

Hilary Edmondson VO2max Raw Test Date: Feb. 2005

Test Time	Treadmill Speed				HR (beat/min)	VO2 ml/kg/min
	min	km/hr	miles/hr	min/mile		
0-3	10.8	6.8	8.9	5.6	143	35
3-6	12.1	7.6	7.9	5.0	150	39.6
6-8	13.2	8.3	7.3	4.5	159	42.9
8-10	14.7	9.2	6.5	4.1	170	47.5
10-12	15.7	9.8	6.1	3.8	181	51.9
12-14	16.9	10.6	5.7	3.6	188	55.5
14-16	18	11.3	5.3	3.3	193	58.6
16-17	18+1%	11.8	5.1	3.2	196	60.4
17-18	18+2%	12.3	4.9	3.0	199	62.8
18-19	18+3%	12.8	4.7	2.9	201	64.1
19-20	18+4%	13.2	4.5	2.8	203	63.5

** approximate for every % grade add 0.5 miles/hr to treadmill speed

VO2/HR PLOT DATA

SLOPE 0.47650986
 INTERCEPT -33.010822
 R2 0.99298015

Estimated Ventilatory Threshold VO2 is 55

Therefore HR at Vent. Threshold is 184.7

VO2/SPEED DATA

SLOPE 4.6762761
 INTERCEPT 4.65086999
 R2 0.98421013

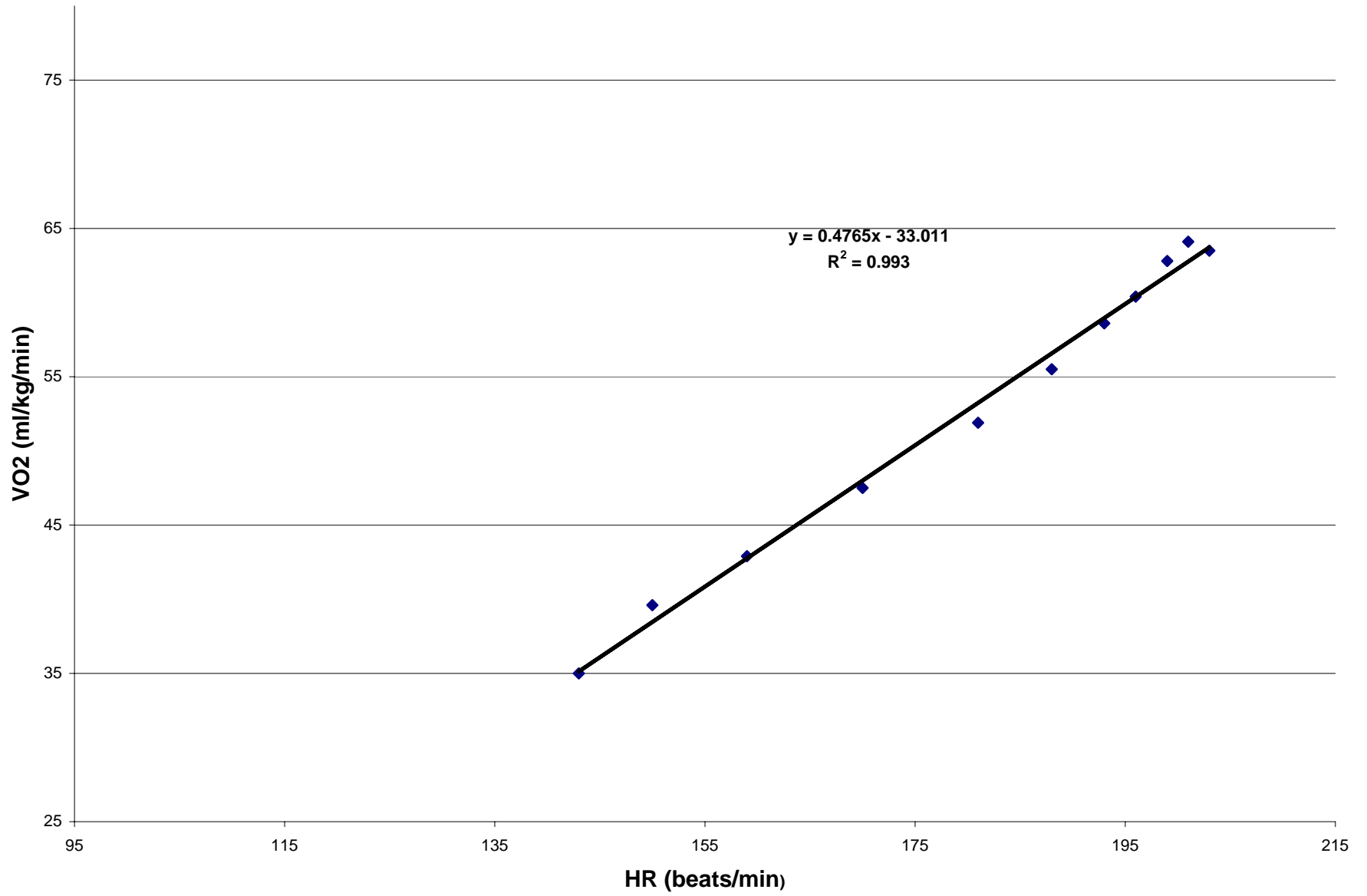
Estimated Ventilatory Threshold VO2 is 55

Therefore Speed at Vent. Threshold is 10.8

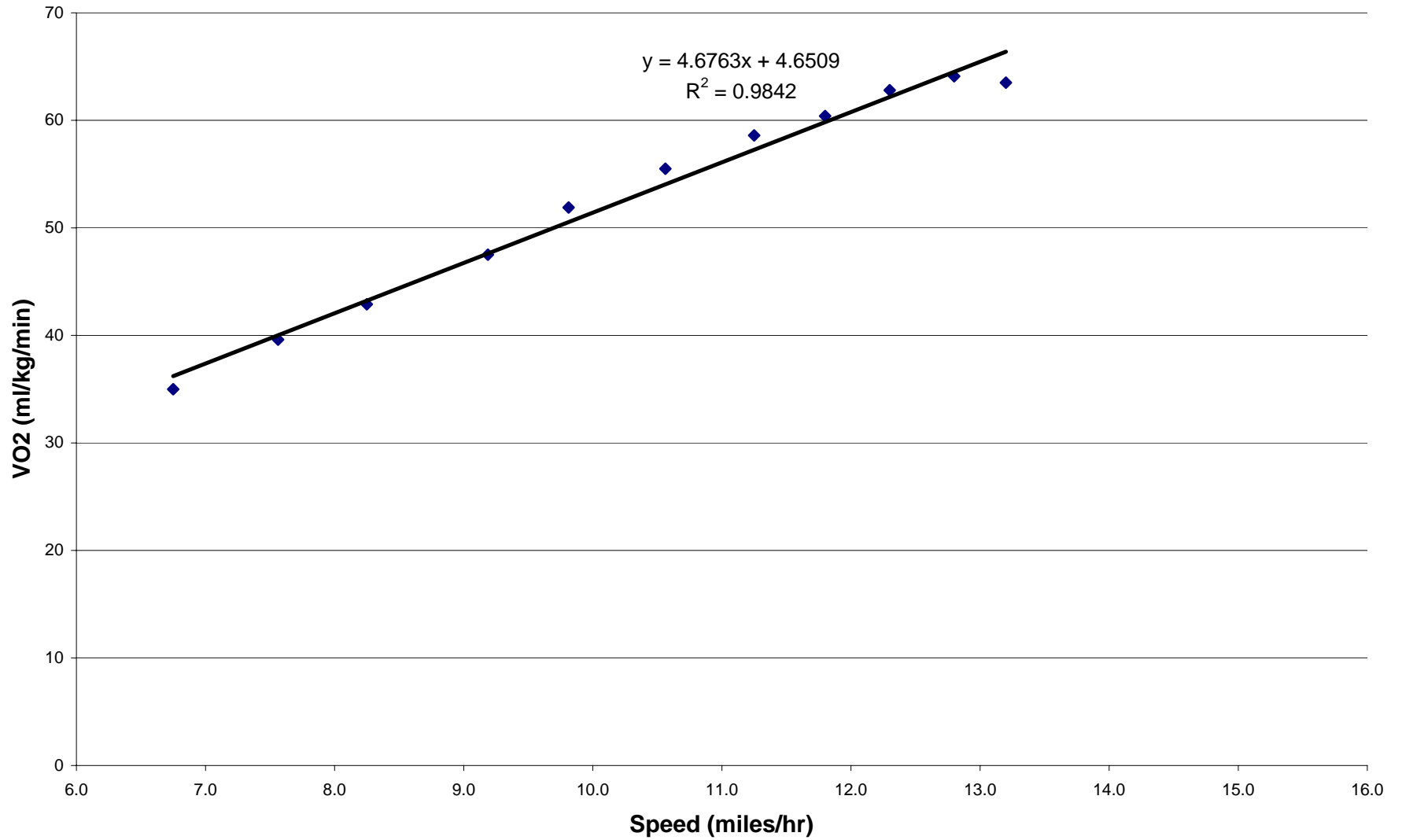
% Ventilatory Threshold of VO2max 85.8

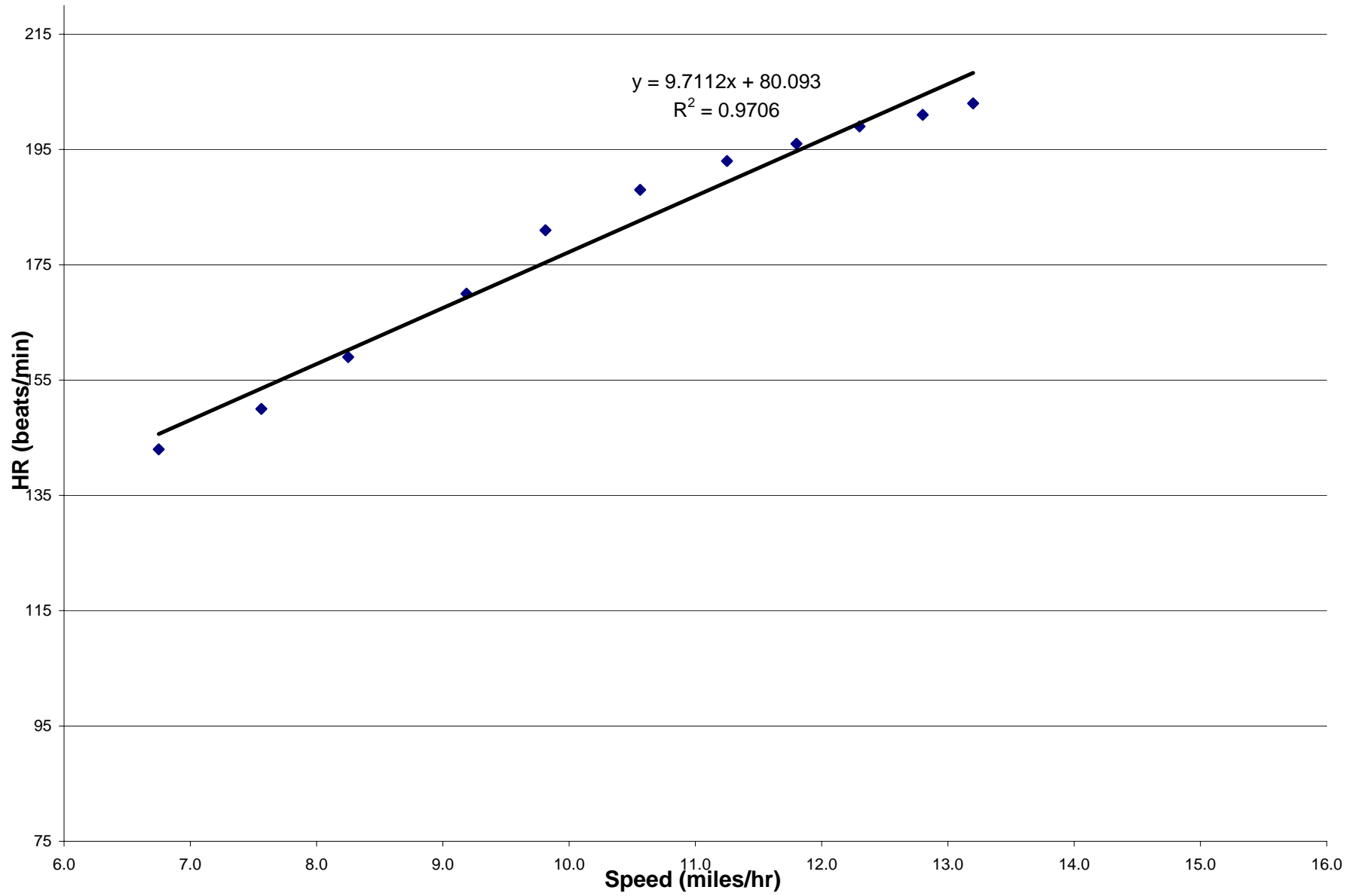
Ven Threshold is 55

VO2max is 64.1

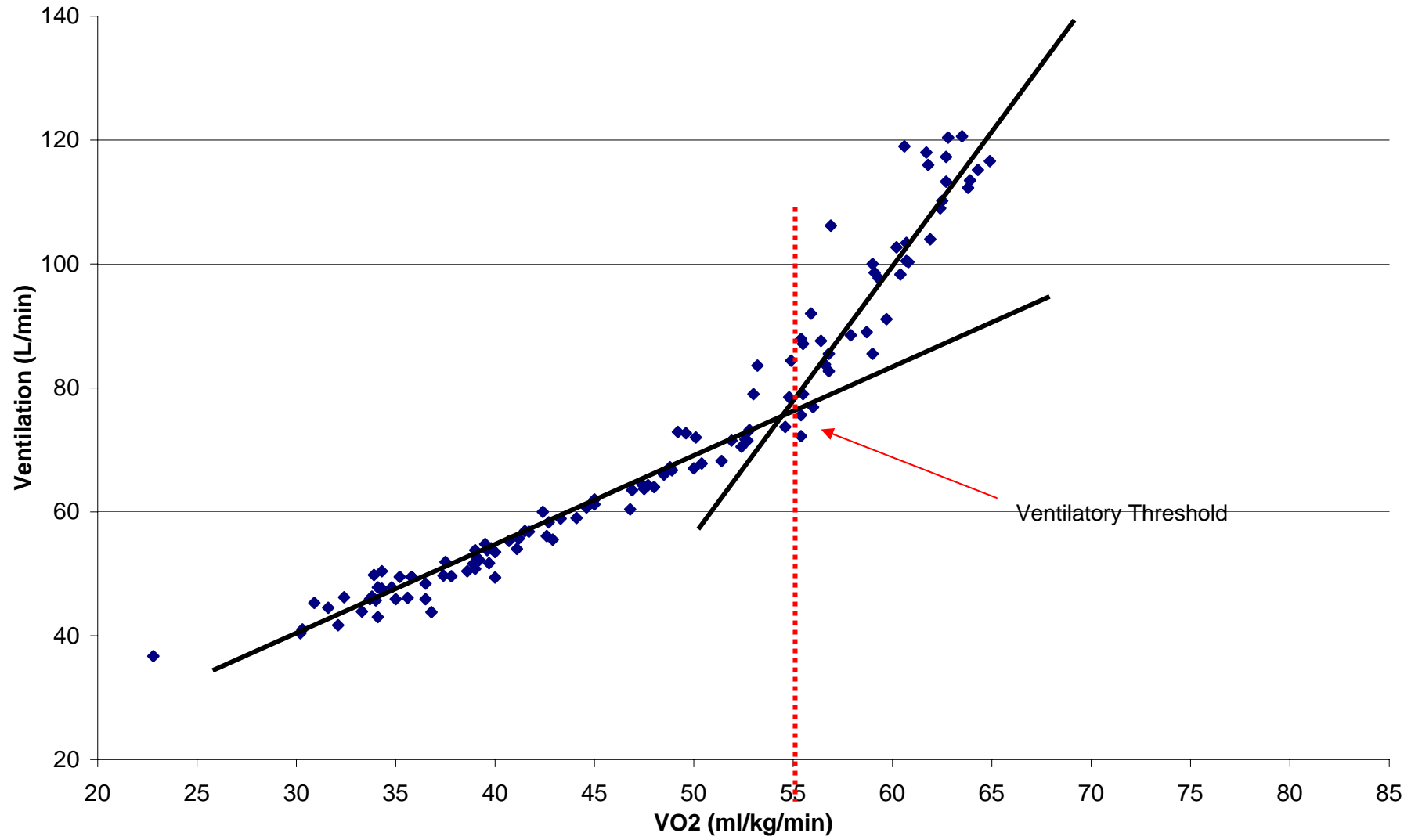


VO2 vs. Speed Regression





Vent. Threshold



Running Economy Comparisons

