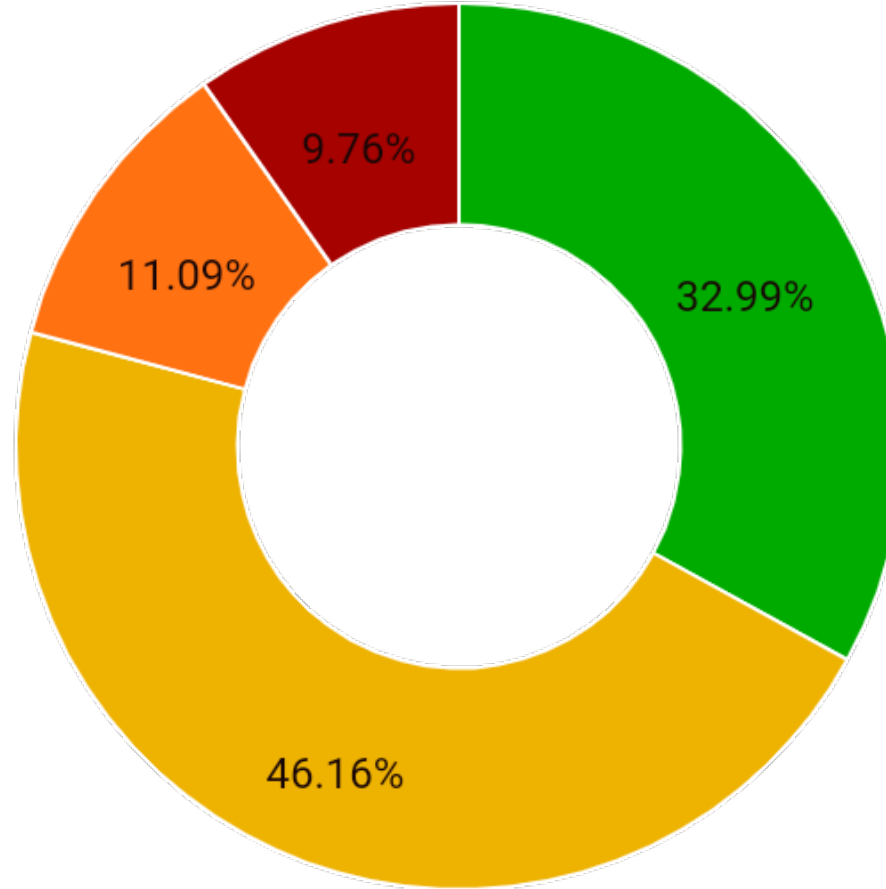


### Regularity in % of HRV curve

■ >90    ■ 70-90    ■ 50-70    ■ <50



# HRV-Recording-30062022-190105

DATE (HH:MM:SS)  
30.06.22 19:01:05

TIME (HH:MM:SS)  
00:03:47

MAXIMUM  
82.8 HR

MINIMUM  
53.8 HR

DIFFERENCE MIN/MAX  
29 HR

AVERAGE OF SESSION  
64.41 HR

YOUR SCORE:  
216.57

SDNN  
73.86 ms

RMSSD  
62.87 ms

NN50  
105

PNN50  
43.21 %

STRESS INDEX  
40.96

AVERAGE HR  
64.00 HR

AVERAGE RR  
937.50 ms

CORRECTED HR VALUES  
0

CORRECTED HR VALUES IN %  
0.00 %

POWER HF (MS2)  
1405.1002

POWER HF (LOG)  
7.24786

POWER HF (%)  
36.6545

POWER LF (MS2)  
1491.4096

POWER LF (LOG)  
7.30748

POWER LF (%)  
38.9061

POWER VLF (MS2)  
936.8497

POWER VLF (LOG)  
6.84252

POWER VLF (%)  
24.4394

LF/HF RATIO  
1.0614