

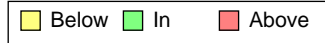
Heart Rate Class Summary Report

Report Date: Tuesday, March 19, 2013

Teacher: Barber, Thomas
Course: Y-FITT

Date Range: Tuesday, July 26, 2011 - Wednesday,
Activities: All

Sorted By: Student Name

ID	Name	Sessions	Avg Time	Below Zone	In Zone	Above Zone	Average Heart Rate	
22533		43	1:17:48	1:05:45 (84.5%)	9:25 (12.1%)	2:39 (3.4%)	124	
		Total Time:	55:45:30	47:07:00	6:44:45	1:53:45		
28088		2	24:00	21:52 (91.2%)	1:52 (7.8%)	0:15 (1.0%)	25	
		Total Time:	48:00	43:45	3:45	0:30		
26698		25	47:57	5:32 (11.6%)	37:33 (78.3%)	4:52 (10.1%)	153	
		Total Time:	19:58:45	2:18:30	15:38:45	2:01:30		
26285		33	1:10:55	21:59 (31.0%)	39:48 (56.1%)	9:07 (12.9%)	144	
		Total Time:	39:00:00	12:05:30	21:53:30	5:01:00		
23848		24	48:52	4:51 (10.0%)	41:04 (84.0%)	2:57 (6.0%)	147	
		Total Time:	19:32:45	1:56:30	16:25:30	1:10:45		
22544		19	38:59	17:43 (45.5%)	21:16 (54.5%)	0:00 (0.0%)	123	
		Total Time:	12:20:45	5:36:45	6:44:00	0:00		
23805		26	1:02:31	26:37 (42.5%)	35:10 (56.3%)	0:44 (1.2%)	122	
		Total Time:	27:05:30	11:32:00	15:14:30	19:00		
29033		17	49:51	26:07 (52.4%)	21:12 (42.5%)	2:32 (5.1%)	107	
		Total Time:	14:07:30	7:24:00	6:00:30	43:00		
23890		21	41:51	14:34 (34.8%)	26:48 (64.0%)	0:29 (1.2%)	126	
		Total Time:	14:38:45	5:05:45	9:22:45	10:15		
22697		7	25:09	2:15 (8.9%)	21:13 (84.4%)	1:41 (6.7%)	147	
		Total Time:	2:56:00	15:45	2:28:30	11:45		
24684		23	1:37:24	1:23:19 (85.5%)	13:26 (13.8%)	0:39 (0.7%)	116	
		Total Time:	37:20:15	31:56:15	5:09:00	15:00		
31911		26	1:23:38	28:21 (33.9%)	50:35 (60.5%)	4:41 (5.6%)	138	
		Total Time:	36:14:15	12:17:15	21:55:15	2:01:45		
25362		39	1:38:36	34:42 (35.2%)	58:24 (59.2%)	5:30 (5.6%)	140	
		Total Time:	64:05:30	22:33:30	37:57:30	3:34:30		
25388		9	21:53	3:10 (14.4%)	18:15 (83.4%)	0:28 (2.2%)	147	
		Total Time:	3:17:00	28:30	2:44:15	4:15		
22602		39	33:03	7:28 (22.6%)	24:40 (74.6%)	0:56 (2.8%)	141	
		Total Time:	21:29:15	4:51:00	16:02:00	36:15		

DL = Downloaded

Sample Footer

Page: 1








Heart Rate Class Summary Report

Report Date: Tuesday, March 19, 2013

Teacher: Barber, Thomas
Course: Y-FITT

Date Range: Tuesday, July 26, 2011 - Wednesday,
Activities: All

Sorted By: Student Name

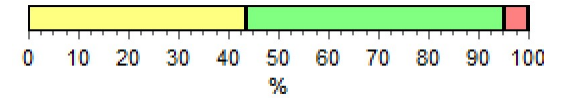
ID	Name	Sessions	Avg Time	Below Zone	In Zone	Above Zone	Average Heart Rate	
22665		32	1:15:03	29:09 (38.8%)	41:24 (55.2%)	4:29 (6.0%)	134	
		Total Time:	40:01:30	15:33:00	22:05:00	2:23:30		
23843		11	34:07	14:14 (41.7%)	19:08 (56.1%)	0:45 (2.2%)	100	
		Total Time:	6:15:15	2:36:30	3:30:30	8:15		
23699		12	1:21:22	34:40 (42.6%)	38:22 (47.2%)	8:20 (10.2%)	137	
		Total Time:	16:16:30	6:56:00	7:40:30	1:40:00		
23825		27	49:46	17:31 (35.2%)	31:28 (63.2%)	0:47 (1.6%)	126	
		Total Time:	22:23:30	7:53:00	14:09:30	21:00		
22579		20	1:00:20	24:15 (40.2%)	33:17 (55.1%)	2:49 (4.7%)	134	
		Total Time:	20:06:45	8:05:00	11:05:30	56:15		

SUMMARY

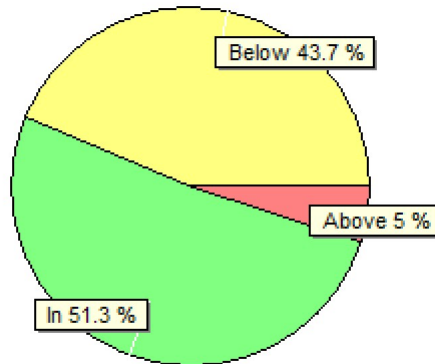
Sessions: 455

Average: 1:02:28 27:20 (43.7%) 32:02 (51.3%) 3:06 (5.0%)

132



Course Summary



DL = Downloaded

Sample Footer

Page: 2

POLAR
LISTEN TO YOUR BODY