

SPIROERGOMETRY

NAME:

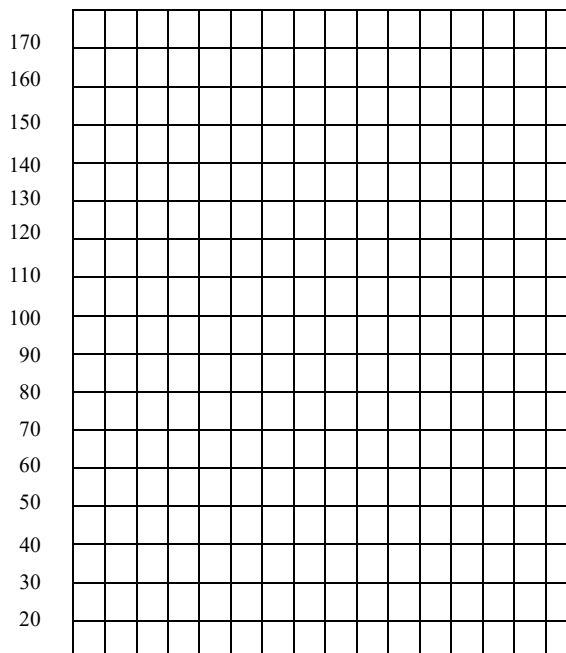
DATE OF MEASUREMENT: DATE OF BIRTH:

Spiroergometry

Time [min]	Load [W]	HR [1/min]	BF [1/min]	V _E [l/min]	VO ₂ [ml/min/kg]
0	0				
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
Peak value					

V_E
[l/min]

VO₂max = _____ ml/min/kg



Time
[min]

CONCLUSIONS

(Describe the participant's changes in followed parameters, eg. HR, BF, V_E , VO_2 . Using complex physiological knowledge, explain what factors contribute to the observed changes. How the values could be improved?)