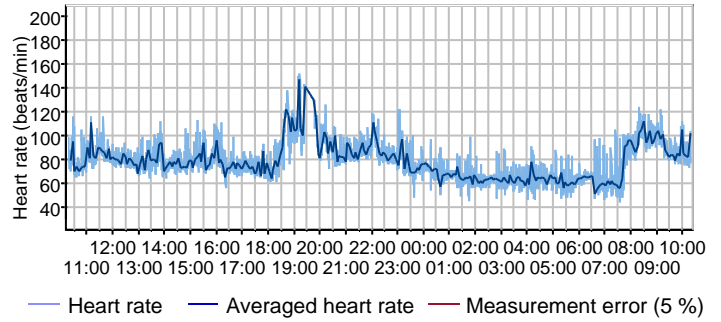
**Date:** 07/01/2010

**Background information**

Age 32  
 Height (cm) 183  
 Weight (kg) 92  
 Resting heart rate 48  
 Maximum heart rate 189

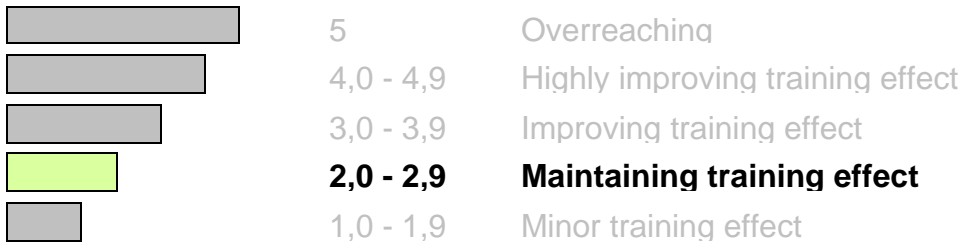
**Measurement information**

Measurement length 24:01:10  
 Measurement time 10:17:15 - 10:18:25  
 Lowest heart rate 50  
 Highest heart rate 151  
 Average heart rate 79



**Notes**

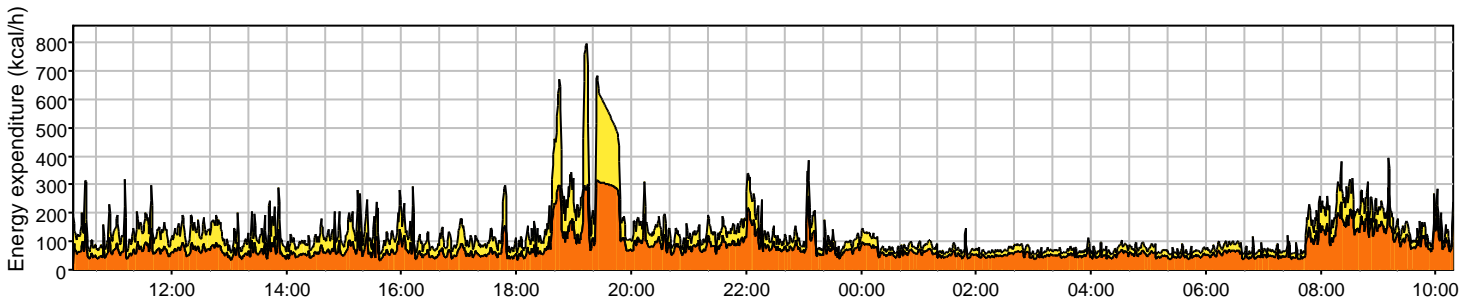
## Training Effect



2.7

This workout builds a foundation for better cardio-respiratory fitness and harder training in the future and maintains cardiorespiratory fitness.

## Distribution of Energy Sources



Total consumption 3120 kcal/13064 kJ

Consumed carbohydrates  
1207 kcal/5055 kJ

Consumed fats  
1913 kcal/8009 kJ

## Optimizing Fat Expenditure

Absolute fat consumption was the most effective at the heart rate of 141 beats per minute. In your case, proportionally the most effective fat consumption is at heart rate level of 123 - 142 beats per minute.