

Statistical Group Report

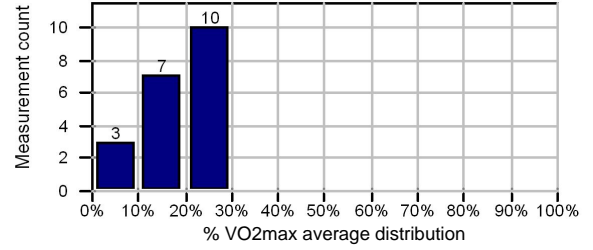
Group name: Survivor Team

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)

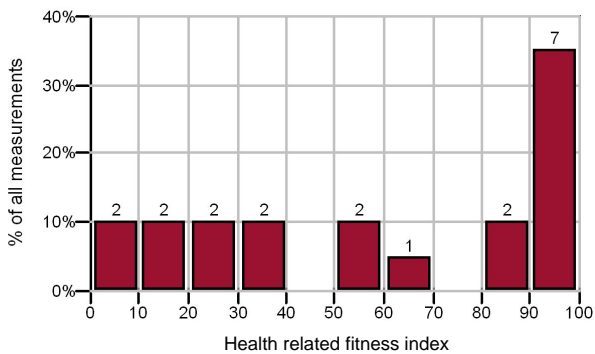
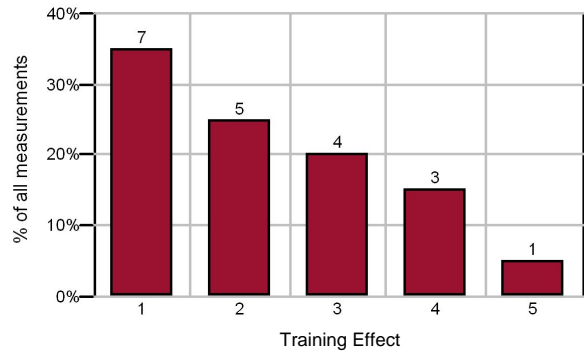
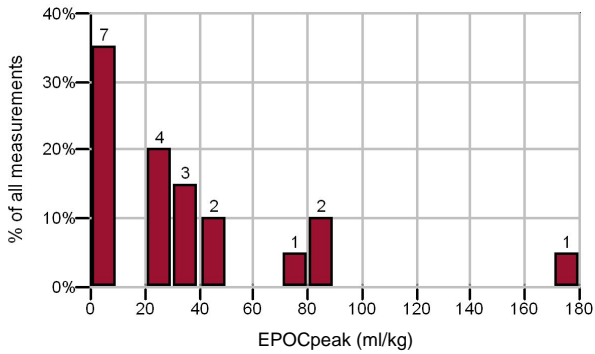
Measurement information

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



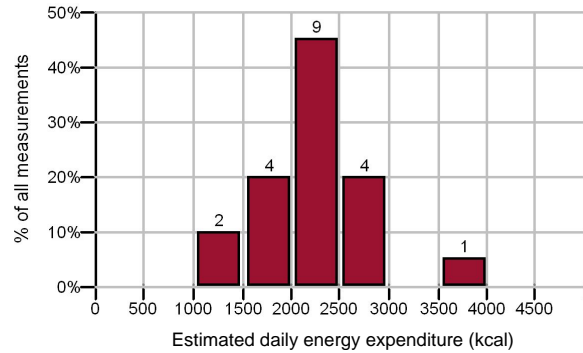
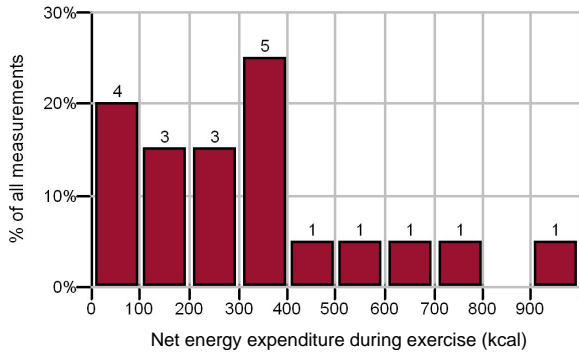
Physical Activity

	Average	SD	Range
Body fatigue index (EPOCpeak)	36	39,6	2 - 172
Training Effect (1-5)	2,3	1,2	1 - 5
Health related fitness index	60	36,1	6 - 100



Energy Expenditure

	Average	SD	Range
Total energy expenditure (kcal)	1137	524	475 - 2779
Net energy expenditure during exercise	320	246	12 - 1012
Net energy expenditure during everyday routines and tasks	145	115	12 - 543
Energy expenditure due to other causes	672	277	173 - 1291
Estimated daily energy expenditure	2239	506	1190 - 3617



Stress and Recovery

	Average	SD	Range
Resource balance	-33	53,3	-100 - 92
RMSSD	32	20,7	9 - 95
Stress percentage (%)	34 %	20,7	0 % - 69 %
Recovery percentage (%)	16 %	21,4	0 % - 79 %

