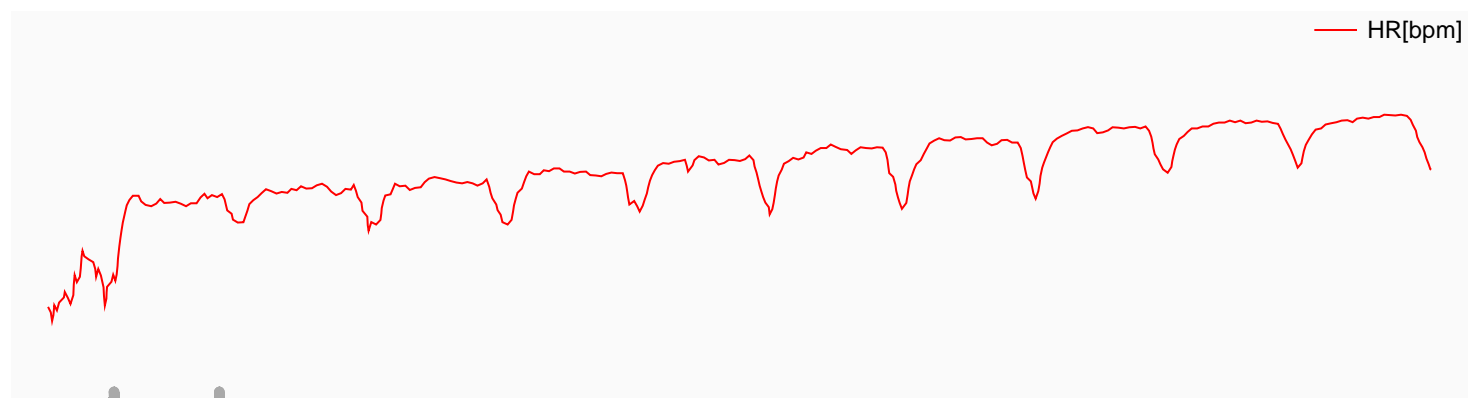




HR [bpm]	SmO2 [%]	SmO2 - 2 [%]	SmO2 - 3 [%]
Max	Max	Max	Max
198	83.9	77.8	78.1
Min	Min	Min	Min
92	28.1	12.1	20.9
Avg	Avg	Avg	Avg
170	64.2	49.7	51.0
SmO2 - 4 [%]	SmO2 - 5 [%]	THb [THb]	THb - 2 [THb]
Max	Max	Max	Max
75.9	74.1	13.04	13.30
Min	Min	Min	Min
21.2	14.6	12.80	12.62
Avg	Avg	Avg	Avg
40.1	43.9	12.89	13.18
THb - 3 [THb]	THb - 4 [THb]	THb - 5 [THb]	HRV []
Max	Max	Max	Max
13.63	13.53	13.45	92
Min	Min	Min	Min
12.77	13.19	12.87	25
Avg	Avg	Avg	Avg
13.30	13.47	13.28	52



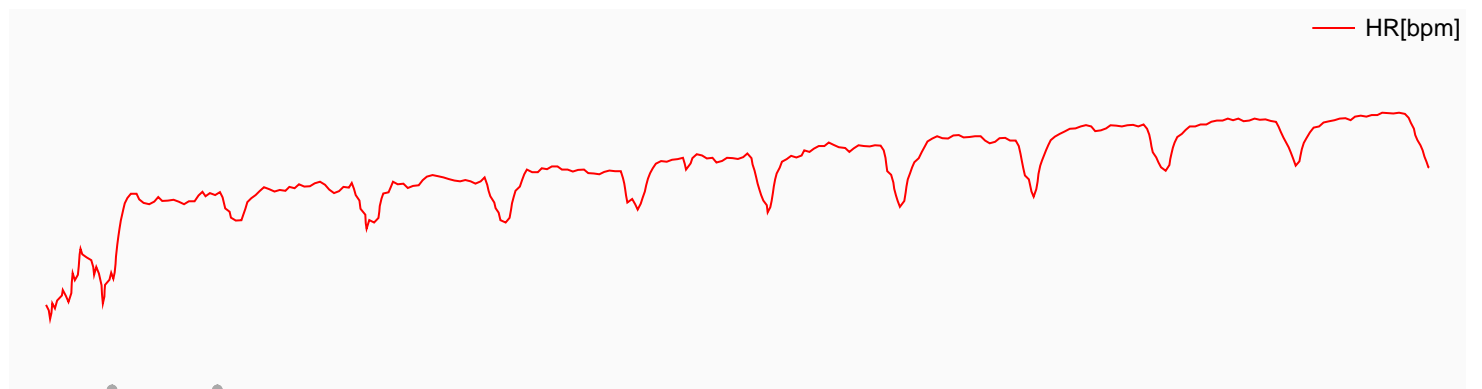
Workout Name			Athlete Name		Weight
Test tapis			Sergi CNSNMM		58 kg
Test Date			Date of Birth	Sex	Height
4/8/2025 2:30 PM			2025/04/08 (0)	Male	172 cm
Elapsed	Data Average	PDF Version	Notes		
00:52:32	30s	1.9.0.0			
User Piece Size	Mask Size		Ski		





RR
[ms]

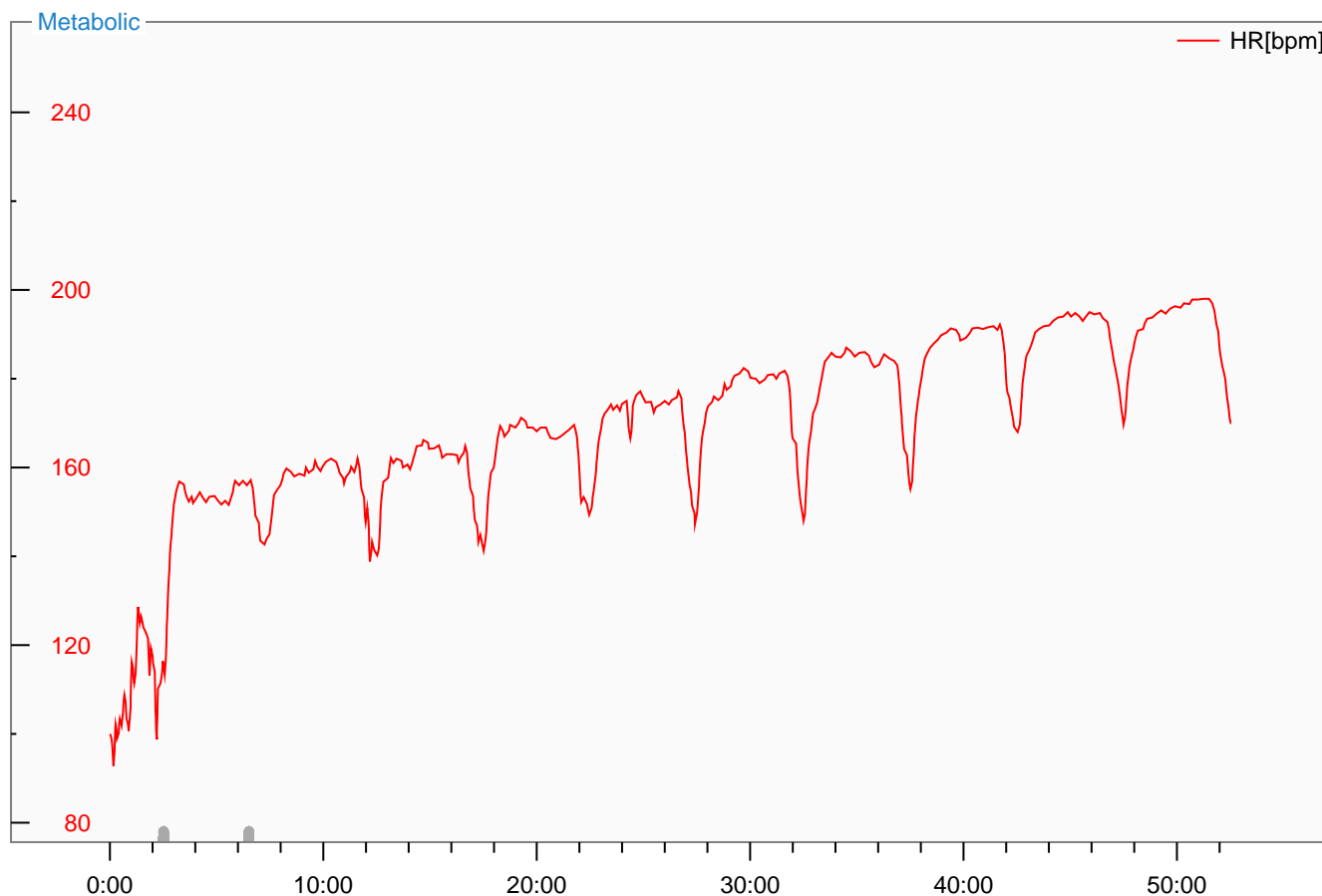
Max
1411
Min
257
Avg
359



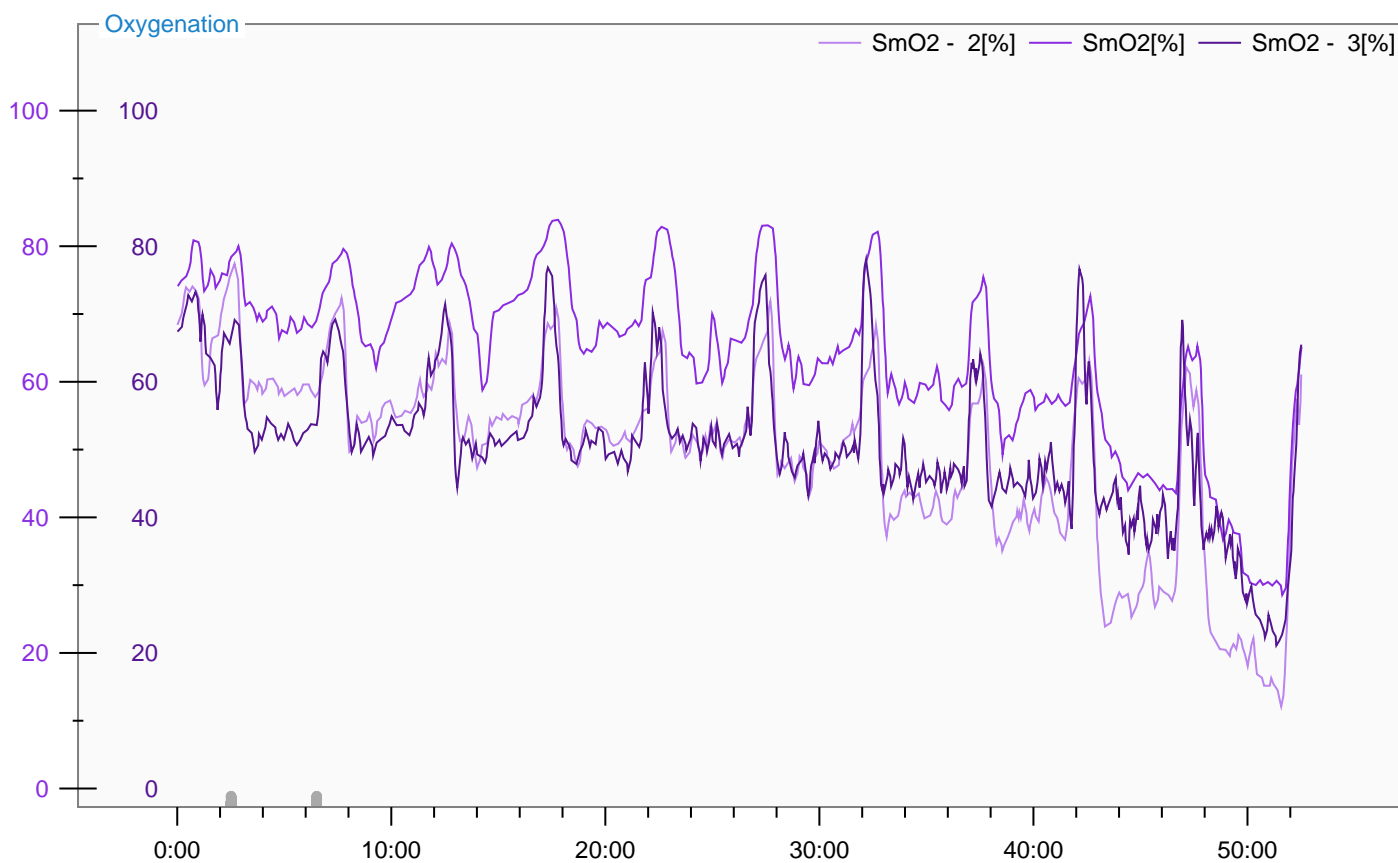
Workout Name Test tapis			Athlete Name Sergi CNSNMM		Weight 58 kg
Test Date 4/8/2025 2:30 PM			Date of Birth 2025/04/08 (0)	Sex Male	Height 172 cm
Elapsed 00:52:32	Data Average 30s	PDF Version 1.9.0.0	Notes Ski		
User Piece Size		Mask Size			



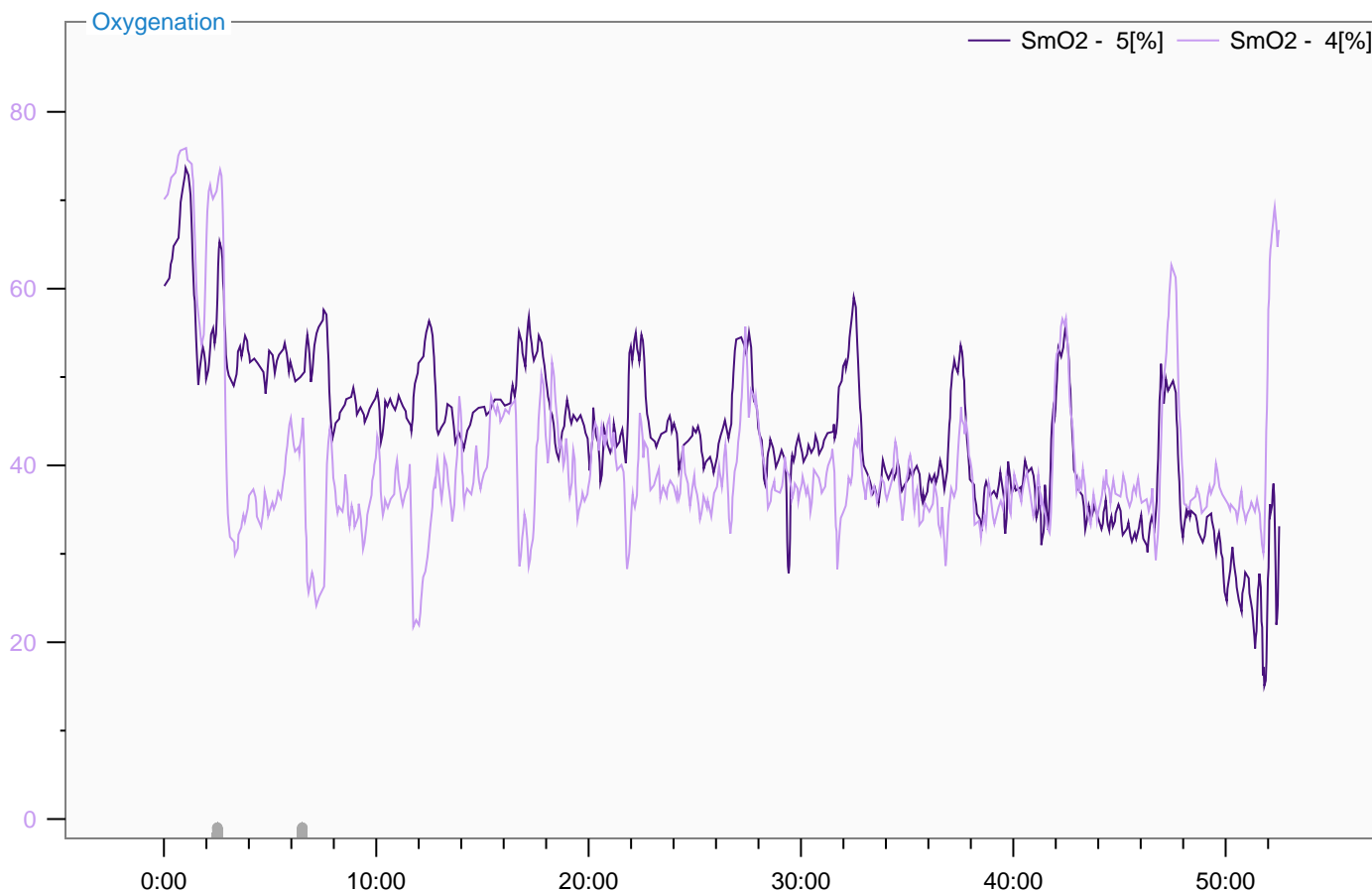
HR Min: 92 Max: 198 Avg: 170



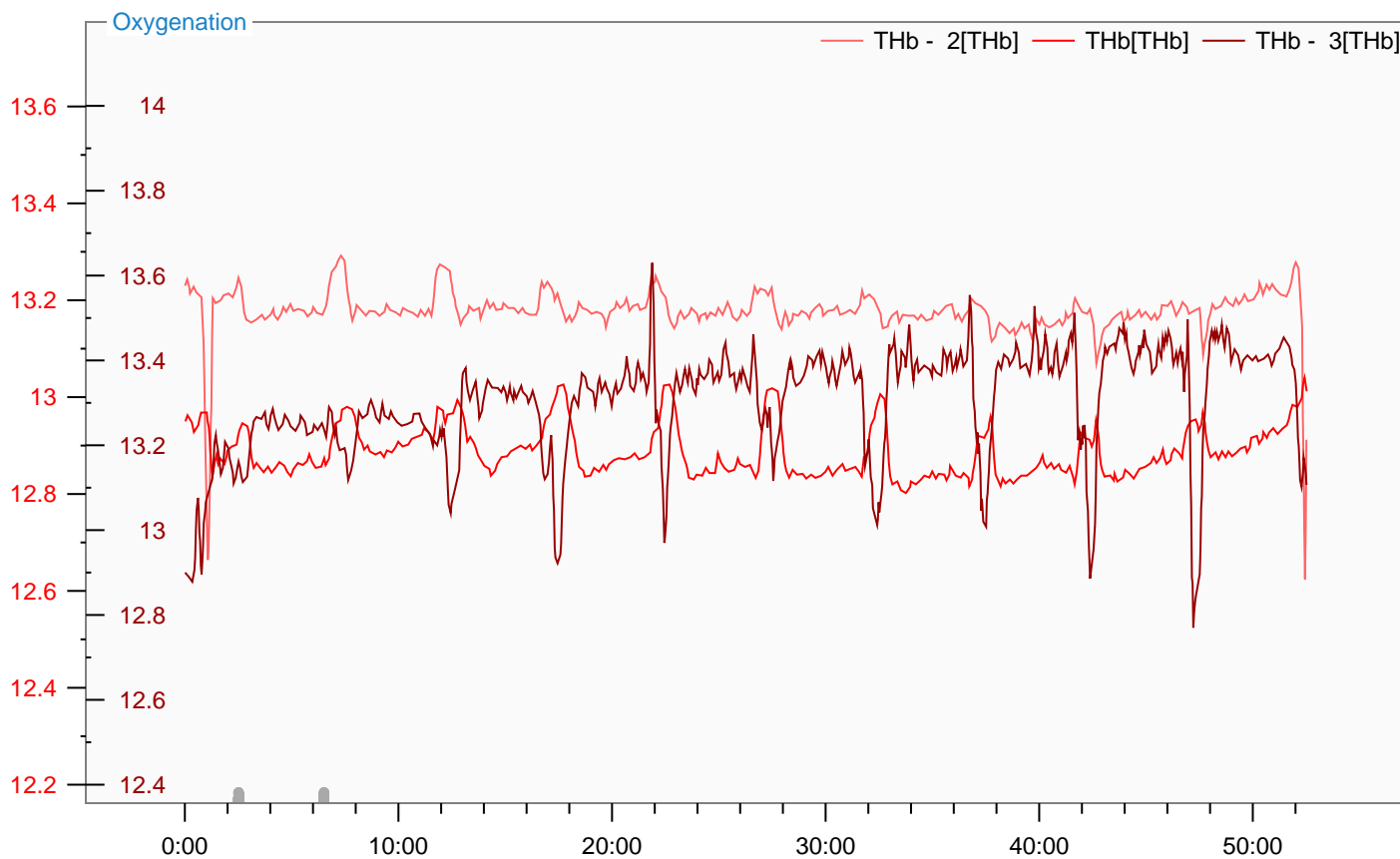
SmO2 - 3 Min: 20.9 Max: 78.1 Avg: 51.0 SmO2 Min: 28.1 Max: 83.9 Avg: 64.2
SmO2 - 2 Min: 12.1 Max: 77.8 Avg: 49.7



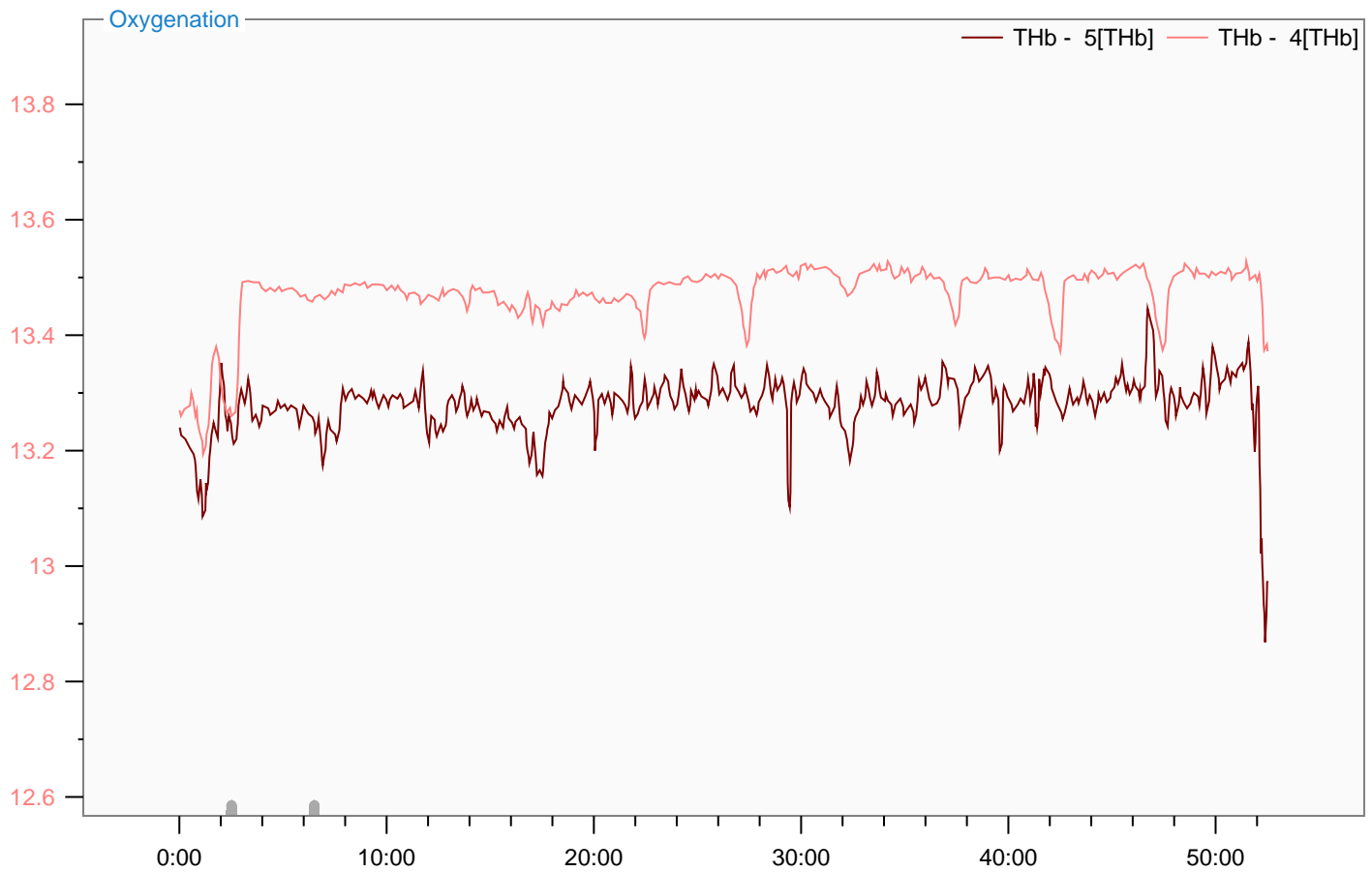
SmO2 - 5 Min: 14.6 Max: 74.1 Avg: 43.9 SmO2 - 4 Min: 21.2 Max: 75.9 Avg: 40.1



THb - 3 Min: 12.77 Max: 13.63 Avg: 13.30 THb Min: 12.80 Max: 13.04 Avg: 12.89
 THb - 2 Min: 12.62 Max: 13.30 Avg: 13.18



THb - 5 Min: 12.87 Max: 13.45 Avg: 13.28 THb - 4 Min: 13.19 Max: 13.53 Avg: 13.47



Session Marks

Time[hh:mm:ss]	Details
00:02:31	Start
00:06:31	RPE 2/1 - 3.0

Device Information

Name	Measurement Types	Description
Polar H9 E4D7D42D (H9 D4D7E4FEFF1A9EA0 FW:5.0.0 SW:1.2.1 HW:00780655.00 Polar Electro Oy)	HR, RR, HRV	
Moxy5 4884:1.4 (76 FW:1.4.8 SW: HW:5 Fortiori Design LLC)	SmO2, THb	DFD
Moxy5 4590:1.4 (76 FW:1.4.8 SW: HW:5 Fortiori Design LLC)	SmO2 - 2, THb - 2	Ischio D
Moxy5 4589:1.4 (76 FW:1.4.8 SW: HW:5 Fortiori Design LLC)	SmO2 - 3, THb - 3	Bras bicep
Moxy5 4883:1.4 (76 FW:1.4.8 SW: HW:5 Fortiori Design LLC)	SmO2 - 4, THb - 4	Tricep
Moxy5 2446:1.4 (76 FW:1.4.8 SW: HW:5 Fortiori Design LLC)	SmO2 - 5, THb - 5	Avant bras