

Physical Workload Group Report

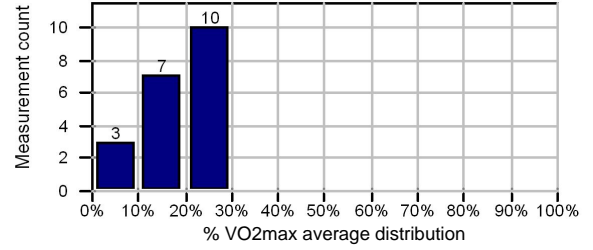
Group name: Survivor Team

Group information

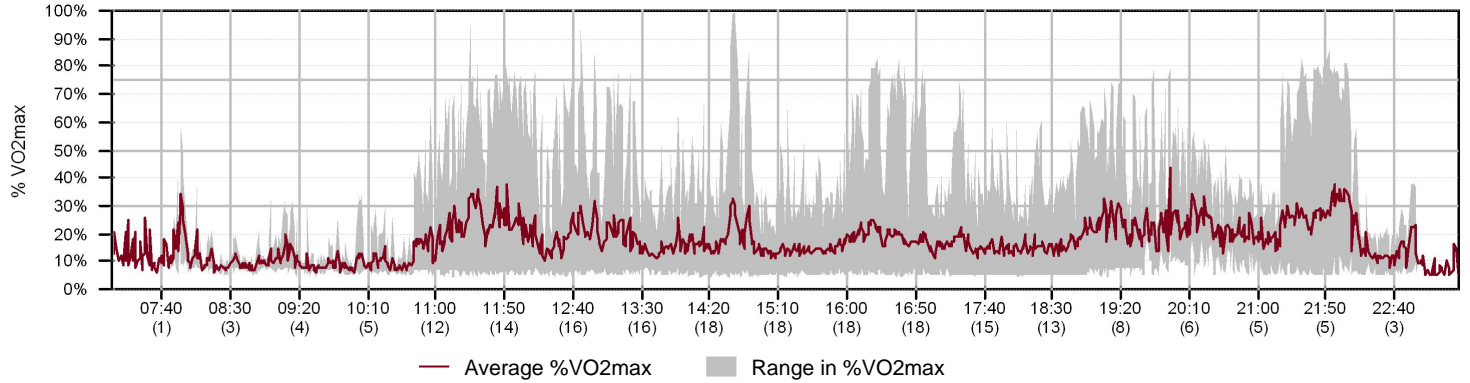
Group size 6 (f:3, m:3)
 Age average 37,5 (26 - 55)
 BMI average 25 (18 - 29)
 METmax average 10,5 (7,2 - 14,2)

Measurement information

Measurement count 20
 Measurement length average 8:10:48
 Measurement lengths 02:02:49 - 14:06:57



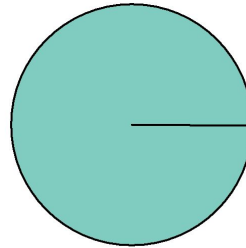
Physical Workload Chart



Figures under the time-axis indicates the measurement count on given time period.

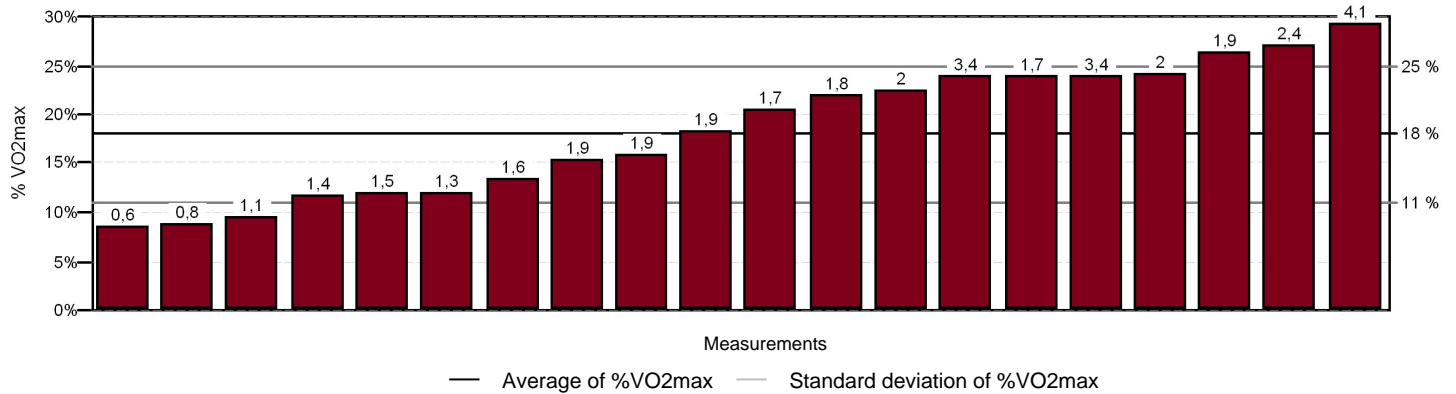
Physical Workload Distribution

Average intensity	Number of measurements
76 - 100 %	0 (0 %)
51 - 75 %	0 (0 %)
31 - 50 %	0 (0 %)
0 - 30 %	20 (100 %)



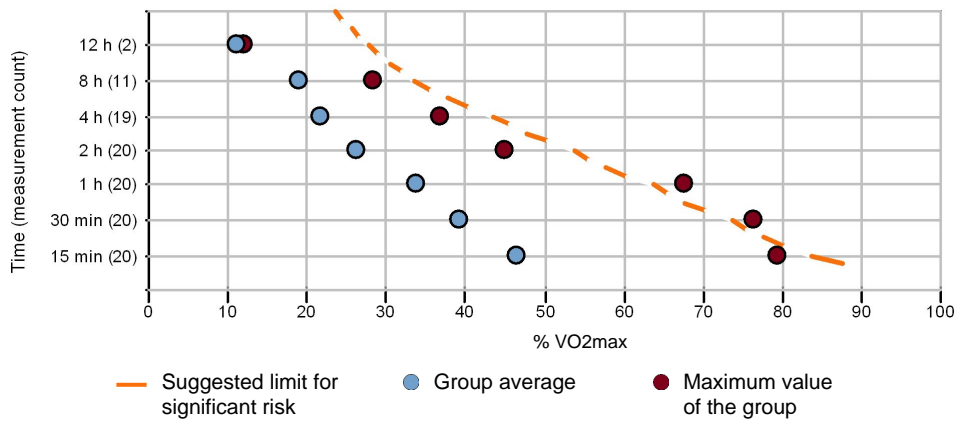
Number of measurements at different intensities of % VO2max.

Average Intensities (%VO2max)



Single measurement intensities (red bars), and mean and standard deviation. The figures at the top of each column indicate the absolute intensity in METs.

Physical Workload Risk Chart

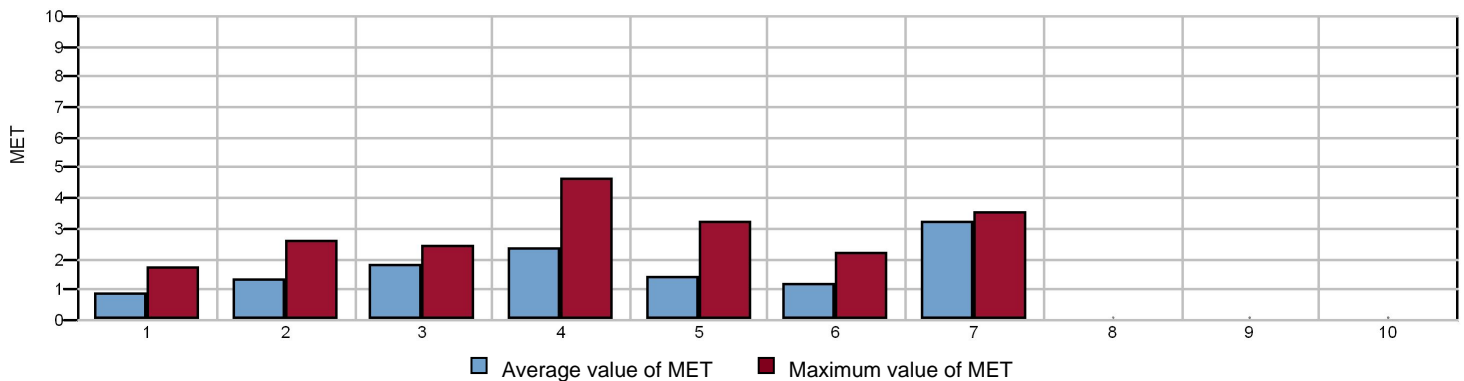


Average (blue dots) and maximum (red dots) workload intensities in the group. Time indicates length of measurement segment selected from the measurement.

Physical Workload Indexes in the Group

Heart rate parameters	Group average	Range	Oxygen consumption	Group average	Range
Average heart rate (bpm)	86	50 - 110	% VO2max	18 %	9 % - 29 %
Lowest heart rate (bpm)	60	39 - 81	VO2 (ml/kg/min)	6,7	2,2 - 14,5
Highest heart rate (bpm)	150	98 - 177	MET	1,9	0,6 - 4,1
% of maximum heart rate	48,1 %	28,6 % - 60,7 %			
% HRR	25,9 %	8 % - 43,8 %			
			Other	Group average	Range
			Energy expenditure (kcal)	1137	475 - 2779
			EPOCpeak (ml/kg)	36	2 - 172
			RMSSD	32	9 - 95

Physical Workload in Different Tasks



Columns represent the average and maximal values of intensity in different tasks. The figure next to the task indicates the number of persons who have performed the task.

Tasks:

1. Kahvitauko (4)
2. Ruokatauko (5)
3. Muotin vaihto (4)
4. Lastaus (2)
5. Huoltotoimet (3)
6. Autolla ajo (3)
7. Lastin purku (2)