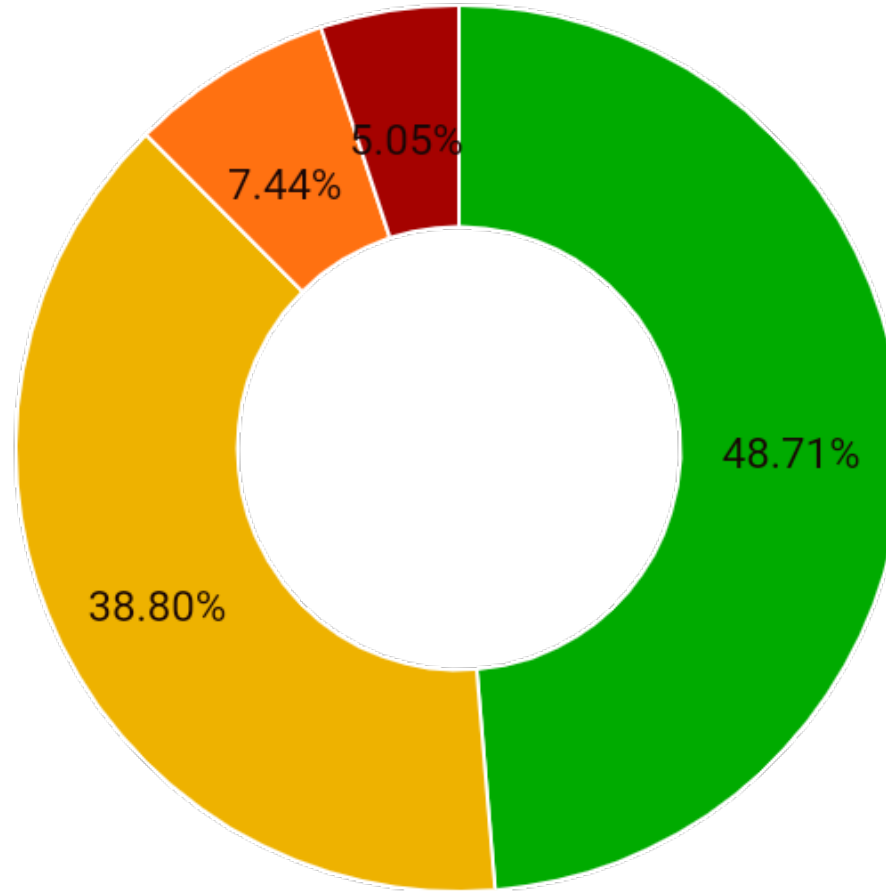


Regularity in % of HRV curve

■ >90 ■ 70-90 ■ 50-70 ■ <50



HRV-Recording-30062022-190707

DATE (HH:MM:SS)
30.06.22 19:07:07

TIME (HH:MM:SS)
00:04:27

MAXIMUM
76.4 HR

MINIMUM
51 HR

DIFFERENCE MIN/MAX
25.4 HR

AVERAGE OF SESSION
64.52 HR

YOUR SCORE:
372.44

SDNN
80.70 ms

RMSSD
65.74 ms

NN50
135

PNN50
47.37 %

STRESS INDEX
34.93

AVERAGE HR
64.10 HR

AVERAGE RR
936.73 ms

CORRECTED HR VALUES
0

CORRECTED HR VALUES IN %
0.00 %

POWER HF (MS2)
1744.1005

POWER HF (LOG)
7.46399

POWER HF (%)
20.1889

POWER LF (MS2)
5246.0470

POWER LF (LOG)
8.56523

POWER LF (%)
60.7258

POWER VLF (MS2)
1648.7633

POWER VLF (LOG)
7.40778

POWER VLF (%)
19.0853

LF/HF RATIO
3.0079