Heart Rate Variability - Study
with
„Bubble“ from *CENTROPIX Global AG*

Aquaquinta e.U., April 2021
from Dipl.-Ing. MSc Rasmus Gaupp-Berghausen

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Heart Rate Variability-Study with „Bubble“ from CENTROPIX Global AG

1. Description

As part of a heart rate variability (HRV) study, the product "Bubble" from CENTROPIX Global AG was examined for its potential influence on the HRV.
Sixteen HRV parameter of 50 person, age 4 to 72 years (30 female: age 6-72 years; 20 male: age 4-64 years) were evaluated. All participants had to stream with their smartphone the same self-selected Youtube video twice for at least 10 minutes each. At the same time, they wore (directly on their skin) either an active "bubble" or a "bubble dummy." The order of testing of the visually indistinguishable two "bubble" pendants was chosen by the participants themselves.

Note: In the case of repeating HRV measurements the temporal change of successive examinations is a very important influencing factor. I.e. is as a rule the second examination better than the first, because the person had more time to rest during the measurements. This is in turn reflected in improved HRV values. Therefore, it was important for this HRV study that the order of the "bubble" pendants used was randomized.
Another very important point is that the participants did not know whether it was an active "bubble" or a dummy, as the attitude and expectation of each person could affect the HRV.

For the analysis of the HRV data each measurement was assigned a sequential code (e.g., "M1_14_a"...). This is important to ensure an objective cleaning and processing of the recorded HRV data and the subsequent selection of 5 minutes per recording.

2. „Bubble“ - Double Blind Study

A double-blind study is a randomized controlled study in which neither the person conducting the study nor the study-participants have knowledge of the respective group membership (control group, experimental group).
This criteria was attempted to be fulfilled in this study in such a way that, on the one hand, the participants did not know which "bubble" was the active or passive one, and on the other hand, the person who evaluated the HRV did not know from which person or which measurement the data series came from.

3. HRV Parameter tested

The following HRV Parameter were examined in this study:

Mean HR (bpm) ... pulse (beats per minute).

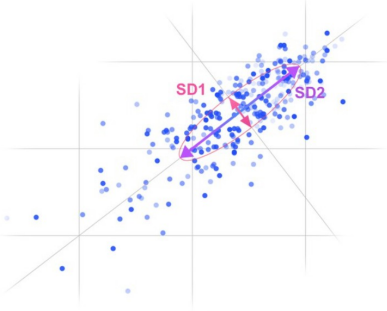
SDNN (ms) ... standard deviation of all RR- intervals.
(The SDNN value strongly reflects the activity of the autonomous nervous system/ANS and its regulating function).

RMSSD (ms) ...root mean square of successive heartbeat interval differences. It describes the change of heart frequencies from one heart beat to the next. It is comparable to the SDNN, whereas it is better suited for short time measurements. The RMSSD reflects as the pNN50 the parasympathetic activity.

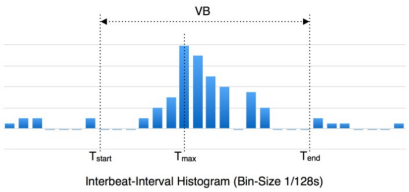
pNN50 / pNN20 /pNN10 / pNN05 (%) ... Percentage of intervals with > 50ms / > 20ms >/10ms / >05ms deviation from the preceding interval.
(The pNN values, especially the pNN50, are indicators of the parasympathetic activity. Decreasing values correspond to pathological changes. Often when people are very exhausted or have recently had a very stressful time, the pNN50 is very low - often even tending towards 0. However, if at the same time the measured pNN20 values are (still) > 20%...it is a good indicator that this person still has a relatively good regenerative capacity. Good pNN10 / pNN05 values can be considered as deeper HRV resources).

SD1 (ms) ... indicator of short-term variability (spontaneous variability); standard deviation of the orthogonal distances of the RRi/RRi+1 –points to the across diameter of the ellipse width of the point cloud in the Poincaré plot.
(A high SD1 value is also an indicator of good adaptability of the body to stressful situations. In other words, it shows good physical adaptability. The SD1 value reflects as well as the pNN50 and the RMSSD the parasympathetic activity of the autonomic nervous system. It shows especially the change in the higher frequency areas).

SD2 (ms) ... Indicator of long-term variability, standard deviation of the orthogonal distances of the RRi/RRi+1 to the length diameter of the ellipse in the Poincaré plot).
(best suitable for HRV recordings over a longer time periods. For example, in a 24h measurement, the SD2 value reflects the variability during the day with the different activities and rest periods).



VB... (Variation Broadness)



The variation broadness describes the width of the core – area of the Interbeat - Interval in the histogram.

Starting from the maximum value of the histogram (Tmax) the first interruption in the beginning (Tstart) and at the end (Tend) area determined, which takes at least 3 histogram bins.

VB = Tend – Tstart.

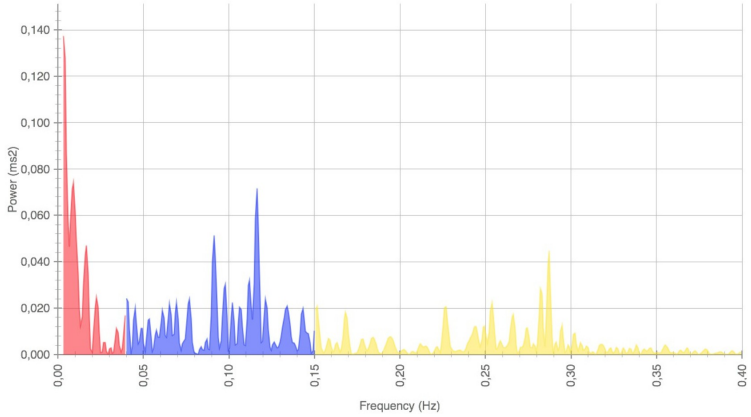
(The VB is similar to the TINN value, which is used in many HRV analysis programs. Even though the TINN value has been defined by the European Task Force does this value (based on different calculation models) vary strongly between the different HRV analysis programs. Therefore has Aquaquinta in cooperation with the FH Dornbirn/Austria established an alternative VB value).

StressIndex (SI) ... "a measure of stress." Is a mathematical description of an extended histogram of the recorded RR intervals.

(Its level indicates how great the influence of the sympathetic nervous system is, and allows the assessment of the regulatory capacity of the autonomic nervous system).

CV ... "a measure of the bend-ability of HRV". Extent of dispersion of measured values around a mean value. (The CV value is a very practical value. It is the standard deviation of RR distances related to the mean. The larger this value is, the larger the HRV).

Frequency Domain Analysis



In the frequency domain analysis, the frequency signal of the heart is divided in different frequency bandwidths. Studies show, that activities and regulation processes of the body are reflected in certain frequency areas, as for example the thermoregulation, inflammatory processes, respiration, baroreflex etc. The frequency bandwidths are divided into Very Low Frequency (VLF), Low Frequency (LF) and High Frequency (HF).

LF (0.04-0.15 Hz) ... (Low Frequency)

Low frequency, reflects both sympathetic and para-sympathetic activity. (Parasympathetic influence especially during a breathing frequency of ≤ 7 per minute).

LF is generally regarded a strong indicator of sympathetic activity. The LF is the active area of the autonomous nervous system, often referred as the fight and flight mechanism of the body. The frequency around 1Hz reflects the activity and regulation of the blood pressure/baroreflex.

The sympathetic activity leads to a decrease in the HRV.

An unbalanced, stressed lifestyle leads to a continuously dominant sympathetic activity. Short breath is a typical indicator for sympathetic dominance.

HF (0.15-0.4 Hz) ... (High Frequency). Mainly dominated by the parasympathetic nervous system (with vagus as the main nerve).

(The higher the values of HF in general, the better the HRV).

PowerTotal (mS2) ... also called Total Energy (Total Power). Power density spectrum or spectral density of the different frequencies (VLF, LF and HF).

(The PowerTotal is a general benchmark for the regulatory capacity of the autonomic nervous system (ANS). Low values can be equated with low SDNN from time-related HRV analysis. The PowerTotal values are also dependent on the length of the respective HRV measurement in addition to the health status. It is not uncommon for a 24h measurement to yield 10x higher values than a 5 minute measurement. As a rule, the dominant part of the measured frequency range derives in most cases from the sympathetic nervous system).

LF/HF ... Ratio of LF to HF. Expression of the vegetative balance of sympathetic and parasympathetic nervous system.

The higher the value, the more sympathetic activity. LF/HF ↑ = sympathetic; LF/HF ↓ = parasympathetic.

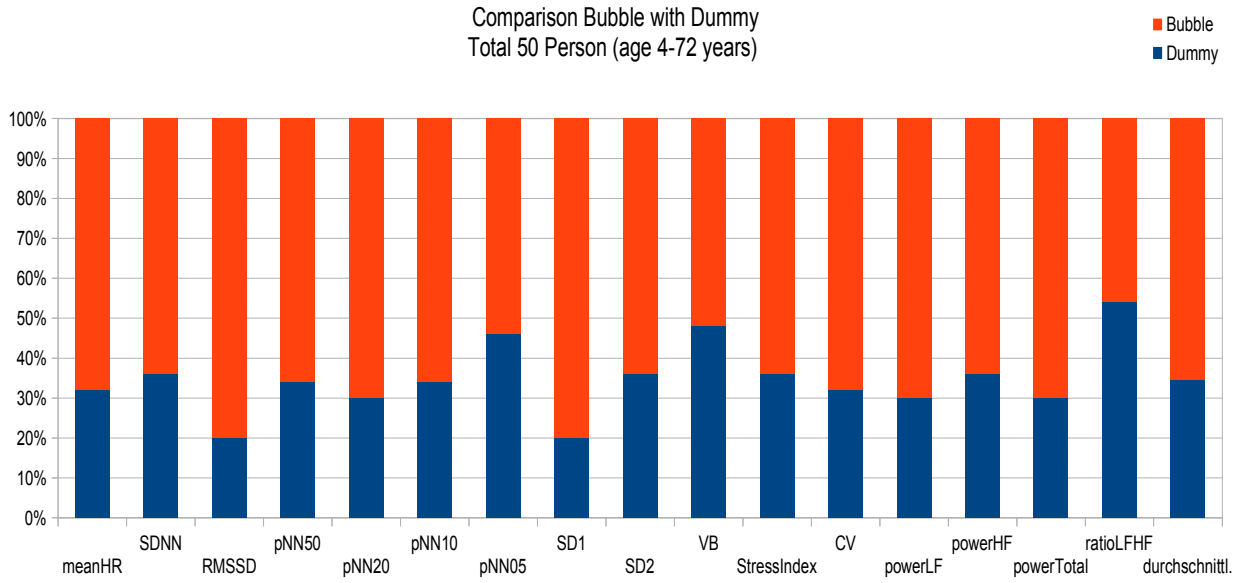
(also an indicator of existing stress level or current energy demand and consumption).

4. Evaluation and results of the study

The focus of this study was to investigate the possible effect of "Bubble" on the different HRV parameter. The health aspect of the individual participants and the relationship of the different HRV parameter to each other were not considered in this study. All HRV measurement results were therefore simply scored as 0 or 1. (See Appendix for individual results). I.e., if an improvement was achieved for an HRV parameter by "Bubble", it was rated as 1. If the value remained the same or even became smaller, it was evaluated with 0. Only in the case of the Pulse, the StressIndex (SI) and the LF/HF ratio was the assessment reversed, since a decrease is generally regarded as positive. None of the participants suffered from bradycardia (slow heartbeat/dysrhythmia). A decreasing pulse could not be considered an improvement in that case.
Generally could be said: The higher the HRV values, with the exception of Pulse, StressIndex (SI) and LF/HF-ratio, the better.

Results of the different HRV parameter of all 50 examinations:

	meanHR	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	VB	SI	CV	LF	HF	Pw.Total	LF/HF	Ø
Dummy	16	18	10	17	15	17	23	10	18	24	18	16	15	18	15	27	17
Bubble	34	32	40	33	35	33	27	40	32	26	32	34	35	32	35	23	33



Based on the results, better values were achieved with "Bubble" for almost all HRV parameter. Only the LF/HF ratio, VB and pNN05 showed no or almost no improvement.

5. Binomial distribution test of the frequency of improvements of the individual HRV parameter.

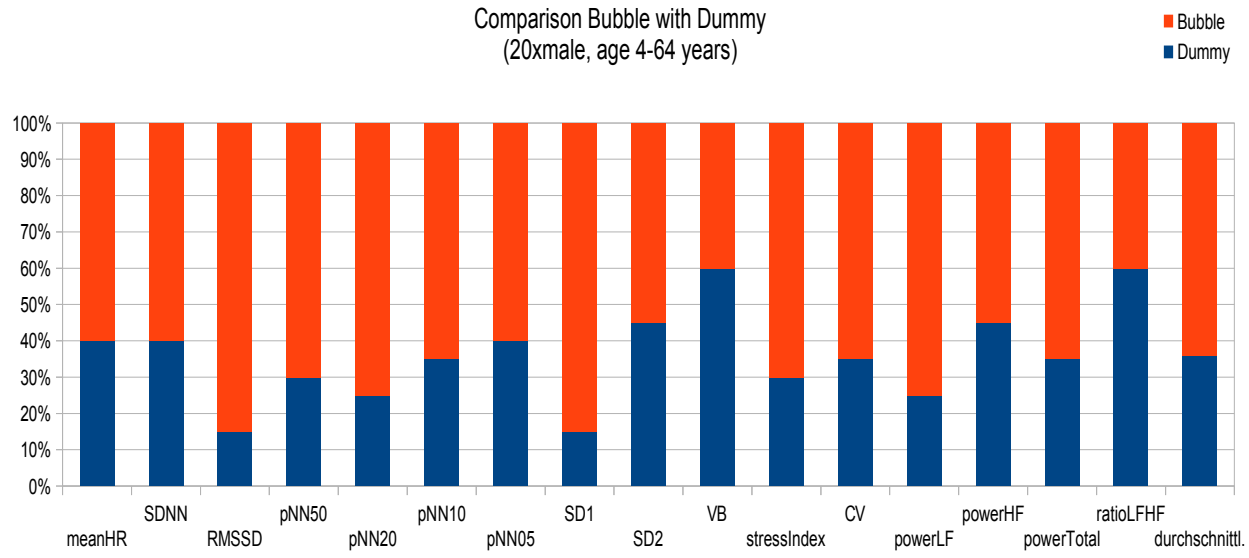
			Beobachtete		Exakte Sig. (2-seitig)
	Kategorie	N	Wahrsch.	Testwahrsch.	
MeanHR	Group 1	1,00 | 34	,68	,50	,015
	Group 2	,00 | 16	,32		
	Gesamt	50	1,00		
SDNN	Group 1	1,00 | 32	,64	,50	,065
	Group 2	,00 | 18	,36		
	Gesamt	50	1,00		
RMSSD	Group 1	1,00 | 40	,80	,50	,000
	Group 2	,00 | 10	,20		
	Gesamt	50	1,00		
pNN50	Group 1	,00 | 17	,34	,50	,033
	Group 2	1,00 | 33	,66		
	Gesamt	50	1,00		
pNN20	Group 1	1,00 | 35	,70	,50	,007
	Group 2	,00 | 15	,30		
	Gesamt	50	1,00		
pNN10	Group 1	1,00 | 33	,66	,50	,033
	Group 2	,00 | 17	,34		
	Gesamt	50	1,00		
pNN05	Group 1	1,00 | 27	,54	,50	,672
	Group 2	,00 | 23	,46		
	Gesamt	50	1,00		
SD1	Group 1	1,00 | 40	,80	,50	,000
	Group 2	,00 | 10	,20		
	Gesamt	50	1,00		
SD2	Group 1	1,00 | 32	,64	,50	,065
	Group 2	,00 | 18	,36		
	Gesamt	50	1,00		
VB	Group 1	1,00 | 26	,52	,50	,888
	Group 2	,00 | 24	,48		
	Gesamt	50	1,00		
Stressindex	Group 1	1,00 | 32	,64	,50	,065
	Group 2	,00 | 18	,36		
	Gesamt	50	1,00		
CV	Group 1	1,00 | 34	,68	,50	,015
	Group 2	,00 | 16	,32		
	Gesamt	50	1,00		
powerLF	Group 1	1,00 | 35	,70	,50	,007
	Group 2	,00 | 15	,30		
	Gesamt	50	1,00		
powerHF	Group 1	,00 | 18	,36	,50	,065
	Group 2	1,00 | 32	,64		
	Gesamt	50	1,00		
powerTotal	Group 1	1,00 | 35	,70	,50	,007
	Group 2	,00 | 15	,30		
	Gesamt	50	1,00		
ratioLFHF	Group 1	,00 | 27	,54	,50	,672
	Group 2	1,00 | 23	,46		
	Gesamt	50	1,00		

The tests showed a significant difference in favor of "Bubble" for 9 HRV parameter. For the values pNN05, VB and ratioLF/HF no significance was reached with the calculated p-values. The values of SDDN, SD2, StressIndex as well as HF are also not significantly different, but are very close to the significance level of 0.05.

6. Gender-specific test results

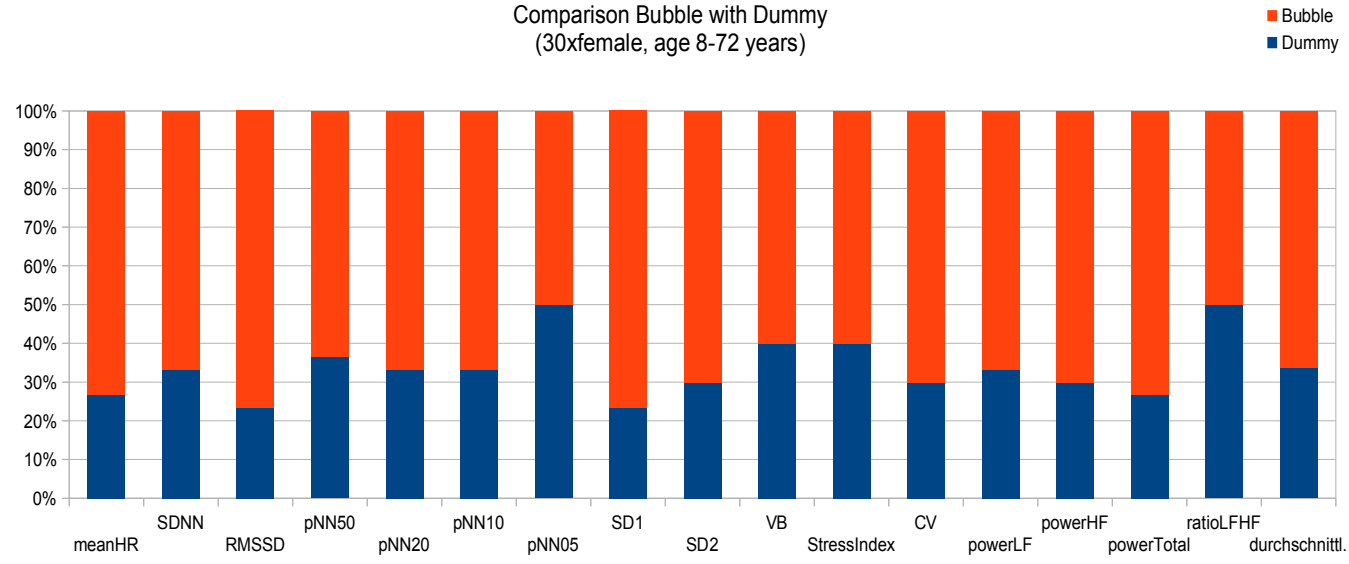
6.1. Results of the different HRV parameter of all 20 male examinations.

	meanHR	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	VB	SI	CV	LF	HF	Pw.Total	LF/HF	Ø
Dummy	8	8	3	6	5	7	8	3	9	12	6	7	5	9	7	12	7
Bubble	12	12	17	14	15	13	12	17	11	8	14	13	15	11	13	8	13



6.2. Results of the different HRV parameter of all 30 female examinations

	meanHR	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	VB	SI	CV	LF	HF	Pw.Total	LF/HF	Ø
Dummy	8,0	10,0	7,0	11	10	10	15	7	9	12	12	9	10	9	8	15	10
Bubble	22,0	20,0	23,0	19	20	20	15	23	21	18	18	21	20	21	22	15	20



6.3. Group comparison test

Examination for significant difference between male - female

(Cross table/Chi2-Test/exact Fischer Test, two-sided calculated)

All HRV parameters in the comparison male - female could not show any significant difference. (Calculations and results see Annex)

To be able to find a significant difference by gender, the same studies would possibly have to be conducted with much higher numbers of participants.

7. Discussion

The study showed that "Bubble" has a positive effect on most HRV values within a 5 minute measurement. Significant differences were found especially in HRV values which change rapidly over time, such as the RMMSD value as well as the SD1 value. Both reflect short-term changes/adjustments.

Values such as the SD2 value, which represent temporally slow changes, could not show significant differences. The pNN05 value, which can be described as the deepest basic reserve of the HRV, would certainly require much longer HRV recordings to show significant changes. Likewise, it may require longer HRV recordings for the StressIndex as well as for the Variation Broadness (VB). Both values refer to the histogram (frequency of the RR intervals distribution) which cannot be changed so quickly (especially during resting) compared to other HRV parameters.

It is interesting that the HF/LF ratio did not change significantly. This probably has to do with the fact that at low breathing rates the LF range is also strongly influenced by the parasympathetic nervous system. In this context, studies with increased respiratory frequency during physical activity would certainly be interesting here.

Long-term HRV studies/recordings of one hour and 24 hours would also be necessary to show the effect of "Bubble" on HRV parameters that do not change so quickly in time.

The SD1/SD2 ratio, which is often used in HRV examinations, was not evaluated because of the young participants in this study. This ratio, with its often occurring high SD1 values by children and adolescents is difficult for interpretation.

A differentiation in age groups was not carried out as the health status or fitness of the individual participants was not central for this study. In this study the focus was on the influence of the product "Bubble" on the HRV in general.

8. Conclusion

The HRV study shows that HRV parameter, especially those that can change rapidly for short periods of time, respond positively to "Bubble". In particular, the RMMSD and SD1 values were able to show this most clearly. "Bubble" was able to show a significant difference in 9 HRV parameter: meanHR, RMSSD, pNN50/20/10, SD1, CV, LF-at calm breathing rate, and in PowerTotal. The values of SDNN, SD2, StressIndex and HF were very close to to reach a significant difference (with a p-value of 0.065).
Therefore, based on the data, it can be concluded that the variability as well as the parasympathetic values are generally improved by wearing the "Bubble" pendant.

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9. Annex

9.1. HRV-Measurements

In this study, HRV recording series of 50 participants were examined. A total of 53 female participants (W1-W53) and 25 male participants (M1-M25) were tested.
For 3 female participants (W8/W13/W30) and 5 male participants (M3/M6/M10/M15/M18), the data were not included in the analysis because the average measured pulse values of both consecutive recordings differed by more than 4 beats per minute. These participants would have needed a longer resting time before the examinations started. Out of total 58 participants, the data of 30 females and 20 males were evaluated.

Explanation of the assigned sequential code:
for example
M1_14_a
M1...Examination of the first male participant
14...age
a...first examination
M1_14_b
M1...Examination of the first male participant
14...age
b...second examination
etc.

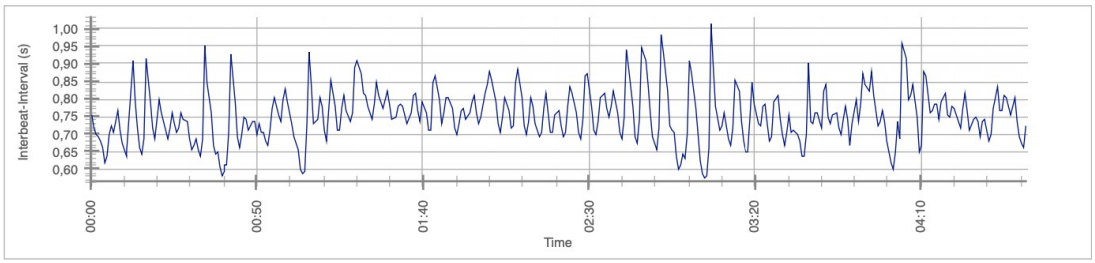
HRV-Analysis Report

Name: M1_14_a_selection_0034-0517

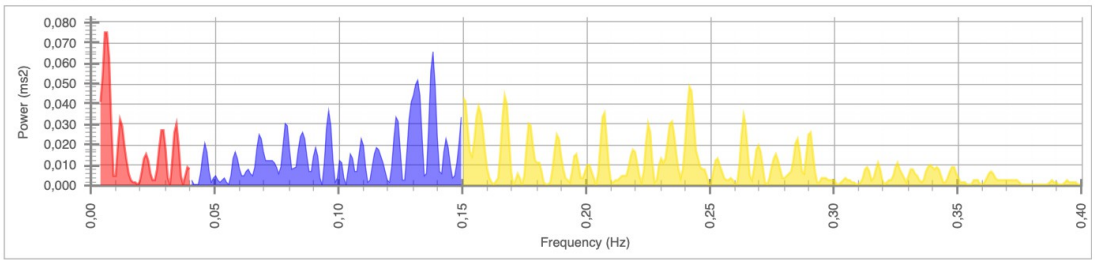
21.03.2021

Sound of Soul

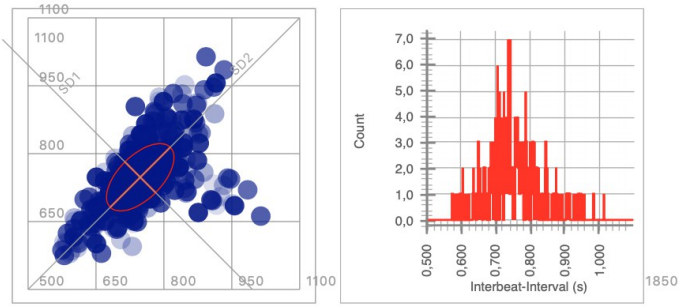
RR Intervals



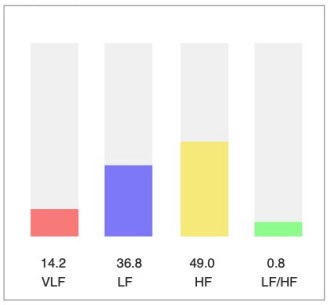
Power Spectrum



Time-Domain Statistics



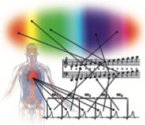
Frequency-Domain Statistics



Mean HR (bpm)	80,8
Mean RR (ms)	747,8
SDNN (ms)	74,4
RMSSD (ms)	67,7
pNN50 (%)	37,4
pNN20 (%)	76,1
pNN10 (%)	88,3
pNN05 (%)	93,6

SD1 (ms)	47,9
SD2 (ms)	93,7
SD1/SD2	1/2.0
VB (ms)	445,3
Stress Index	58,0
CV (%)	10,0

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	719,0	14,2
LF (0.04-0.15 Hz)	1868,2	36,8
HF (0.15-0.4 Hz)	2488,8	49,0
Total	5076,1	
LF/HF	0,8	



AQUA QUINTA

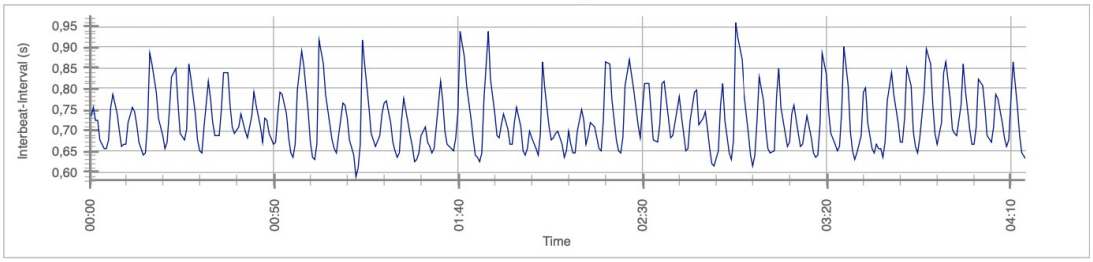
HRV-Analysis Report

Name: M1_14_b_selection_0035-0449

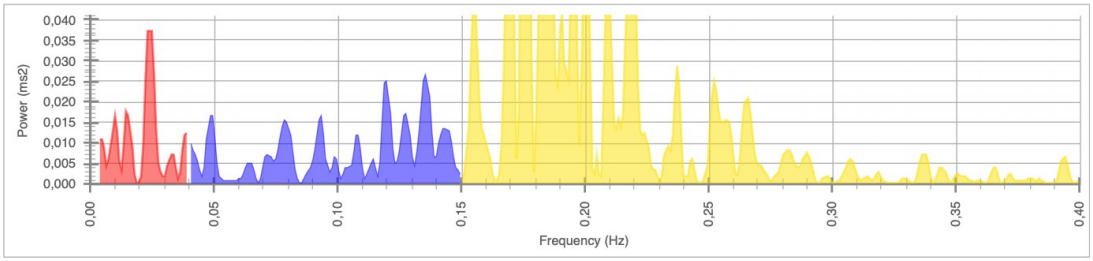
21.03.2021

Sound of Soul

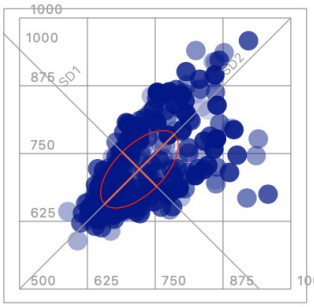
RR Intervals

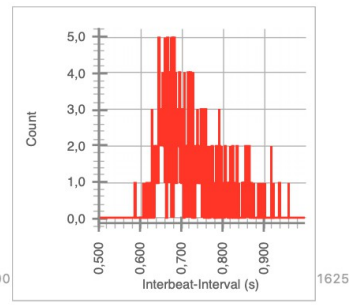


Power Spectrum



Time-Domain Statistics

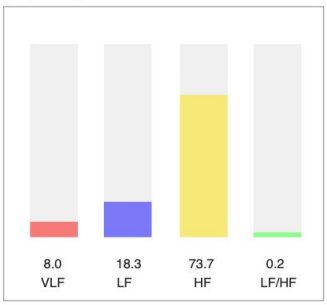




Mean HR (bpm)	83,7
Mean RR (ms)	721,0
SDNN (ms)	71,7
RMSSD (ms)	63,2
pNN50 (%)	40,3
pNN20 (%)	73,6
pNN10 (%)	85,8
pNN05 (%)	92,9

SD1 (ms)	44,7
SD2 (ms)	90,8
SD1/SD2	1/2.0
VB (ms)	406,2
Stress Index	109,1
CV (%)	9,9

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	370,7	8,0
LF (0.04-0.15 Hz)	849,9	18,3
HF (0.15-0.4 Hz)	3416,9	73,7
Total	4637,5	
LF/HF	0,2	

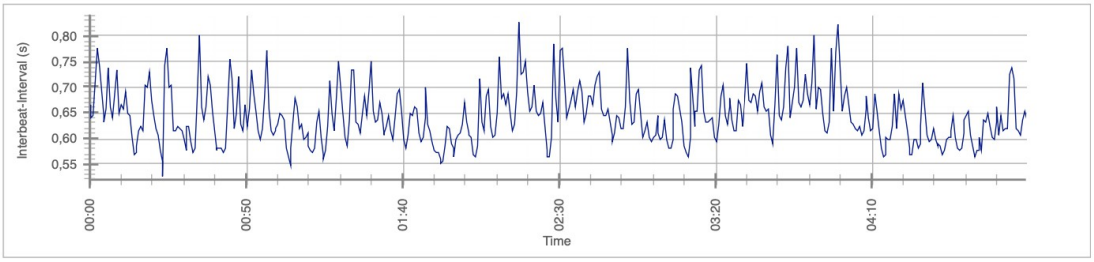
HRV-Analysis Report

Name: M2_11_a_selection_0058-0558

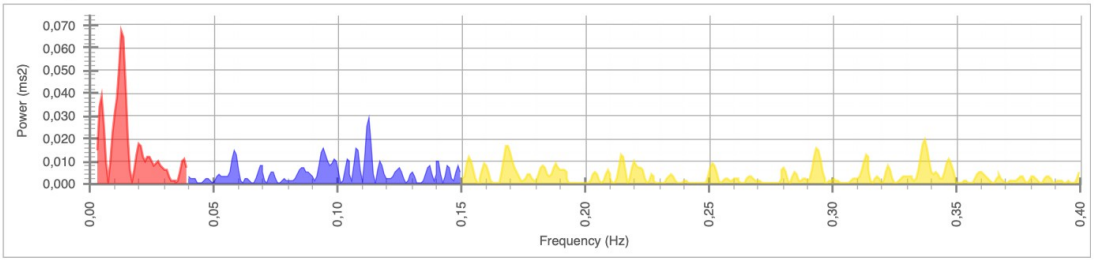
21.03.2021

Sound of Soul

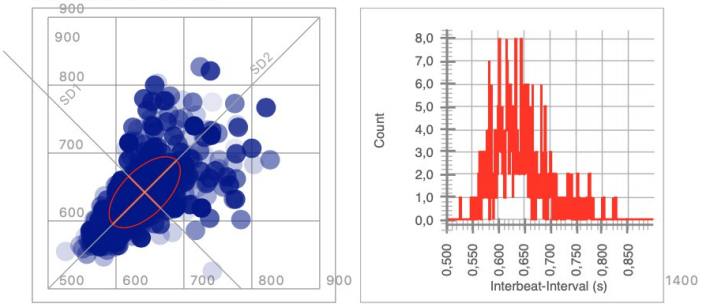
RR Intervals



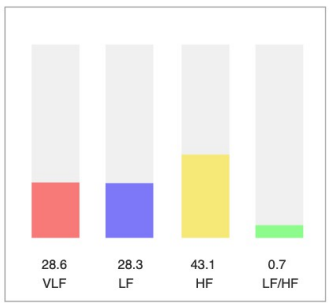
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	93,8	SD1 (ms)	33,3
Mean RR (ms)	642,3	SD2 (ms)	66,2
SDNN (ms)	52,4	SD1/SD2	1/2.0
RMSSD (ms)	47,1	VB (ms)	335,9
pNN50 (%)	21,2	Stress Index	162,3
pNN20 (%)	57,3	CV (%)	8,2
pNN10 (%)	72,7		
pNN05 (%)	85,6		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	681,6	28,6
LF (0.04-0.15 Hz)	673,0	28,3
HF (0.15-0.4 Hz)	1024,6	43,1
Total	2379,2	
LF/HF	0,7	

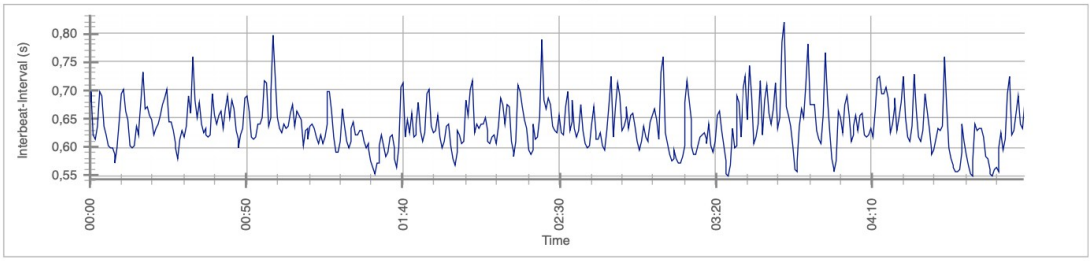
HRV-Analysis Report

Name: M2_11_b_selection_0109-0608

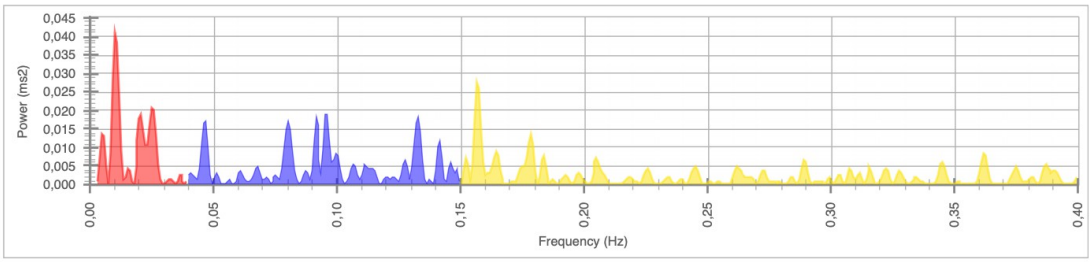
21.03.2021

Sound of Soul

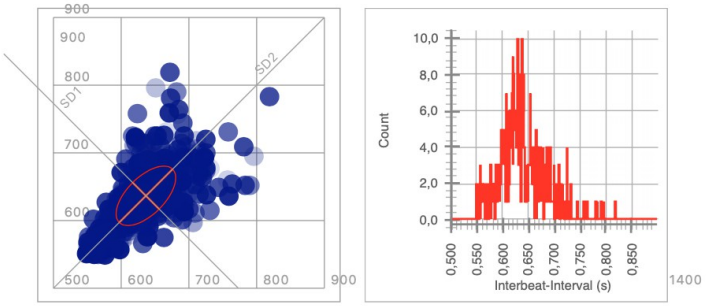
RR Intervals



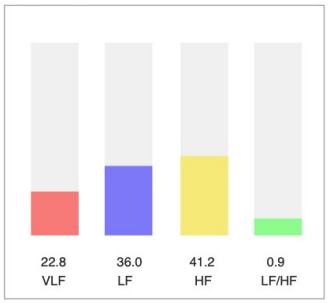
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	94,5
Mean RR (ms)	636,5
SDNN (ms)	44,0
RMSSD (ms)	39,1
pNN50 (%)	15,4
pNN20 (%)	49,5
pNN10 (%)	75,1
pNN05 (%)	87,6

SD1 (ms)	27,6
SD2 (ms)	55,7
SD1/SD2	1/2.0
VB (ms)	304,7
Stress Index	263,2
CV (%)	6,9

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	383,5	22,8
LF (0.04-0.15 Hz)	607,1	36,0
HF (0.15-0.4 Hz)	693,8	41,2
Total	1684,4	
LF/HF	0,9	

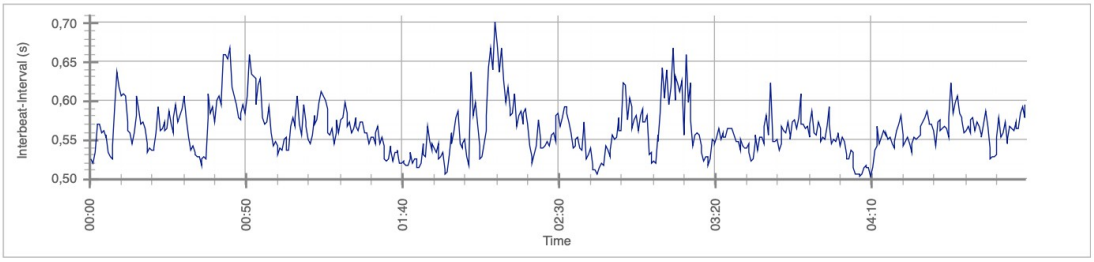
HRV-Analysis Report

Name: M3_6_a_selection_0059-0559

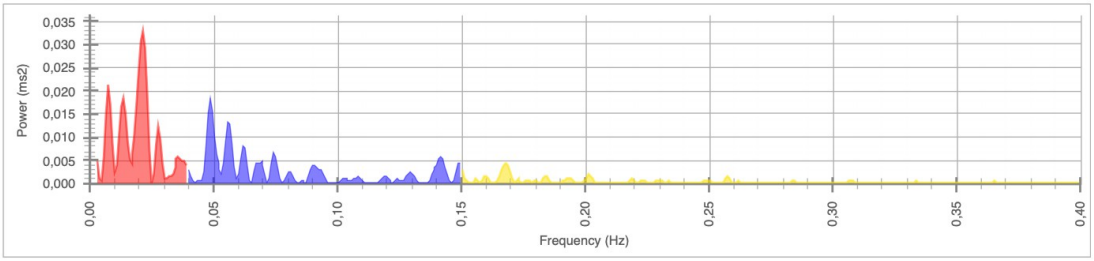
21.03.2021

Sound of Soul

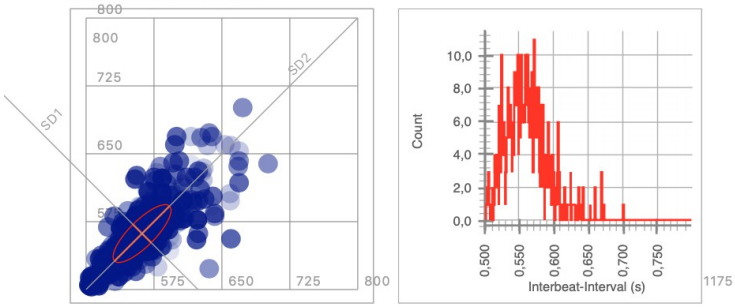
RR Intervals



Power Spectrum



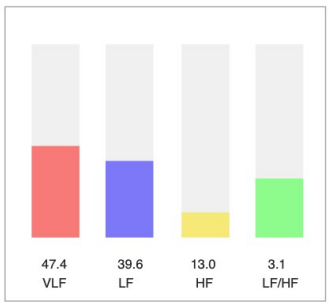
Time-Domain Statistics



Mean HR (bpm)	106,9
Mean RR (ms)	561,8
SDNN (ms)	32,0
RMSSD (ms)	20,1
pNN50 (%)	3,4
pNN20 (%)	22,0
pNN10 (%)	49,9
pNN05 (%)	70,4

SD1 (ms)	14,2
SD2 (ms)	42,9
SD1/SD2	1/3.0
VB (ms)	234,4
Stress Index	465,5
CV (%)	5,7

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	415,7	47,4
LF (0.04-0.15 Hz)	347,8	39,6
HF (0.15-0.4 Hz)	114,0	13,0
Total	877,5	
LF/HF	3,1	

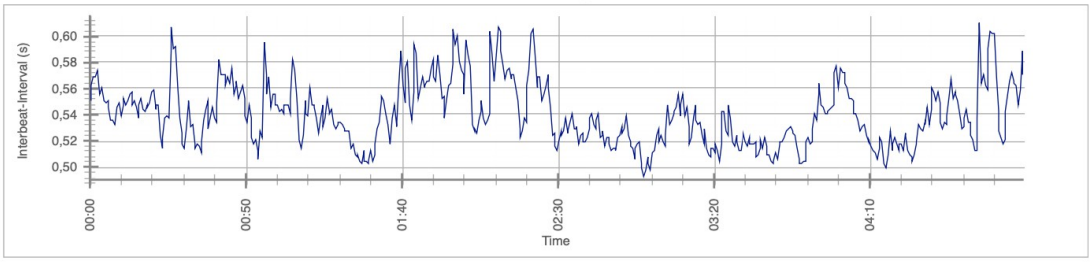
HRV-Analysis Report

Name: M3_6_b_selection_0101-0601

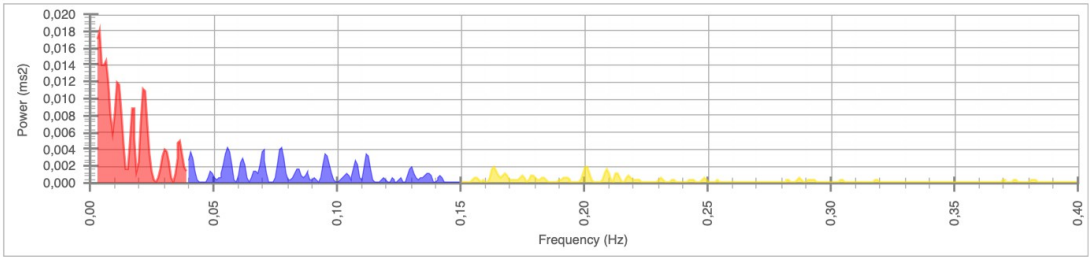
21.03.2021

Sound of Soul

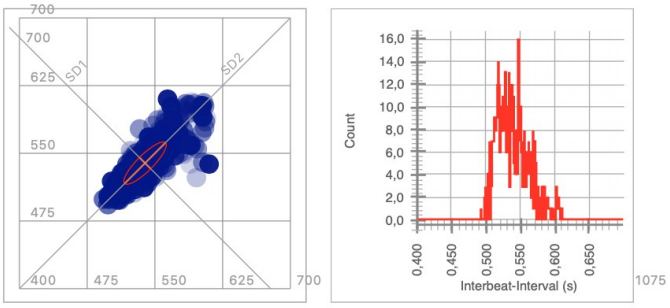
RR Intervals



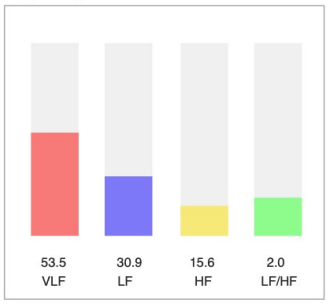
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	111,3	SD1 (ms)	8,8
Mean RR (ms)	539,1	SD2 (ms)	32,0
SDNN (ms)	23,5	SD1/SD2	1/3.6
RMSSD (ms)	12,5	VB (ms)	156,2
pNN50 (%)	0,7	Stress Index	663,2
pNN20 (%)	8,3	CV (%)	4,4
pNN10 (%)	28,8		
pNN05 (%)	55,1		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	248,4	53,5
LF (0.04-0.15 Hz)	143,3	30,9
HF (0.15-0.4 Hz)	72,4	15,6
Total	464,1	
LF/HF	2,0	

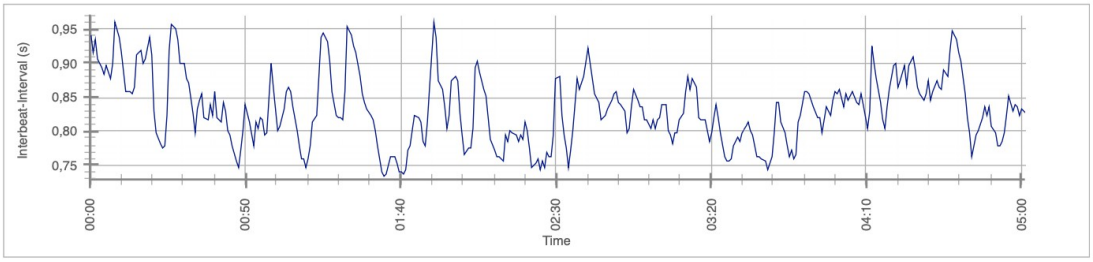
HRV-Analysis Report

Name: M4_41_a_selection_0113-0615

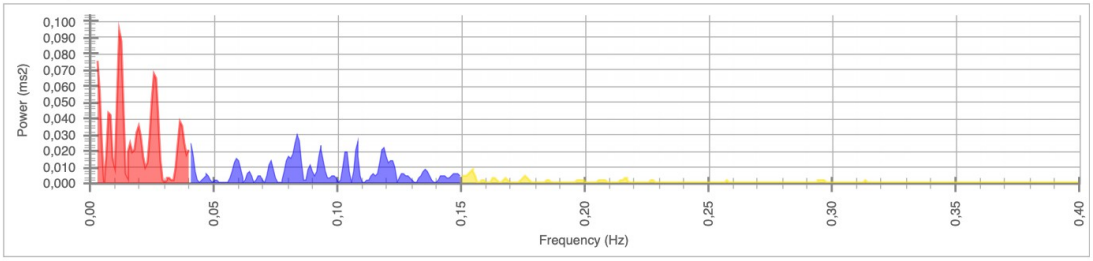
21.03.2021

Sound of Soul

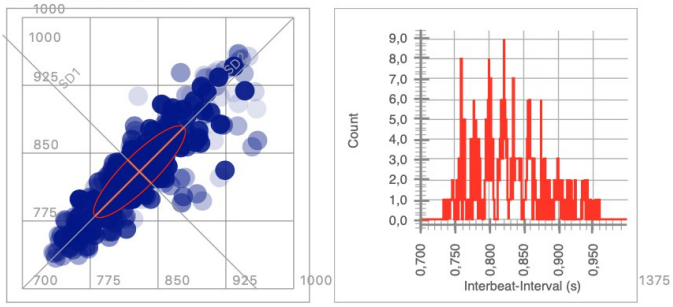
RR Intervals



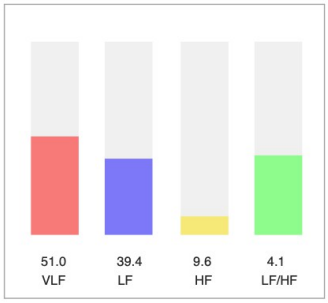
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	72,4	SD1 (ms)	18,3
Mean RR (ms)	829,5	SD2 (ms)	69,5
SDNN (ms)	51,0	SD1/SD2	1/3.8
RMSSD (ms)	25,8	VB (ms)	265,6
pNN50 (%)	4,1	Stress Index	110,3
pNN20 (%)	38,3	CV (%)	6,1
pNN10 (%)	66,4		
pNN05 (%)	82,6		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1199,5	51,0
LF (0.04-0.15 Hz)	928,3	39,4
HF (0.15-0.4 Hz)	225,7	9,6
Total	2353,4	
LF/HF	4,1	

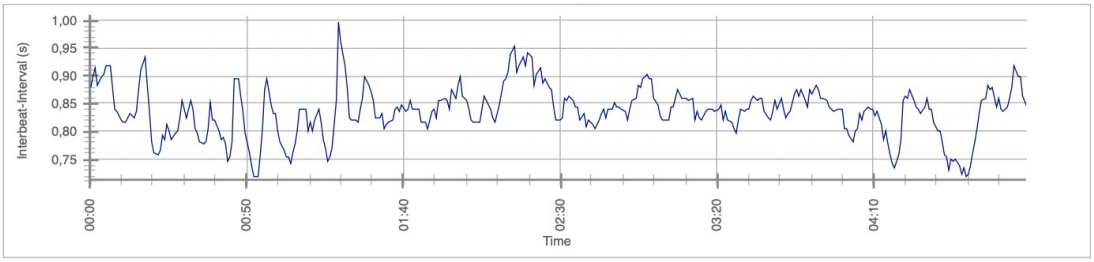
HRV-Analysis Report

Name: M4_41_b_selection_0102-0601

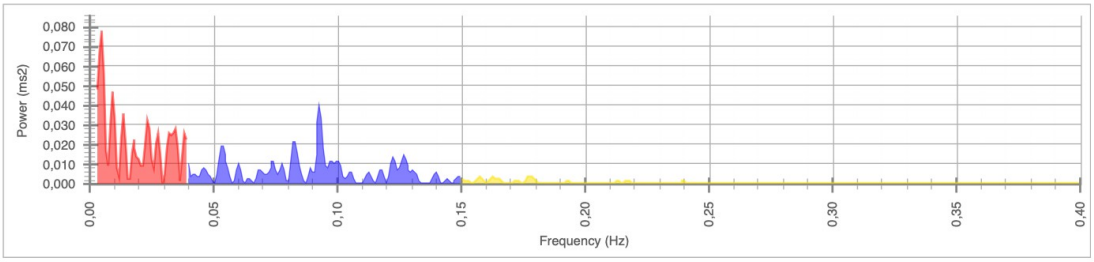
21.03.2021

Sound of Soul

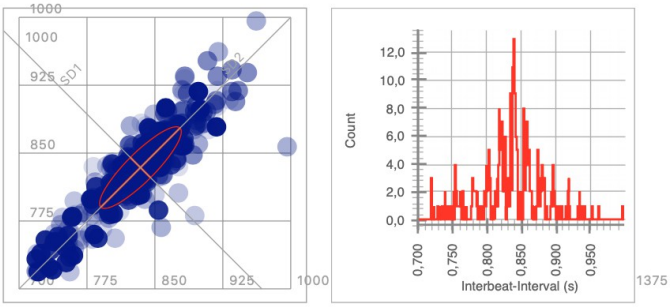
RR Intervals



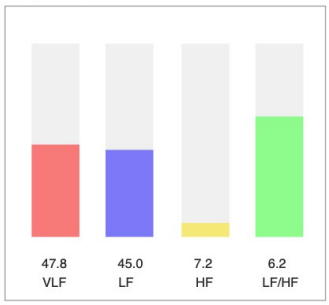
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	72,0
Mean RR (ms)	834,0
SDNN (ms)	45,2
RMSSD (ms)	22,2
pNN50 (%)	2,2
pNN20 (%)	27,7
pNN10 (%)	57,5
pNN05 (%)	73,5

SD1 (ms)	15,7
SD2 (ms)	61,8
SD1/SD2	1/3.9
VB (ms)	304,7
Stress Index	147,3
CV (%)	5,4

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	934,2	47,8
LF (0.04-0.15 Hz)	880,6	45,0
HF (0.15-0.4 Hz)	141,4	7,2
Total	1956,2	
LF/HF	6,2	

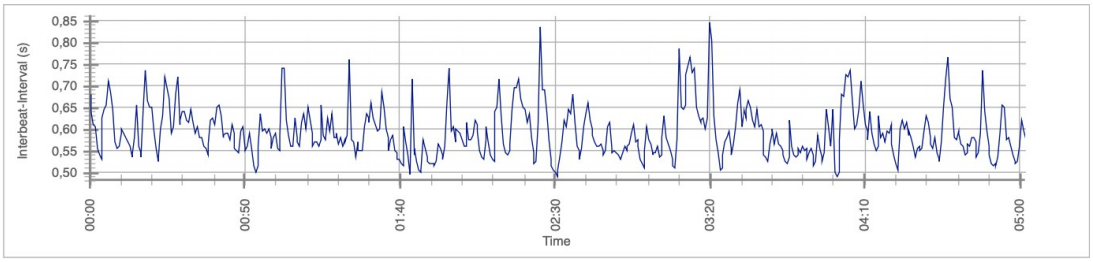
HRV-Analysis Report

Name: M5_4_a_selection_0126-0628

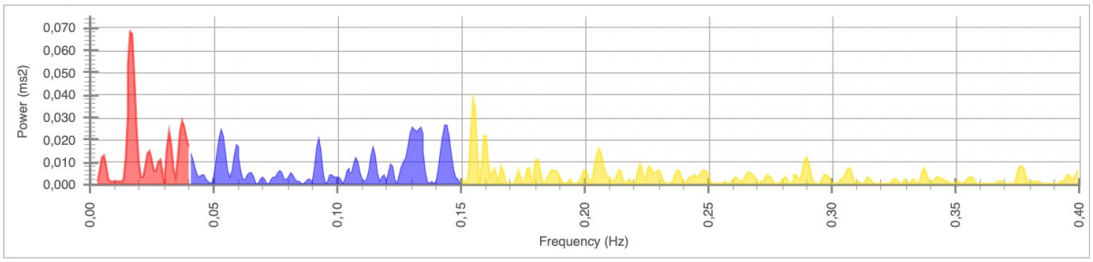
21.03.2021

Sound of Soul

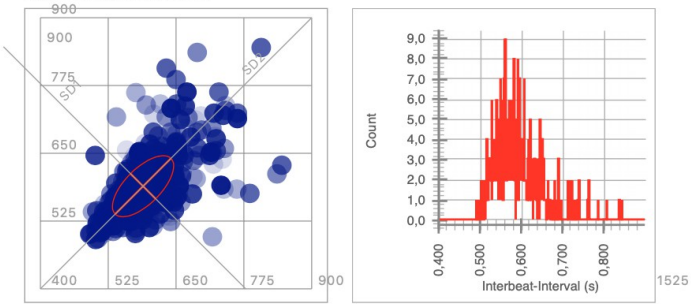
RR Intervals



Power Spectrum



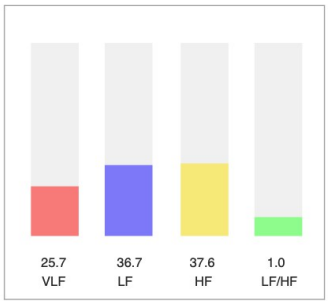
Time-Domain Statistics



Mean HR (bpm)	102,5
Mean RR (ms)	589,2
SDNN (ms)	56,4
RMSSD (ms)	46,3
pNN50 (%)	18,0
pNN20 (%)	48,6
pNN10 (%)	72,7
pNN05 (%)	86,9

SD1 (ms)	32,7
SD2 (ms)	72,7
SD1/SD2	1/2.2
VB (ms)	382,8
Stress Index	180,7
CV (%)	9,6

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	679,9	25,7
LF (0.04-0.15 Hz)	971,0	36,7
HF (0.15-0.4 Hz)	993,3	37,6
Total	2644,2	
LF/HF	1,0	

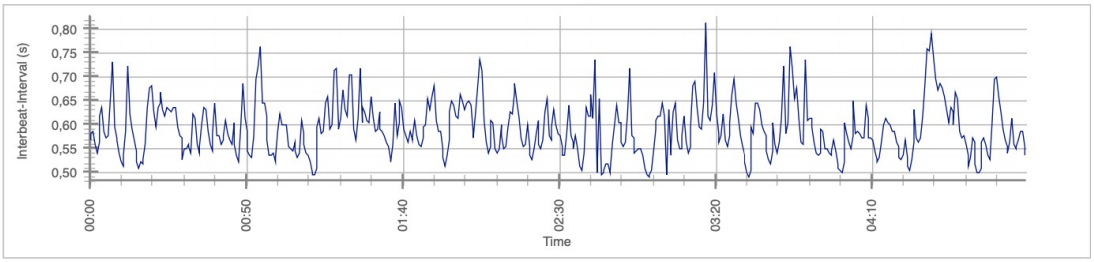
HRV-Analysis Report

Name: M5_4_b_selection_0123-0623

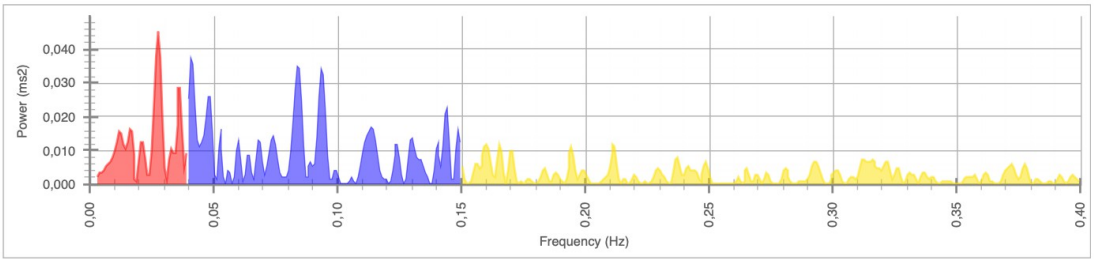
21.03.2021

Sound of Soul

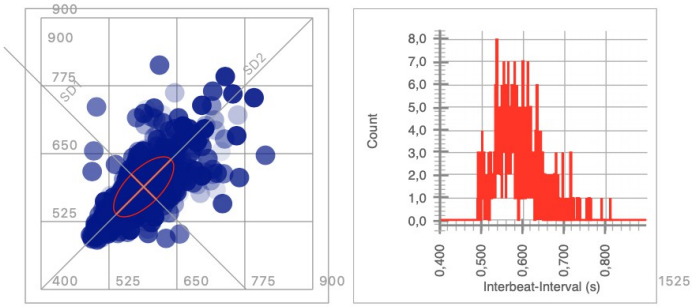
RR Intervals



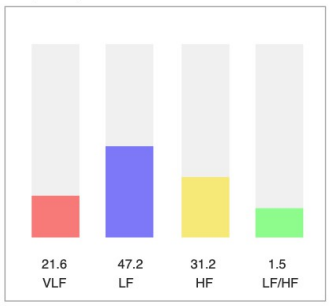
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	102,6
Mean RR (ms)	588,9
SDNN (ms)	55,3
RMSSD (ms)	45,6
pNN50 (%)	19,3
pNN20 (%)	53,5
pNN10 (%)	73,2
pNN05 (%)	87,4

SD1 (ms)	32,3
SD2 (ms)	71,3
SD1/SD2	1/2.2
VB (ms)	335,9
Stress Index	173,9
CV (%)	9,4

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	560,5	21,6
LF (0.04-0.15 Hz)	1224,9	47,2
HF (0.15-0.4 Hz)	810,8	31,2
Total	2596,2	
LF/HF	1,5	

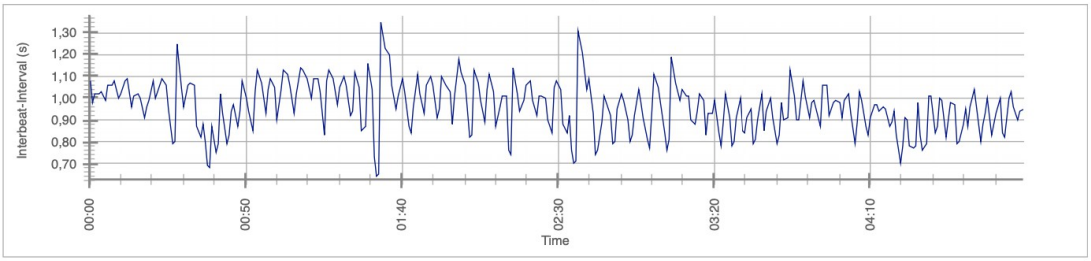
HRV-Analysis Report

Name: M6_39_a_selection_0128-0628

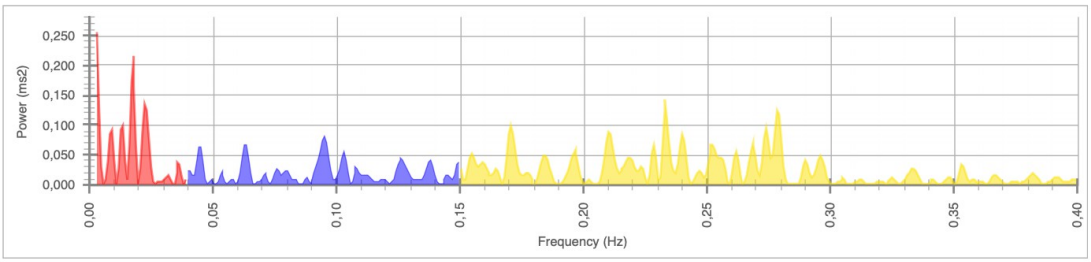
21.03.2021

Sound of Soul

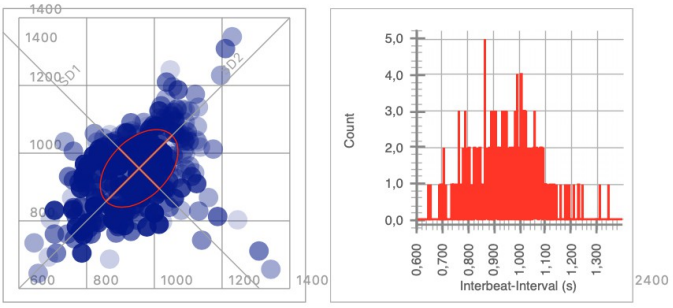
RR Intervals



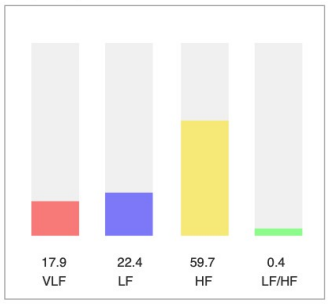
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	63,6
Mean RR (ms)	955,1
SDNN (ms)	114,7
RMSSD (ms)	120,9
pNN50 (%)	67,4
pNN20 (%)	85,0
pNN10 (%)	91,4
pNN05 (%)	96,2

SD1 (ms)	85,5
SD2 (ms)	137,7
SD1/SD2	1/1.6
VB (ms)	664,1
Stress Index	17,1
CV (%)	12,0

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	2084,7	17,9
LF (0.04-0.15 Hz)	2604,7	22,4
HF (0.15-0.4 Hz)	6959,0	59,7
Total	11648,4	
LF/HF	0,4	

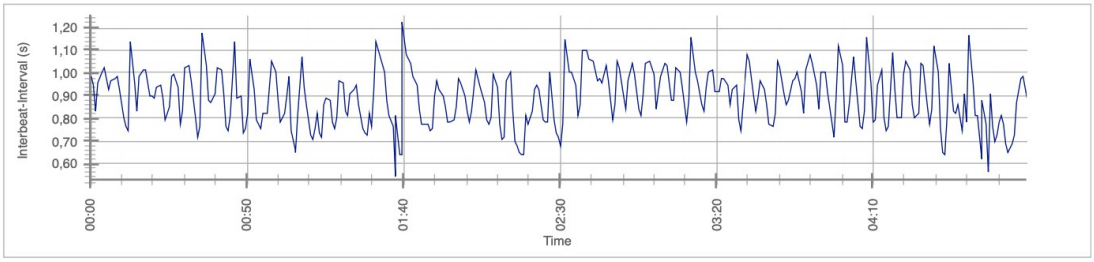
HRV-Analysis Report

Name: M6_39_b_selection_0133-0633

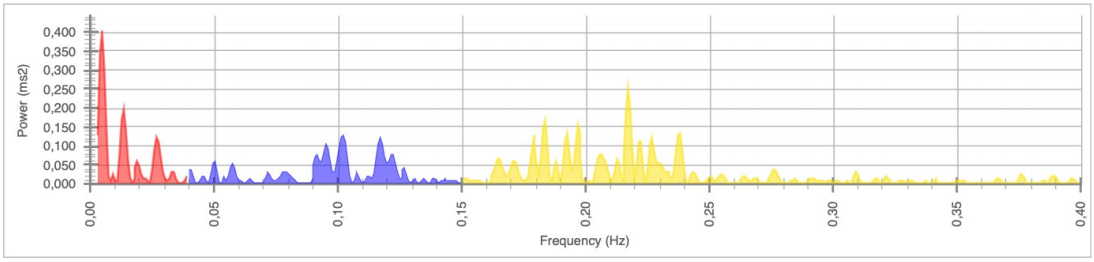
21.03.2021

Sound of Soul

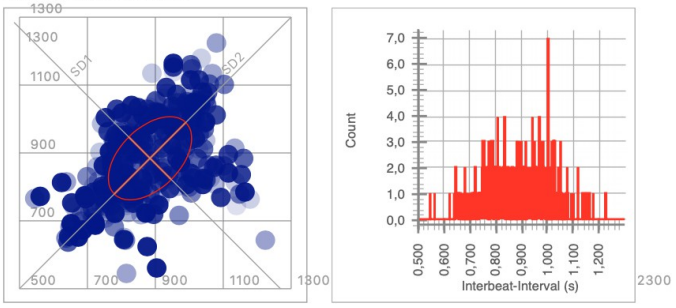
RR Intervals



Power Spectrum

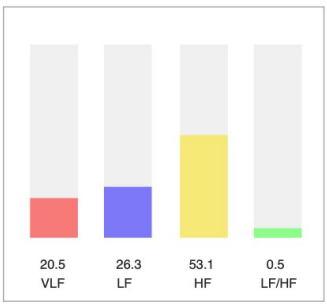


Time-Domain Statistics



Mean HR (bpm)	69,0	SD1 (ms)	88,4
Mean RR (ms)	884,4	SD2 (ms)	149,0
SDNN (ms)	122,5	SD1/SD2	1/1.7
RMSSD (ms)	125,0	VB (ms)	617,2
pNN50 (%)	63,3	Stress Index	21,0
pNN20 (%)	79,9	CV (%)	13,9
pNN10 (%)	87,9		
pNN05 (%)	94,7		

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	2832,1	20,5
LF (0.04-0.15 Hz)	3634,9	26,3
HF (0.15-0.4 Hz)	7336,0	53,1
Total	13803,0	
LF/HF	0,5	

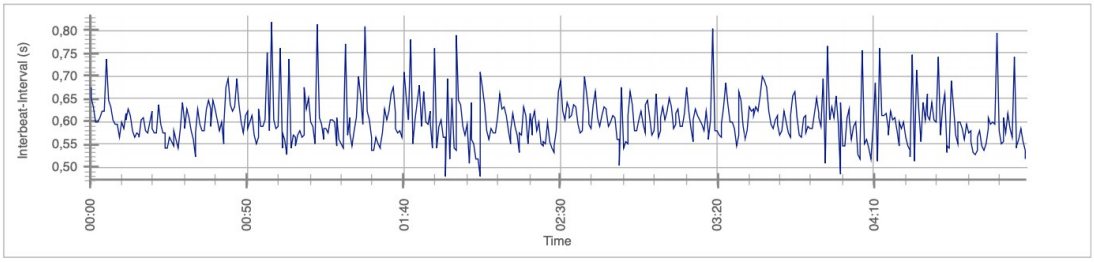
HRV-Analysis Report

Name: M7_7_a_selection_0058-0557

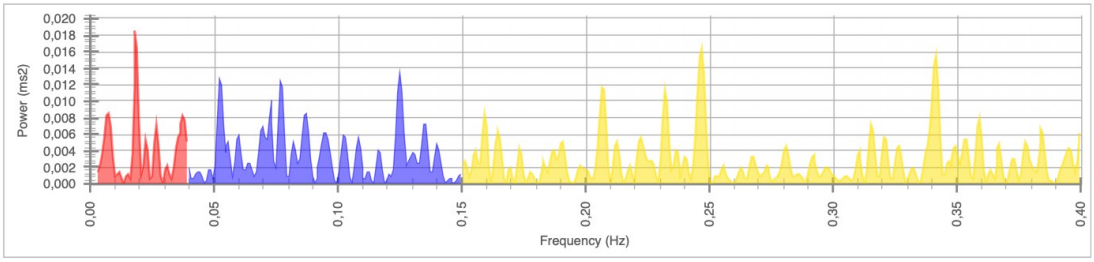
21.03.2021

Sound of Soul

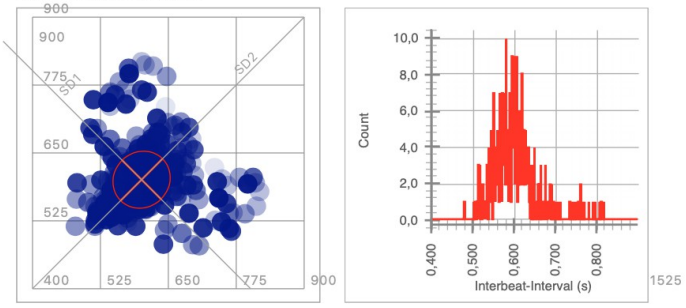
RR Intervals



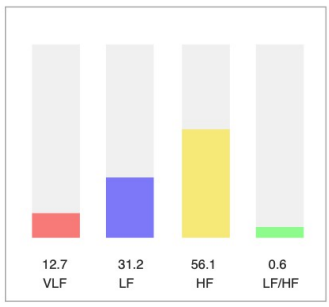
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	100,4
Mean RR (ms)	600,8
SDNN (ms)	52,7
RMSSD (ms)	71,6
pNN50 (%)	24,7
pNN20 (%)	61,6
pNN10 (%)	80,9
pNN05 (%)	90,3

SD1 (ms)	50,6
SD2 (ms)	54,4
SD1/SD2	1/1.1
VB (ms)	375,0
Stress Index	155,1
CV (%)	8,8

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	189,4	12,7
LF (0.04-0.15 Hz)	464,9	31,2
HF (0.15-0.4 Hz)	836,4	56,1
Total	1490,8	
LF/HF	0,6	

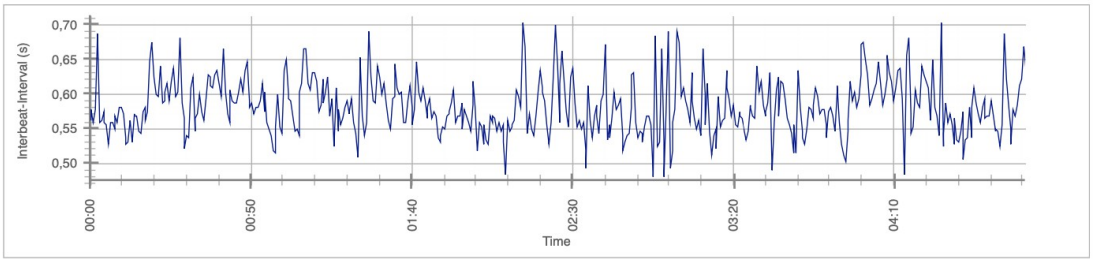
HRV-Analysis Report

Name: M7_7_b_selection_0027-0518

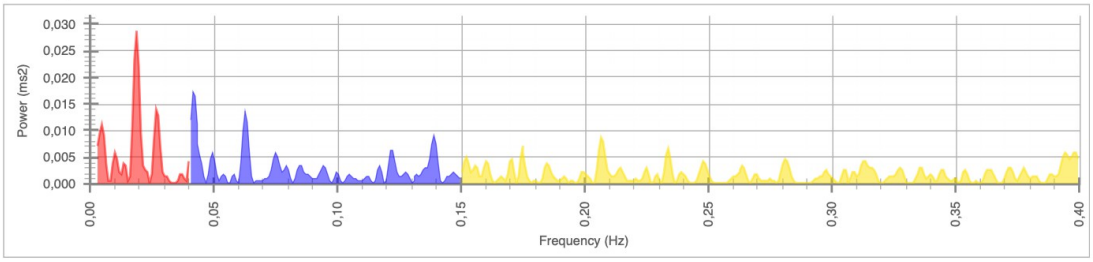
21.03.2021

Sound of Soul

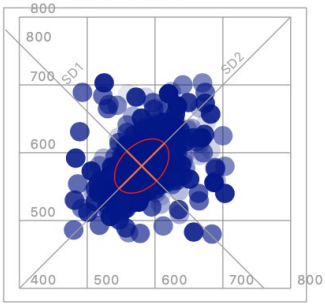
RR Intervals

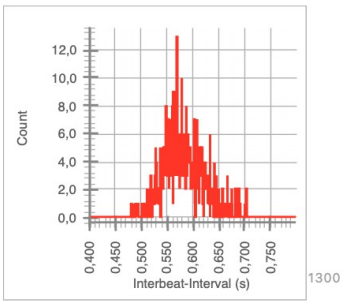


Power Spectrum

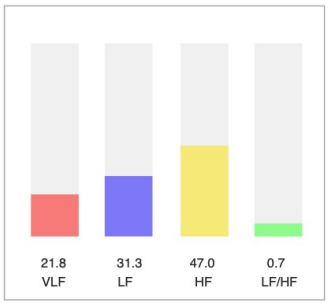


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	103,7	SD1 (ms)	31,2
Mean RR (ms)	580,4	SD2 (ms)	47,2
SDNN (ms)	40,1	SD1/SD2	1/1.5
RMSSD (ms)	44,2	VB (ms)	257,8
pNN50 (%)	15,8	Stress Index	298,1
pNN20 (%)	53,3	CV (%)	6,9
pNN10 (%)	76,8		
pNN05 (%)	87,8		

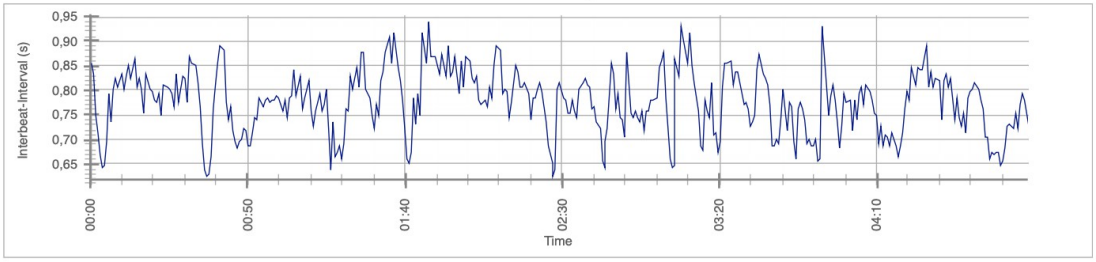
Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	237,7	21,8
LF (0.04-0.15 Hz)	341,5	31,3
HF (0.15-0.4 Hz)	513,1	47,0
Total	1092,2	
LF/HF	0,7	

Name: M8_14_a_selection_0116-0614

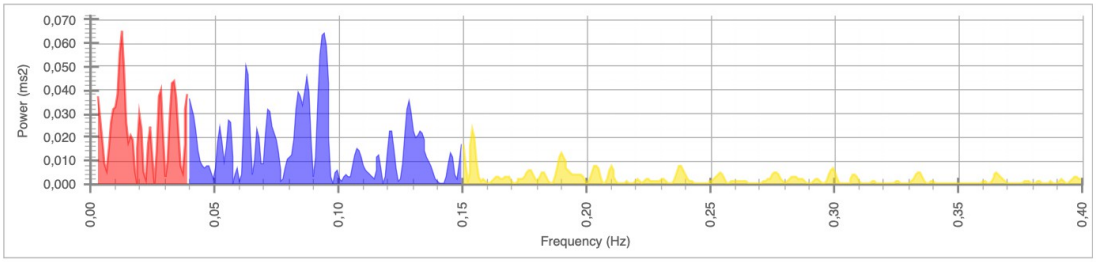
21.03.2021

Sound of Soul

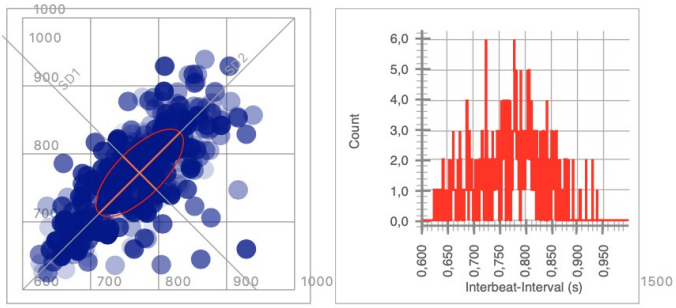
RR Intervals



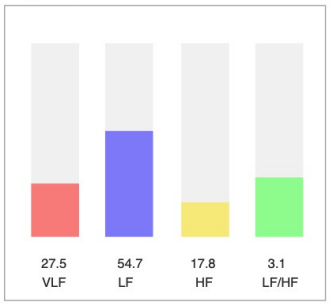
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	78,1
Mean RR (ms)	772,0
SDNN (ms)	64,5
RMSSD (ms)	49,2
pNN50 (%)	25,1
pNN20 (%)	61,4
pNN10 (%)	81,1
pNN05 (%)	89,1

SD1 (ms)	34,8
SD2 (ms)	84,1
SD1/SD2	1/2.4
VB (ms)	351,6
Stress Index	76,3
CV (%)	8,3

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1033,4	27,5
LF (0.04-0.15 Hz)	2053,9	54,7
HF (0.15-0.4 Hz)	669,7	17,8
Total	3757,0	
LF/HF	3,1	

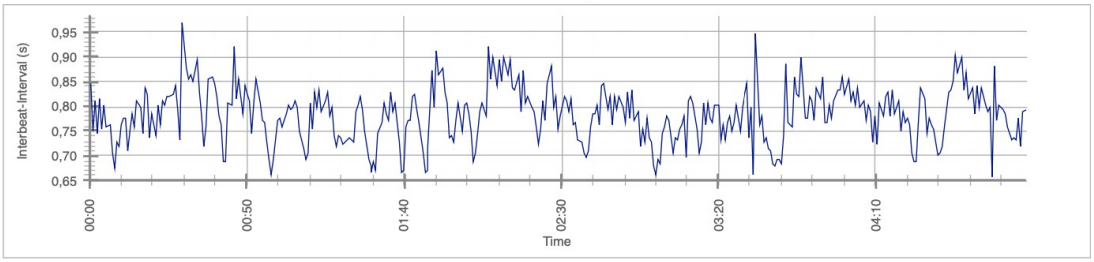
HRV-Analysis Report

Name: M8_14_b_selection_0124-0623

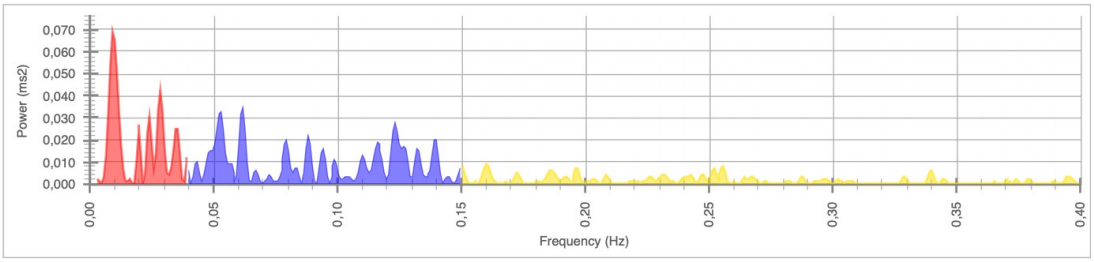
21.03.2021

Sound of Soul

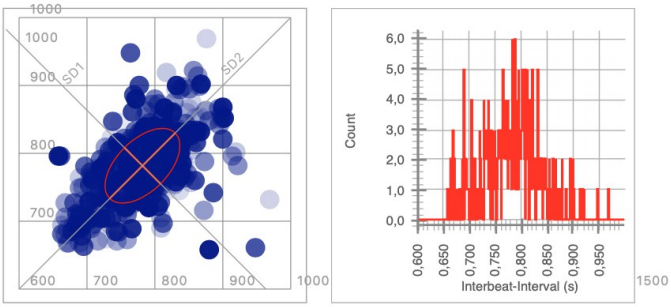
RR Intervals



Power Spectrum

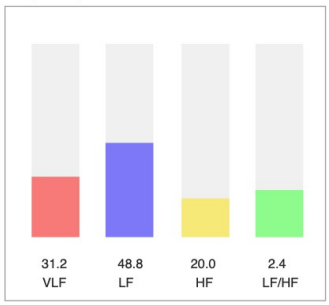


Time-Domain Statistics



Mean HR (bpm)	76,9	SD1 (ms)	37,5
Mean RR (ms)	781,7	SD2 (ms)	68,1
SDNN (ms)	55,1	SD1/SD2	1/1.8
RMSSD (ms)	53,1	VB (ms)	351,6
pNN50 (%)	29,7	Stress Index	109,5
pNN20 (%)	68,2	CV (%)	7,0
pNN10 (%)	83,5		
pNN05 (%)	91,1		

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	789,2	31,2
LF (0.04-0.15 Hz)	1232,0	48,8
HF (0.15-0.4 Hz)	505,3	20,0
Total	2526,5	
LF/HF	2,4	

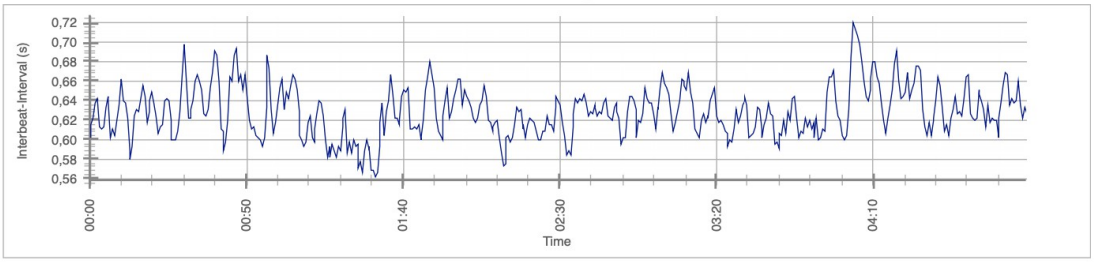
HRV-Analysis Report

Name: M9_31_a_selection_0124-0623

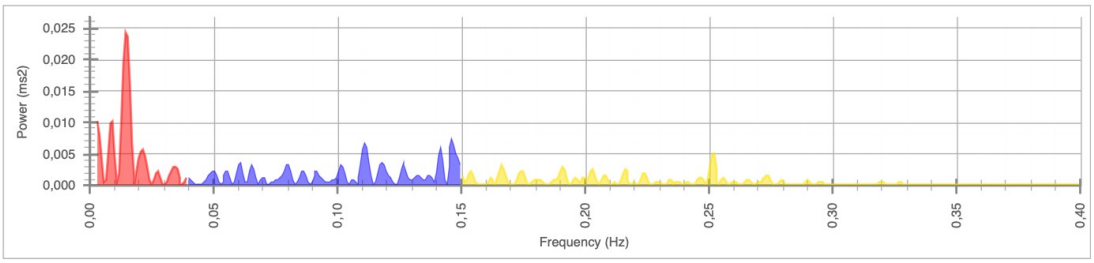
21.03.2021

Sound of Soul

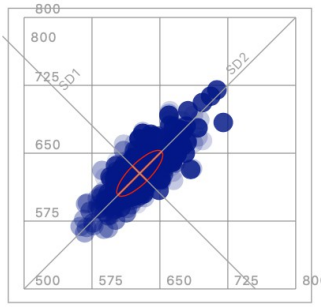
RR Intervals

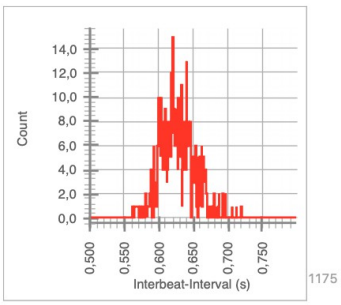


Power Spectrum



Time-Domain Statistics

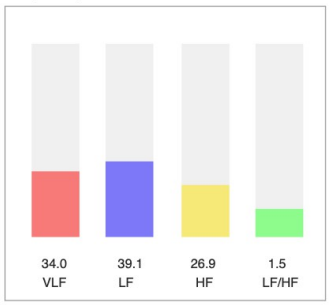




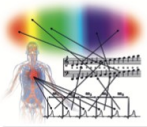
Mean HR (bpm)	95,5
Mean RR (ms)	627,8
SDNN (ms)	25,4
RMSSD (ms)	16,0
pNN50 (%)	0,4
pNN20 (%)	19,1
pNN10 (%)	50,6
pNN05 (%)	71,4

SD1 (ms)	11,3
SD2 (ms)	34,1
SD1/SD2	1/3.0
VB (ms)	203,1
Stress Index	548,5
CV (%)	4,0

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	199,0	34,0
LF (0.04-0.15 Hz)	229,1	39,1
HF (0.15-0.4 Hz)	157,7	26,9
Total	585,8	
LF/HF	1,5	



AQUA QUINTA

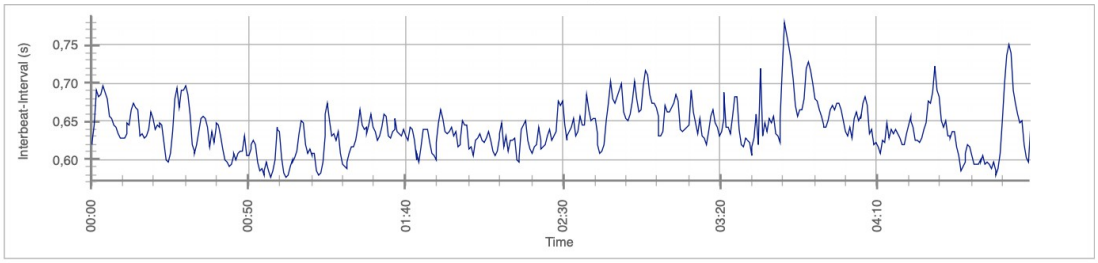
HRV-Analysis Report

Name: M9_31_b_selection_0141-0640

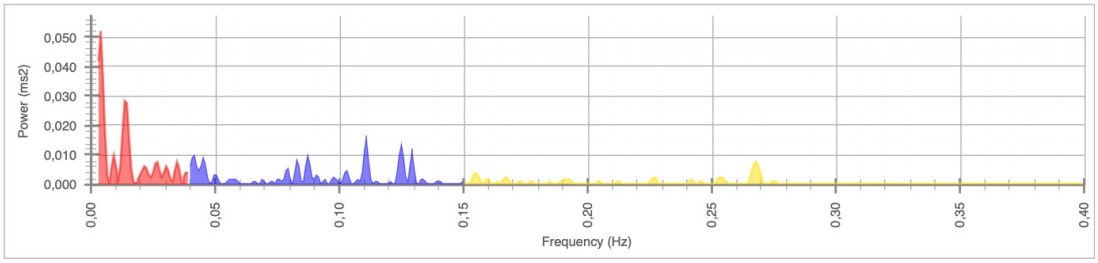
21.03.2021

Sound of Soul

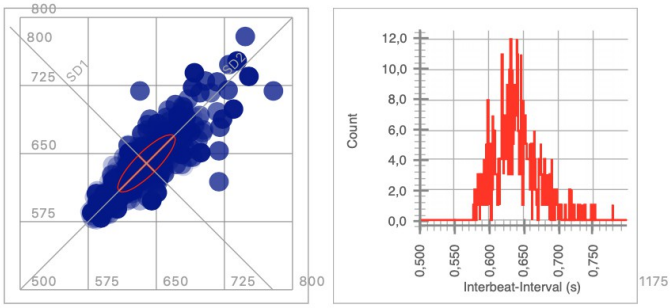
RR Intervals



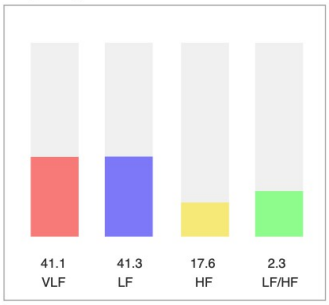
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	93,9
Mean RR (ms)	639,2
SDNN (ms)	31,5
RMSSD (ms)	17,7
pNN50 (%)	0,9
pNN20 (%)	20,1
pNN10 (%)	45,8
pNN05 (%)	71,7

SD1 (ms)	12,5
SD2 (ms)	42,8
SD1/SD2	1/3.4
VB (ms)	242,2
Stress Index	311,3
CV (%)	4,9

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	348,9	41,1
LF (0.04-0.15 Hz)	350,3	41,3
HF (0.15-0.4 Hz)	149,2	17,6
Total	848,4	
LF/HF	2,3	

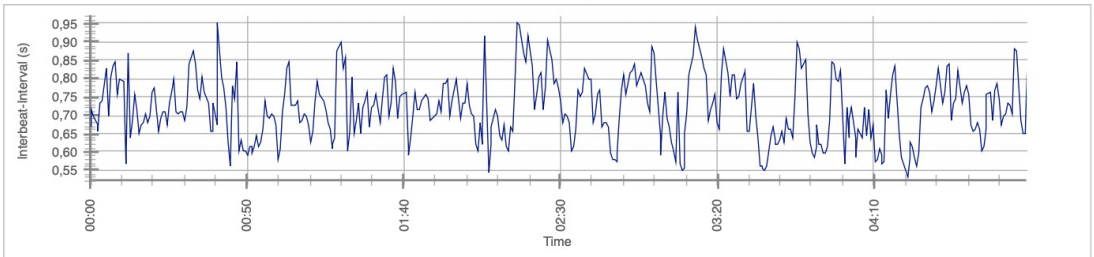
HRV-Analysis Report

Name: M10_9_a_selection_0105-0605

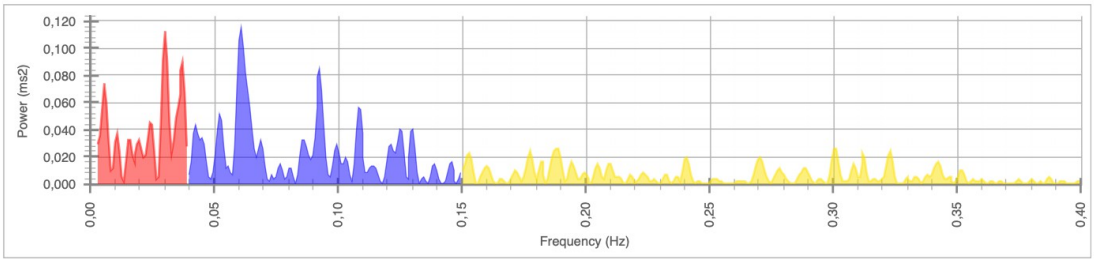
21.03.2021

Sound of Soul

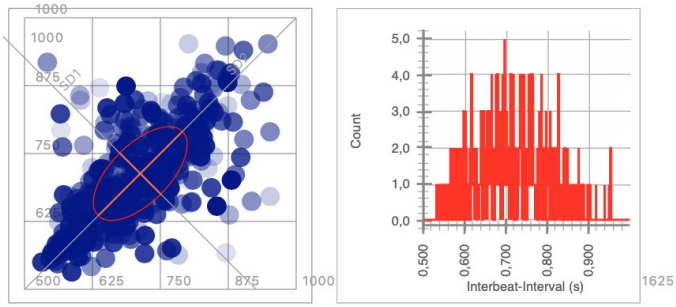
RR Intervals



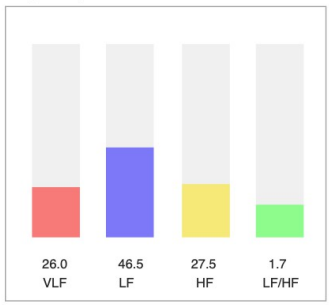
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	85,2	SD1 (ms)	53,4
Mean RR (ms)	713,1	SD2 (ms)	109,8
SDNN (ms)	86,5	SD1/SD2	1/2.1
RMSSD (ms)	75,6	VB (ms)	453,1
pNN50 (%)	40,3	Stress Index	58,0
pNN20 (%)	69,7	CV (%)	12,1
pNN10 (%)	83,8		
pNN05 (%)	90,5		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1699,2	26,0
LF (0.04-0.15 Hz)	3044,1	46,5
HF (0.15-0.4 Hz)	1803,5	27,5
Total	6546,8	
LF/HF	1,7	

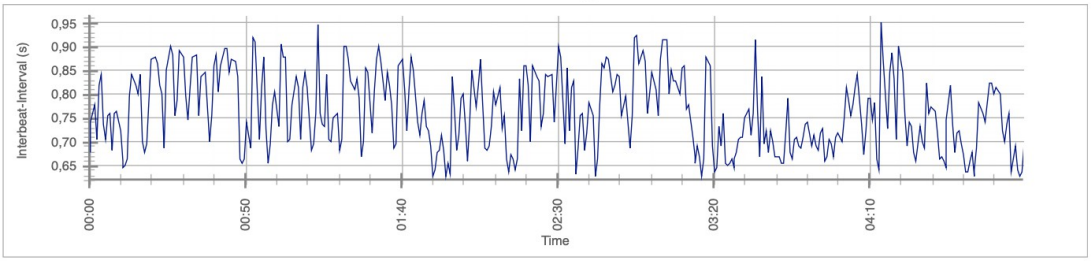
HRV-Analysis Report

Name: M10_9_b_selection_0050-0550

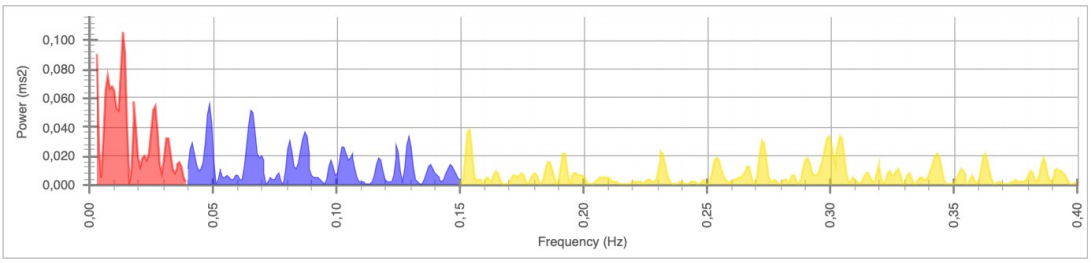
21.03.2021

Sound of Soul

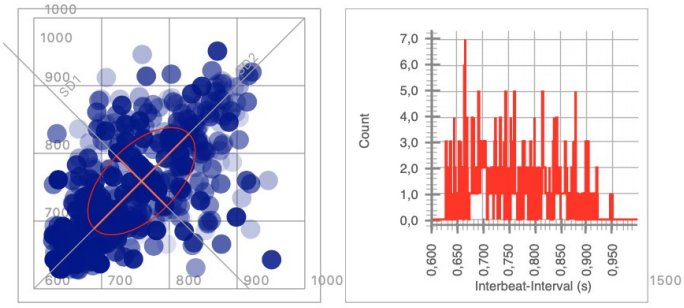
RR Intervals



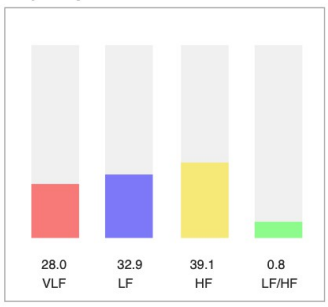
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	79,7
Mean RR (ms)	758,9
SDNN (ms)	79,3
RMSSD (ms)	74,2
pNN50 (%)	41,6
pNN20 (%)	74,1
pNN10 (%)	85,0
pNN05 (%)	93,1

SD1 (ms)	52,5
SD2 (ms)	98,9
SD1/SD2	1/1.9
VB (ms)	359,4
Stress Index	58,9
CV (%)	10,4

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1478,1	28,0
LF (0.04-0.15 Hz)	1738,0	32,9
HF (0.15-0.4 Hz)	2065,6	39,1
Total	5281,8	
LF/HF	0,8	

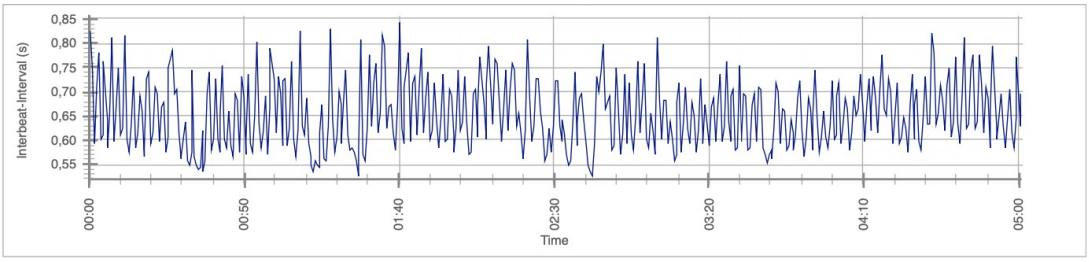
HRV-Analysis Report

Name: M11_7_a_selection_0202-0703

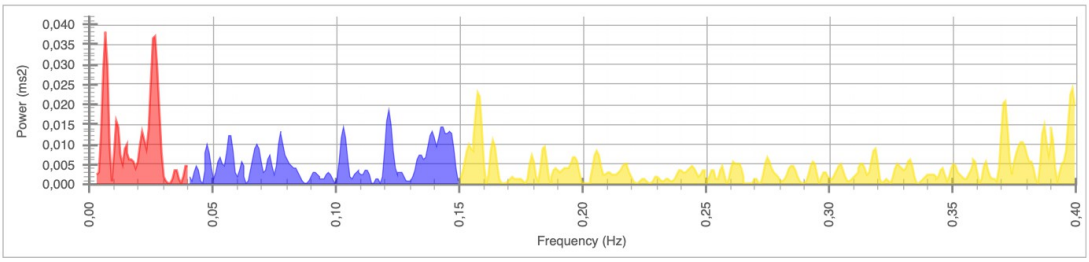
21.03.2021

Sound of Soul

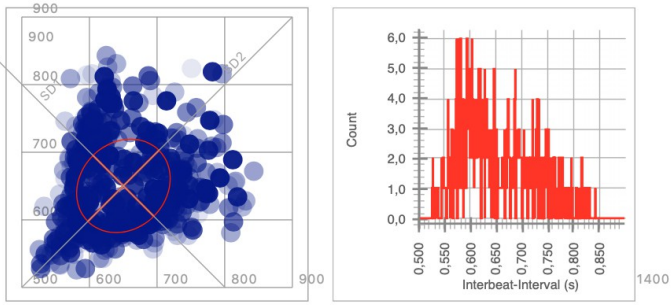
RR Intervals



Power Spectrum

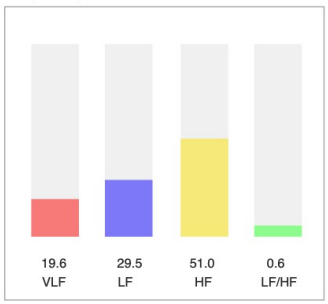


Time-Domain Statistics



Mean HR (bpm)	93,1	SD1 (ms)	63,5
Mean RR (ms)	650,3	SD2 (ms)	74,3
SDNN (ms)	69,3	SD1/SD2	1/1.2
RMSSD (ms)	89,8	VB (ms)	351,6
pNN50 (%)	60,9	Stress Index	73,6
pNN20 (%)	83,2	CV (%)	10,7
pNN10 (%)	91,6		
pNN05 (%)	95,5		

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	465,6	19,6
LF (0.04-0.15 Hz)	702,2	29,5
HF (0.15-0.4 Hz)	1213,5	51,0
Total	2381,4	
LF/HF	0,6	

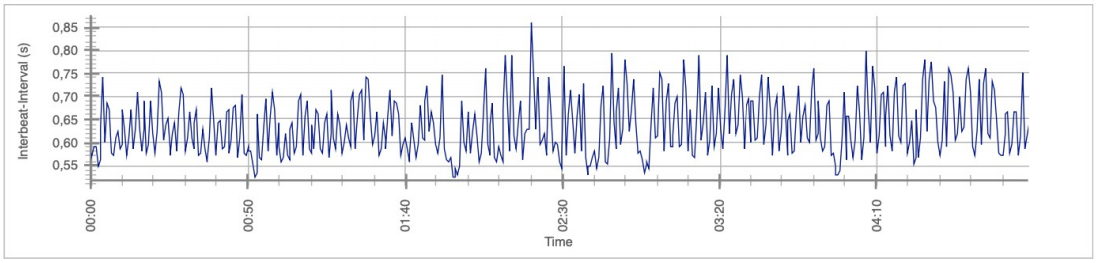
HRV-Analysis Report

Name: M11_7_b_selection_0221-0720

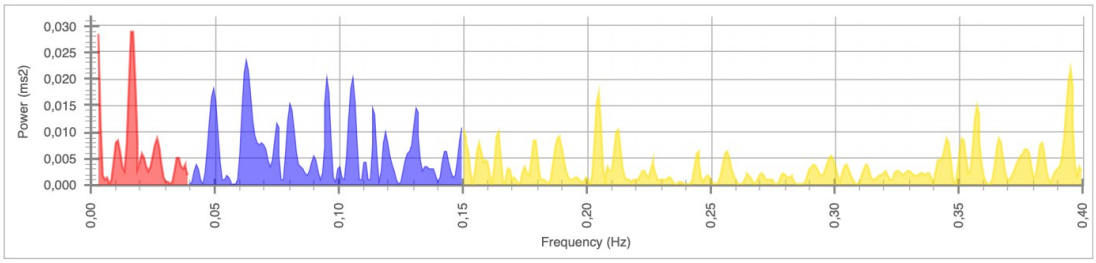
21.03.2021

Sound of Soul

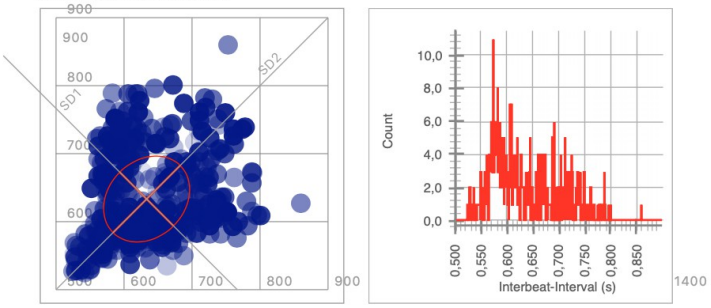
RR Intervals



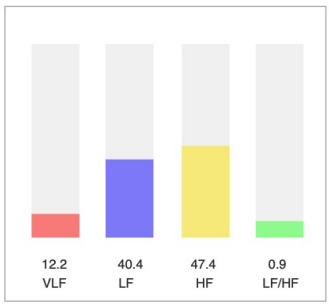
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	95,5
Mean RR (ms)	633,2
SDNN (ms)	63,2
RMSSD (ms)	79,0
pNN50 (%)	51,6
pNN20 (%)	75,8
pNN10 (%)	88,7
pNN05 (%)	93,6

SD1 (ms)	55,9
SD2 (ms)	69,8
SD1/SD2	1/1.2
VB (ms)	335,9
Stress Index	125,1
CV (%)	10,0

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	255,1	12,2
LF (0.04-0.15 Hz)	841,6	40,4
HF (0.15-0.4 Hz)	987,8	47,4
Total	2084,5	
LF/HF	0,9	

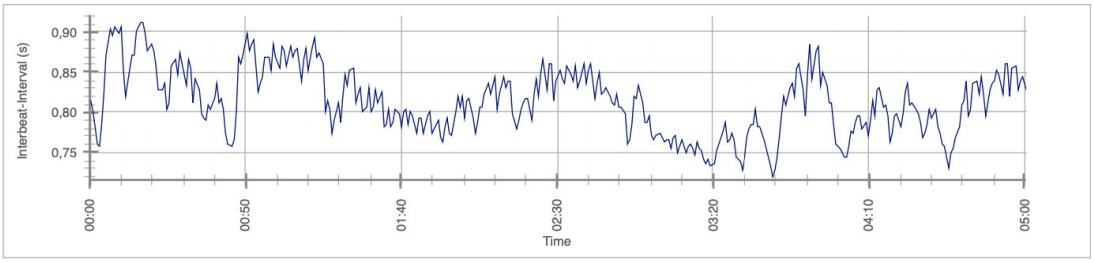
HRV-Analysis Report

Name: M12_53_a_selection_0157-0658

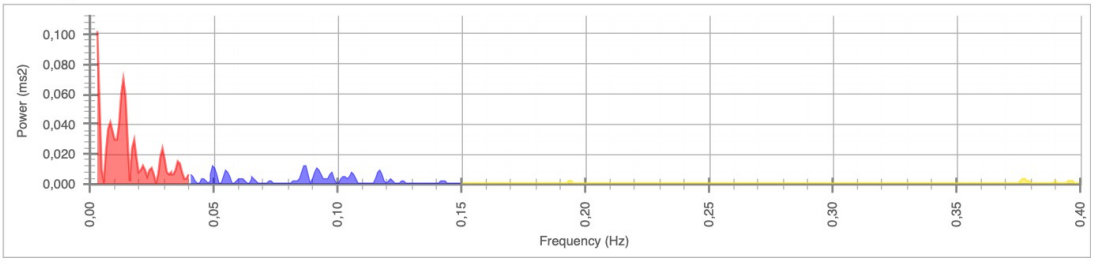
21.03.2021

Sound of Soul

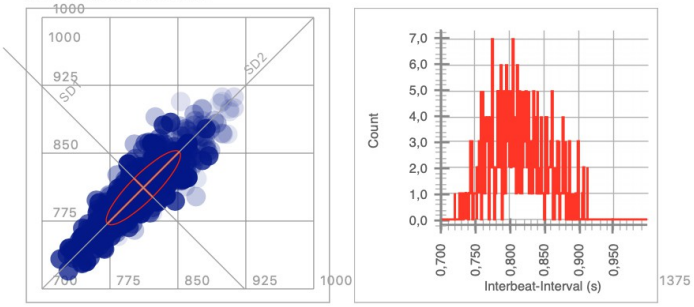
RR Intervals



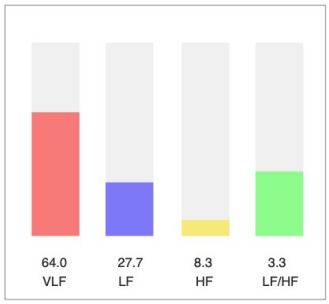
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	73,9
Mean RR (ms)	811,8
SDNN (ms)	41,0
RMSSD (ms)	20,4
pNN50 (%)	1,1
pNN20 (%)	31,6
pNN10 (%)	62,7
pNN05 (%)	82,4

SD1 (ms)	14,4
SD2 (ms)	56,1
SD1/SD2	1/3.9
VB (ms)	226,6
Stress Index	162,7
CV (%)	5,0

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	842,3	64,0
LF (0.04-0.15 Hz)	365,2	27,7
HF (0.15-0.4 Hz)	109,3	8,3
Total	1316,8	
LF/HF	3,3	

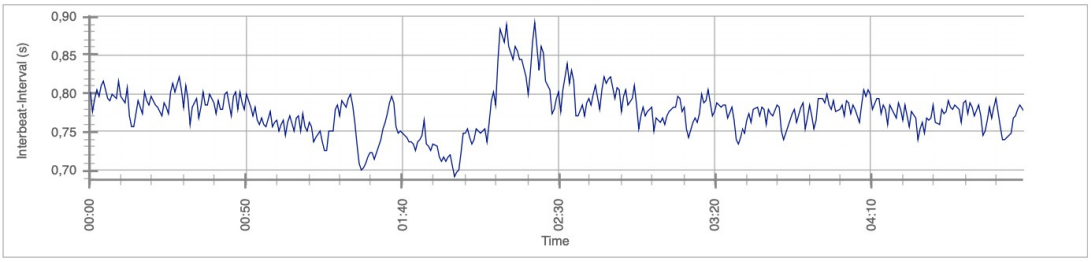
HRV-Analysis Report

Name: M12_53_b_selection_0206-0705

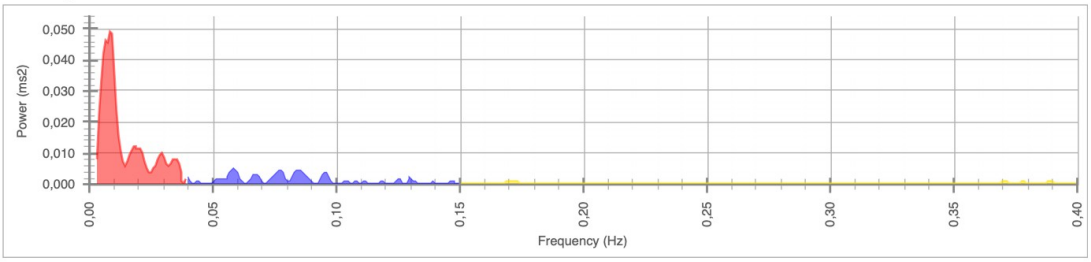
21.03.2021

Sound of Soul

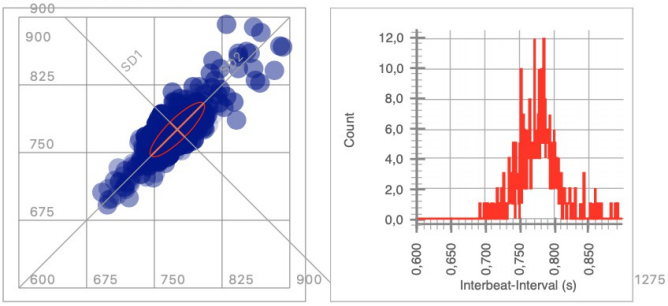
RR Intervals



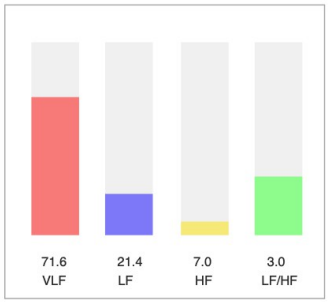
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	77,3	SD1 (ms)	11,5
Mean RR (ms)	775,5	SD2 (ms)	41,1
SDNN (ms)	30,2	SD1/SD2	1/3.6
RMSSD (ms)	16,2	VB (ms)	242,2
pNN50 (%)	0,5	Stress Index	291,6
pNN20 (%)	17,9	CV (%)	3,9
pNN10 (%)	55,1		
pNN05 (%)	78,2		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	609,6	71,6
LF (0.04-0.15 Hz)	182,1	21,4
HF (0.15-0.4 Hz)	59,9	7,0
Total	851,5	
LF/HF	3,0	

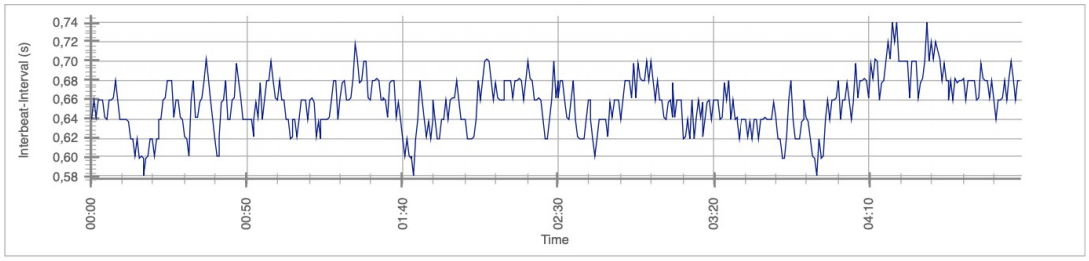
HRV-Analysis Report

Name: M13_15_a_selection_0152-0652

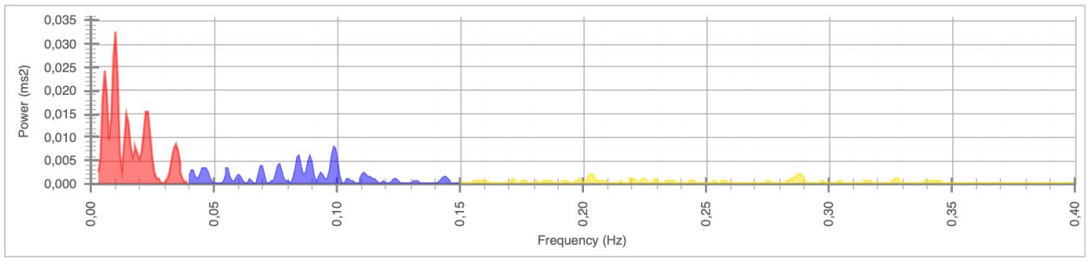
21.03.2021

Sound of Soul

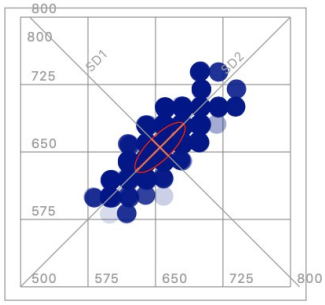
RR Intervals

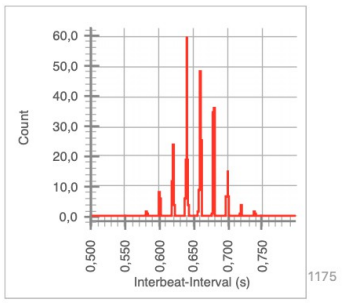


Power Spectrum



Time-Domain Statistics

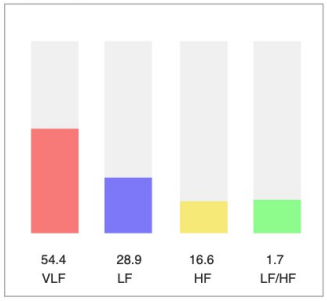




Mean HR (bpm)	91,6
Mean RR (ms)	655,1
SDNN (ms)	27,9
RMSSD (ms)	18,7
pNN50 (%)	0,2
pNN20 (%)	17,1
pNN10 (%)	62,7
pNN05 (%)	62,7

SD1 (ms)	13,2
SD2 (ms)	37,2
SD1/SD2	1/2.8
VB (ms)	195,3
Stress Index	271,2
CV (%)	4,3

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	373,8	54,4
LF (0.04-0.15 Hz)	198,8	28,9
HF (0.15-0.4 Hz)	114,2	16,6
Total	686,8	
LF/HF	1,7	

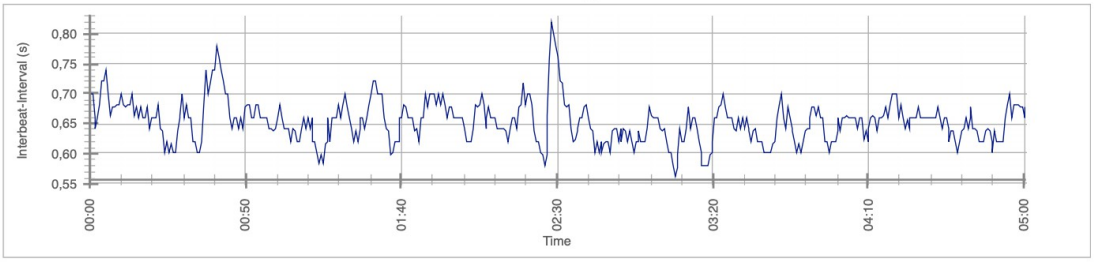
HRV-Analysis Report

Name: M13_15_b_selection_0205-0706

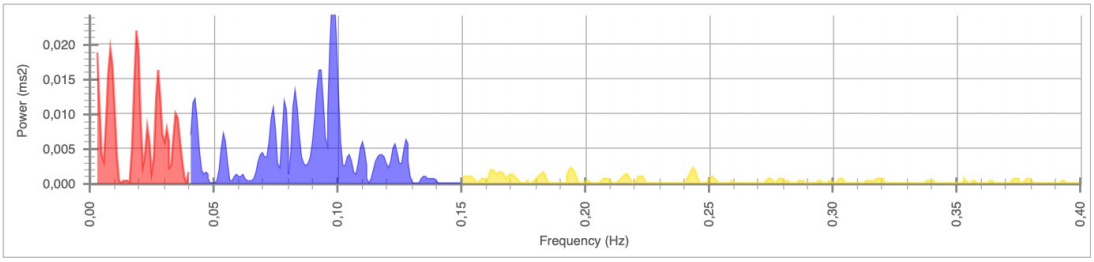
21.03.2021

Sound of Soul

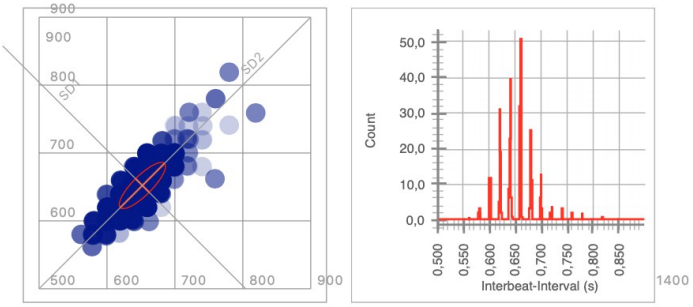
RR Intervals



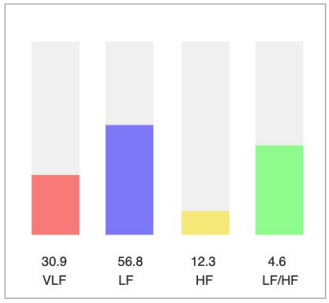
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	92,1
Mean RR (ms)	652,1
SDNN (ms)	34,1
RMSSD (ms)	20,0
pNN50 (%)	1,1
pNN20 (%)	16,7
pNN10 (%)	63,3
pNN05 (%)	63,3

SD1 (ms)	14,1
SD2 (ms)	46,1
SD1/SD2	1/3.3
VB (ms)	281,2
Stress Index	240,4
CV (%)	5,2

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	314,3	30,9
LF (0.04-0.15 Hz)	576,9	56,8
HF (0.15-0.4 Hz)	124,8	12,3
Total	1015,9	
LF/HF	4,6	

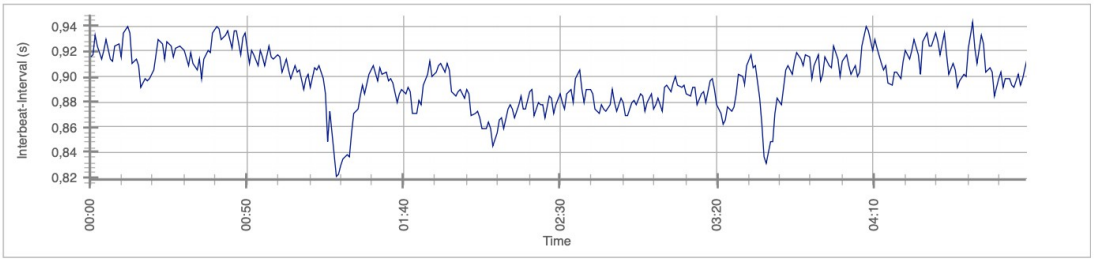
HRV-Analysis Report

Name: M14_64_a_selection_0151-0650

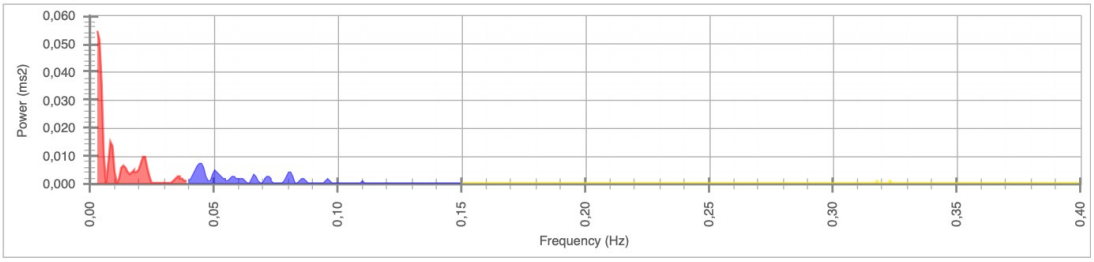
21.03.2021

Sound of Soul

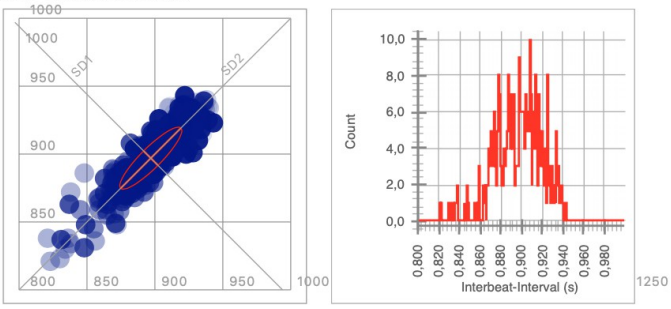
RR Intervals



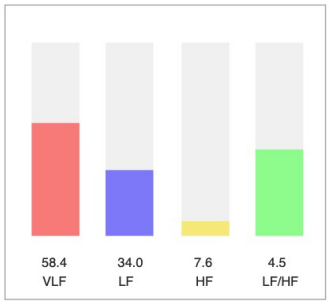
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	66,7
Mean RR (ms)	897,0
SDNN (ms)	22,9
RMSSD (ms)	10,6
pNN50 (%)	0,0
pNN20 (%)	4,2
pNN10 (%)	33,3
pNN05 (%)	64,3

SD1 (ms)	7,5
SD2 (ms)	31,4
SD1/SD2	1/4.2
VB (ms)	156,2
Stress Index	265,4
CV (%)	2,5

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	244,1	58,4
LF (0.04-0.15 Hz)	142,3	34,0
HF (0.15-0.4 Hz)	31,8	7,6
Total	418,2	
LF/HF	4,5	

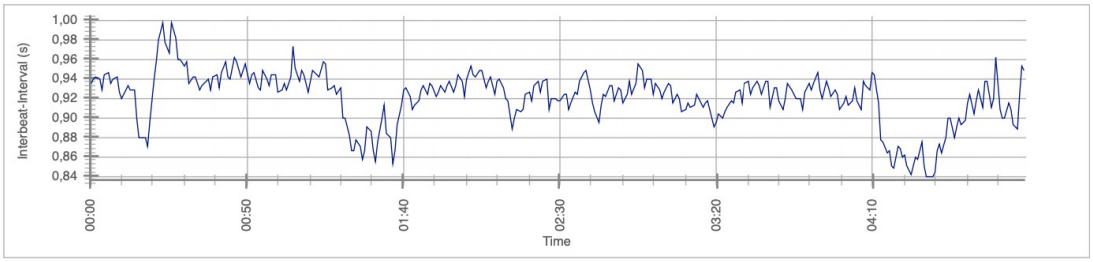
HRV-Analysis Report

Name: M14_64_b_selection_0228-0727

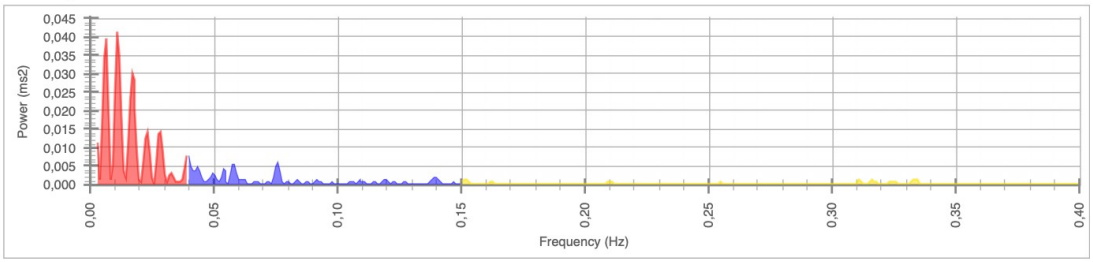
21.03.2021

Sound of Soul

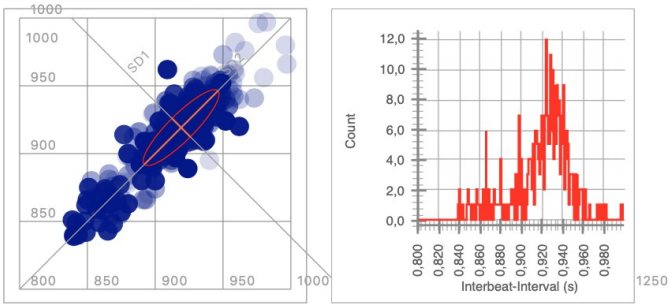
RR Intervals



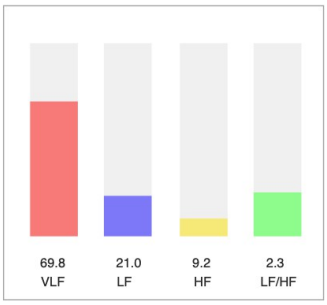
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	65,2
Mean RR (ms)	919,2
SDNN (ms)	28,0
RMSSD (ms)	13,5
pNN50 (%)	0,3
pNN20 (%)	10,5
pNN10 (%)	43,4
pNN05 (%)	69,5

SD1 (ms)	9,6
SD2 (ms)	38,4
SD1/SD2	1/4.0
VB (ms)	195,3
Stress Index	406,3
CV (%)	3,0

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	497,7	69,8
LF (0.04-0.15 Hz)	149,4	21,0
HF (0.15-0.4 Hz)	65,7	9,2
Total	712,8	
LF/HF	2,3	

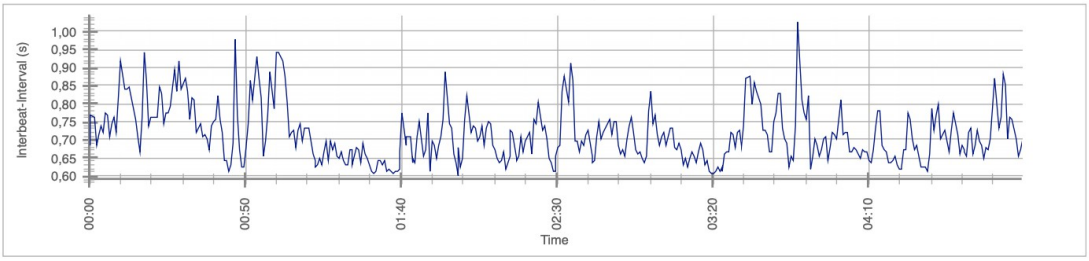
HRV-Analysis Report

Name: M15_15_a_selection_0226-0726

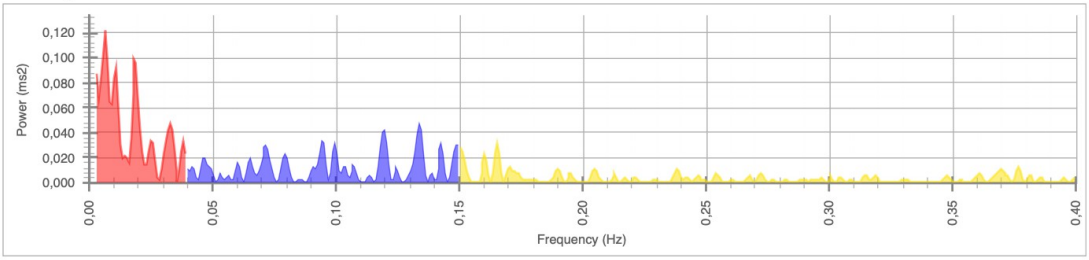
21.03.2021

Sound of Soul

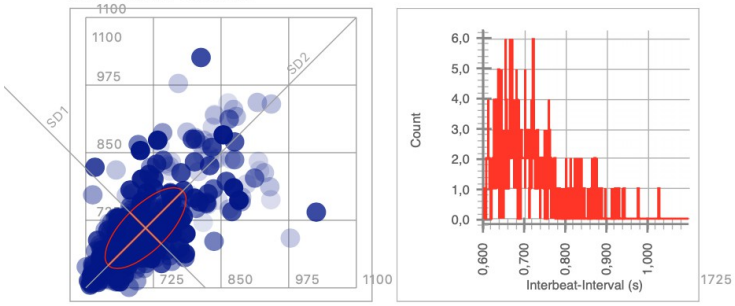
RR Intervals



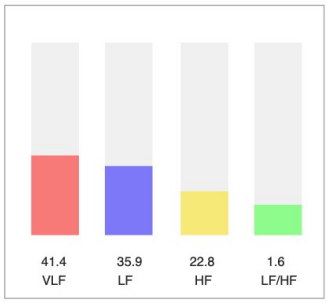
Power Spectrum



Time-Domain Statistics

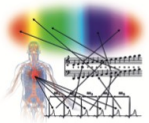


Frequency-Domain Statistics



Mean HR (bpm)	85,1	SD1 (ms)	40,8
Mean RR (ms)	710,5	SD2 (ms)	97,4
SDNN (ms)	74,7	SD1/SD2	1/2.4
RMSSD (ms)	57,7	VB (ms)	406,2
pNN50 (%)	29,9	Stress Index	91,3
pNN20 (%)	61,5	CV (%)	10,5
pNN10 (%)	77,7		
pNN05 (%)	86,2		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1874,5	41,4
LF (0.04-0.15 Hz)	1625,5	35,9
HF (0.15-0.4 Hz)	1030,9	22,8
Total	4530,9	
LF/HF	1,6	



AQUA QUINTA

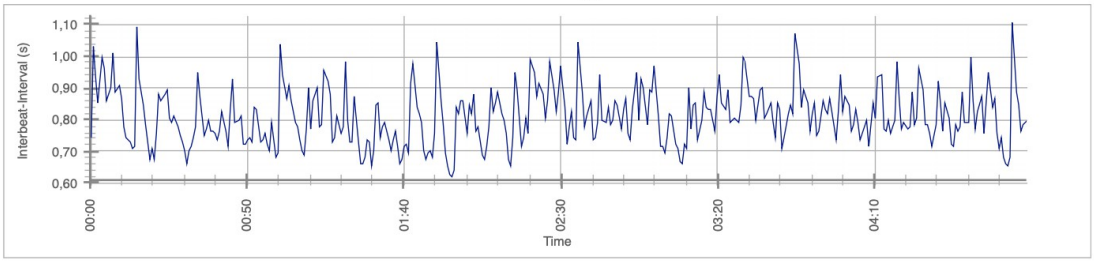
HRV-Analysis Report

Name: M15_15_b_selection_0226-0725

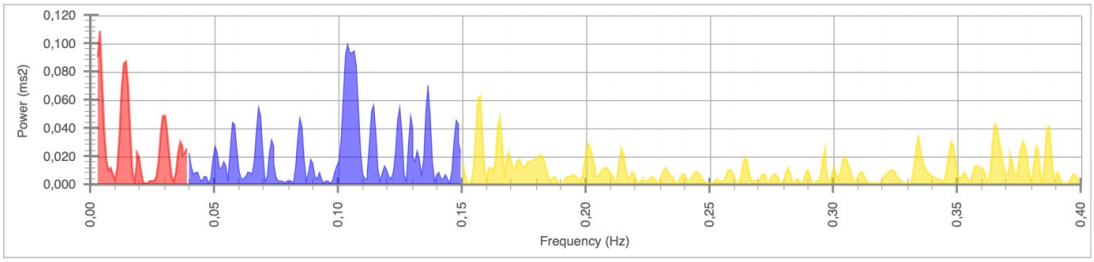
21.03.2021

Sound of Soul

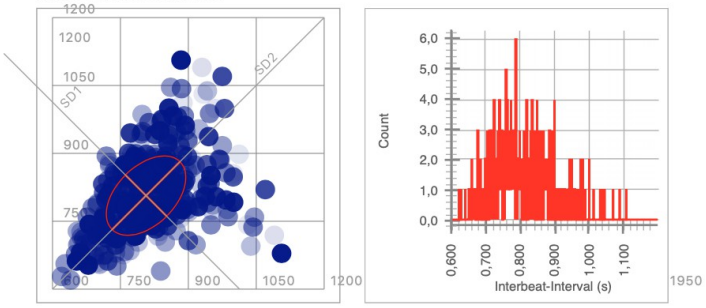
RR Intervals



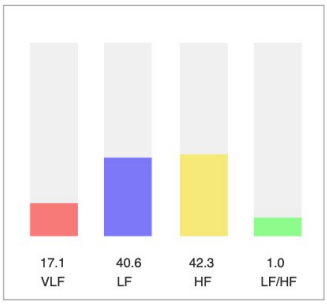
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	75,0	SD1 (ms)	64,4
Mean RR (ms)	806,6	SD2 (ms)	106,0
SDNN (ms)	87,7	SD1/SD2	1/1.6
RMSSD (ms)	91,0	VB (ms)	523,4
pNN50 (%)	50,5	Stress Index	46,5
pNN20 (%)	78,4	CV (%)	10,9
pNN10 (%)	90,0		
pNN05 (%)	95,9		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1143,5	17,1
LF (0.04-0.15 Hz)	2719,2	40,6
HF (0.15-0.4 Hz)	2830,8	42,3
Total	6693,4	
LF/HF	1,0	

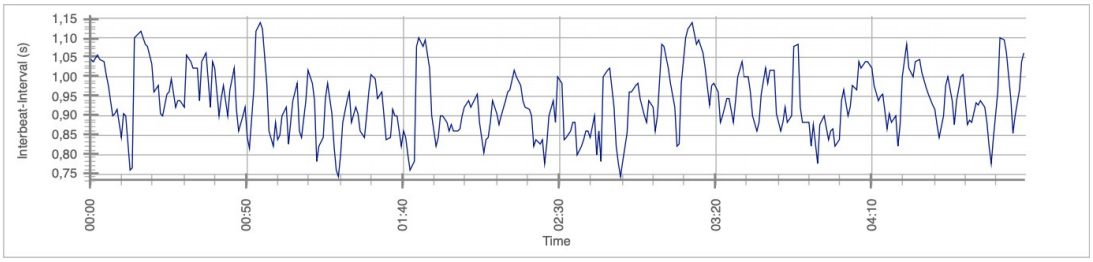
HRV-Analysis Report

Name: M16_15_a_selection_0120-0620

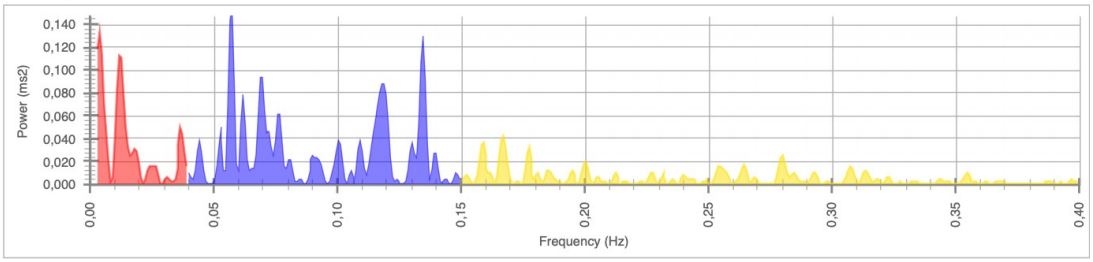
21.03.2021

Sound of Soul

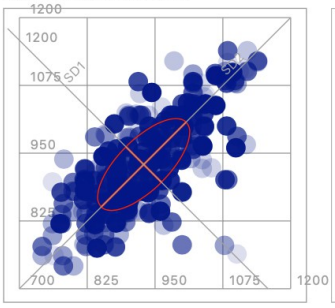
RR Intervals

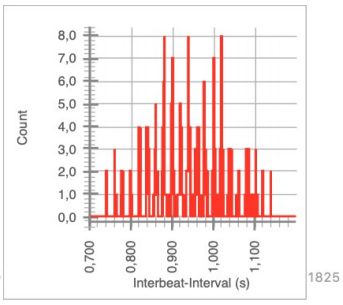


Power Spectrum

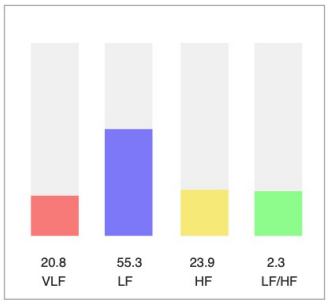


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	64,9
Mean RR (ms)	929,1
SDNN (ms)	85,0
RMSSD (ms)	65,3
pNN50 (%)	38,8
pNN20 (%)	67,1
pNN10 (%)	85,7
pNN05 (%)	88,8

SD1 (ms)	46,1
SD2 (ms)	110,6
SD1/SD2	1/2.4
VB (ms)	437,5
Stress Index	36,1
CV (%)	9,2

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1392,6	20,8
LF (0.04-0.15 Hz)	3698,6	55,3
HF (0.15-0.4 Hz)	1598,8	23,9
Total	6690,0	
LF/HF	2,3	

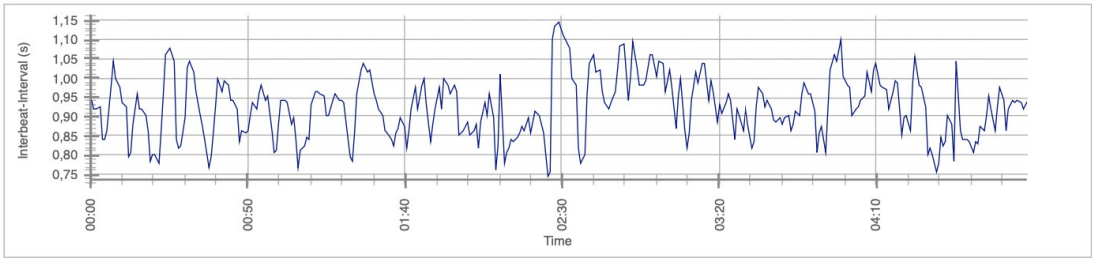
HRV-Analysis Report

Name: M16_15_b_selection_0137-0636

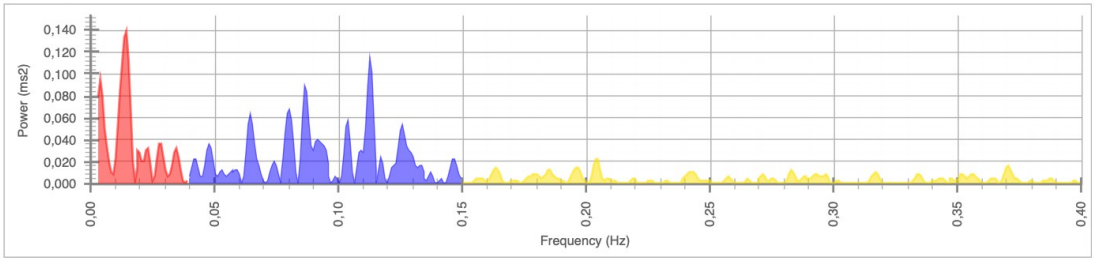
21.03.2021

Sound of Soul

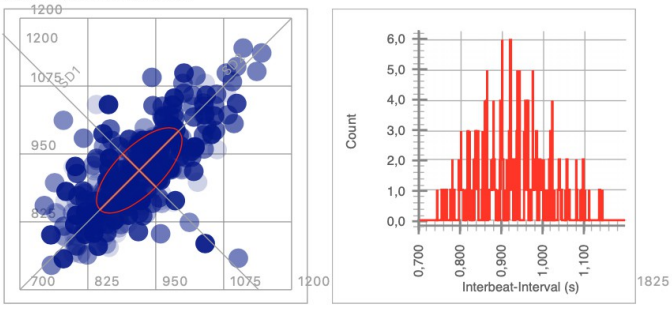
RR Intervals



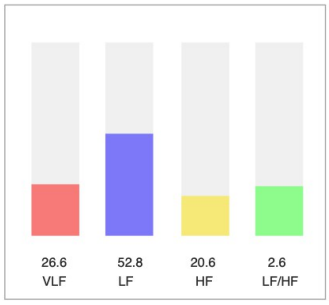
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	65,5
Mean RR (ms)	919,7
SDNN (ms)	78,6
RMSSD (ms)	61,0
pNN50 (%)	34,6
pNN20 (%)	65,4
pNN10 (%)	83,6
pNN05 (%)	91,4

SD1 (ms)	43,1
SD2 (ms)	102,4
SD1/SD2	1/2.4
VB (ms)	437,5
Stress Index	45,6
CV (%)	8,5

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1537,7	26,6
LF (0.04-0.15 Hz)	3049,1	52,8
HF (0.15-0.4 Hz)	1190,0	20,6
Total	5776,8	
LF/HF	2,6	

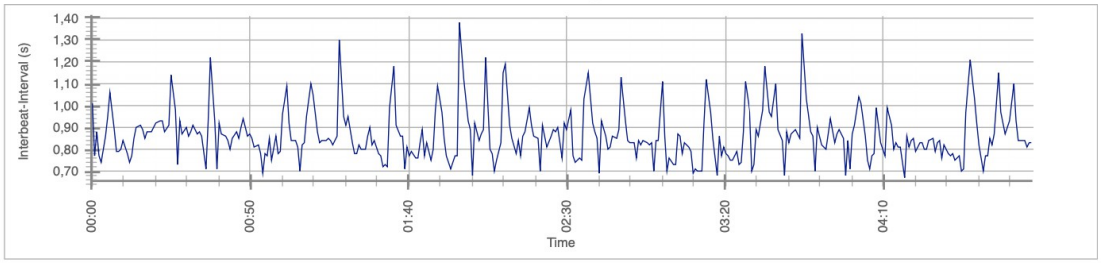
HRV-Analysis Report

Name: M17_16_a_selection_0147-0645

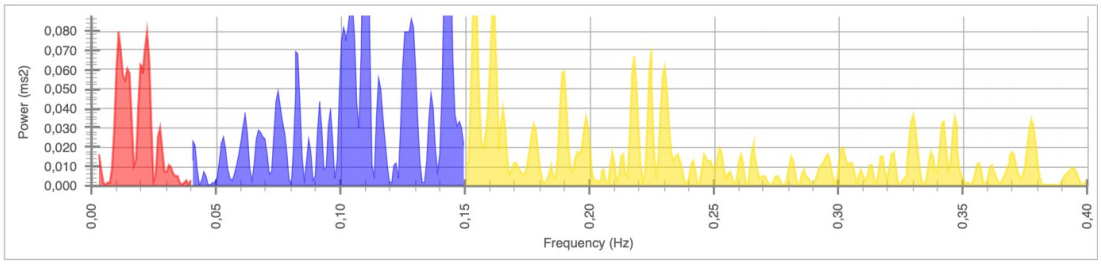
21.03.2021

Sound of Soul

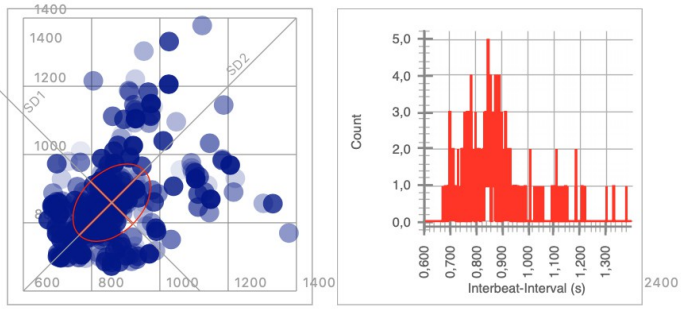
RR Intervals



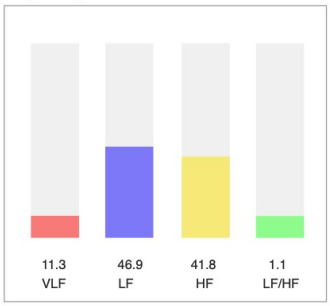
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	70,7
Mean RR (ms)	858,9
SDNN (ms)	113,5
RMSSD (ms)	124,4
pNN50 (%)	50,6
pNN20 (%)	76,3
pNN10 (%)	87,0
pNN05 (%)	94,5

SD1 (ms)	87,9
SD2 (ms)	134,1
SD1/SD2	1/1.5
VB (ms)	445,3
Stress Index	31,9
CV (%)	13,2

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1172,3	11,3
LF (0.04-0.15 Hz)	4858,1	46,9
HF (0.15-0.4 Hz)	4332,8	41,8
Total	10363,2	
LF/HF	1,1	

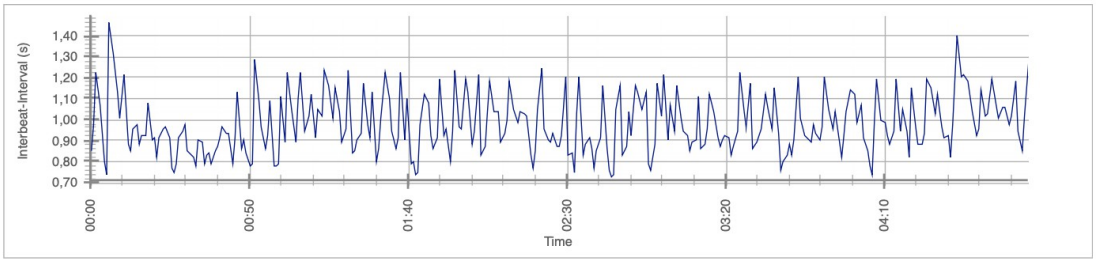
HRV-Analysis Report

Name: M17_16_b_selection_0139-0636

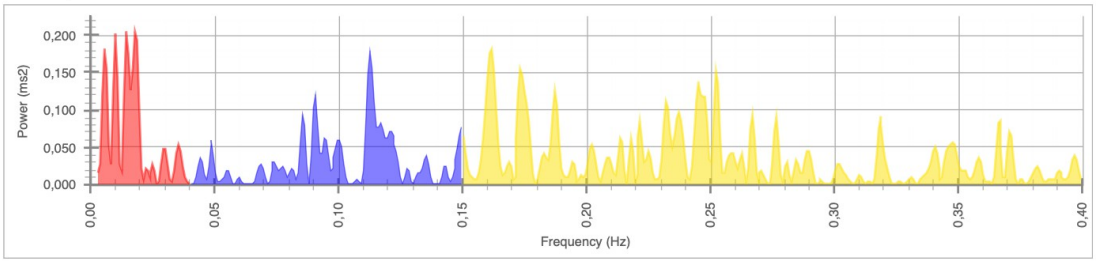
21.03.2021

Sound of Soul

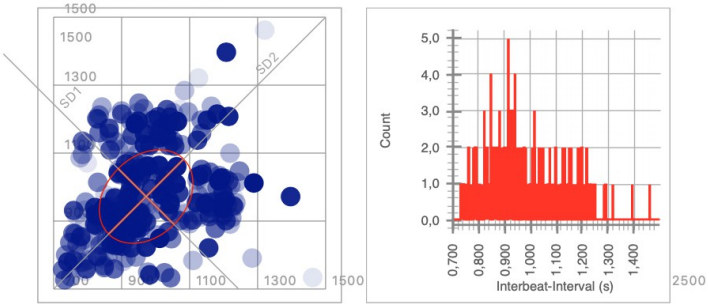
RR Intervals



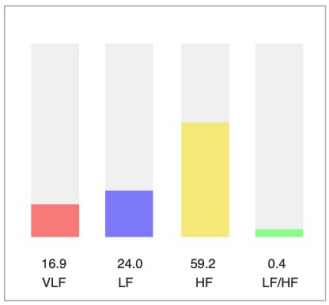
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	62,7
Mean RR (ms)	972,1
SDNN (ms)	138,3
RMSSD (ms)	164,5
pNN50 (%)	71,7
pNN20 (%)	87,5
pNN10 (%)	93,8
pNN05 (%)	97,0

SD1 (ms)	116,3
SD2 (ms)	156,0
SD1/SD2	1/1.3
VB (ms)	578,1
Stress Index	22,3
CV (%)	14,2

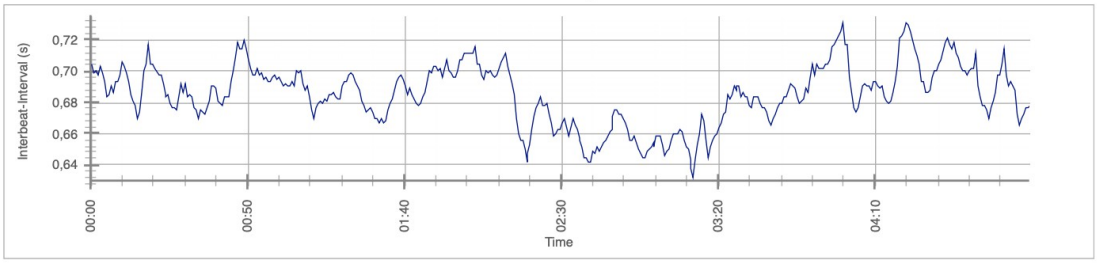
Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	2892,0	16,9
LF (0.04-0.15 Hz)	4110,3	24,0
HF (0.15-0.4 Hz)	10147,3	59,2
Total	17149,5	
LF/HF	0,4	

Name: M18_34_a_selection_0257-0756

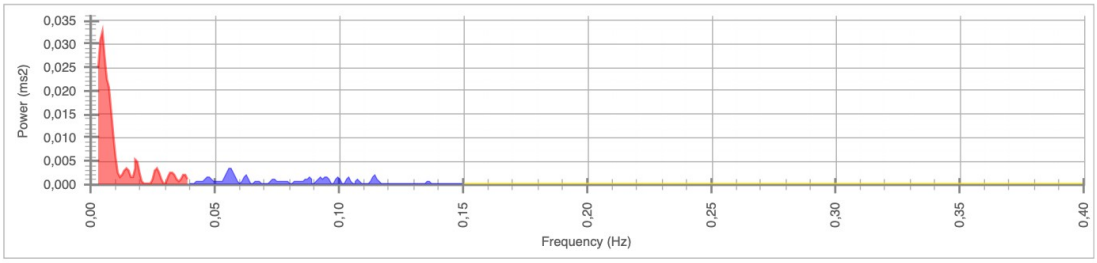
21.03.2021

Sound of Soul

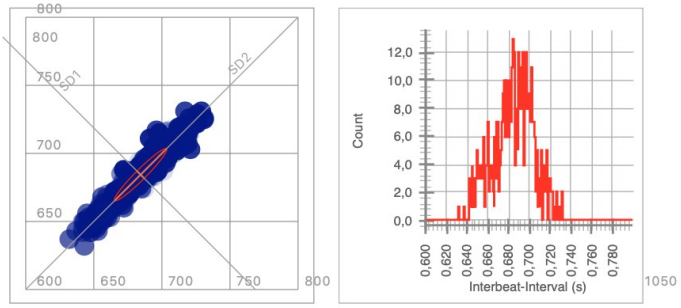
RR Intervals



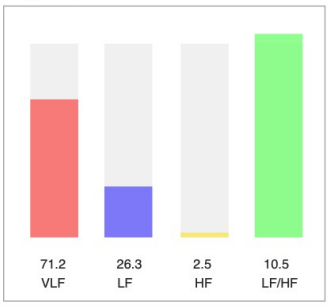
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	87,5
Mean RR (ms)	684,4
SDNN (ms)	19,3
RMSSD (ms)	5,3
pNN50 (%)	0,0
pNN20 (%)	0,2
pNN10 (%)	5,0
pNN05 (%)	27,7

SD1 (ms)	3,7
SD2 (ms)	27,0
SD1/SD2	1/7.2
VB (ms)	140,6
Stress Index	561,5
CV (%)	2,8

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	233,0	71,2
LF (0.04-0.15 Hz)	86,0	26,3
HF (0.15-0.4 Hz)	8,2	2,5
Total	327,1	
LF/HF	10,5	

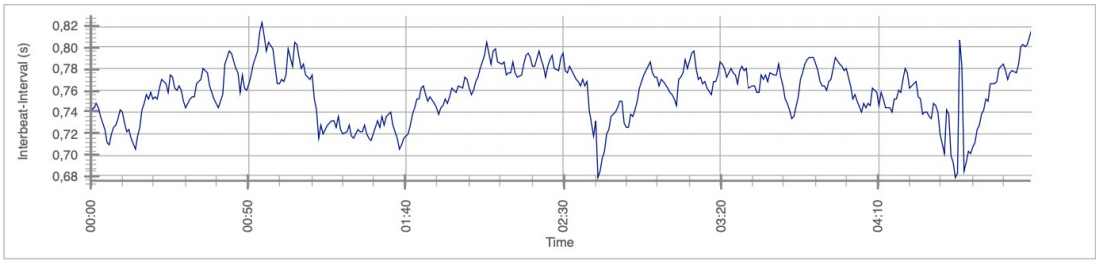
HRV-Analysis Report

Name: M18_34_b_selection_0149-0648

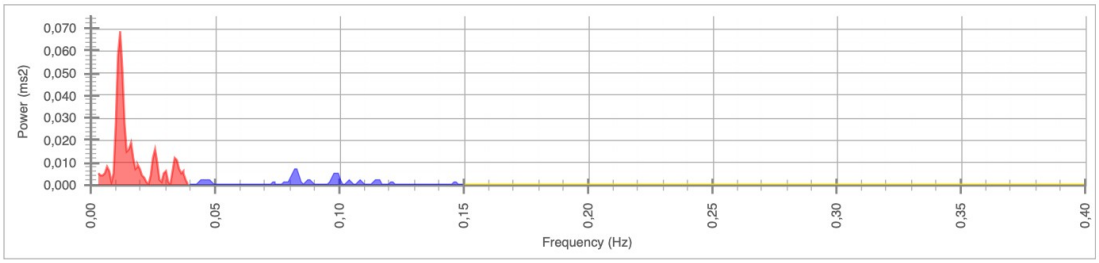
21.03.2021

Sound of Soul

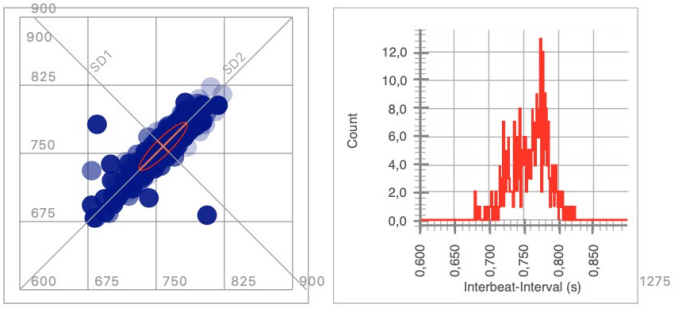
RR Intervals



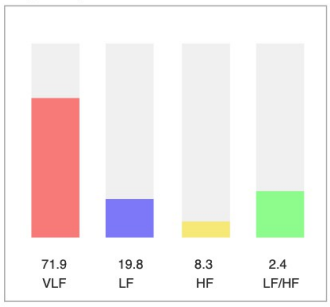
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	79,1
Mean RR (ms)	757,7
SDNN (ms)	26,6
RMSSD (ms)	12,3
pNN50 (%)	0,8
pNN20 (%)	3,3
pNN10 (%)	23,6
pNN05 (%)	52,3

SD1 (ms)	8,7
SD2 (ms)	36,4
SD1/SD2	1/4.2
VB (ms)	187,5
Stress Index	404,5
CV (%)	3,5

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	491,5	71,9
LF (0.04-0.15 Hz)	135,7	19,8
HF (0.15-0.4 Hz)	56,7	8,3
Total	683,8	
LF/HF	2,4	

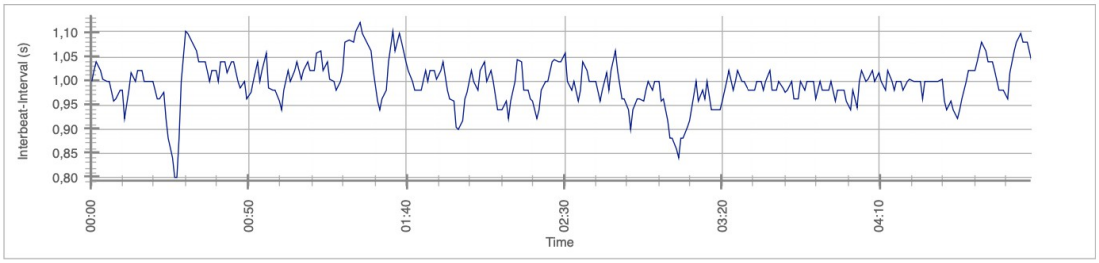
HRV-Analysis Report

Name: M19_46_a_selection_0225-0724

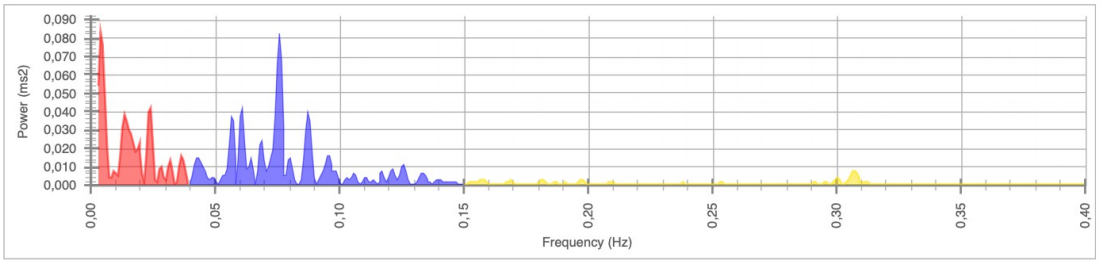
21.03.2021

Sound of Soul

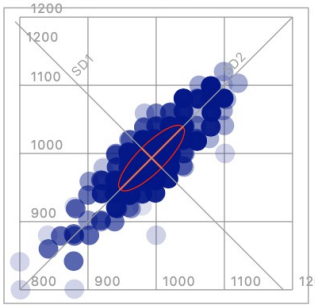
RR Intervals

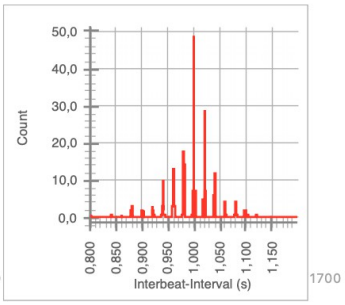


Power Spectrum

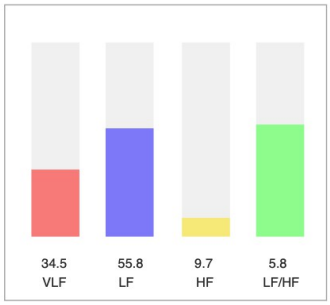


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	60,4
Mean RR (ms)	993,2
SDNN (ms)	48,2
RMSSD (ms)	28,9
pNN50 (%)	7,3
pNN20 (%)	42,0
pNN10 (%)	73,3
pNN05 (%)	73,7

SD1 (ms)	20,5
SD2 (ms)	65,0
SD1/SD2	1/3.2
VB (ms)	320,3
Stress Index	103,2
CV (%)	4,9

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	789,3	34,5
LF (0.04-0.15 Hz)	1274,7	55,8
HF (0.15-0.4 Hz)	220,8	9,7
Total	2284,8	
LF/HF	5,8	

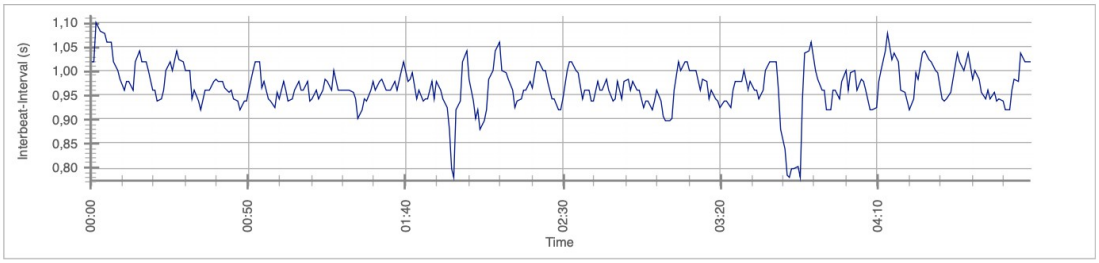
HRV-Analysis Report

Name: M19_46_b_selection_0231-0731

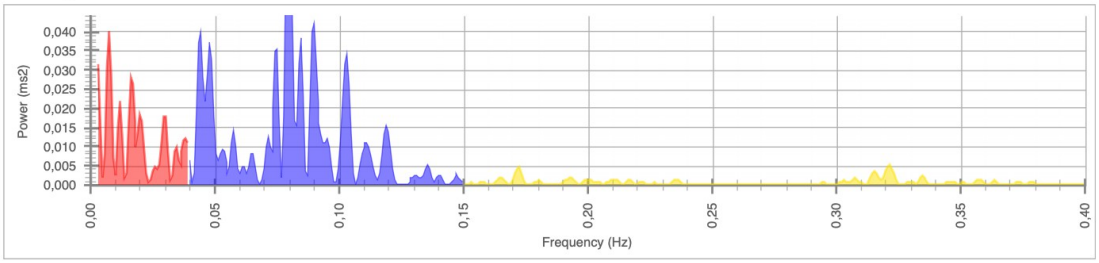
21.03.2021

Sound of Soul

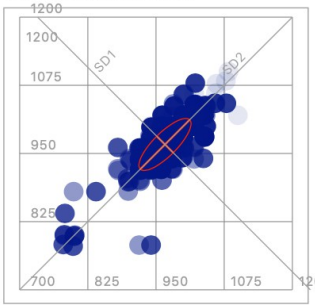
RR Intervals

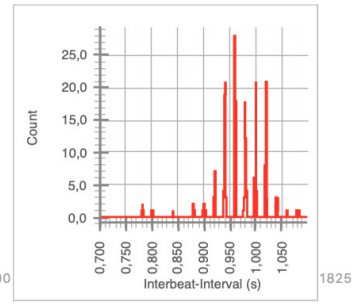


Power Spectrum



Time-Domain Statistics

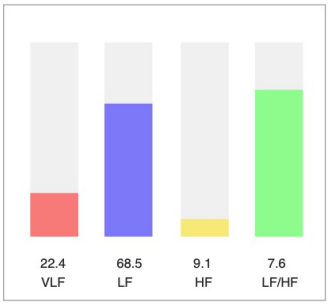




Mean HR (bpm)	62,1
Mean RR (ms)	966,5
SDNN (ms)	47,8
RMSSD (ms)	30,2
pNN50 (%)	10,0
pNN20 (%)	33,3
pNN10 (%)	71,2
pNN05 (%)	71,5

SD1 (ms)	21,3
SD2 (ms)	64,0
SD1/SD2	1/3.0
VB (ms)	257,8
Stress Index	88,0
CV (%)	4,9

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	512,6	22,4
LF (0.04-0.15 Hz)	1566,1	68,5
HF (0.15-0.4 Hz)	207,1	9,1
Total	2285,8	
LF/HF	7,6	

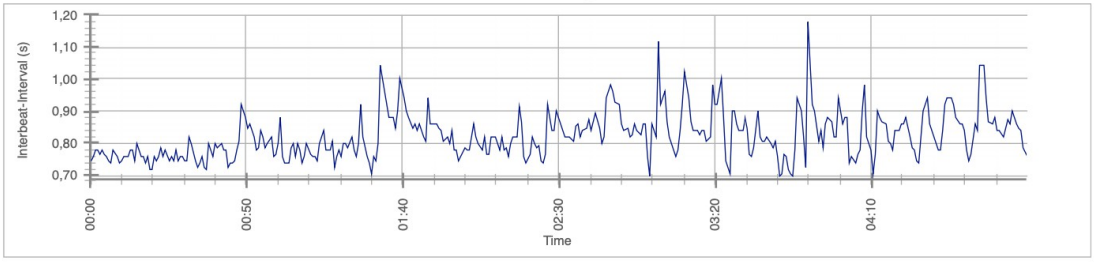
HRV-Analysis Report

Name: M20_33_a_selection_0413-0914

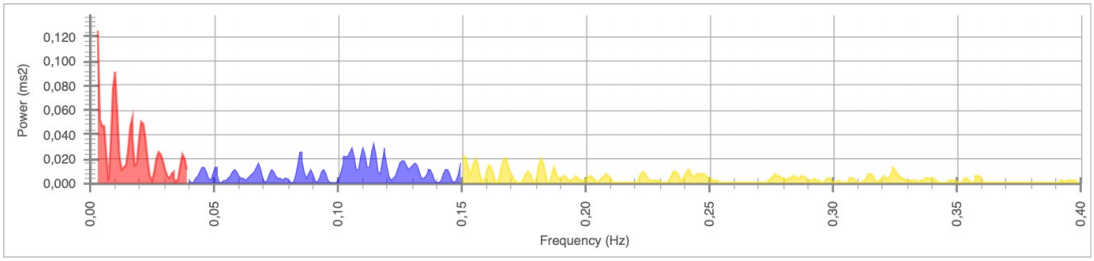
21.03.2021

Sound of Soul

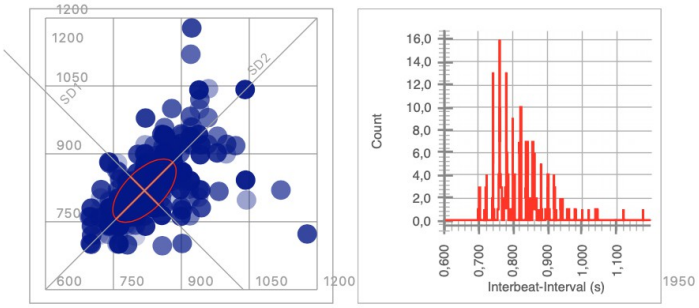
RR Intervals



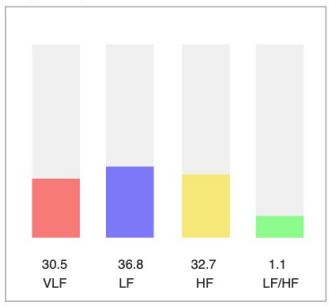
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	73,6
Mean RR (ms)	818,6
SDNN (ms)	70,0
RMSSD (ms)	62,0
pNN50 (%)	25,7
pNN20 (%)	60,4
pNN10 (%)	81,1
pNN05 (%)	82,5

SD1 (ms)	43,8
SD2 (ms)	88,5
SD1/SD2	1/2.0
VB (ms)	406,2
Stress Index	79,5
CV (%)	8,5

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1109,2	30,5
LF (0.04-0.15 Hz)	1336,2	36,8
HF (0.15-0.4 Hz)	1189,7	32,7
Total	3635,1	
LF/HF	1,1	

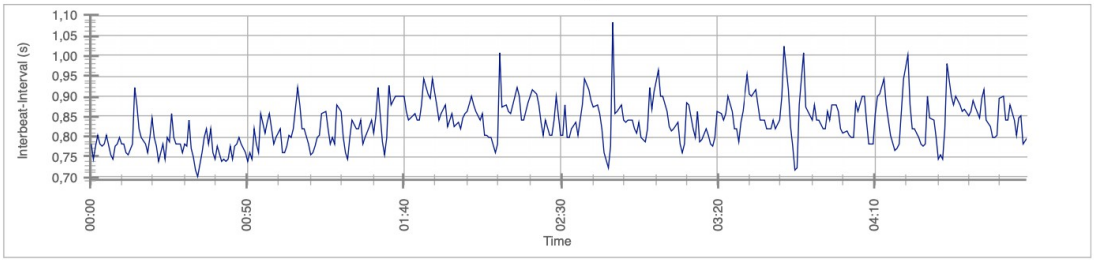
HRV-Analysis Report

Name: M20_33_b_selection_0229-0728

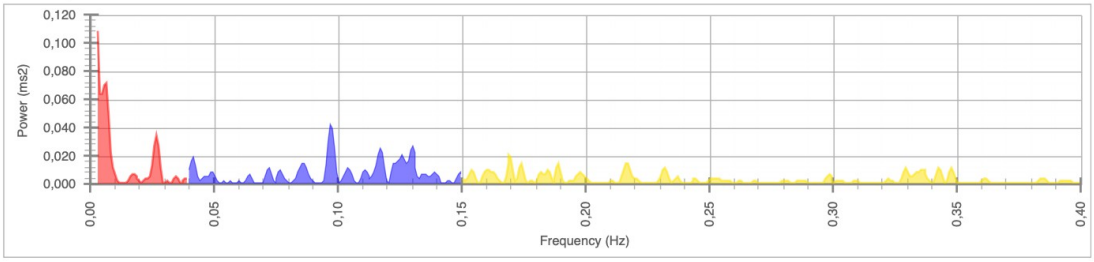
21.03.2021

Sound of Soul

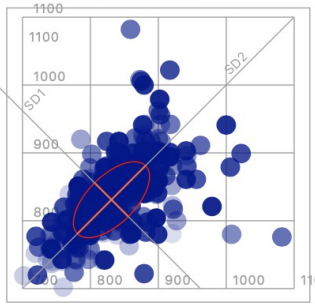
RR Intervals

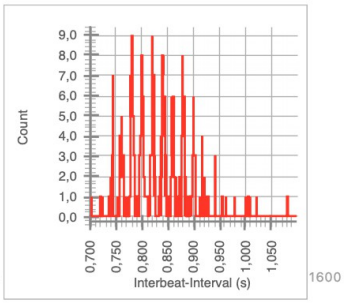


Power Spectrum



Time-Domain Statistics

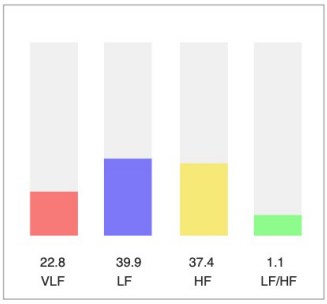




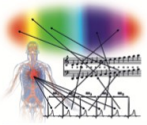
Mean HR (bpm)	72,3
Mean RR (ms)	831,0
SDNN (ms)	56,0
RMSSD (ms)	49,7
pNN50 (%)	21,7
pNN20 (%)	57,7
pNN10 (%)	79,1
pNN05 (%)	84,1

SD1 (ms)	35,1
SD2 (ms)	71,0
SD1/SD2	1/2.0
VB (ms)	382,8
Stress Index	100,7
CV (%)	6,7

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	566,7	22,8
LF (0.04-0.15 Hz)	992,3	39,9
HF (0.15-0.4 Hz)	930,7	37,4
Total	2489,6	
LF/HF	1,1	



AQUA QUINTA

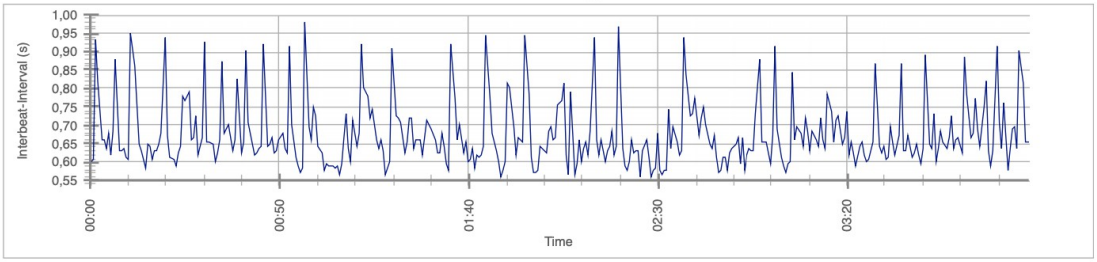
HRV-Analysis Report

Name: M21_4_a_selection_0048-0457

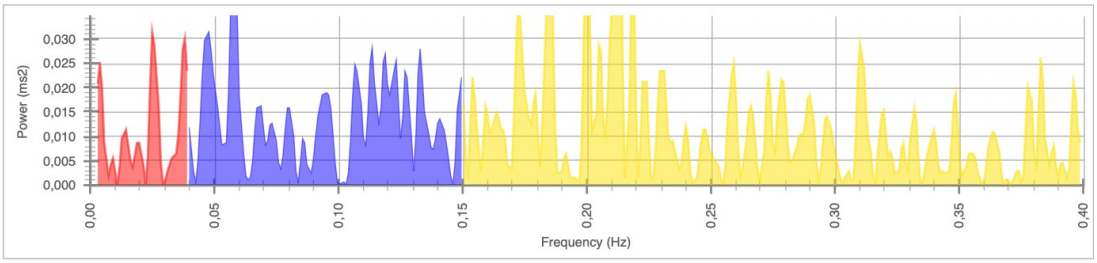
21.03.2021

Sound of Soul

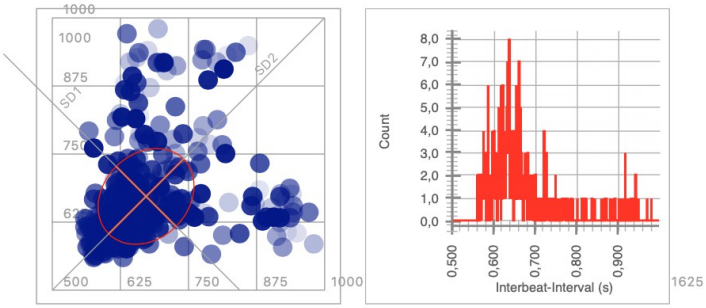
RR Intervals



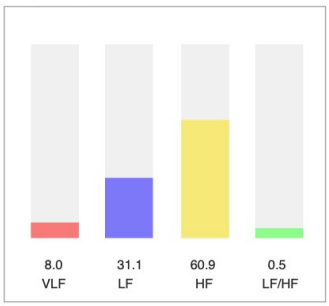
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	90,3	SD1 (ms)	77,6
Mean RR (ms)	672,2	SD2 (ms)	97,1
SDNN (ms)	88,0	SD1/SD2	1/1.3
RMSSD (ms)	109,8	VB (ms)	460,9
pNN50 (%)	42,3	Stress Index	83,2
pNN20 (%)	73,2	CV (%)	13,1
pNN10 (%)	85,6		
pNN05 (%)	89,7		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	390,1	8,0
LF (0.04-0.15 Hz)	1510,6	31,1
HF (0.15-0.4 Hz)	2960,9	60,9
Total	4861,6	
LF/HF	0,5	

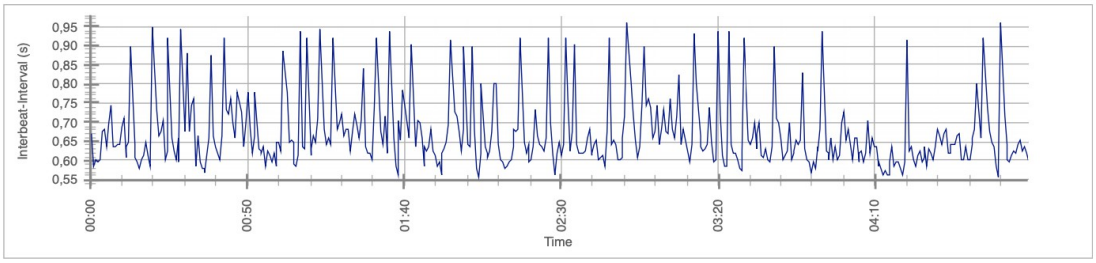
HRV-Analysis Report

Name: M21_4_b_selection_0220-0729

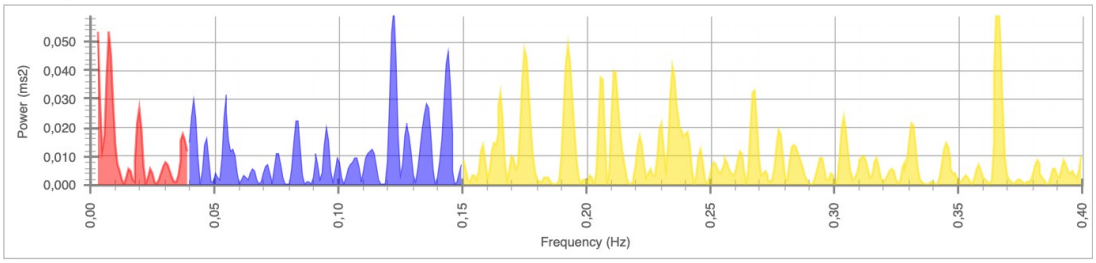
21.03.2021

Sound of Soul

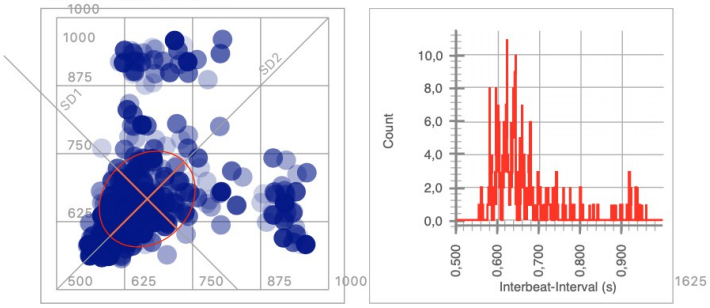
RR Intervals



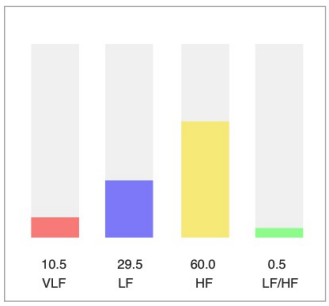
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	91,1
Mean RR (ms)	666,6
SDNN (ms)	88,1
RMSSD (ms)	111,5
pNN50 (%)	39,5
pNN20 (%)	67,0
pNN10 (%)	82,8
pNN05 (%)	91,1

SD1 (ms)	78,9
SD2 (ms)	96,4
SD1/SD2	1/1.2
VB (ms)	343,8
Stress Index	95,1
CV (%)	13,2

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	490,0	10,5
LF (0.04-0.15 Hz)	1381,1	29,5
HF (0.15-0.4 Hz)	2806,1	60,0
Total	4677,2	
LF/HF	0,5	

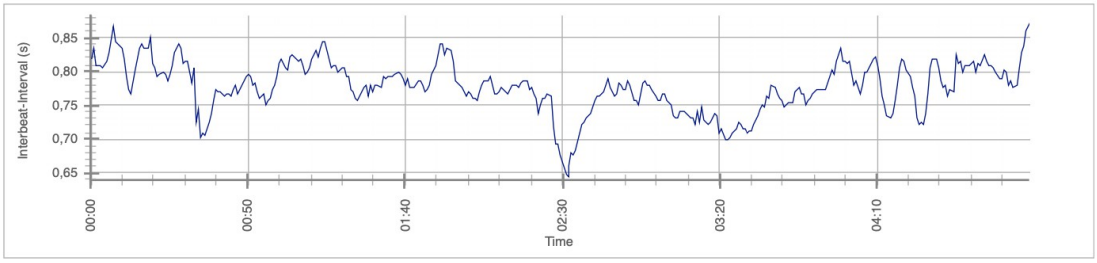
HRV-Analysis Report

Name: M22_35_a_selection_0156-0655

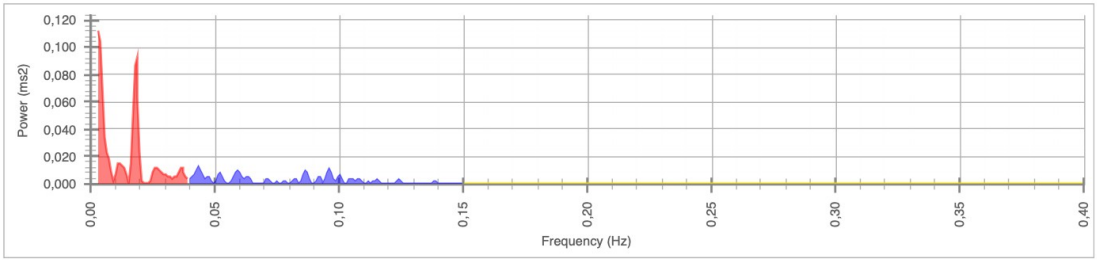
21.03.2021

Sound of Soul

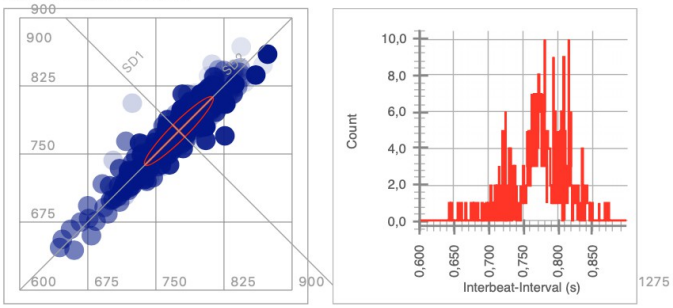
RR Intervals



Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics

Mean HR (bpm)	77,4
Mean RR (ms)	775,3
SDNN (ms)	38,2
RMSSD (ms)	13,1
pNN50 (%)	0,5
pNN20 (%)	8,8
pNN10 (%)	37,1
pNN05 (%)	61,0

SD1 (ms)	9,3
SD2 (ms)	53,0
SD1/SD2	1/5.7
VB (ms)	265,6
Stress Index	226,9
CV (%)	4,9

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	820,9	65,6
LF (0.04-0.15 Hz)	382,2	30,5
HF (0.15-0.4 Hz)	48,5	3,9
Total	1251,6	
LF/HF	7,9	

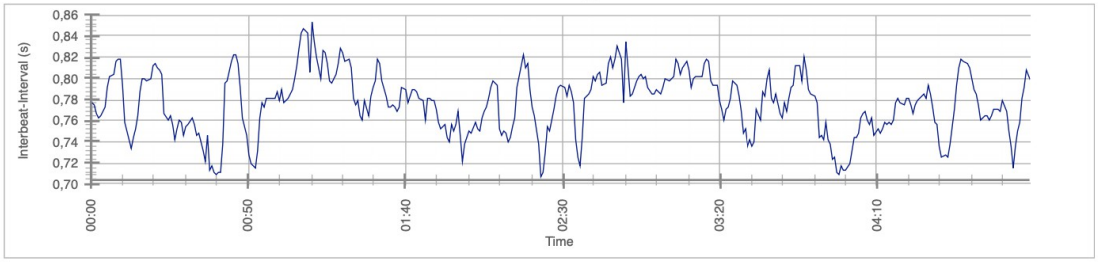
HRV-Analysis Report

Name: M22_35_b_selection_0210-0710

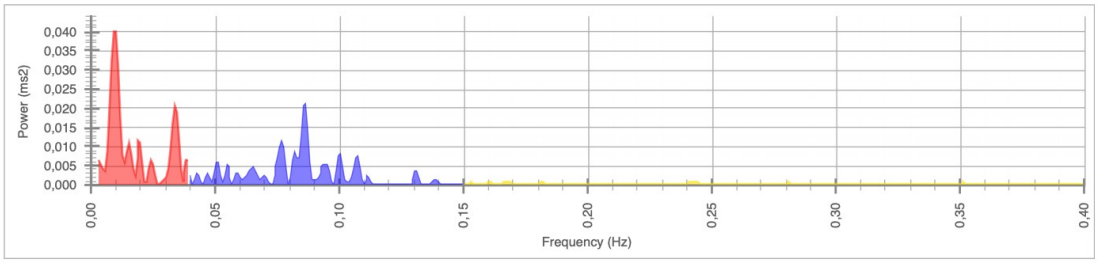
21.03.2021

Sound of Soul

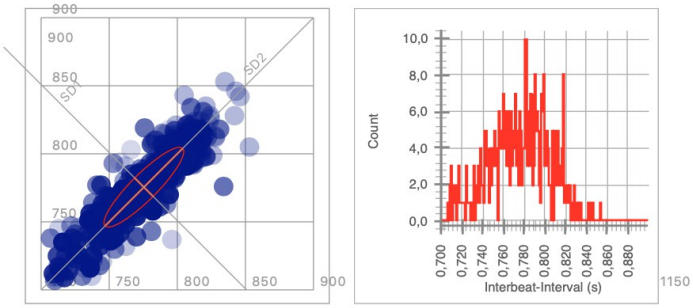
RR Intervals



Power Spectrum



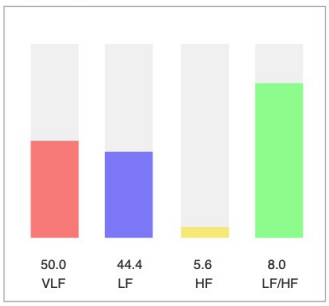
Time-Domain Statistics



Mean HR (bpm)	77,3
Mean RR (ms)	775,5
SDNN (ms)	29,3
RMSSD (ms)	13,5
pNN50 (%)	0,5
pNN20 (%)	10,4
pNN10 (%)	36,1
pNN05 (%)	61,3

SD1 (ms)	9,5
SD2 (ms)	40,3
SD1/SD2	1/4.2
VB (ms)	187,5
Stress Index	387,1
CV (%)	3,8

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	417,2	50,0
LF (0.04-0.15 Hz)	370,4	44,4
HF (0.15-0.4 Hz)	46,4	5,6
Total	834,1	
LF/HF	8,0	

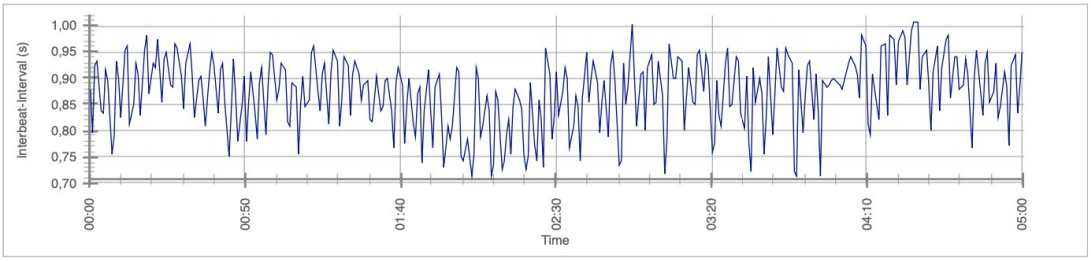
HRV-Analysis Report

Name: M23_10_a_selection_0142-0643

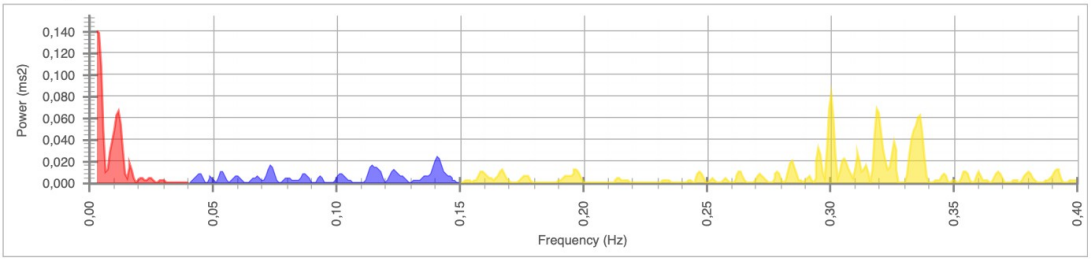
21.03.2021

Sound of Soul

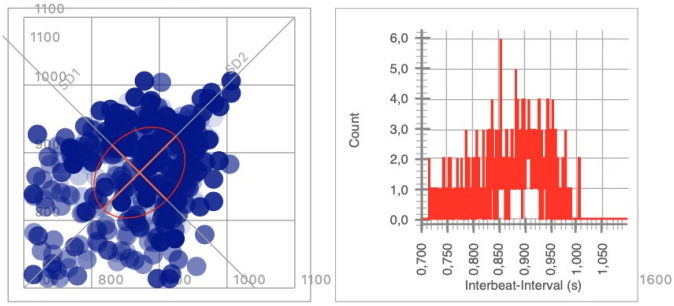
RR Intervals



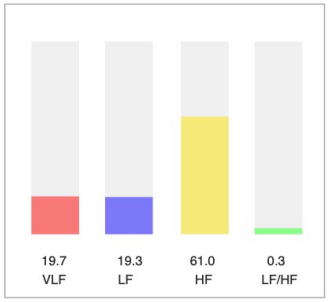
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	69,2
Mean RR (ms)	870,6
SDNN (ms)	67,1
RMSSD (ms)	80,4
pNN50 (%)	58,3
pNN20 (%)	79,7
pNN10 (%)	89,0
pNN05 (%)	95,9

SD1 (ms)	56,9
SD2 (ms)	75,9
SD1/SD2	1/1.3
VB (ms)	328,1
Stress Index	64,3
CV (%)	7,7

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	771,8	19,7
LF (0.04-0.15 Hz)	758,6	19,3
HF (0.15-0.4 Hz)	2396,8	61,0
Total	3927,2	
LF/HF	0,3	

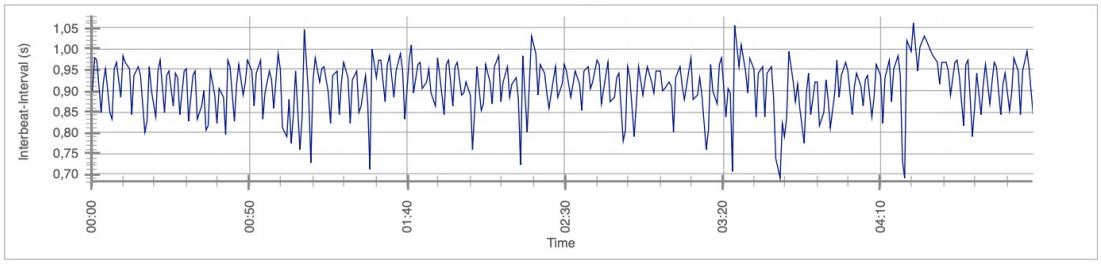
HRV-Analysis Report

Name: M23_10_b_selection_0219-0718

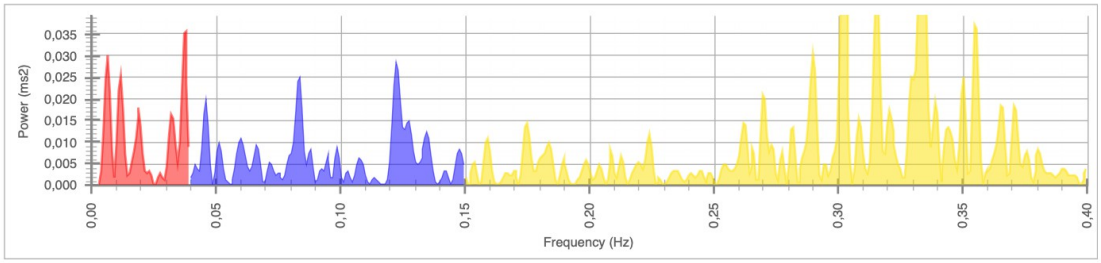
21.03.2021

Sound of Soul

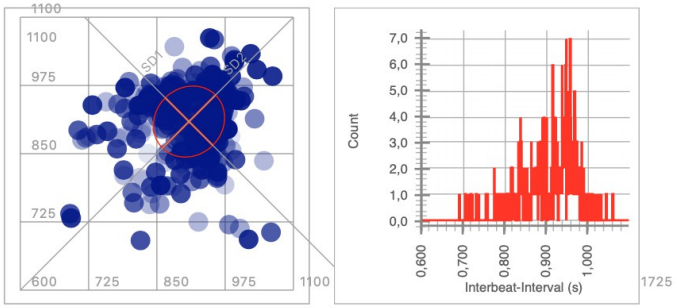
RR Intervals



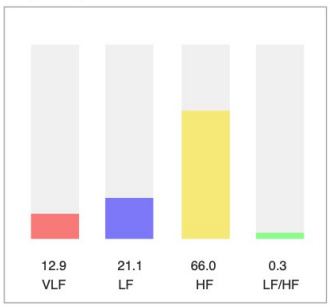
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	66,2
Mean RR (ms)	908,8
SDNN (ms)	65,2
RMSSD (ms)	86,9
pNN50 (%)	57,0
pNN20 (%)	85,1
pNN10 (%)	93,0
pNN05 (%)	97,6

SD1 (ms)	61,4
SD2 (ms)	68,6
SD1/SD2	1/1.1
VB (ms)	406,2
Stress Index	55,4
CV (%)	7,2

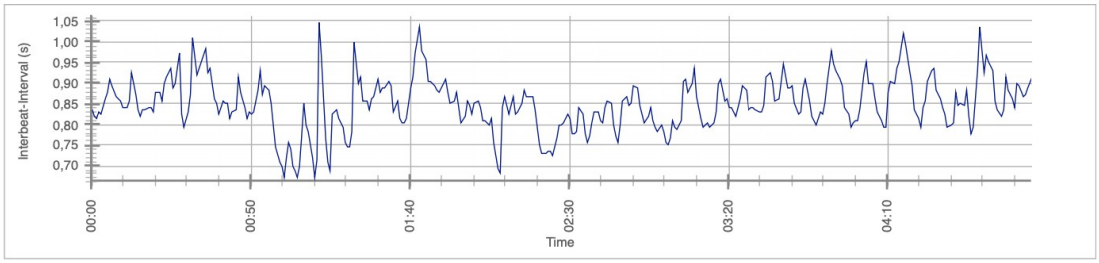
Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	488,8	12,9
LF (0.04-0.15 Hz)	796,2	21,1
HF (0.15-0.4 Hz)	2489,7	66,0
Total	3774,6	
LF/HF	0,3	

Name: M24_33_a_selection_0059-0555

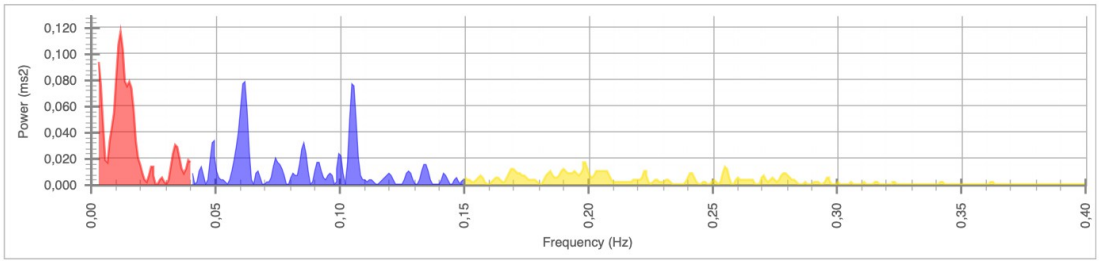
21.03.2021

Sound of Soul

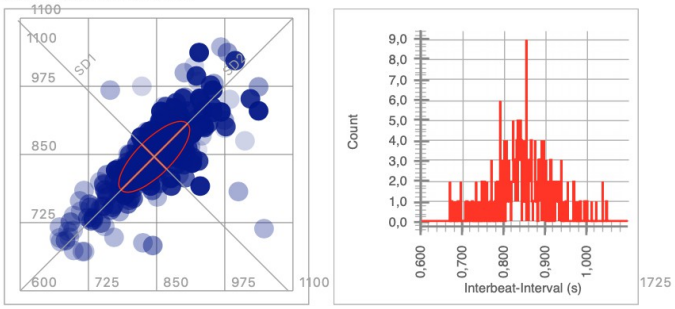
RR Intervals



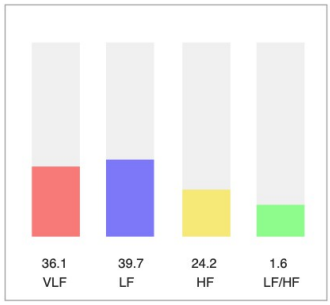
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	71,2
Mean RR (ms)	845,7
SDNN (ms)	65,0
RMSSD (ms)	45,5
pNN50 (%)	17,2
pNN20 (%)	53,9
pNN10 (%)	74,8
pNN05 (%)	85,1

SD1 (ms)	32,2
SD2 (ms)	86,0
SD1/SD2	1/2.7
VB (ms)	414,1
Stress Index	70,5
CV (%)	7,7

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1419,5	36,1
LF (0.04-0.15 Hz)	1560,1	39,7
HF (0.15-0.4 Hz)	952,1	24,2
Total	3931,8	
LF/HF	1,6	

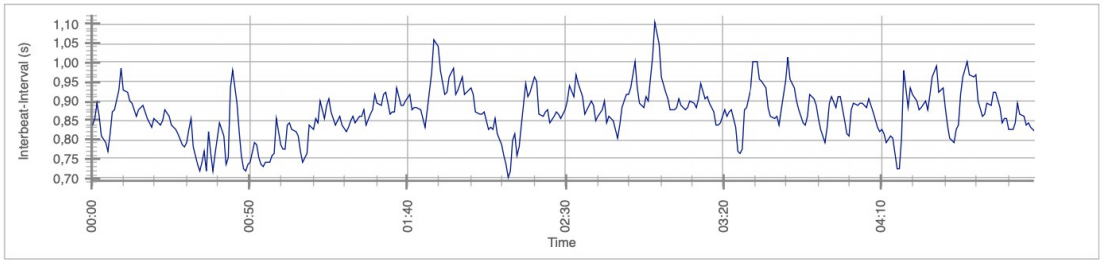
HRV-Analysis Report

Name: M24_33_b_selection_0126-0625

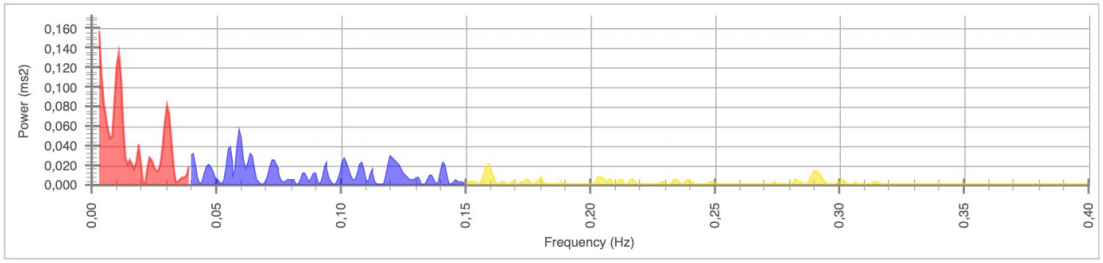
21.03.2021

Sound of Soul

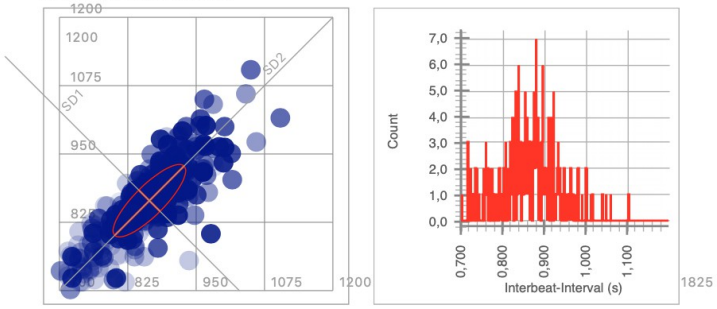
RR Intervals



Power Spectrum

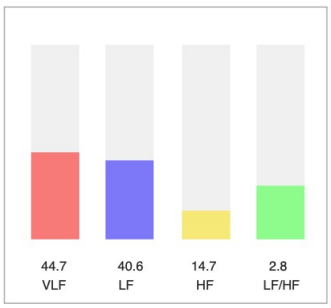


Time-Domain Statistics



Mean HR (bpm)	69,6	SD1 (ms)	27,4
Mean RR (ms)	864,5	SD2 (ms)	89,7
SDNN (ms)	66,4	SD1/SD2	1/3.3
RMSSD (ms)	38,8	VB (ms)	421,9
pNN50 (%)	17,1	Stress Index	67,2
pNN20 (%)	52,5	CV (%)	7,7
pNN10 (%)	75,7		
pNN05 (%)	86,4		

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1743,3	44,7
LF (0.04-0.15 Hz)	1581,7	40,6
HF (0.15-0.4 Hz)	573,9	14,7
Total	3899,0	
LF/HF	2,8	

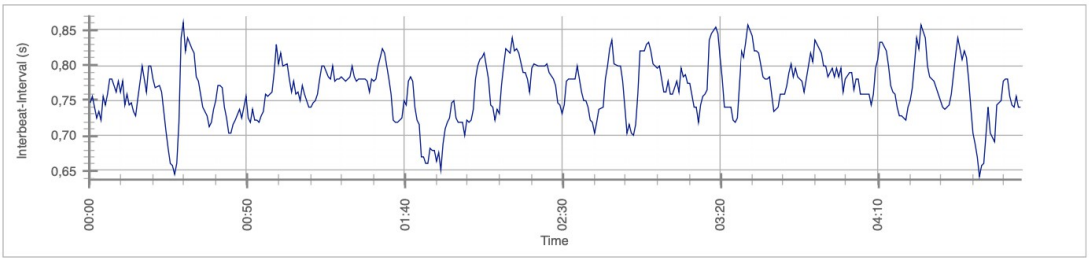
HRV-Analysis Report

Name: M25_48_a_selection_0147-0643

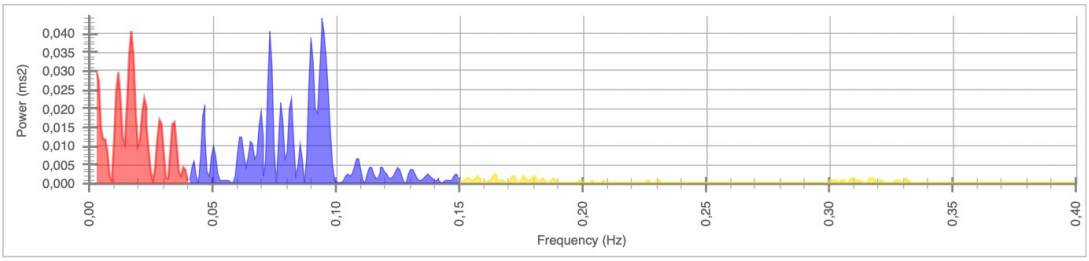
21.03.2021

Sound of Soul

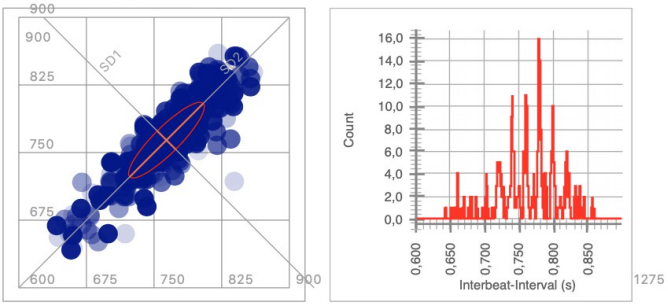
RR Intervals



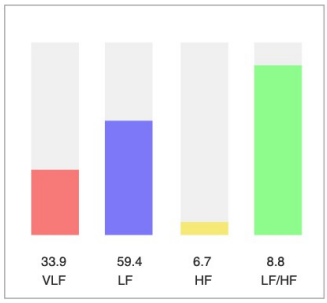
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	78,6
Mean RR (ms)	763,7
SDNN (ms)	42,0
RMSSD (ms)	20,4
pNN50 (%)	1,3
pNN20 (%)	25,6
pNN10 (%)	61,0
pNN05 (%)	71,8

SD1 (ms)	14,4
SD2 (ms)	57,6
SD1/SD2	1/4.0
VB (ms)	257,8
Stress Index	192,5
CV (%)	5,5

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	576,7	33,9
LF (0.04-0.15 Hz)	1009,7	59,4
HF (0.15-0.4 Hz)	114,6	6,7
Total	1701,0	
LF/HF	8,8	

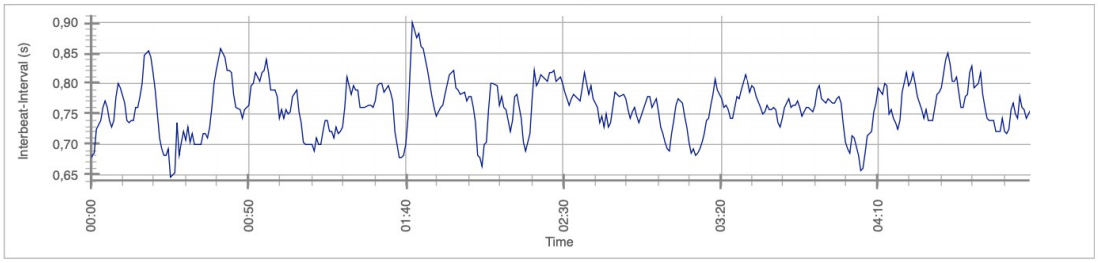
HRV-Analysis Report

Name: M25_48_b_selection_0141-0640

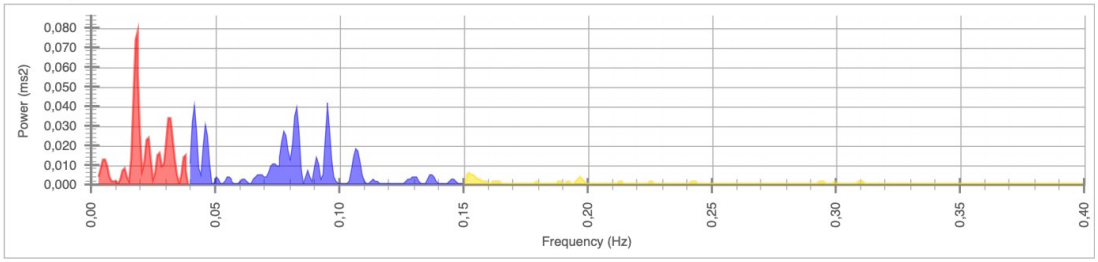
21.03.2021

Sound of Soul

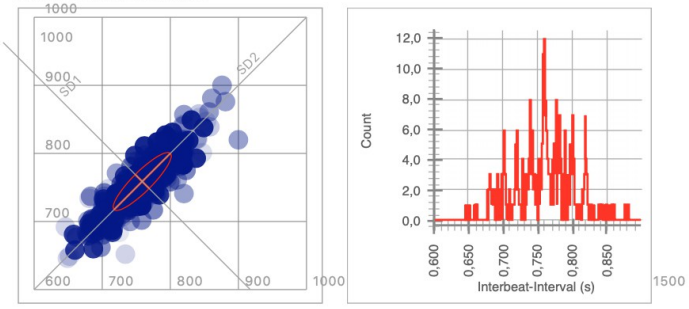
RR Intervals



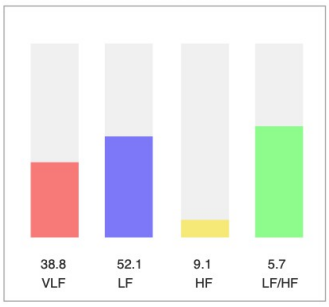
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	79,1
Mean RR (ms)	758,7
SDNN (ms)	42,7
RMSSD (ms)	20,4
pNN50 (%)	1,8
pNN20 (%)	26,0
pNN10 (%)	58,5
pNN05 (%)	76,3

SD1 (ms)	14,4
SD2 (ms)	58,5
SD1/SD2	1/4.1
VB (ms)	296,9
Stress Index	198,9
CV (%)	5,6

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	695,1	38,8
LF (0.04-0.15 Hz)	934,0	52,1
HF (0.15-0.4 Hz)	162,8	9,1
Total	1791,8	
LF/HF	5,7	

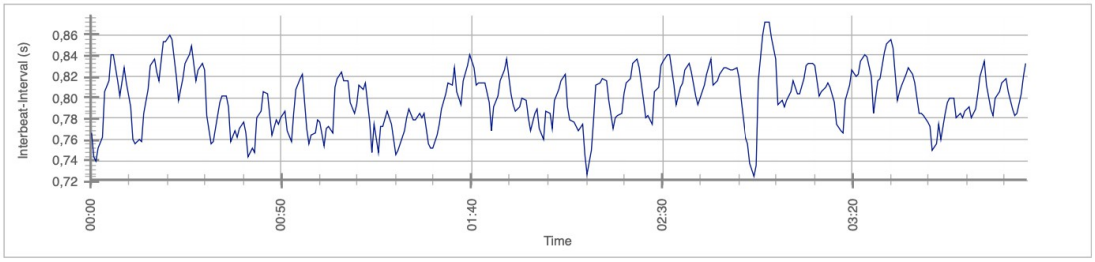
HRV-Analysis Report

Name: W1_45_a_selection_0034-0441

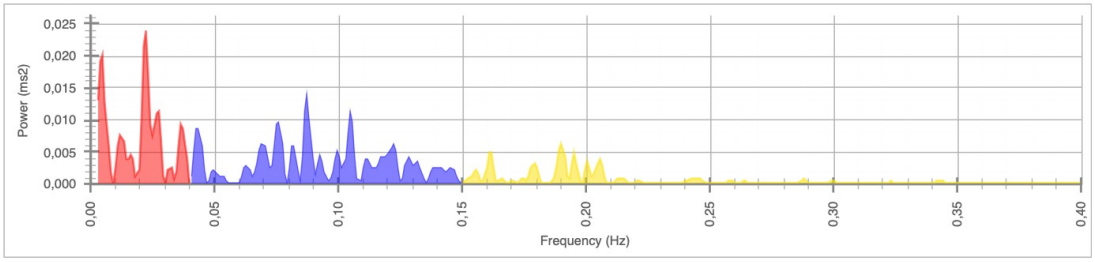
21.03.2021

Sound of Soul

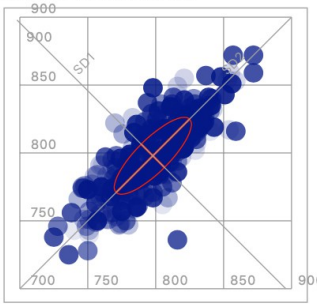
RR Intervals

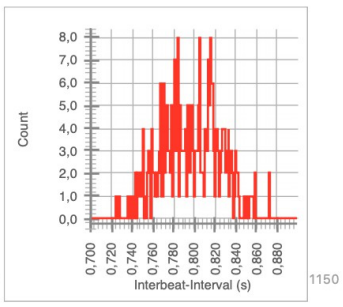


Power Spectrum

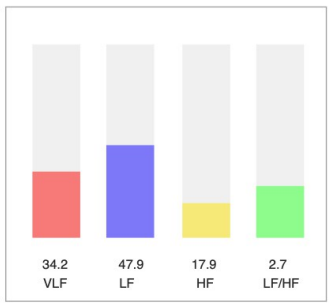


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	75,1
Mean RR (ms)	797,9
SDNN (ms)	28,4
RMSSD (ms)	17,1
pNN50 (%)	0,6
pNN20 (%)	22,7
pNN10 (%)	48,7
pNN05 (%)	73,1

SD1 (ms)	12,1
SD2 (ms)	38,2
SD1/SD2	1/3.2
VB (ms)	187,5
Stress Index	203,2
CV (%)	3,6

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	259,8	34,2
LF (0.04-0.15 Hz)	363,6	47,9
HF (0.15-0.4 Hz)	136,0	17,9
Total	759,4	
LF/HF	2,7	

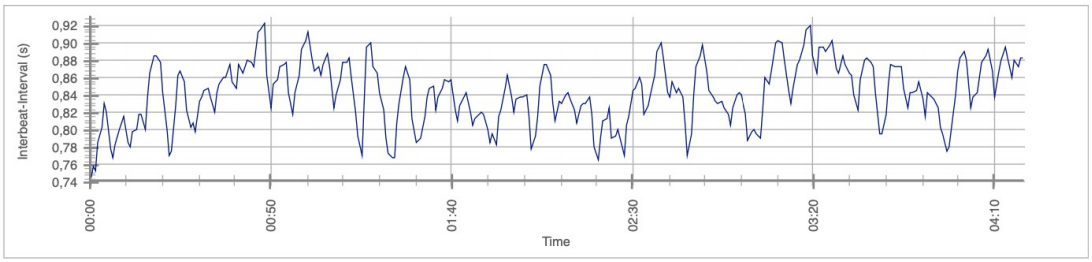
HRV-Analysis Report

Name: W1_45_b_selection_0024-0443

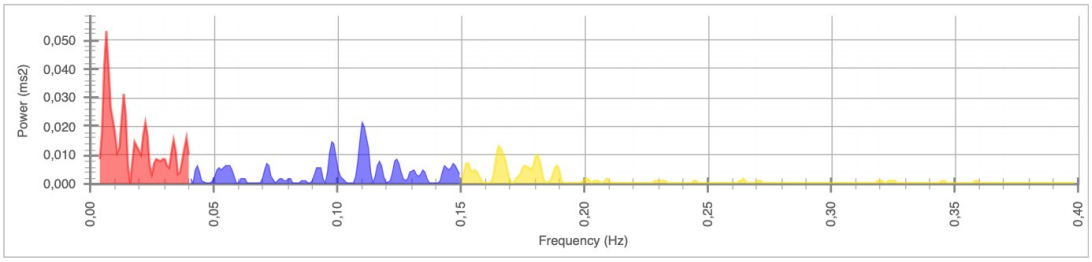
21.03.2021

Sound of Soul

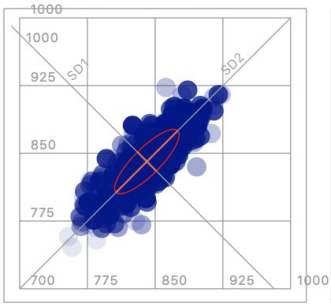
RR Intervals

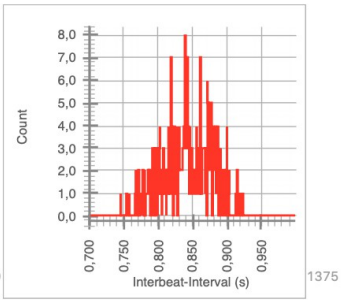


Power Spectrum

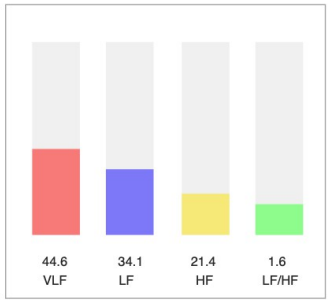


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	71,3	SD1 (ms)	14,8
Mean RR (ms)	840,9	SD2 (ms)	48,3
SDNN (ms)	35,9	SD1/SD2	1/3.3
RMSSD (ms)	20,9	VB (ms)	218,8
pNN50 (%)	1,6	Stress Index	182,9
pNN20 (%)	33,6	CV (%)	4,3
pNN10 (%)	58,6		
pNN05 (%)	78,2		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	552,1	44,6
LF (0.04-0.15 Hz)	421,7	34,1
HF (0.15-0.4 Hz)	264,6	21,4
Total	1238,4	
LF/HF	1,6	

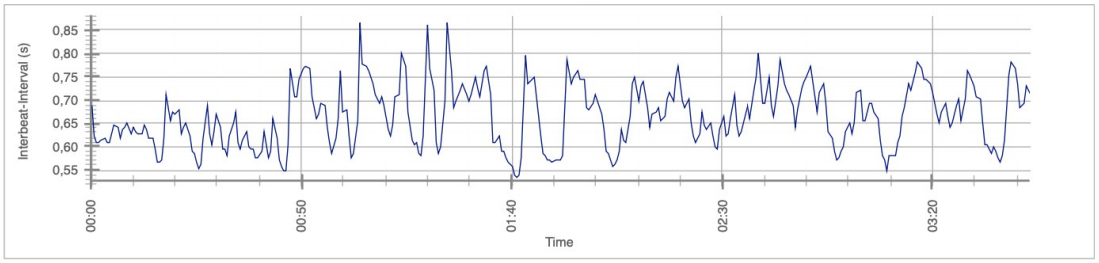
HRV-Analysis Report

Name: W2_10_a_selection_0035-0419

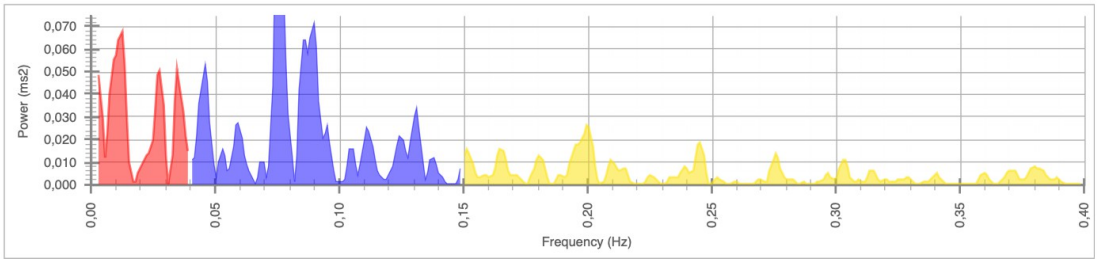
21.03.2021

Sound of Soul

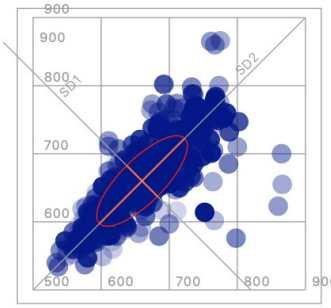
RR Intervals

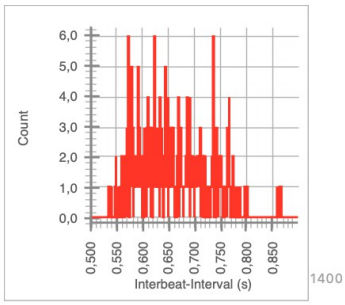


Power Spectrum



Time-Domain Statistics

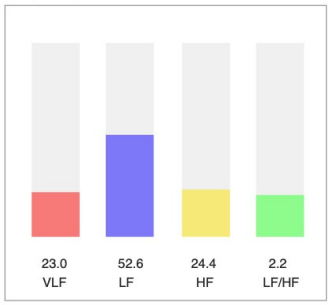




Mean HR (bpm)	91,5
Mean RR (ms)	660,0
SDNN (ms)	66,5
RMSSD (ms)	45,1
pNN50 (%)	19,5
pNN20 (%)	53,0
pNN10 (%)	75,1
pNN05 (%)	85,5

SD1 (ms)	31,9
SD2 (ms)	88,5
SD1/SD2	1/2.8
VB (ms)	328,1
Stress Index	81,4
CV (%)	10,1

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	921,9	23,0
LF (0.04-0.15 Hz)	2107,9	52,6
HF (0.15-0.4 Hz)	977,8	24,4
Total	4007,7	
LF/HF	2,2	

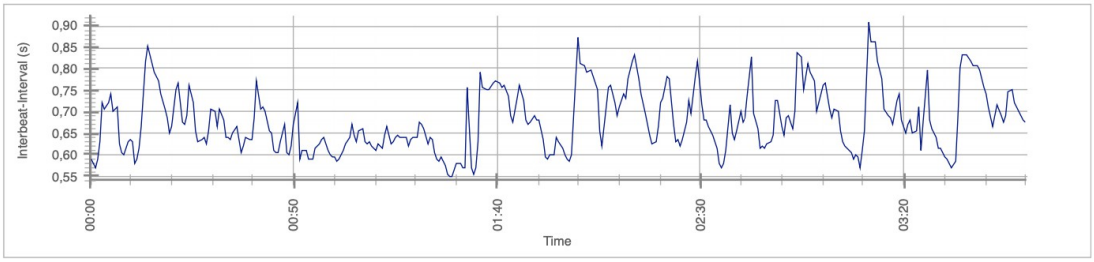
HRV-Analysis Report

Name: W2_10_b_selection_0043-0434

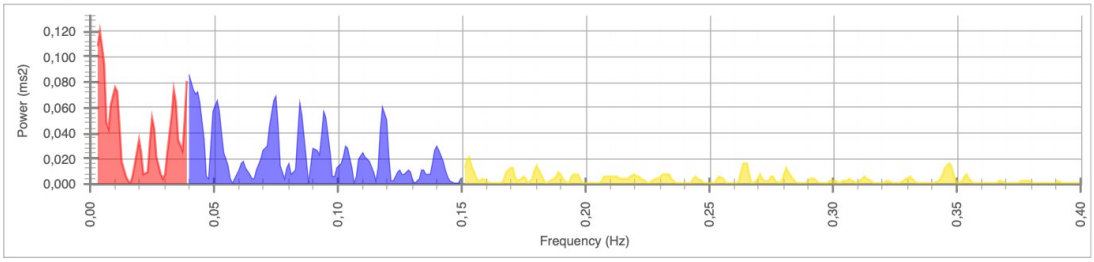
21.03.2021

Sound of Soul

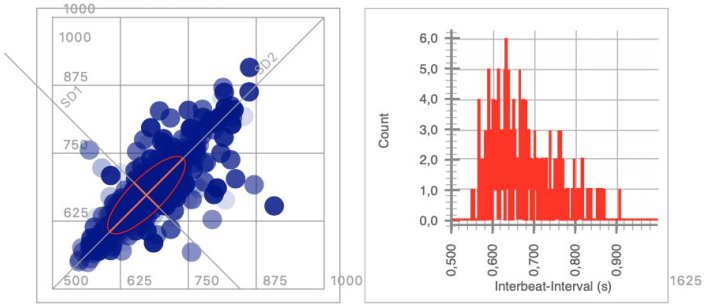
RR Intervals



Power Spectrum

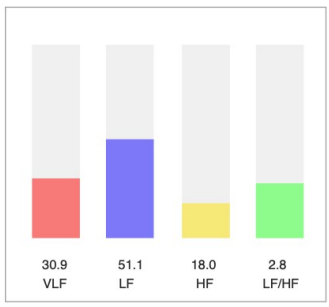


Time-Domain Statistics



Mean HR (bpm)	89,9	SD1 (ms)	32,0
Mean RR (ms)	672,9	SD2 (ms)	95,8
SDNN (ms)	71,5	SD1/SD2	1/3.0
RMSSD (ms)	45,2	VB (ms)	382,8
pNN50 (%)	15,5	Stress Index	97,8
pNN20 (%)	46,8	CV (%)	10,6
pNN10 (%)	69,0		
pNN05 (%)	81,3		

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1358,7	30,9
LF (0.04-0.15 Hz)	2249,9	51,1
HF (0.15-0.4 Hz)	794,5	18,0
Total	4403,2	
LF/HF	2,8	

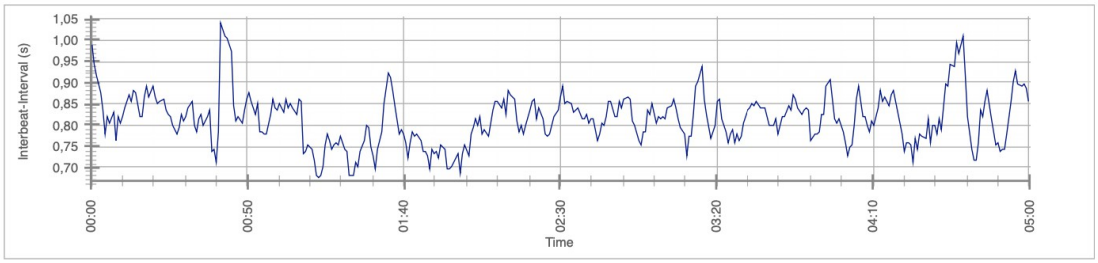
HRV-Analysis Report

Name: W3_41_a_selection_0111-0612

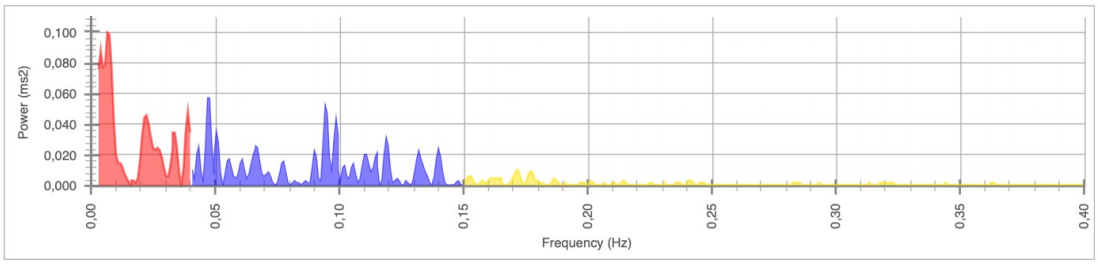
21.03.2021

Sound of Soul

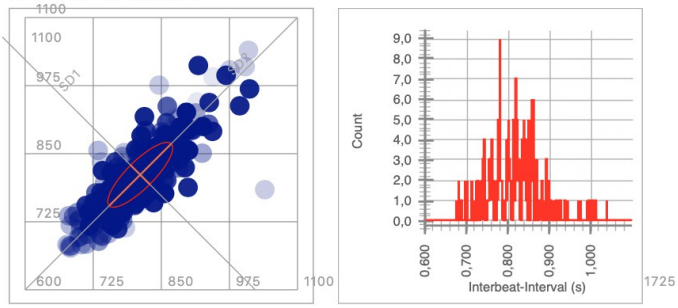
RR Intervals



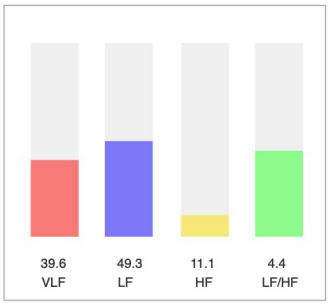
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	74,2
Mean RR (ms)	811,3
SDNN (ms)	60,0
RMSSD (ms)	35,1
pNN50 (%)	11,1
pNN20 (%)	50,3
pNN10 (%)	74,1
pNN05 (%)	85,9

SD1 (ms)	24,8
SD2 (ms)	80,5
SD1/SD2	1/3.2
VB (ms)	328,1
Stress Index	84,1
CV (%)	7,4

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1291,7	39,6
LF (0.04-0.15 Hz)	1609,9	49,3
HF (0.15-0.4 Hz)	362,9	11,1
Total	3264,5	
LF/HF	4,4	

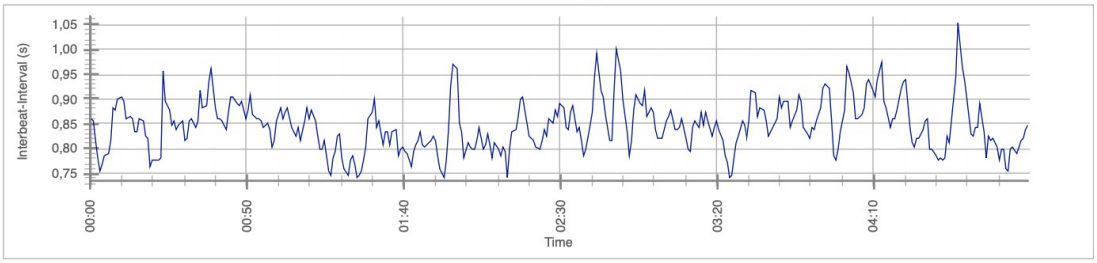
HRV-Analysis Report

Name: W3_41_b_selection_0102-0603

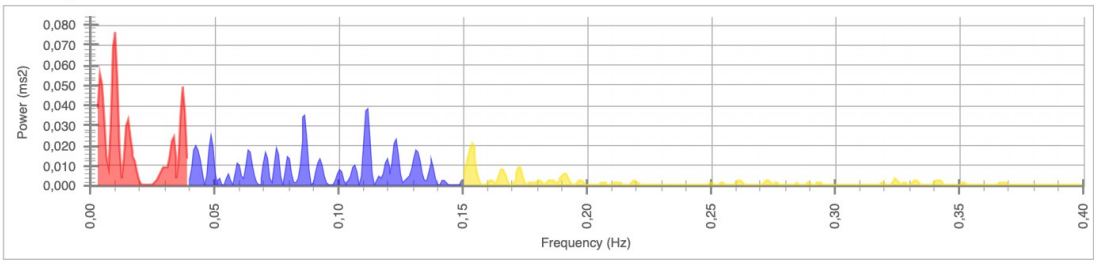
21.03.2021

Sound of Soul

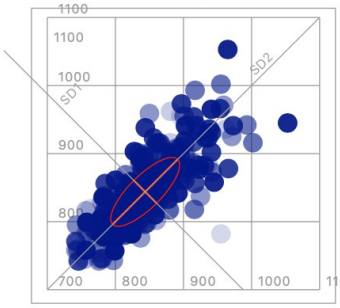
RR Intervals

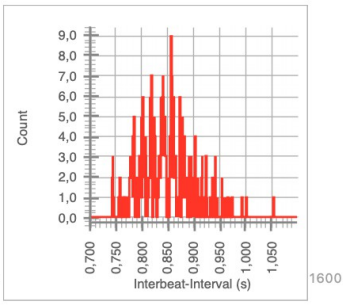


Power Spectrum

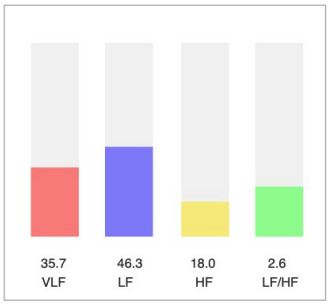


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	71,2
Mean RR (ms)	843,8
SDNN (ms)	50,6
RMSSD (ms)	33,4
pNN50 (%)	12,4
pNN20 (%)	47,9
pNN10 (%)	71,8
pNN05 (%)	83,1

SD1 (ms)	23,6
SD2 (ms)	67,5
SD1/SD2	1/2.9
VB (ms)	328,1
Stress Index	91,8
CV (%)	6,0

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	844,7	35,7
LF (0.04-0.15 Hz)	1096,9	46,3
HF (0.15-0.4 Hz)	425,4	18,0
Total	2367,0	
LF/HF	2,6	

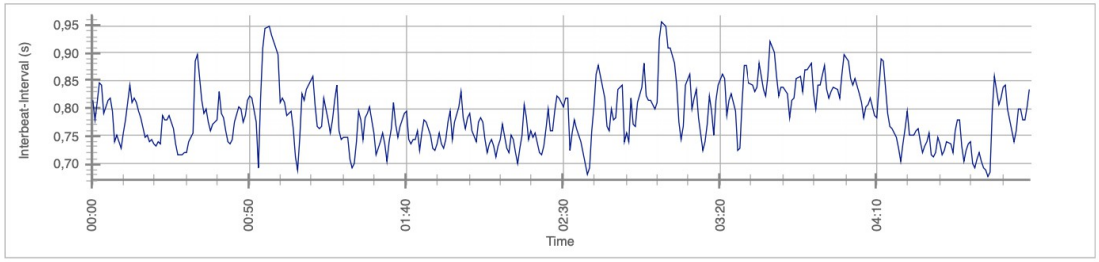
HRV-Analysis Report

Name: W4_37_a_selection_0124-0624

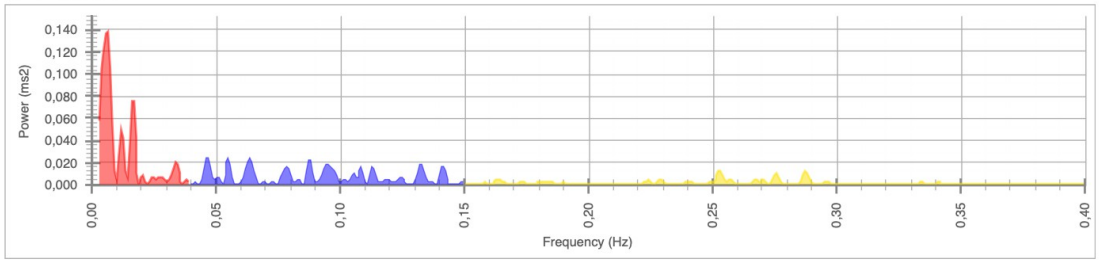
21.03.2021

Sound of Soul

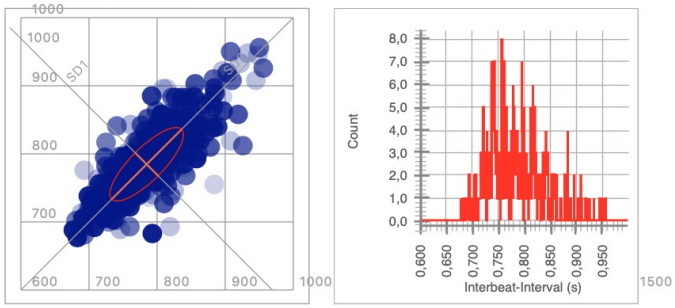
RR Intervals



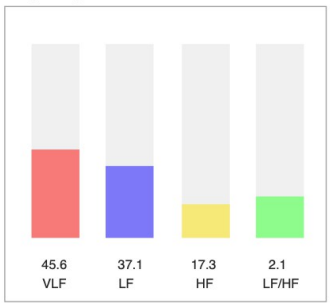
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	76,6
Mean RR (ms)	784,7
SDNN (ms)	54,0
RMSSD (ms)	33,7
pNN50 (%)	10,8
pNN20 (%)	51,2
pNN10 (%)	73,5
pNN05 (%)	88,2

SD1 (ms)	23,8
SD2 (ms)	72,6
SD1/SD2	1/3.0
VB (ms)	320,3
Stress Index	85,3
CV (%)	6,9

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1218,8	45,6
LF (0.04-0.15 Hz)	991,4	37,1
HF (0.15-0.4 Hz)	463,8	17,3
Total	2674,1	
LF/HF	2,1	

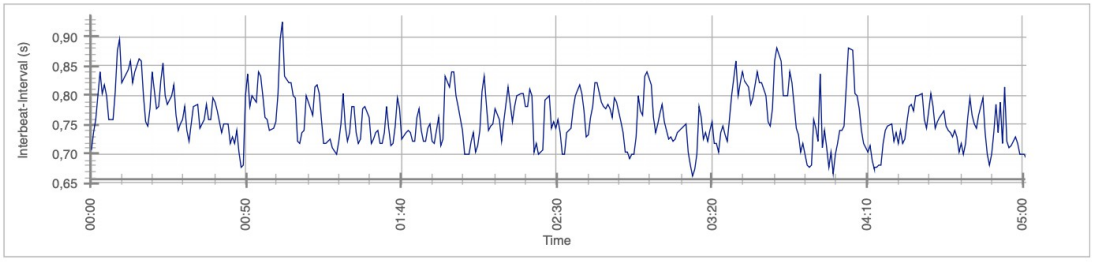
HRV-Analysis Report

Name: W4_37_b_selection_0112-0614

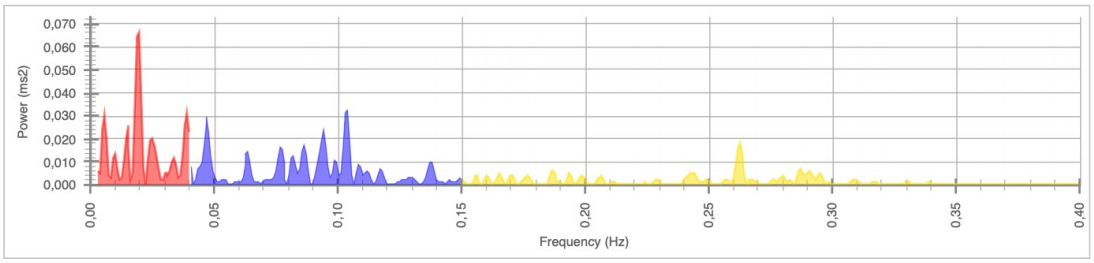
21.03.2021

Sound of Soul

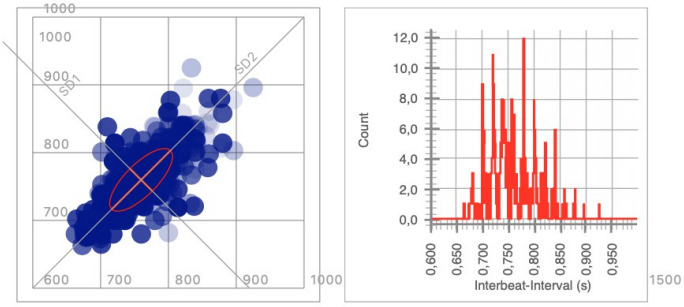
RR Intervals



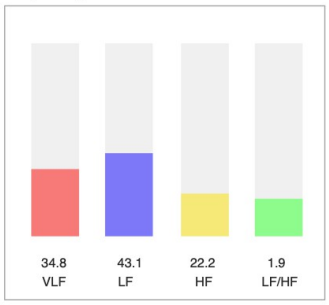
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	79,0
Mean RR (ms)	759,8
SDNN (ms)	46,4
RMSSD (ms)	32,9
pNN50 (%)	10,4
pNN20 (%)	47,0
pNN10 (%)	71,5
pNN05 (%)	82,1

SD1 (ms)	23,3
SD2 (ms)	61,2
SD1/SD2	1/2.6
VB (ms)	296,9
Stress Index	137,6
CV (%)	6,1

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	670,9	34,8
LF (0.04-0.15 Hz)	830,0	43,1
HF (0.15-0.4 Hz)	427,0	22,2
Total	1927,9	
LF/HF	1,9	

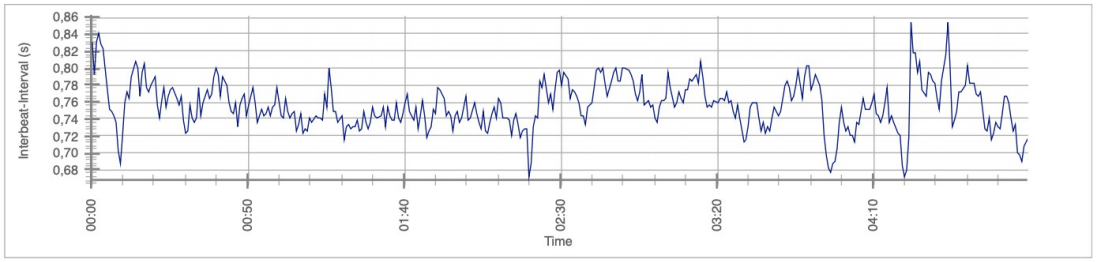
HRV-Analysis Report

Name: W5_70_a_selection_0127-0627

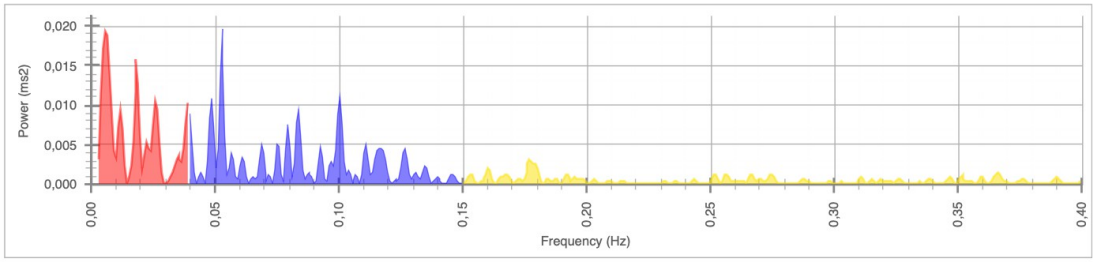
21.03.2021

Sound of Soul

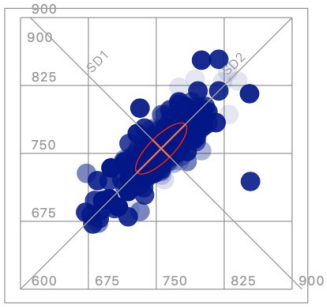
RR Intervals

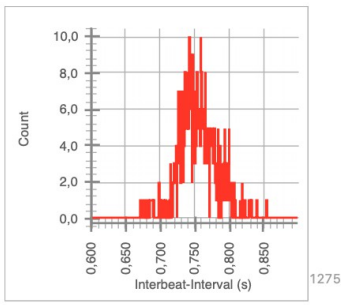


Power Spectrum



Time-Domain Statistics





Mean HR (bpm)	79,3
Mean RR (ms)	755,4
SDNN (ms)	28,4
RMSSD (ms)	18,7
pNN50 (%)	1,0
pNN20 (%)	21,7
pNN10 (%)	53,5
pNN05 (%)	77,0

SD1 (ms)	13,2
SD2 (ms)	37,8
SD1/SD2	1/2.9
VB (ms)	218,8
Stress Index	212,3
CV (%)	3,8

Frequency-Domain Statistics

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	284,0	37,0
LF (0.04-0.15 Hz)	349,2	45,5
HF (0.15-0.4 Hz)	133,7	17,4
Total	766,9	
LF/HF	2,6	

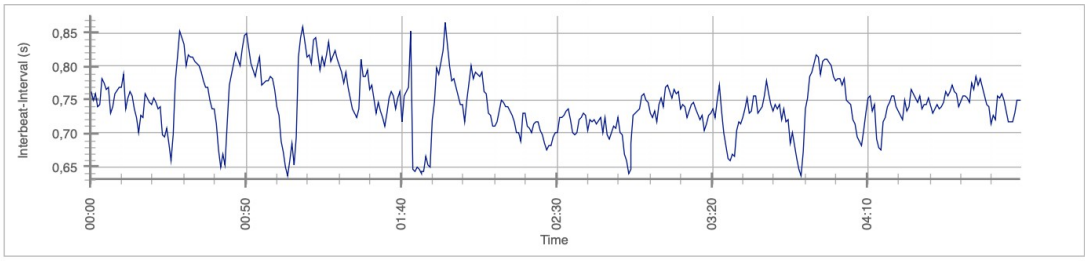
HRV-Analysis Report

Name: W5_70_b_selection_0135-0635

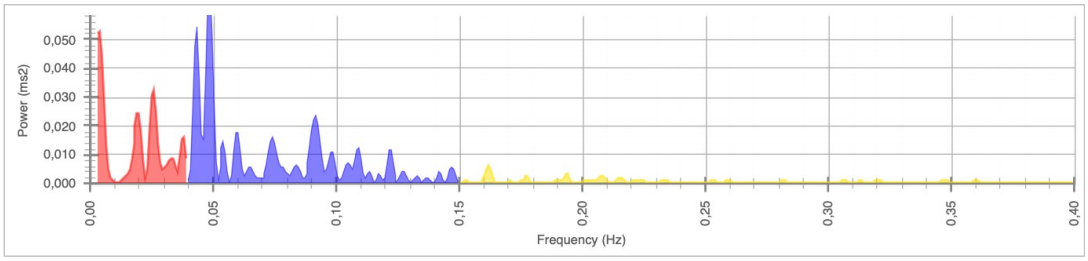
21.03.2021

Sound of Soul

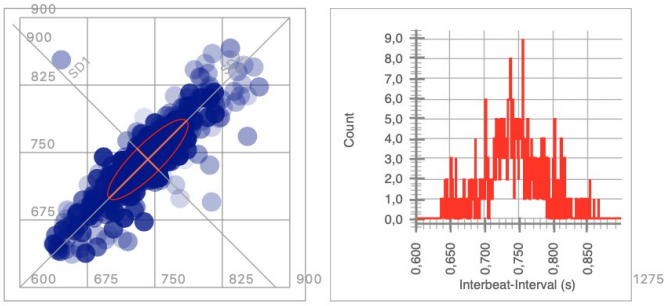
RR Intervals



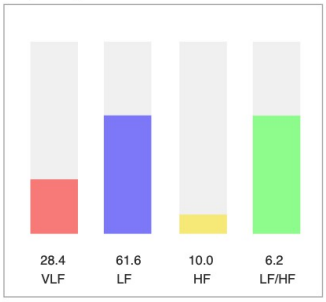
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	80,9	SD1 (ms)	16,8
Mean RR (ms)	742,3	SD2 (ms)	60,8
SDNN (ms)	44,6	SD1/SD2	1/3.6
RMSSD (ms)	23,7	VB (ms)	265,6
pNN50 (%)	2,7	Stress Index	150,9
pNN20 (%)	28,3	CV (%)	6,0
pNN10 (%)	56,6		
pNN05 (%)	77,7		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	518,5	28,4
LF (0.04-0.15 Hz)	1126,8	61,6
HF (0.15-0.4 Hz)	183,2	10,0
Total	1828,4	
LF/HF	6,2	

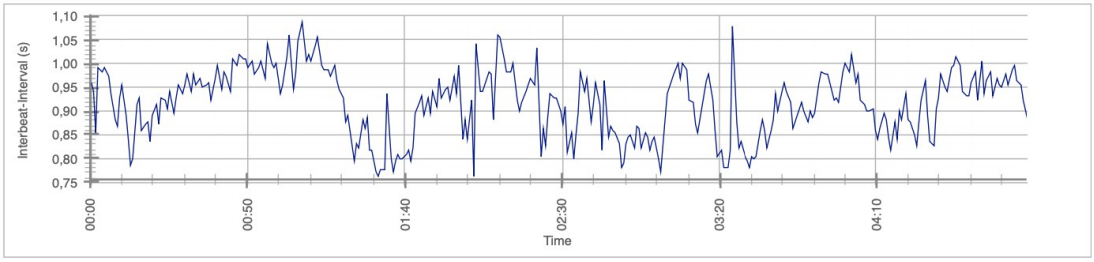
HRV-Analysis Report

Name: W6_47_a_selection_0106-0605

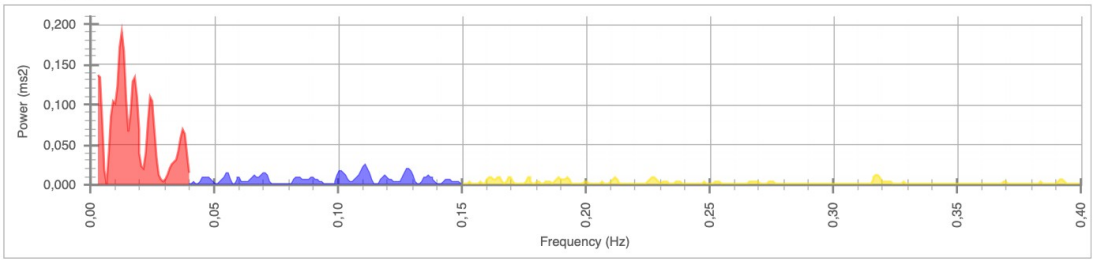
21.03.2021

Sound of Soul

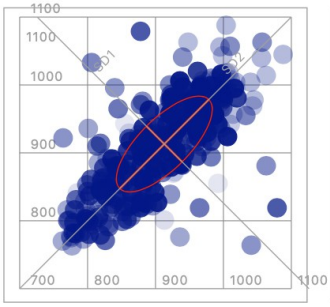
RR Intervals

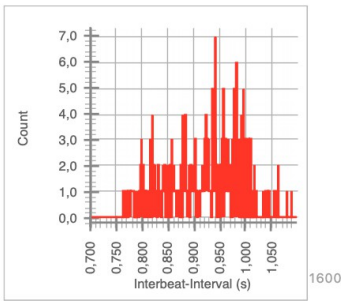


Power Spectrum

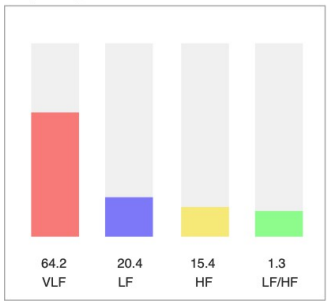


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	65,9	SD1 (ms)	37,1
Mean RR (ms)	913,0	SD2 (ms)	92,7
SDNN (ms)	70,6	SD1/SD2	1/2.5
RMSSD (ms)	52,4	VB (ms)	367,2
pNN50 (%)	24,2	Stress Index	54,3
pNN20 (%)	62,9	CV (%)	7,7
pNN10 (%)	81,9		
pNN05 (%)	91,4		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	2875,8	64,2
LF (0.04-0.15 Hz)	912,7	20,4
HF (0.15-0.4 Hz)	687,5	15,4
Total	4476,0	
LF/HF	1,3	

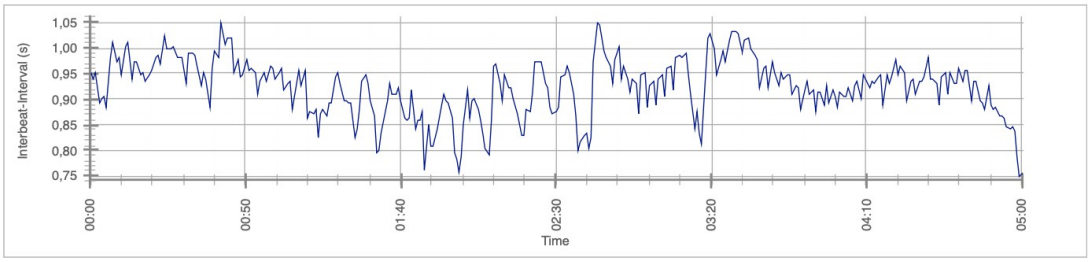
HRV-Analysis Report

Name: W6_47_b_selection_0126-0627

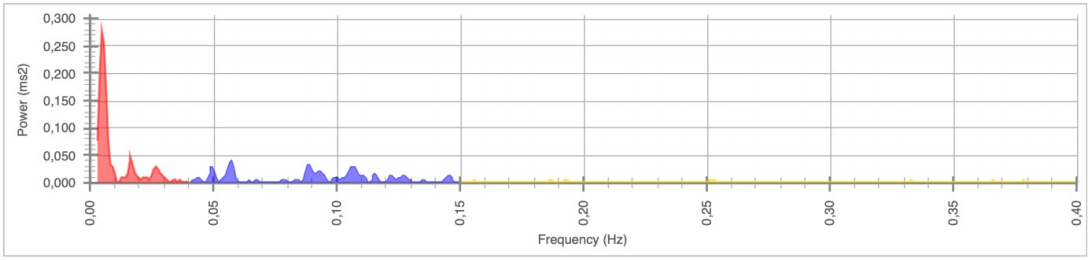
21.03.2021

Sound of Soul

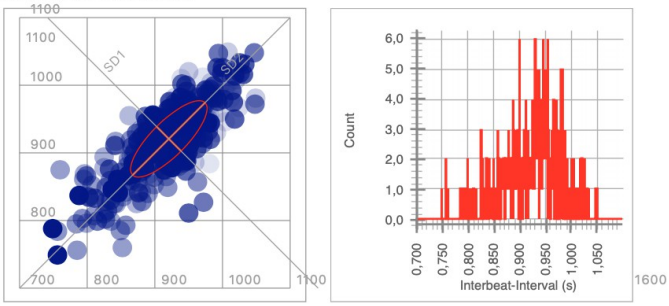
RR Intervals



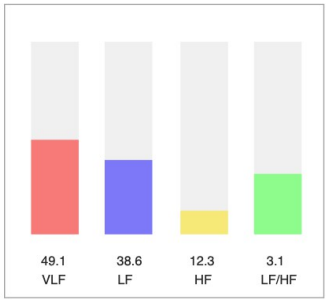
Power Spectrum



Time-Domain Statistics



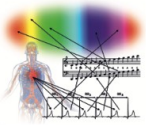
Frequency-Domain Statistics



Mean HR (bpm)	65,2
Mean RR (ms)	920,7
SDNN (ms)	56,9
RMSSD (ms)	36,1
pNN50 (%)	16,0
pNN20 (%)	54,0
pNN10 (%)	71,8
pNN05 (%)	85,3

SD1 (ms)	25,5
SD2 (ms)	75,7
SD1/SD2	1/3.0
VB (ms)	343,8
Stress Index	79,6
CV (%)	6,2

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1531,8	49,1
LF (0.04-0.15 Hz)	1204,4	38,6
HF (0.15-0.4 Hz)	383,3	12,3
Total	3119,5	
LF/HF	3,1	



AQUA QUINTA

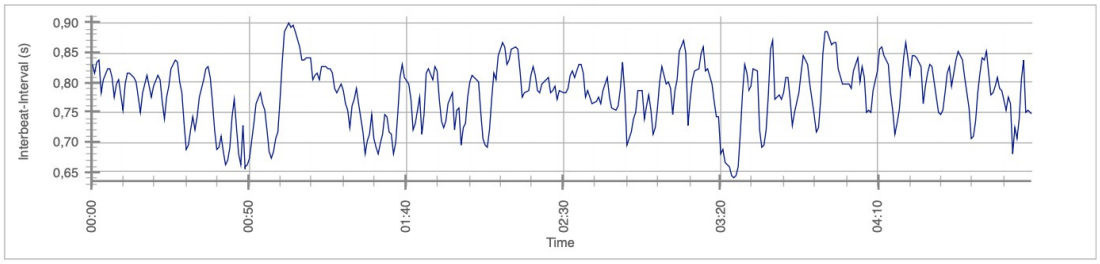
HRV-Analysis Report

Name: W7_41_a_selection_0156-0656

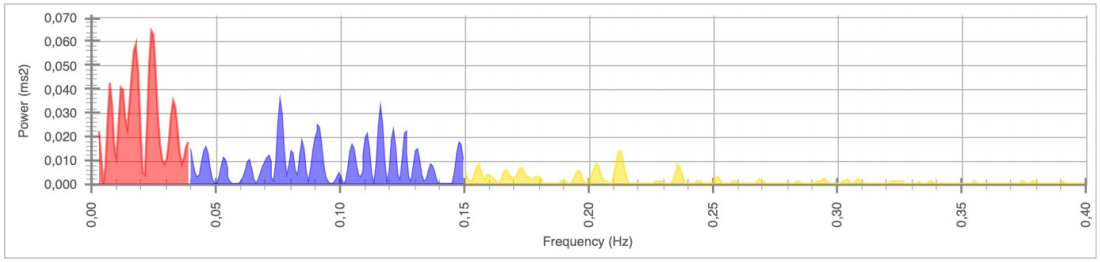
21.03.2021

Sound of Soul

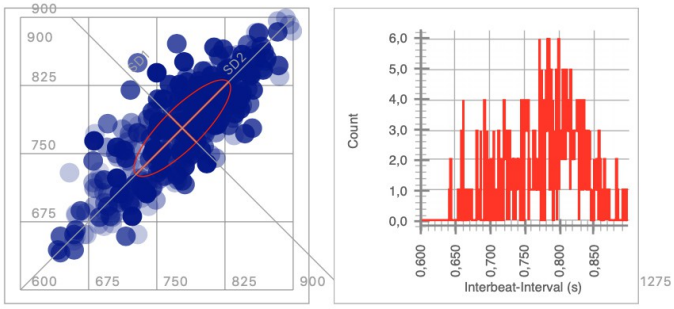
RR Intervals



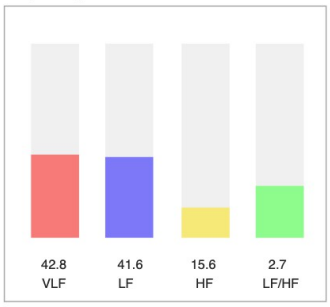
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	77,3	SD1 (ms)	21,9
Mean RR (ms)	778,0	SD2 (ms)	72,0
SDNN (ms)	53,2	SD1/SD2	1/3.3
RMSSD (ms)	31,0	VB (ms)	296,9
pNN50 (%)	9,4	Stress Index	110,6
pNN20 (%)	50,0	CV (%)	6,8
pNN10 (%)	71,1		
pNN05 (%)	83,6		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1198,3	42,8
LF (0.04-0.15 Hz)	1164,1	41,6
HF (0.15-0.4 Hz)	435,6	15,6
Total	2798,0	
LF/HF	2,7	

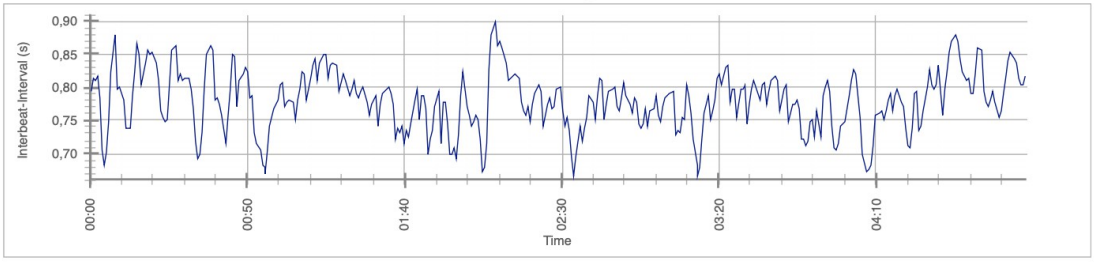
HRV-Analysis Report

Name: W7_41_b_selection_0214-0712

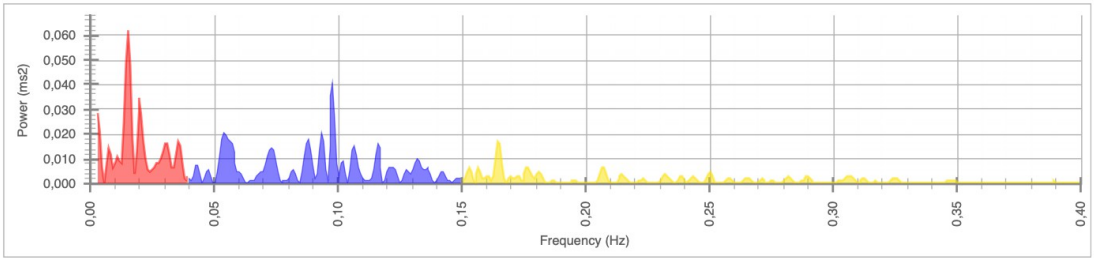
21.03.2021

Sound of Soul

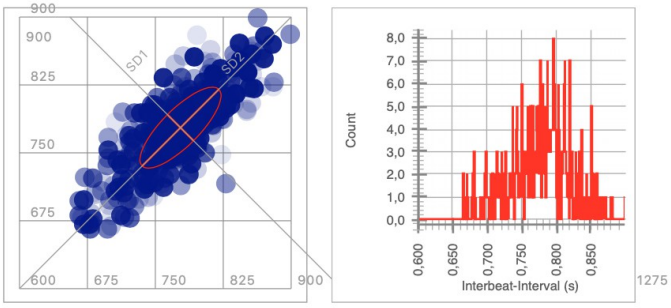
RR Intervals



Power Spectrum



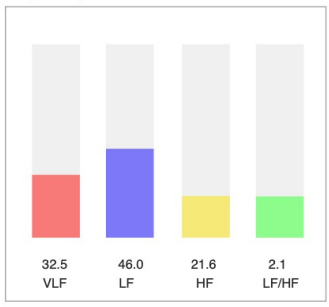
Time-Domain Statistics



Mean HR (bpm)	77,2
Mean RR (ms)	777,8
SDNN (ms)	44,8
RMSSD (ms)	28,8
pNN50 (%)	9,7
pNN20 (%)	46,5
pNN10 (%)	67,9
pNN05 (%)	83,3

SD1 (ms)	20,3
SD2 (ms)	59,9
SD1/SD2	1/2.9
VB (ms)	273,4
Stress Index	144,5
CV (%)	5,8

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	623,5	32,5
LF (0.04-0.15 Hz)	882,1	46,0
HF (0.15-0.4 Hz)	413,7	21,6
Total	1919,3	
LF/HF	2,1	

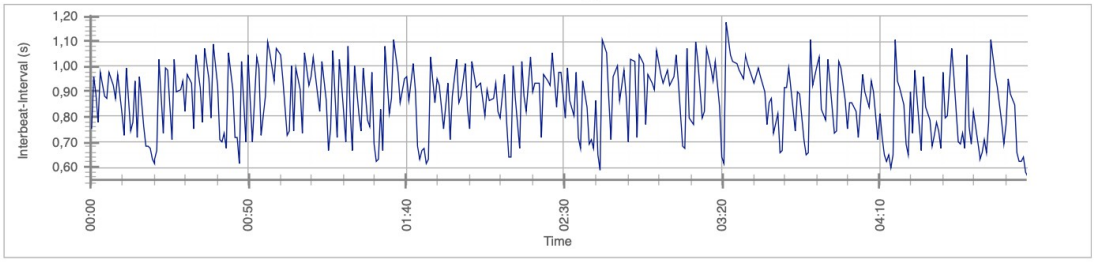
HRV-Analysis Report

Name: W8_7_a_selection_0304-0801

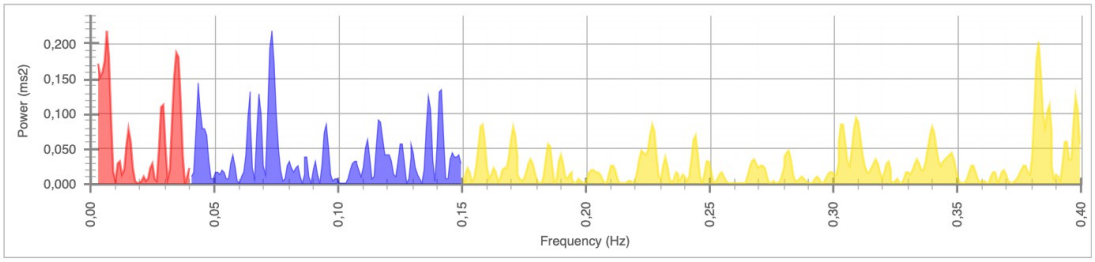
21.03.2021

Sound of Soul

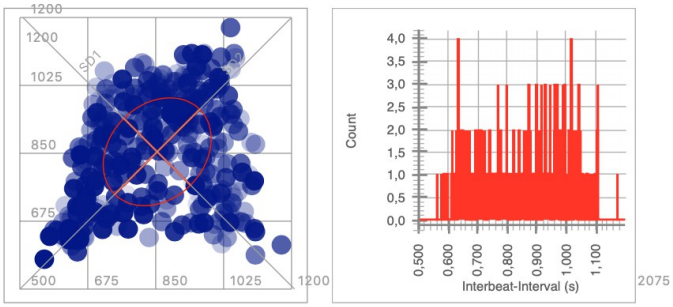
RR Intervals



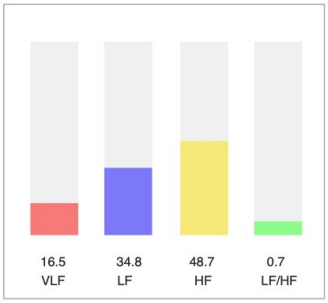
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	72,0
Mean RR (ms)	853,9
SDNN (ms)	139,6
RMSSD (ms)	171,8
pNN50 (%)	74,4
pNN20 (%)	89,0
pNN10 (%)	92,8
pNN05 (%)	96,8

SD1 (ms)	121,5
SD2 (ms)	154,7
SD1/SD2	1/1.3
VB (ms)	601,6
Stress Index	13,8
CV (%)	16,3

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	2587,6	16,5
LF (0.04-0.15 Hz)	5449,3	34,8
HF (0.15-0.4 Hz)	7626,0	48,7
Total	15662,8	
LF/HF	0,7	

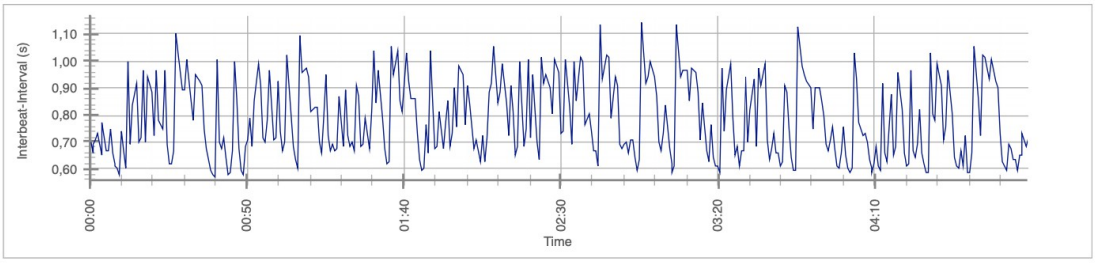
HRV-Analysis Report

Name: W8_7_b_selection_0216-0716

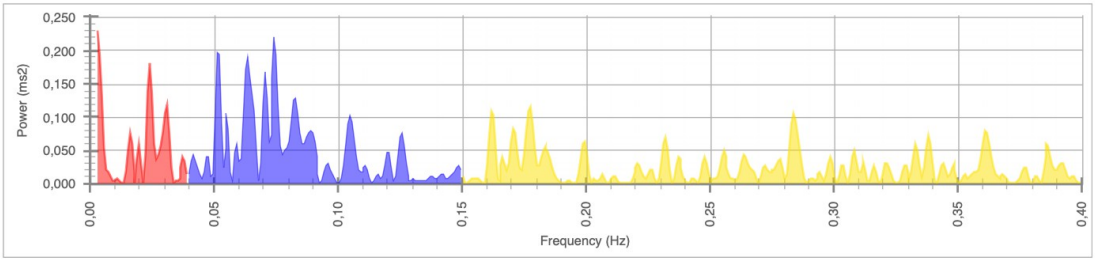
21.03.2021

Sound of Soul

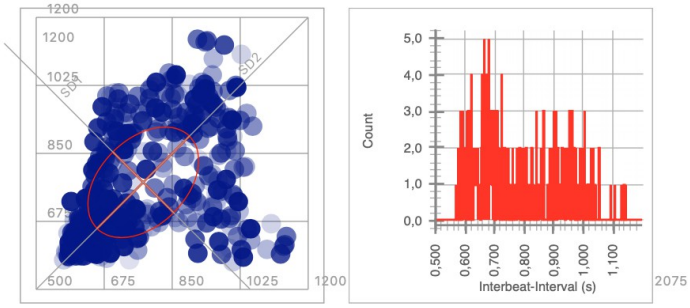
RR Intervals



Power Spectrum

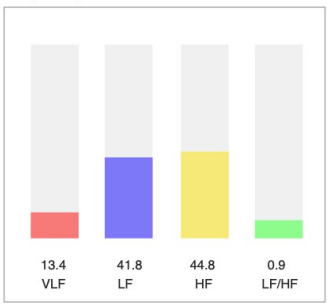


Time-Domain Statistics



Mean HR (bpm)	79,7
Mean RR (ms)	775,5
SDNN (ms)	142,3
RMSSD (ms)	156,4
pNN50 (%)	65,5
pNN20 (%)	84,7
pNN10 (%)	91,7
pNN05 (%)	94,5
SD1 (ms)	110,6
SD2 (ms)	168,0
SD1/SD2	1/1.5
VB (ms)	546,9
Stress Index	36,7
CV (%)	18,3

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	2066,1	13,4
LF (0.04-0.15 Hz)	6444,2	41,8
HF (0.15-0.4 Hz)	6912,5	44,8
Total	15422,8	
LF/HF	0,9	

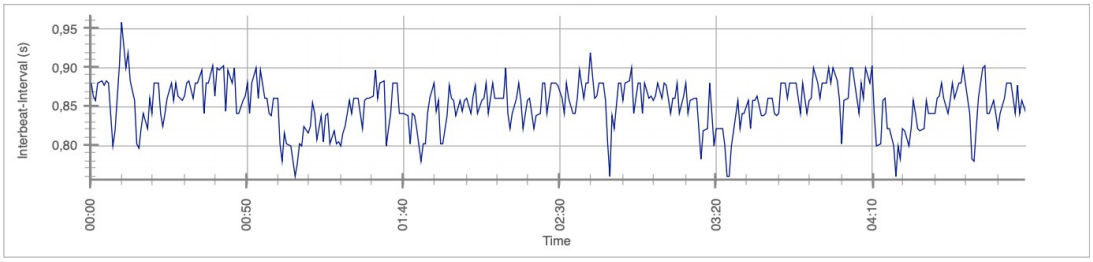
HRV-Analysis Report

Name: W9_45_a_selection_0142-0642

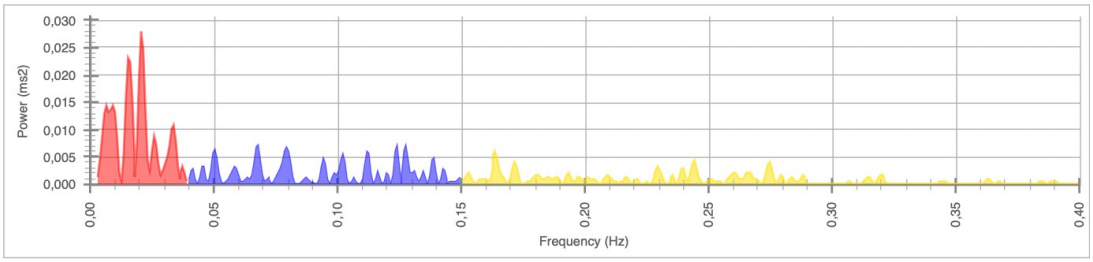
21.03.2021

Sound of Soul

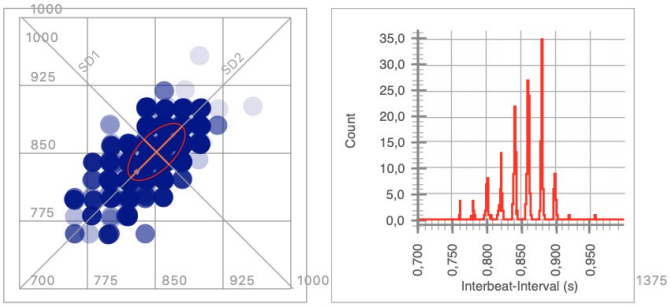
RR Intervals



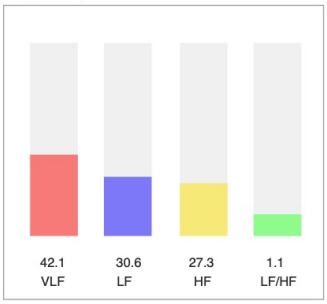
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	70,4
Mean RR (ms)	851,4
SDNN (ms)	31,5
RMSSD (ms)	27,7
pNN50 (%)	6,8
pNN20 (%)	43,3
pNN10 (%)	71,5
pNN05 (%)	72,9

SD1 (ms)	19,6
SD2 (ms)	40,0
SD1/SD2	1/2.0
VB (ms)	218,8
Stress Index	203,0
CV (%)	3,7

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	385,6	42,1
LF (0.04-0.15 Hz)	280,7	30,6
HF (0.15-0.4 Hz)	249,9	27,3
Total	916,1	
LF/HF	1,1	

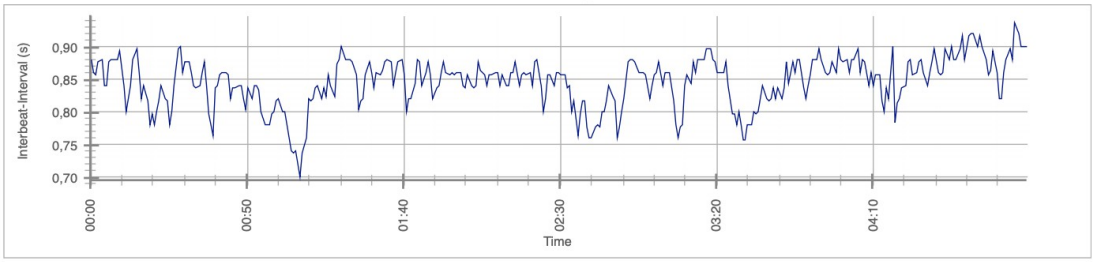
HRV-Analysis Report

Name: W9_45_b_selection_0156-0656

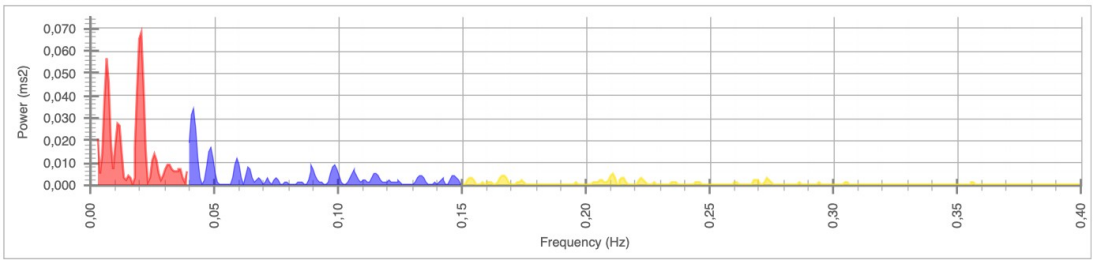
21.03.2021

Sound of Soul

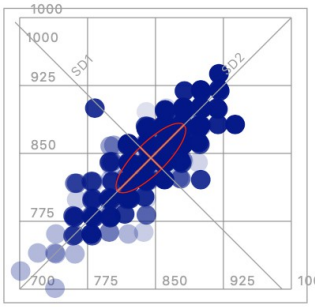
RR Intervals

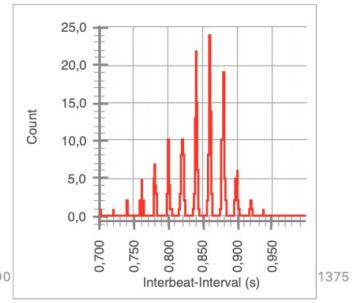


Power Spectrum

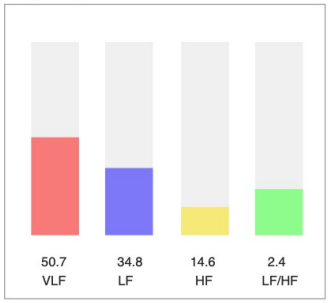


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	71,0
Mean RR (ms)	844,9
SDNN (ms)	38,5
RMSSD (ms)	23,8
pNN50 (%)	4,0
pNN20 (%)	29,4
pNN10 (%)	66,7
pNN05 (%)	67,5

SD1 (ms)	16,8
SD2 (ms)	51,7
SD1/SD2	1/3.1
VB (ms)	281,2
Stress Index	182,3
CV (%)	4,6

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	695,5	50,7
LF (0.04-0.15 Hz)	477,3	34,8
HF (0.15-0.4 Hz)	200,3	14,6
Total	1373,2	
LF/HF	2,4	

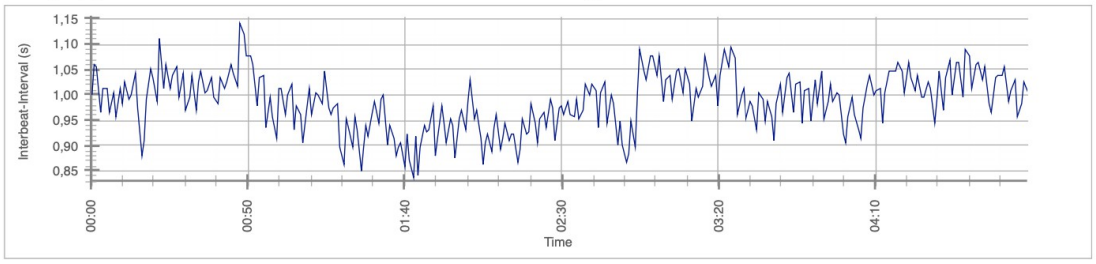
HRV-Analysis Report

Name: W10_44_a_selection_0153-0653

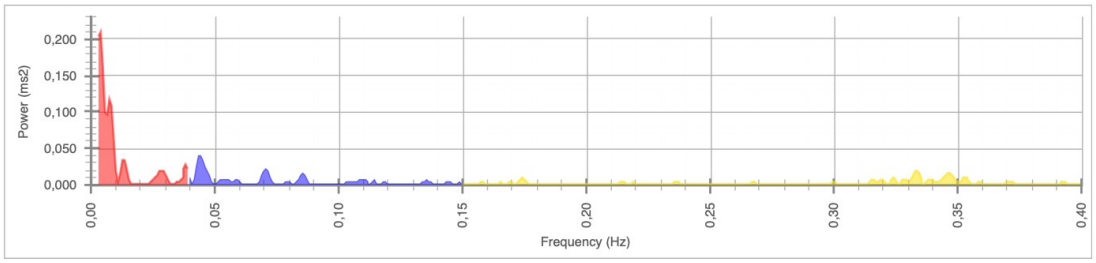
21.03.2021

Sound of Soul

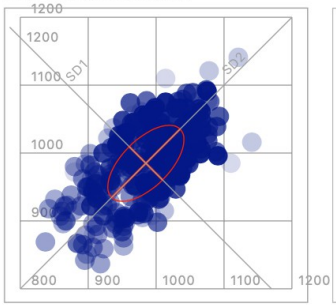
RR Intervals

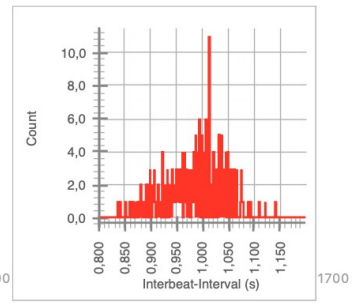


Power Spectrum

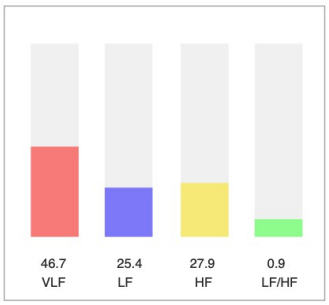


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	60,9
Mean RR (ms)	984,9
SDNN (ms)	56,0
RMSSD (ms)	49,0
pNN50 (%)	33,3
pNN20 (%)	74,3
pNN10 (%)	89,4
pNN05 (%)	94,1

SD1 (ms)	34,6
SD2 (ms)	71,2
SD1/SD2	1/2.1
VB (ms)	343,8
Stress Index	81,5
CV (%)	5,7

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1247,8	46,7
LF (0.04-0.15 Hz)	680,3	25,4
HF (0.15-0.4 Hz)	745,3	27,9
Total	2673,4	
LF/HF	0,9	

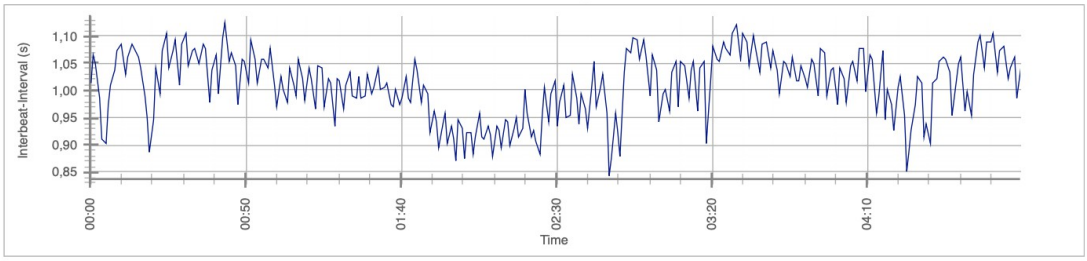
HRV-Analysis Report

Name: W10_44_b_selection_0147-0647

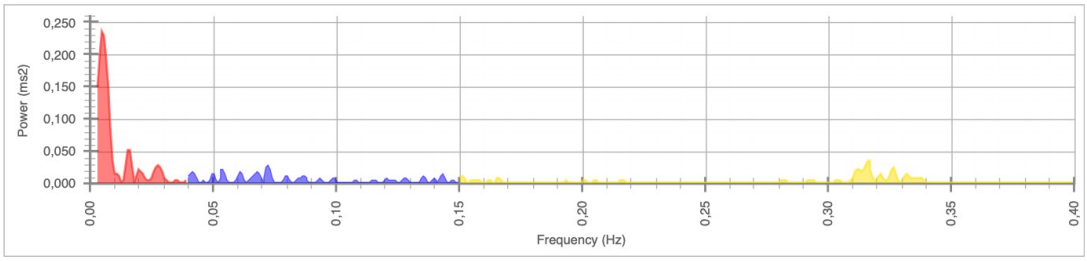
21.03.2021

Sound of Soul

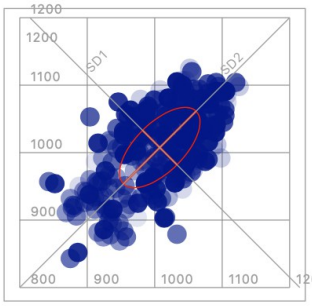
RR Intervals

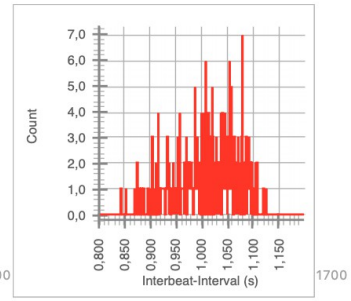


Power Spectrum



Time-Domain Statistics

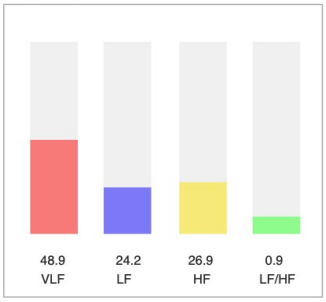




Mean HR (bpm)	59,6
Mean RR (ms)	1007,5
SDNN (ms)	59,6
RMSSD (ms)	51,0
pNN50 (%)	33,7
pNN20 (%)	76,4
pNN10 (%)	85,9
pNN05 (%)	93,3

SD1 (ms)	36,0
SD2 (ms)	76,2
SD1/SD2	1/2.1
VB (ms)	328,1
Stress Index	58,5
CV (%)	5,9

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1620,1	48,9
LF (0.04-0.15 Hz)	800,9	24,2
HF (0.15-0.4 Hz)	889,2	26,9
Total	3310,2	
LF/HF	0,9	

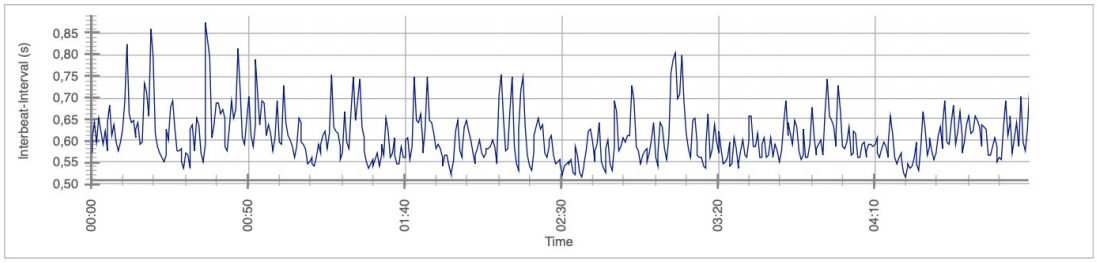
HRV-Analysis Report

Name: W11_6_a_selection_0156-0656

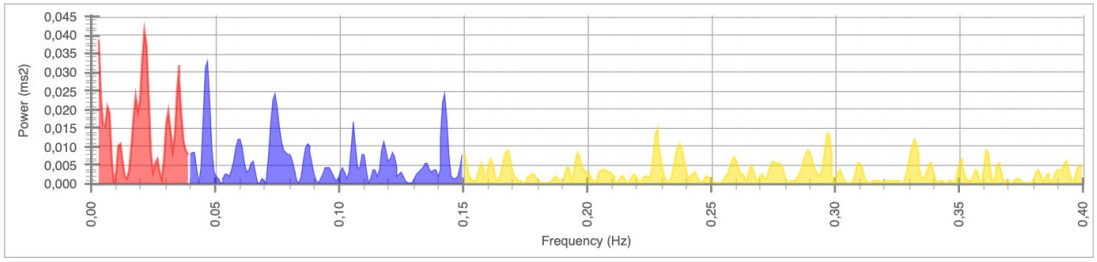
21.03.2021

Sound of Soul

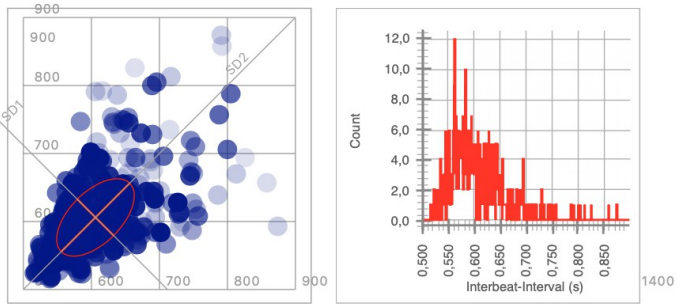
RR Intervals



Power Spectrum



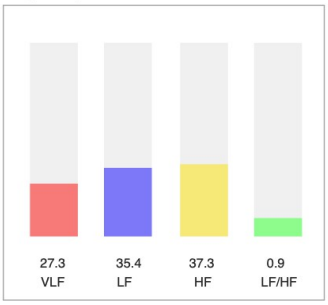
Time-Domain Statistics



Mean HR (bpm)	99,6
Mean RR (ms)	606,0
SDNN (ms)	57,1
RMSSD (ms)	53,4
pNN50 (%)	28,3
pNN20 (%)	62,6
pNN10 (%)	80,6
pNN05 (%)	92,3

SD1 (ms)	37,8
SD2 (ms)	71,1
SD1/SD2	1/1.9
VB (ms)	296,9
Stress Index	160,0
CV (%)	9,4

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	640,6	27,3
LF (0.04-0.15 Hz)	832,2	35,4
HF (0.15-0.4 Hz)	876,4	37,3
Total	2349,2	
LF/HF	0,9	

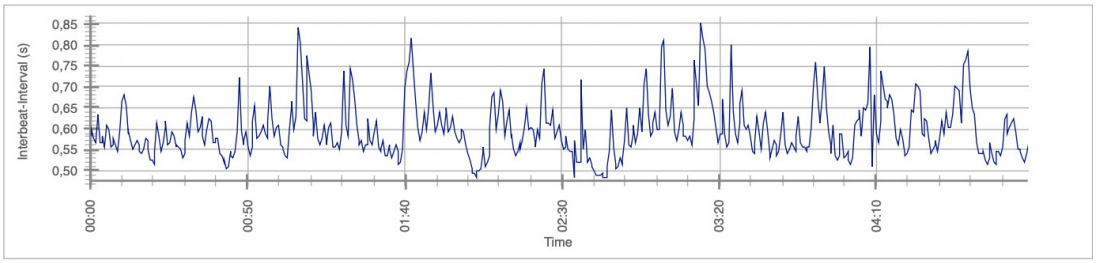
HRV-Analysis Report

Name: W11_6_b_selection_0142-0641

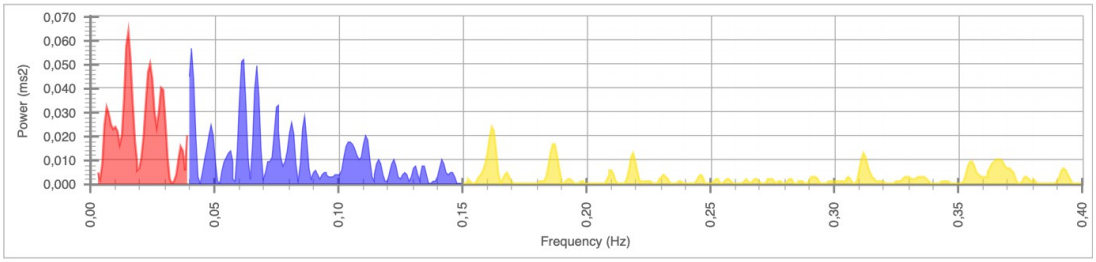
21.03.2021

Sound of Soul

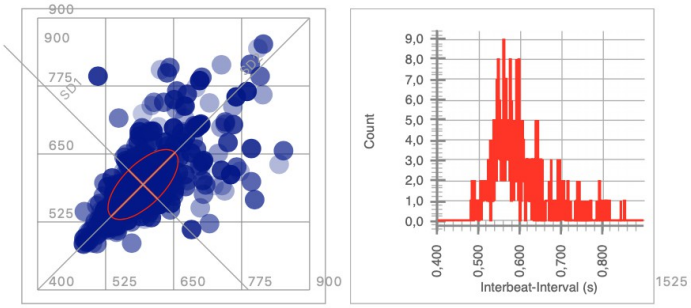
RR Intervals



Power Spectrum



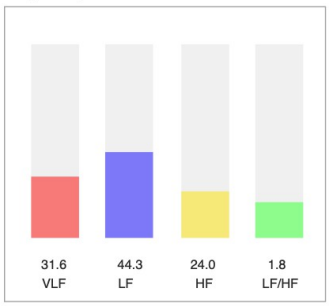
Time-Domain Statistics



Mean HR (bpm)	101,9
Mean RR (ms)	593,8
SDNN (ms)	64,3
RMSSD (ms)	52,9
pNN50 (%)	23,7
pNN20 (%)	55,6
pNN10 (%)	73,5
pNN05 (%)	88,6

SD1 (ms)	37,4
SD2 (ms)	82,9
SD1/SD2	1/2.2
VB (ms)	398,4
Stress Index	118,4
CV (%)	10,8

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1050,4	31,6
LF (0.04-0.15 Hz)	1471,0	44,3
HF (0.15-0.4 Hz)	797,6	24,0
Total	3319,0	
LF/HF	1,8	

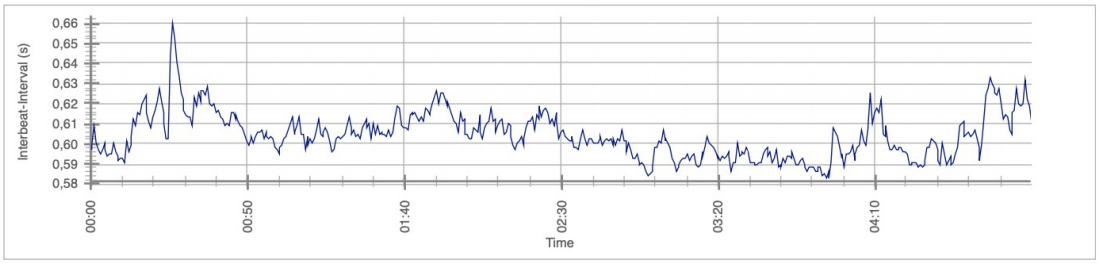
HRV-Analysis Report

Name: W12_55_a_selection_0216-0717

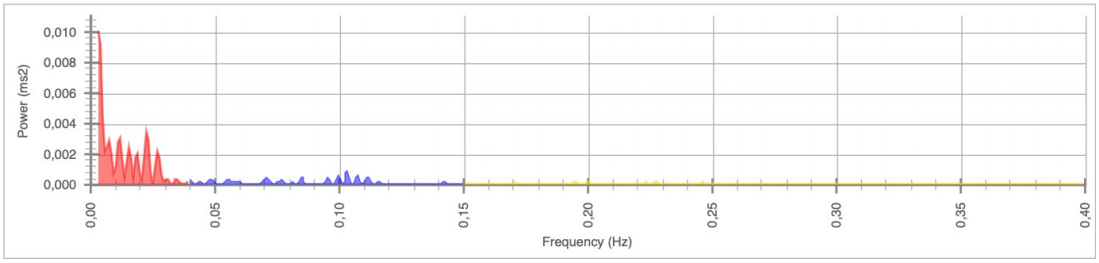
21.03.2021

Sound of Soul

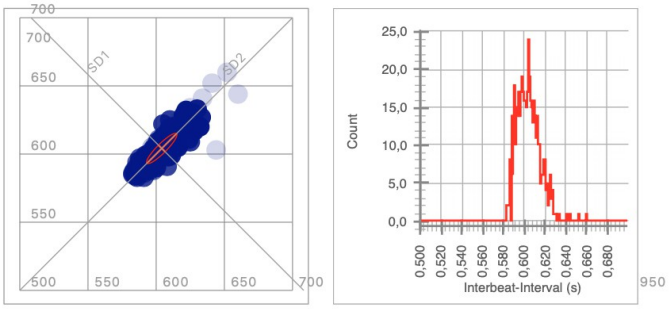
RR Intervals



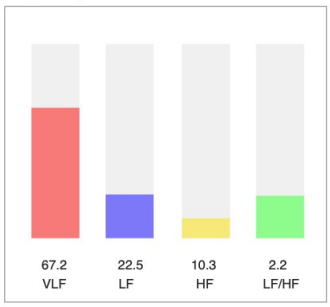
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	99,2
Mean RR (ms)	604,1
SDNN (ms)	11,1
RMSSD (ms)	4,8
pNN50 (%)	0,0
pNN20 (%)	0,2
pNN10 (%)	2,8
pNN05 (%)	19,6

SD1 (ms)	3,4
SD2 (ms)	15,4
SD1/SD2	1/4.5
VB (ms)	117,2
Stress Index	943,8
CV (%)	1,8

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	63,5	67,2
LF (0.04-0.15 Hz)	21,3	22,5
HF (0.15-0.4 Hz)	9,7	10,3
Total	94,5	
LF/HF	2,2	

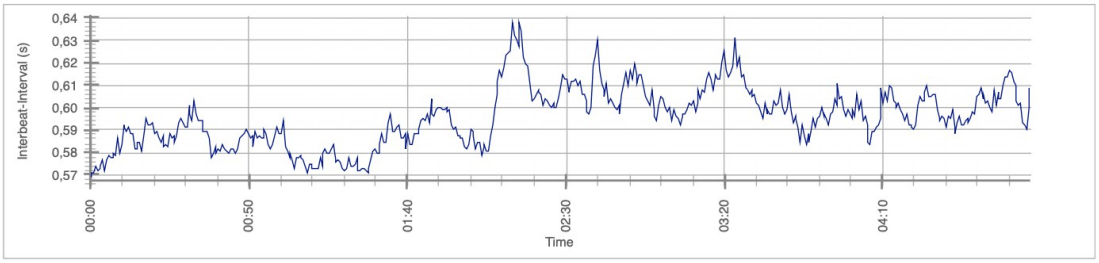
HRV-Analysis Report

Name: W12_55_b_selection_0209-0707

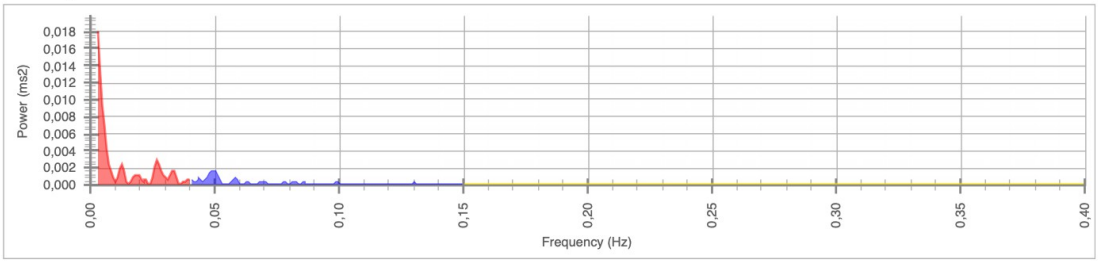
21.03.2021

Sound of Soul

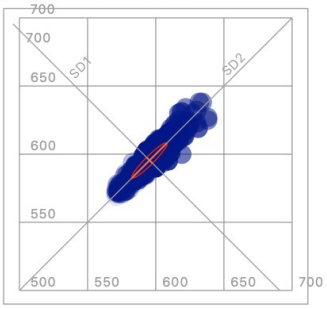
RR Intervals

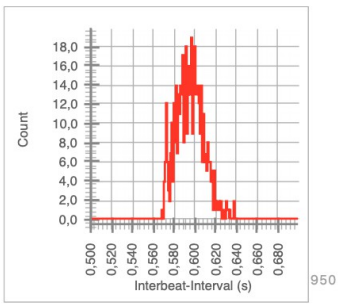


Power Spectrum



Time-Domain Statistics

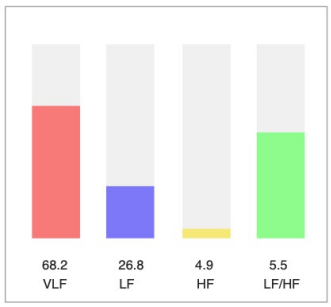




Mean HR (bpm)	100,7
Mean RR (ms)	595,4
SDNN (ms)	13,1
RMSSD (ms)	4,3
pNN50 (%)	0,0
pNN20 (%)	0,0
pNN10 (%)	2,0
pNN05 (%)	19,3

SD1 (ms)	3,0
SD2 (ms)	18,2
SD1/SD2	1/6.1
VB (ms)	109,4
Stress Index	1150,1
CV (%)	2,2

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	75,2	68,2
LF (0.04-0.15 Hz)	29,6	26,8
HF (0.15-0.4 Hz)	5,4	4,9
Total	110,2	
LF/HF	5,5	

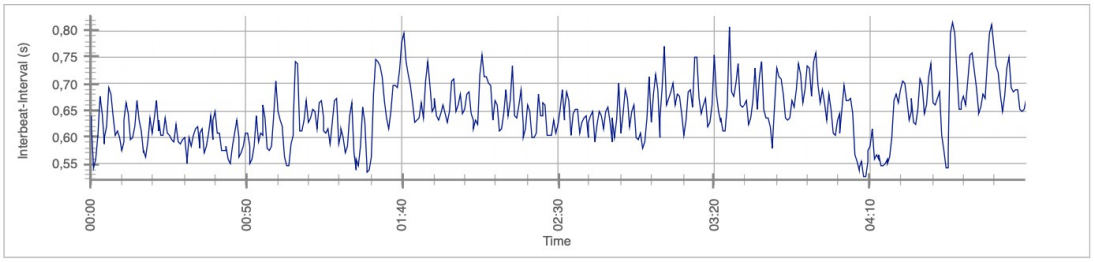
HRV-Analysis Report

Name: W13_10_a_selection_0201-0701

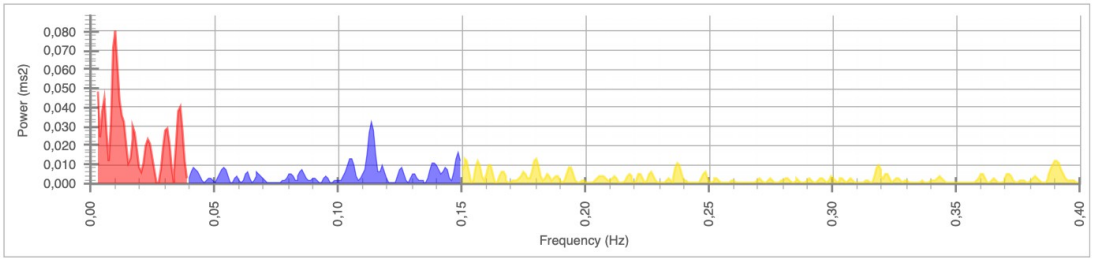
21.03.2021

Sound of Soul

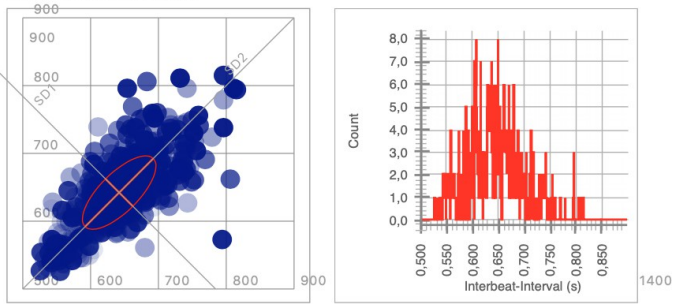
RR Intervals



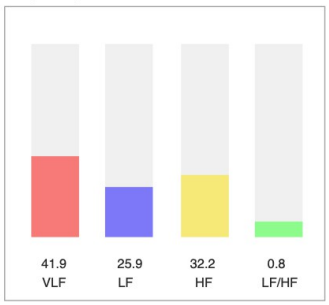
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	93,9
Mean RR (ms)	642,2
SDNN (ms)	54,1
RMSSD (ms)	40,2
pNN50 (%)	17,6
pNN20 (%)	57,6
pNN10 (%)	74,9
pNN05 (%)	85,7

SD1 (ms)	28,4
SD2 (ms)	71,1
SD1/SD2	1/2.5
VB (ms)	328,1
Stress Index	117,0
CV (%)	8,4

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1025,3	41,9
LF (0.04-0.15 Hz)	634,7	25,9
HF (0.15-0.4 Hz)	788,2	32,2
Total	2448,2	
LF/HF	0,8	

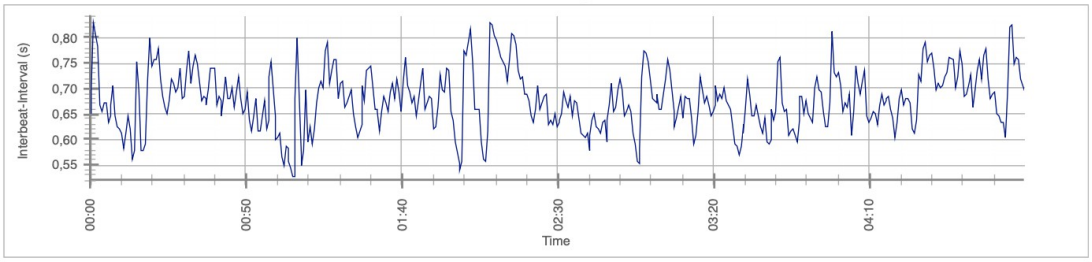
HRV-Analysis Report

Name: W13_10_b_selection_0210-0711

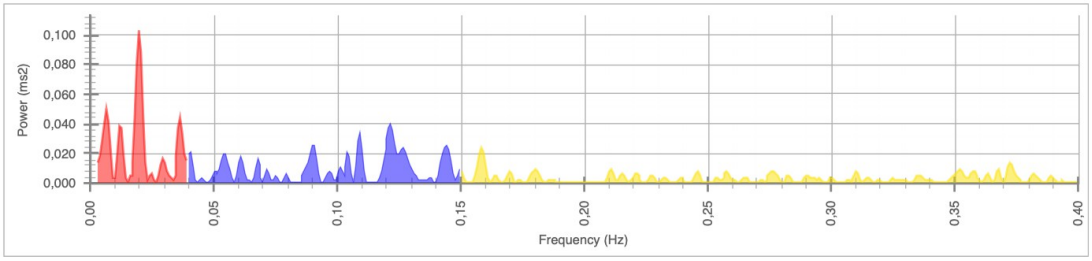
21.03.2021

Sound of Soul

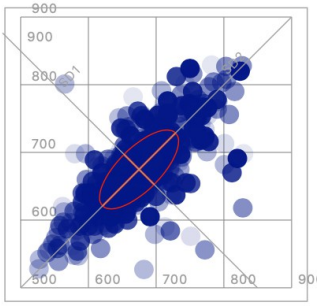
RR Intervals

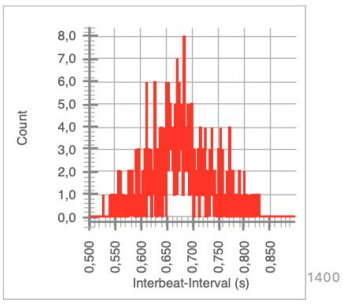


Power Spectrum



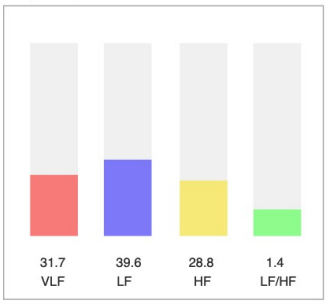
Time-Domain Statistics





Mean HR (bpm)	89,4	SD1 (ms)	31,4
Mean RR (ms)	674,8	SD2 (ms)	76,2
SDNN (ms)	58,3	SD1/SD2	1/2.4
RMSSD (ms)	44,4	VB (ms)	343,8
pNN50 (%)	16,0	Stress Index	117,4
pNN20 (%)	57,2	CV (%)	8,6
pNN10 (%)	77,3		
pNN05 (%)	87,4		

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1001,6	31,7
LF (0.04-0.15 Hz)	1251,3	39,6
HF (0.15-0.4 Hz)	909,1	28,8
Total	3162,1	
LF/HF	1,4	

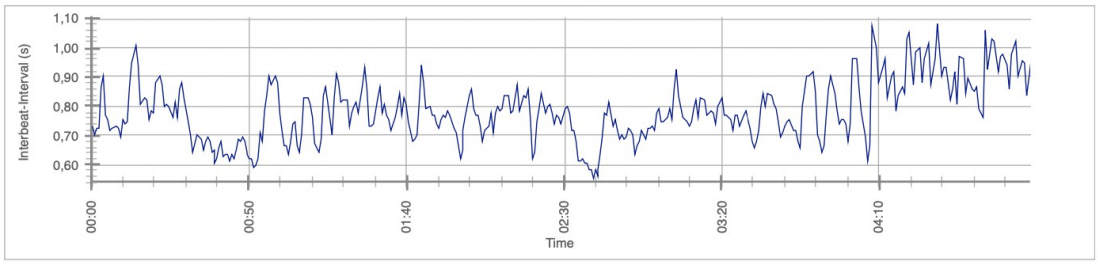
HRV-Analysis Report

Name: W14_17_a_selection_0256-0755

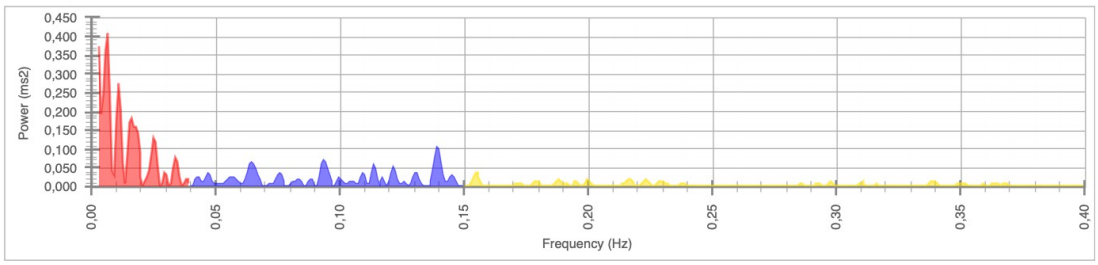
21.03.2021

Sound of Soul

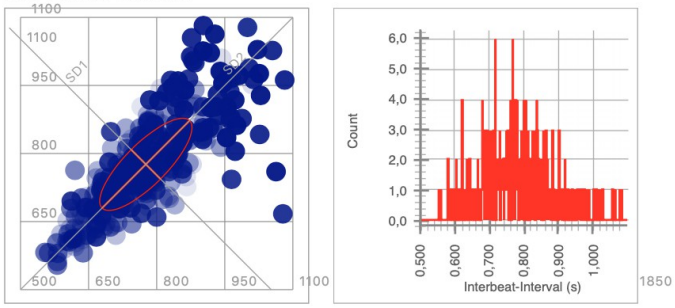
RR Intervals



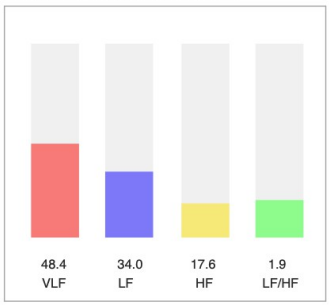
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	78,4
Mean RR (ms)	776,1
SDNN (ms)	101,8
RMSSD (ms)	64,5
pNN50 (%)	35,4
pNN20 (%)	68,0
pNN10 (%)	82,3
pNN05 (%)	90,1

SD1 (ms)	45,6
SD2 (ms)	136,3
SD1/SD2	1/3.0
VB (ms)	539,1
Stress Index	32,7
CV (%)	13,1

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	4134,6	48,4
LF (0.04-0.15 Hz)	2903,9	34,0
HF (0.15-0.4 Hz)	1503,3	17,6
Total	8541,8	
LF/HF	1,9	

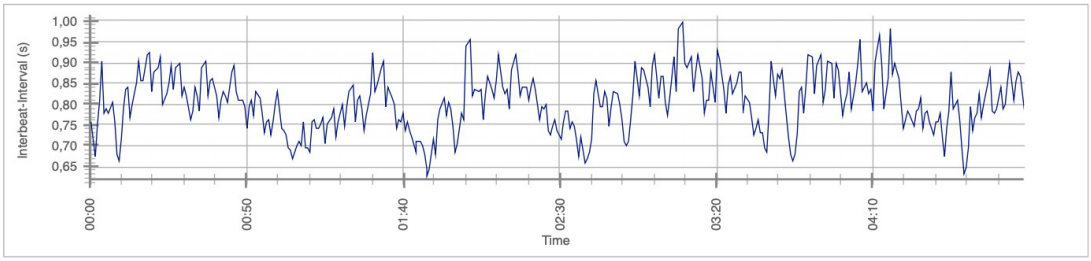
HRV-Analysis Report

Name: W14_17_b_selection_0202-0706

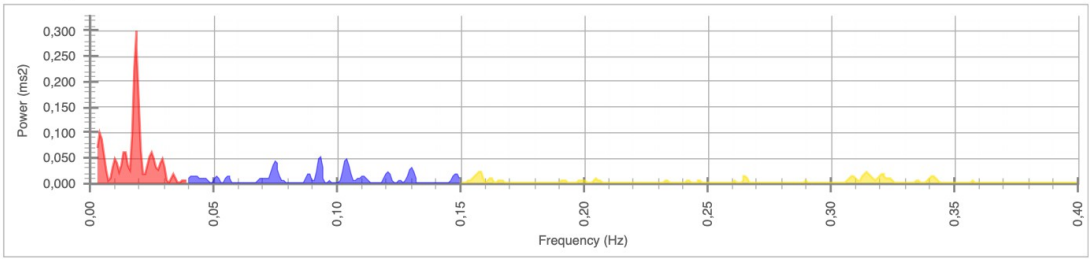
21.03.2021

Sound of Soul

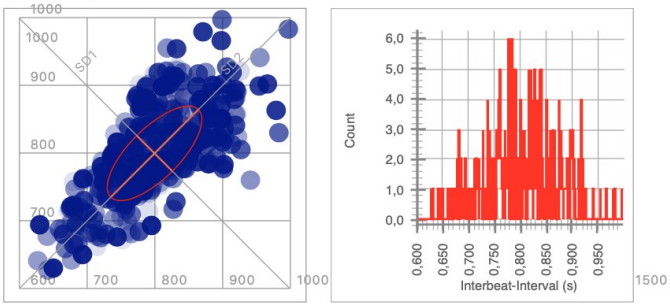
RR Intervals



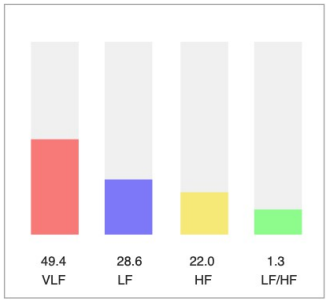
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	75,4
Mean RR (ms)	799,5
SDNN (ms)	69,9
RMSSD (ms)	52,5
pNN50 (%)	32,2
pNN20 (%)	71,6
pNN10 (%)	87,9
pNN05 (%)	93,6

SD1 (ms)	37,1
SD2 (ms)	91,5
SD1/SD2	1/2.5
VB (ms)	406,2
Stress Index	70,9
CV (%)	8,7

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	2289,3	49,4
LF (0.04-0.15 Hz)	1324,0	28,6
HF (0.15-0.4 Hz)	1017,1	22,0
Total	4630,4	
LF/HF	1,3	

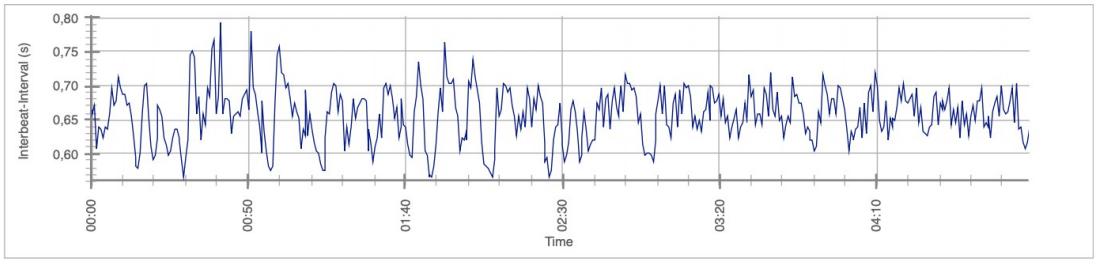
HRV-Analysis Report

Name: W15_23_a_selection_0155-0654

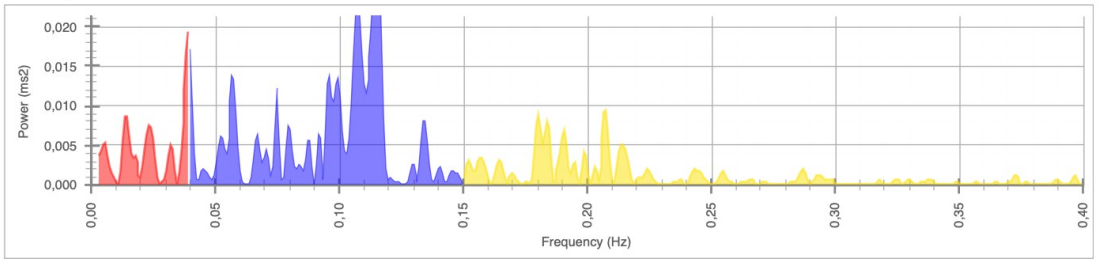
21.03.2021

Sound of Soul

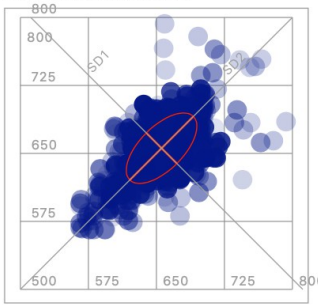
RR Intervals

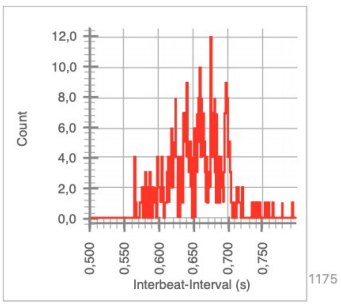


Power Spectrum

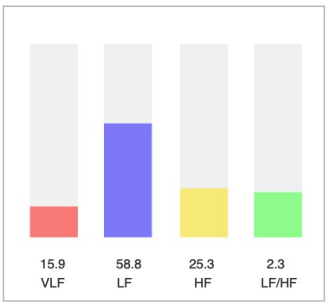


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	91,6
Mean RR (ms)	655,7
SDNN (ms)	38,9
RMSSD (ms)	33,7
pNN50 (%)	12,5
pNN20 (%)	50,1
pNN10 (%)	74,3
pNN05 (%)	85,5

SD1 (ms)	23,8
SD2 (ms)	49,6
SD1/SD2	1/2.1
VB (ms)	265,6
Stress Index	248,6
CV (%)	5,9

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	206,3	15,9
LF (0.04-0.15 Hz)	762,9	58,8
HF (0.15-0.4 Hz)	327,5	25,3
Total	1296,7	
LF/HF	2,3	

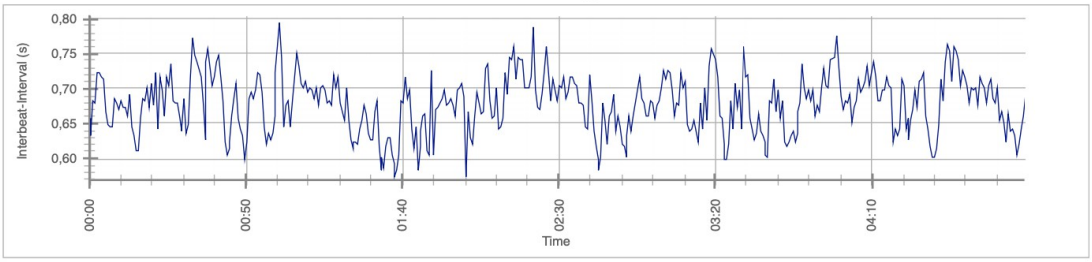
HRV-Analysis Report

Name: W15_23_b_selection_0247-0747

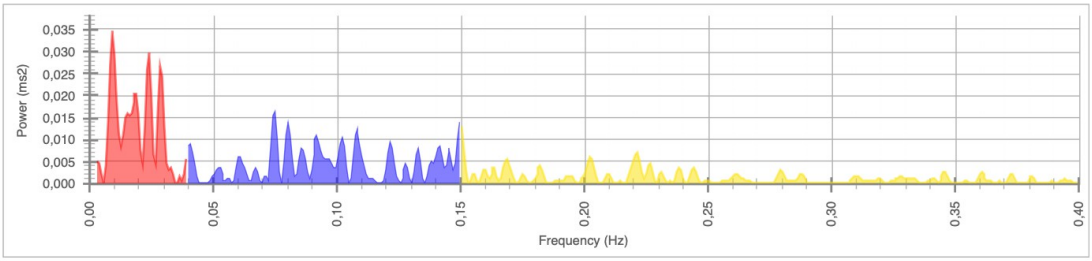
21.03.2021

Sound of Soul

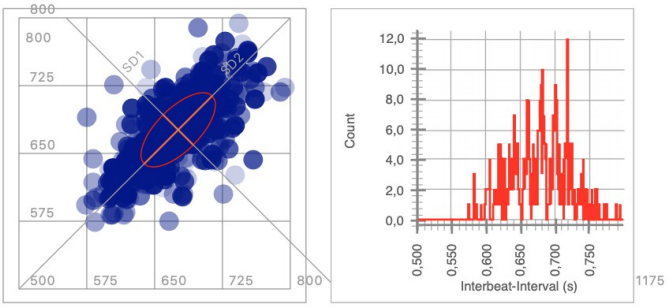
RR Intervals



Power Spectrum

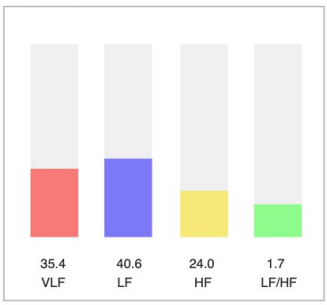


Time-Domain Statistics



Mean HR (bpm)	88,9	SD1 (ms)	23,5
Mean RR (ms)	676,1	SD2 (ms)	53,1
SDNN (ms)	41,1	SD1/SD2	1/2.3
RMSSD (ms)	33,3	VB (ms)	257,8
pNN50 (%)	12,4	Stress Index	212,0
pNN20 (%)	49,8	CV (%)	6,1
pNN10 (%)	74,4		
pNN05 (%)	84,8		

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	533,1	35,4
LF (0.04-0.15 Hz)	612,0	40,6
HF (0.15-0.4 Hz)	361,0	24,0
Total	1506,1	
LF/HF	1,7	

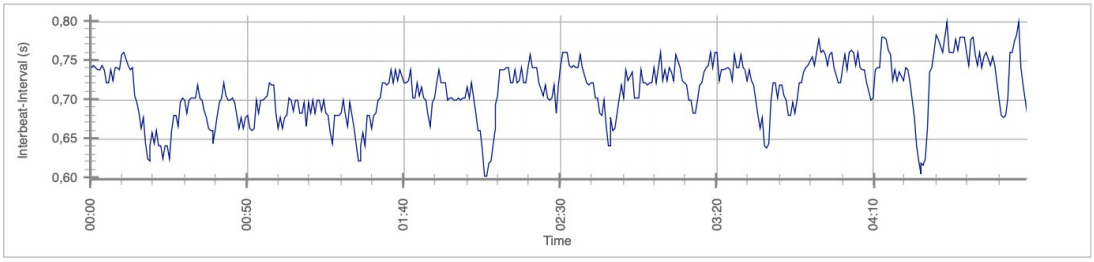
HRV-Analysis Report

Name: W16_16_a_selection_0205-0705

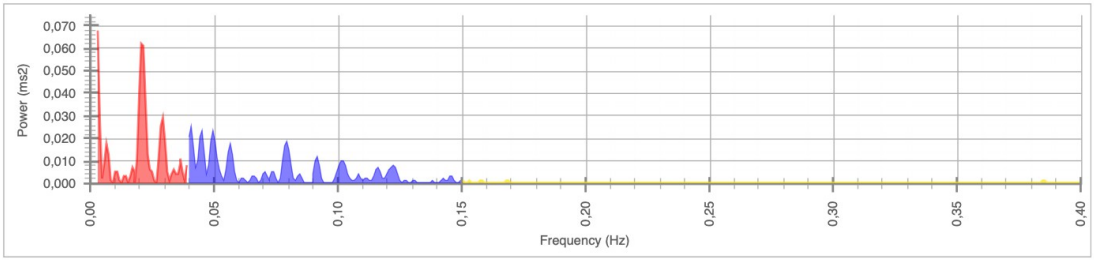
21.03.2021

Sound of Soul

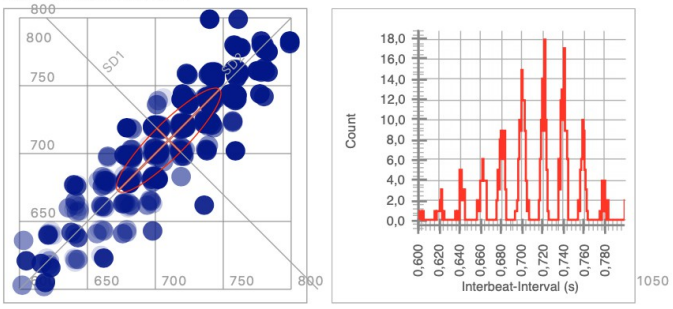
RR Intervals



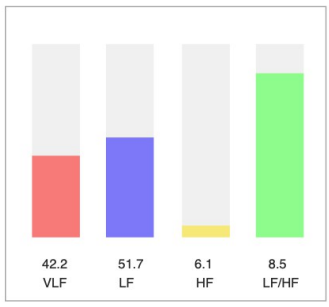
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	84,5	SD1 (ms)	12,3
Mean RR (ms)	709,9	SD2 (ms)	52,9
SDNN (ms)	38,5	SD1/SD2	1/4.3
RMSSD (ms)	17,4	VB (ms)	234,4
pNN50 (%)	1,0	Stress Index	217,9
pNN20 (%)	15,2	CV (%)	5,4
pNN10 (%)	63,7		
pNN05 (%)	64,6		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	511,2	42,2
LF (0.04-0.15 Hz)	625,5	51,7
HF (0.15-0.4 Hz)	73,7	6,1
Total	1210,4	
LF/HF	8,5	

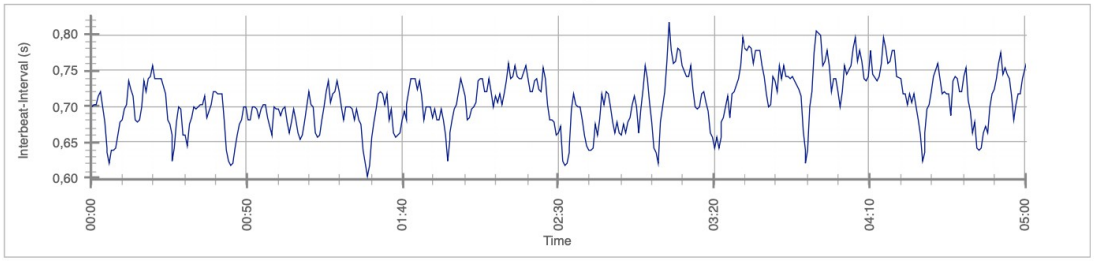
HRV-Analysis Report

Name: W16_16_b_selection_0224-0725

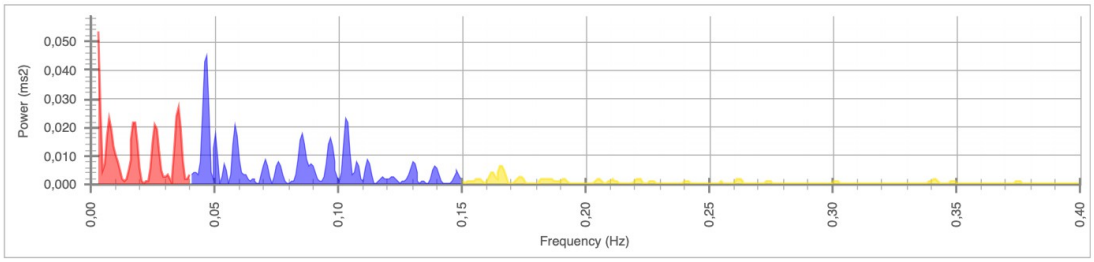
21.03.2021

Sound of Soul

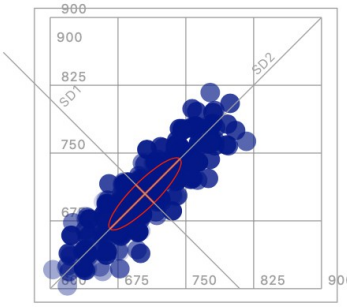
RR Intervals

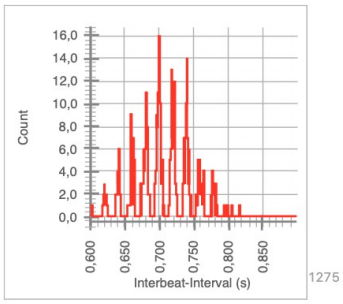


Power Spectrum



Time-Domain Statistics

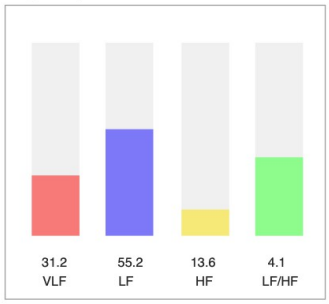




Mean HR (bpm)	85,2
Mean RR (ms)	704,8
SDNN (ms)	40,0
RMSSD (ms)	19,9
pNN50 (%)	1,4
pNN20 (%)	25,8
pNN10 (%)	66,7
pNN05 (%)	74,2

SD1 (ms)	14,1
SD2 (ms)	54,7
SD1/SD2	1/3.9
VB (ms)	250,0
Stress Index	194,0
CV (%)	5,7

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	430,0	31,2
LF (0.04-0.15 Hz)	759,6	55,2
HF (0.15-0.4 Hz)	186,9	13,6
Total	1376,5	
LF/HF	4,1	

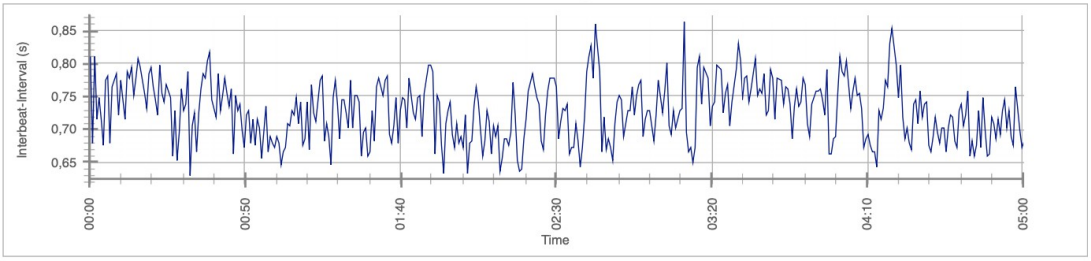
HRV-Analysis Report

Name: W17_47_a_selection_0106-0607

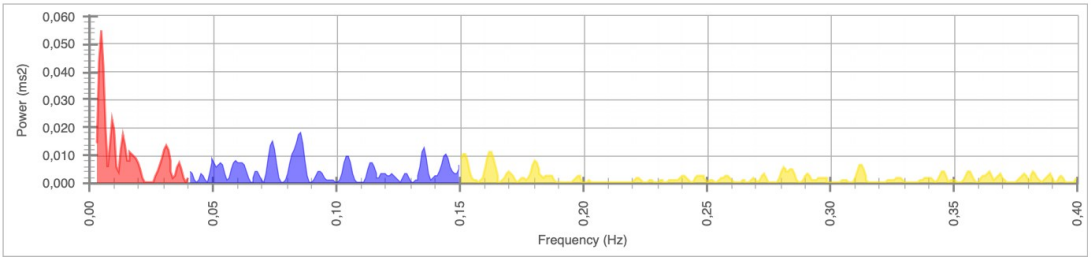
21.03.2021

Sound of Soul

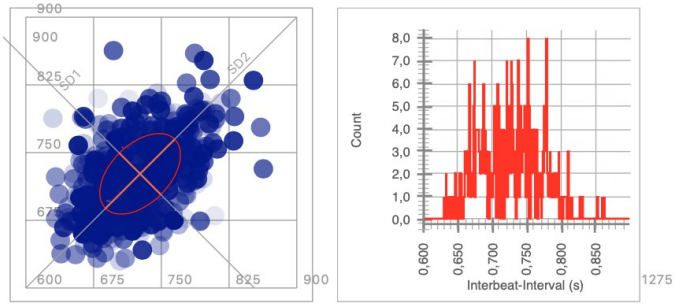
RR Intervals



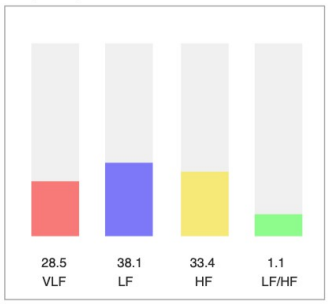
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	82,7
Mean RR (ms)	726,5
SDNN (ms)	44,8
RMSSD (ms)	45,9
pNN50 (%)	25,7
pNN20 (%)	65,9
pNN10 (%)	84,3
pNN05 (%)	90,8

SD1 (ms)	32,5
SD2 (ms)	54,1
SD1/SD2	1/1.7
VB (ms)	273,4
Stress Index	130,0
CV (%)	6,2

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	454,4	28,5
LF (0.04-0.15 Hz)	607,8	38,1
HF (0.15-0.4 Hz)	533,7	33,4
Total	1595,9	
LF/HF	1,1	

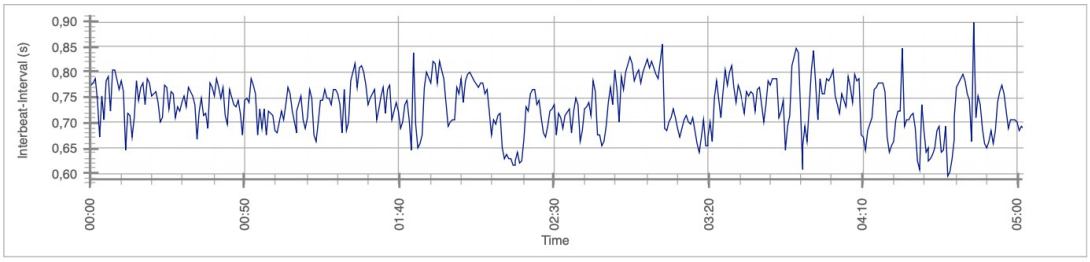
HRV-Analysis Report

Name: W17_47_b_selection_0106-0608

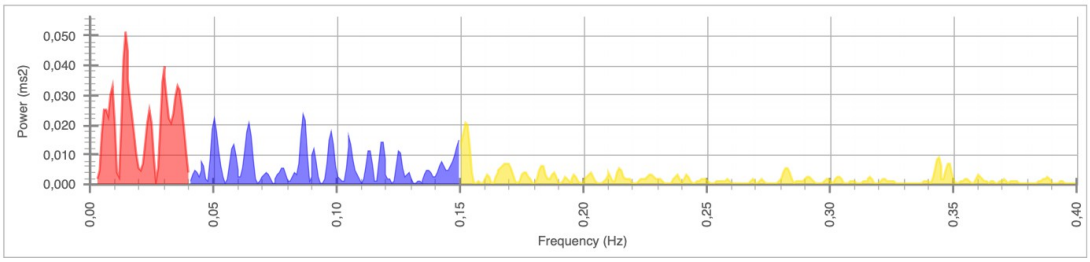
21.03.2021

Sound of Soul

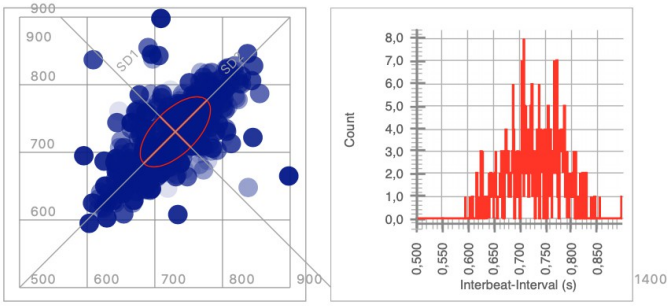
RR Intervals



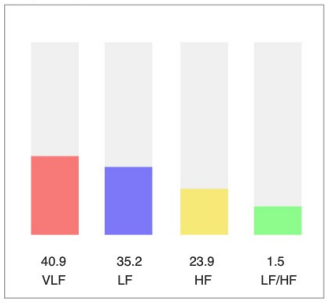
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	82,4
Mean RR (ms)	730,3
SDNN (ms)	51,9
RMSSD (ms)	45,4
pNN50 (%)	16,9
pNN20 (%)	54,7
pNN10 (%)	77,2
pNN05 (%)	89,6

SD1 (ms)	32,1
SD2 (ms)	65,9
SD1/SD2	1/2.1
VB (ms)	320,3
Stress Index	114,9
CV (%)	7,1

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	952,8	40,9
LF (0.04-0.15 Hz)	821,7	35,2
HF (0.15-0.4 Hz)	557,2	23,9
Total	2331,7	
LF/HF	1,5	

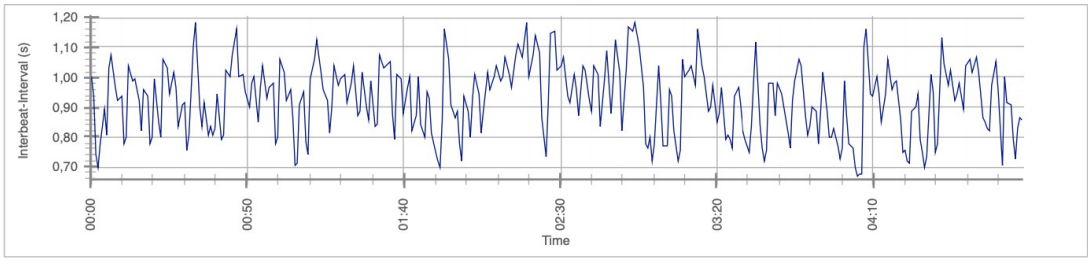
HRV-Analysis Report

Name: W18_16_a_selection_0219-0718

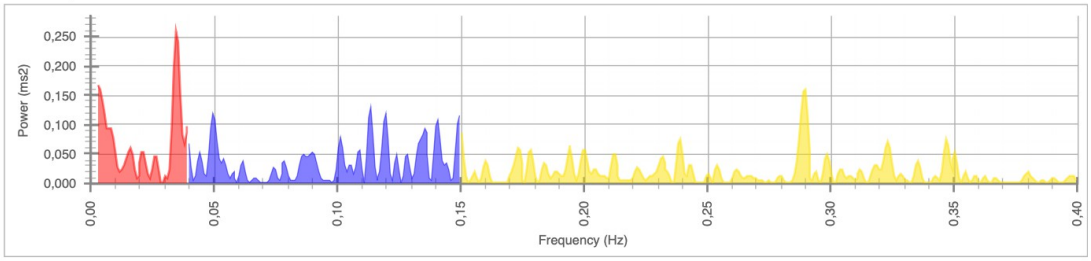
21.03.2021

Sound of Soul

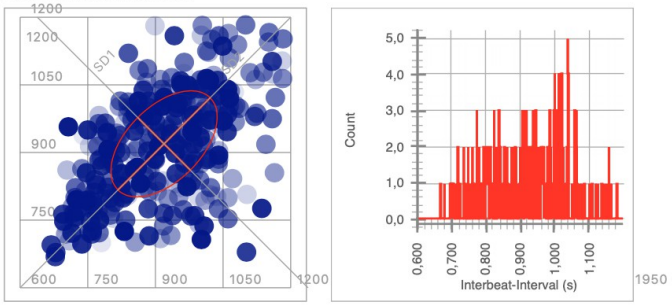
RR Intervals



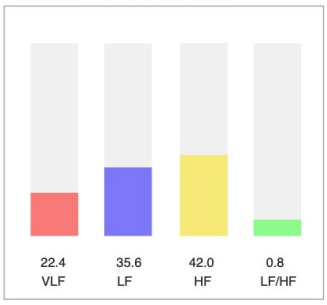
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	66,2
Mean RR (ms)	919,2
SDNN (ms)	117,8
RMSSD (ms)	116,7
pNN50 (%)	62,7
pNN20 (%)	87,3
pNN10 (%)	94,4
pNN05 (%)	97,5

SD1 (ms)	82,5
SD2 (ms)	144,6
SD1/SD2	1/1.8
VB (ms)	554,7
Stress Index	17,3
CV (%)	12,8

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	2935,1	22,4
LF (0.04-0.15 Hz)	4663,4	35,6
HF (0.15-0.4 Hz)	5497,1	42,0
Total	13095,6	
LF/HF	0,8	

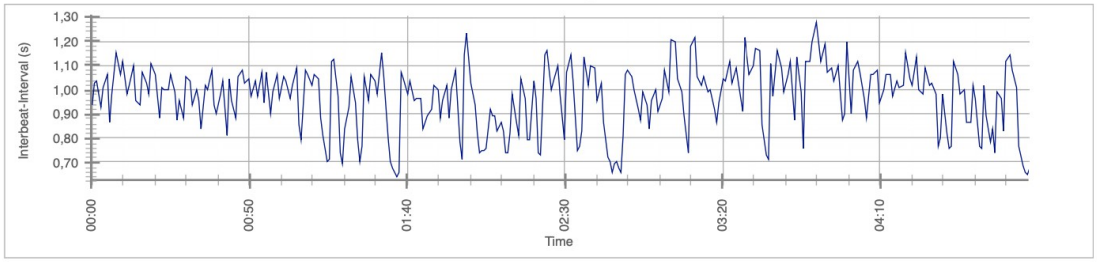
HRV-Analysis Report

Name: W18_16_b_selection_0209-0707

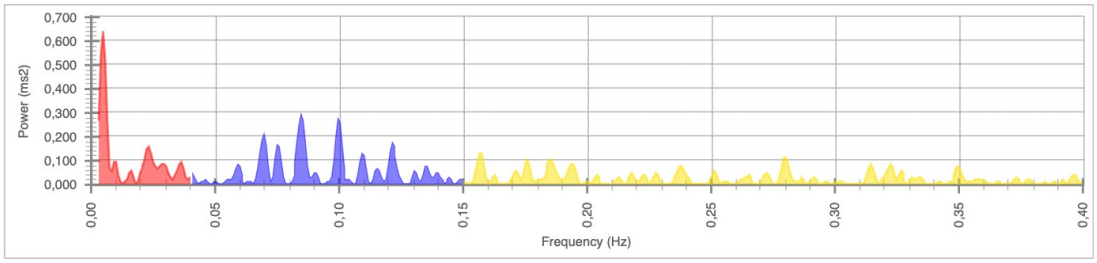
21.03.2021

Sound of Soul

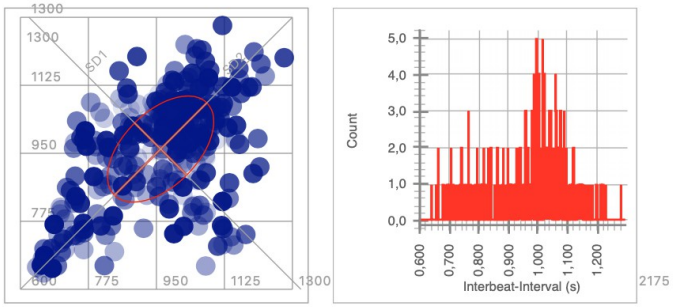
RR Intervals



Power Spectrum

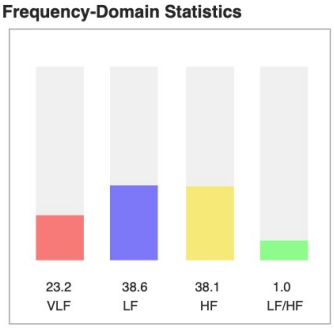


Time-Domain Statistics



Mean HR (bpm)	63,7	SD1 (ms)	94,9
Mean RR (ms)	961,0	SD2 (ms)	168,1
SDNN (ms)	137,0	SD1/SD2	1/1.8
RMSSD (ms)	134,2	VB (ms)	648,4
pNN50 (%)	69,3	Stress Index	16,7
pNN20 (%)	84,8	CV (%)	14,3
pNN10 (%)	91,6		
pNN05 (%)	95,8		

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	4435,3	23,2
LF (0.04-0.15 Hz)	7375,2	38,6
HF (0.15-0.4 Hz)	7275,1	38,1
Total	19085,7	
LF/HF	1,0	

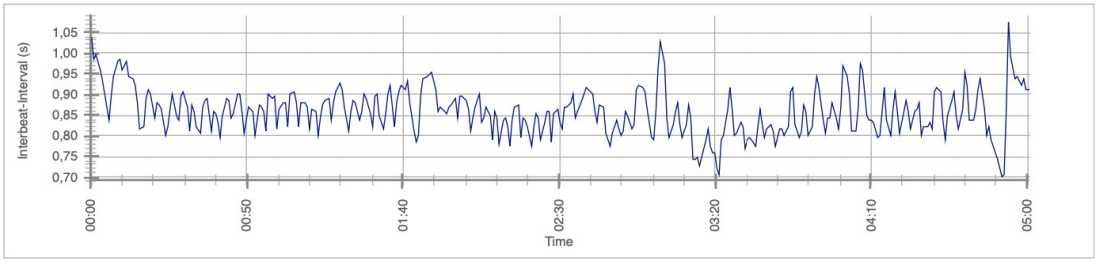
HRV-Analysis Report

Name: W19_19_a_selection_0137-0639

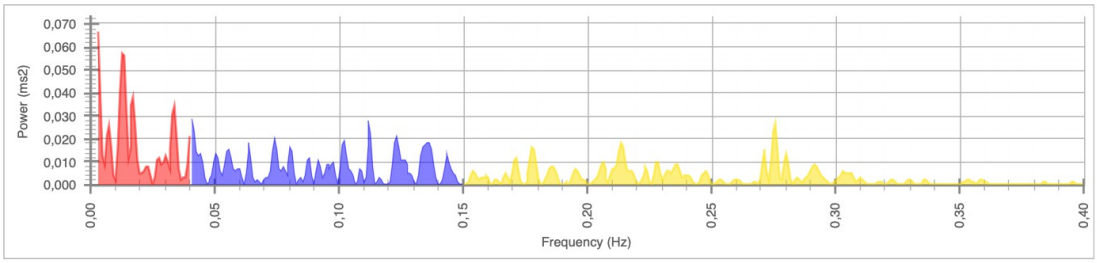
21.03.2021

Sound of Soul

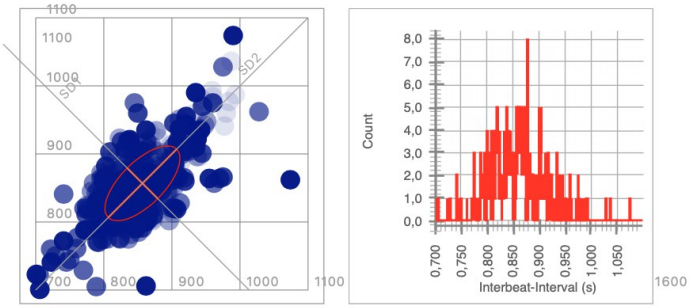
RR Intervals



Power Spectrum

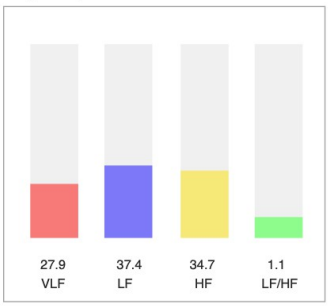


Time-Domain Statistics



Mean HR (bpm)	70,1	SD1 (ms)	31,7
Mean RR (ms)	856,8	SD2 (ms)	71,0
SDNN (ms)	55,4	SD1/SD2	1/2.2
RMSSD (ms)	44,9	VB (ms)	359,4
pNN50 (%)	25,9	Stress Index	76,6
pNN20 (%)	63,5	CV (%)	6,5
pNN10 (%)	81,5		
pNN05 (%)	89,2		

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	764,4	27,9
LF (0.04-0.15 Hz)	1025,1	37,4
HF (0.15-0.4 Hz)	952,9	34,7
Total	2742,3	
LF/HF	1,1	

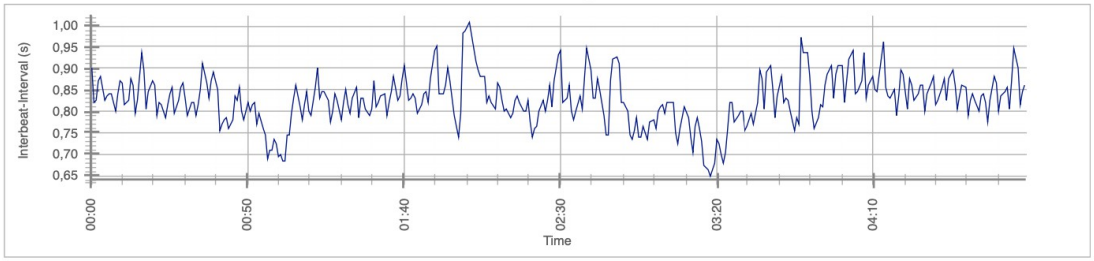
HRV-Analysis Report

Name: W19_19_b_selection_0121-0624

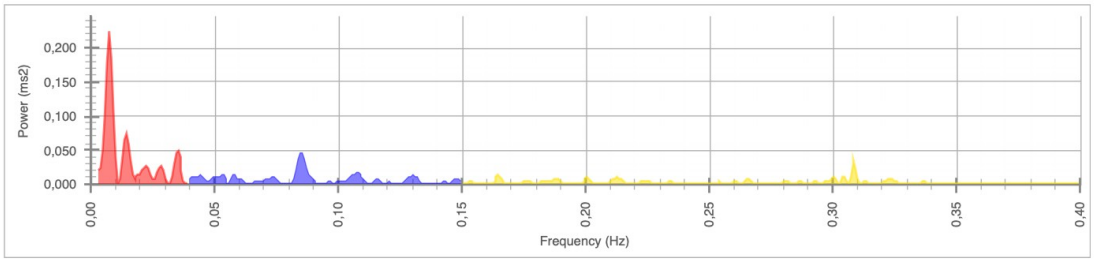
21.03.2021

Sound of Soul

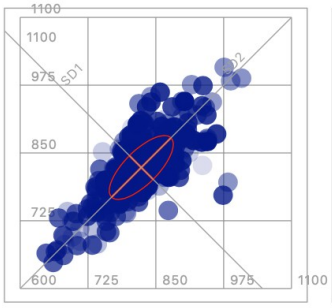
RR Intervals

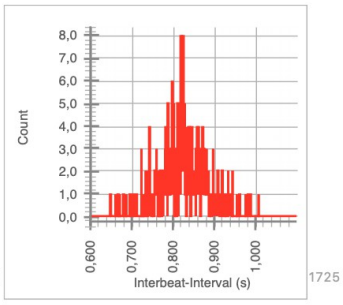


Power Spectrum



Time-Domain Statistics

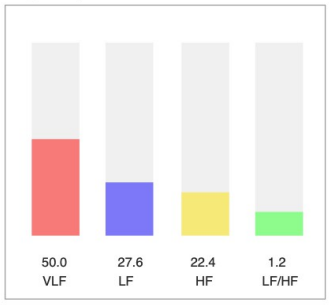




Mean HR (bpm)	73,1
Mean RR (ms)	823,2
SDNN (ms)	59,0
RMSSD (ms)	43,6
pNN50 (%)	23,4
pNN20 (%)	63,9
pNN10 (%)	83,2
pNN05 (%)	90,1

SD1 (ms)	30,8
SD2 (ms)	77,4
SD1/SD2	1/2.5
VB (ms)	406,2
Stress Index	97,4
CV (%)	7,2

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1690,7	50,0
LF (0.04-0.15 Hz)	933,7	27,6
HF (0.15-0.4 Hz)	758,9	22,4
Total	3383,3	
LF/HF	1,2	

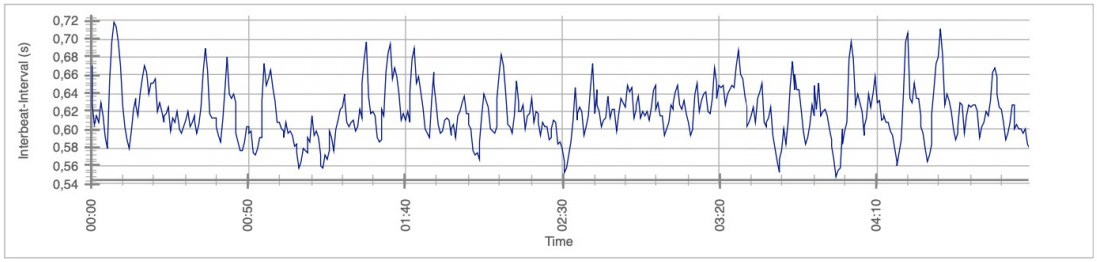
HRV-Analysis Report

Name: W20_13_a_selection_0136-0635

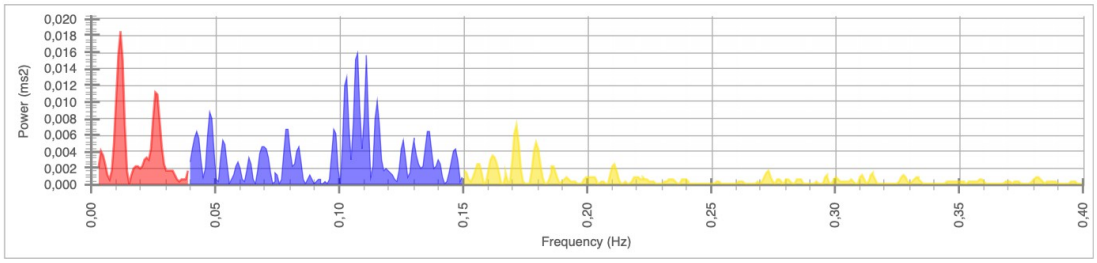
21.03.2021

Sound of Soul

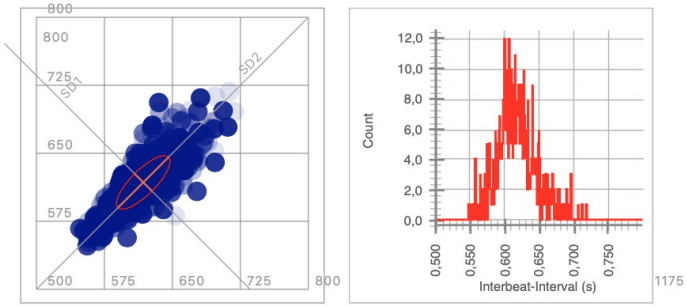
RR Intervals



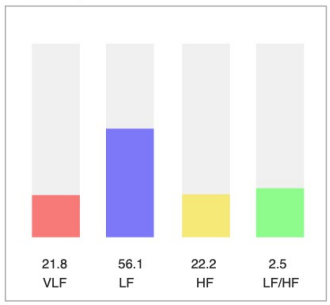
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	97,2
Mean RR (ms)	617,9
SDNN (ms)	29,6
RMSSD (ms)	19,1
pNN50 (%)	1,9
pNN20 (%)	26,7
pNN10 (%)	55,1
pNN05 (%)	77,2

SD1 (ms)	13,5
SD2 (ms)	39,5
SD1/SD2	1/2.9
VB (ms)	203,1
Stress Index	474,3
CV (%)	4,8

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	176,2	21,8
LF (0.04-0.15 Hz)	454,2	56,1
HF (0.15-0.4 Hz)	179,6	22,2
Total	810,0	
LF/HF	2,5	

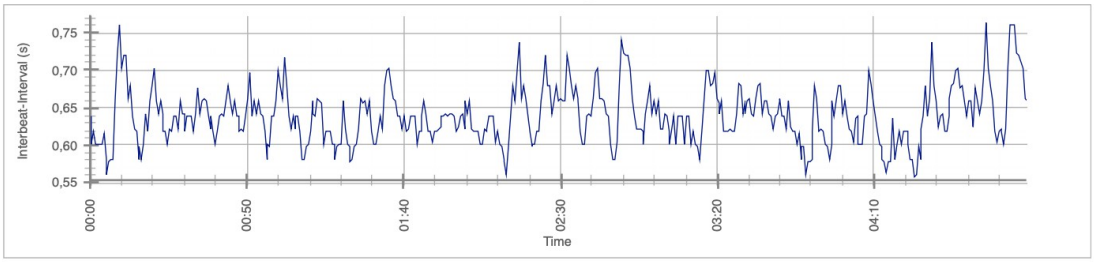
HRV-Analysis Report

Name: W20_13_b_selection_0156-0655

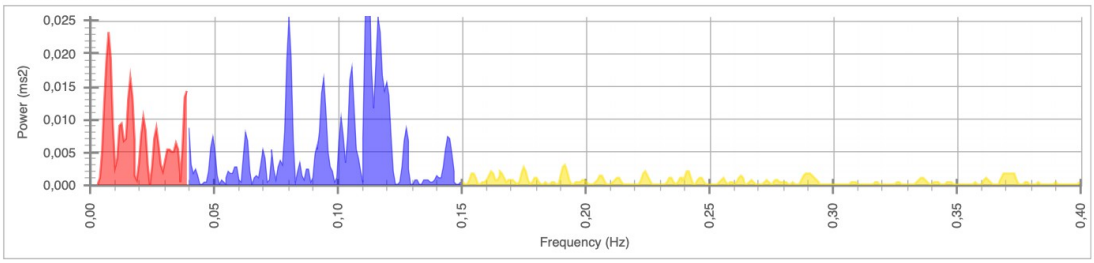
21.03.2021

Sound of Soul

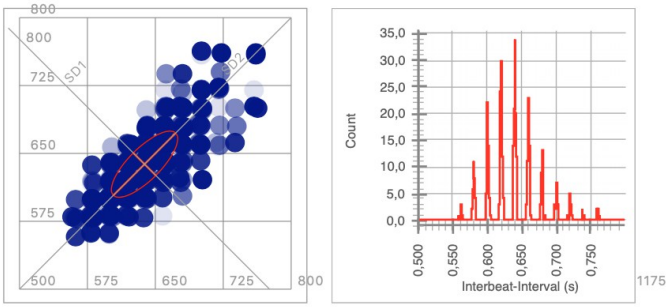
RR Intervals



Power Spectrum



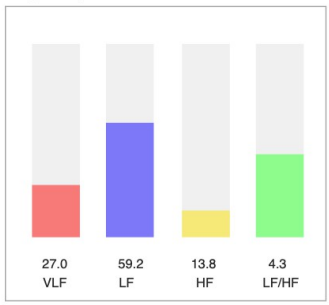
Time-Domain Statistics



Mean HR (bpm)	94,2
Mean RR (ms)	638,1
SDNN (ms)	36,6
RMSSD (ms)	24,9
pNN50 (%)	5,3
pNN20 (%)	30,6
pNN10 (%)	67,7
pNN05 (%)	67,7

SD1 (ms)	17,6
SD2 (ms)	48,7
SD1/SD2	1/2.8
VB (ms)	242,2
Stress Index	274,7
CV (%)	5,7

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	324,9	27,0
LF (0.04-0.15 Hz)	712,2	59,2
HF (0.15-0.4 Hz)	166,1	13,8
Total	1203,2	
LF/HF	4,3	

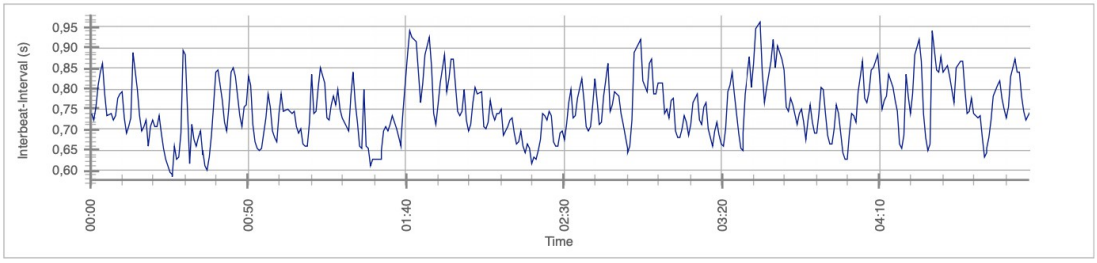
HRV-Analysis Report

Name: W21_14_a_selection_0132-0630

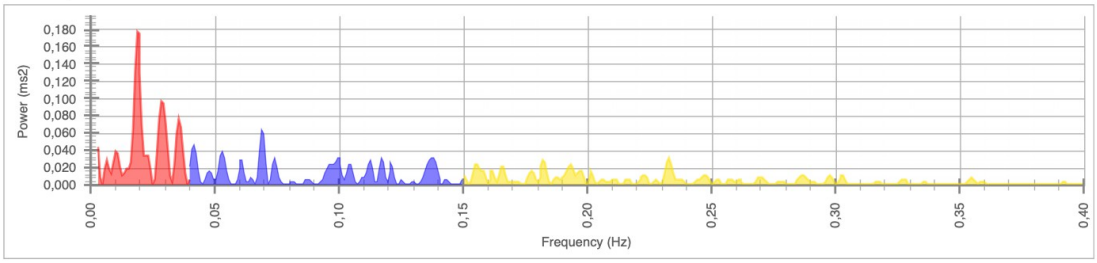
21.03.2021

Sound of Soul

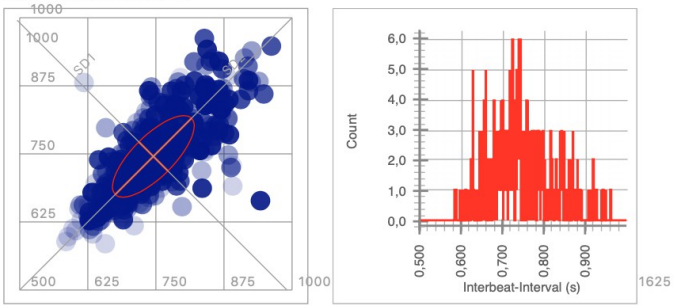
RR Intervals



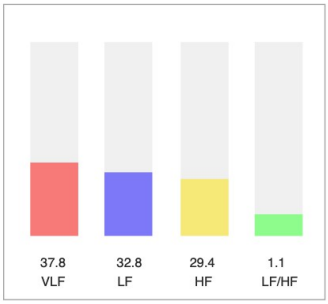
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	81,1
Mean RR (ms)	745,3
SDNN (ms)	74,9
RMSSD (ms)	53,3
pNN50 (%)	30,6
pNN20 (%)	64,2
pNN10 (%)	78,7
pNN05 (%)	91,0

SD1 (ms)	37,7
SD2 (ms)	99,0
SD1/SD2	1/2.6
VB (ms)	421,9
Stress Index	65,0
CV (%)	10,1

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1927,1	37,8
LF (0.04-0.15 Hz)	1670,7	32,8
HF (0.15-0.4 Hz)	1496,3	29,4
Total	5094,1	
LF/HF	1,1	

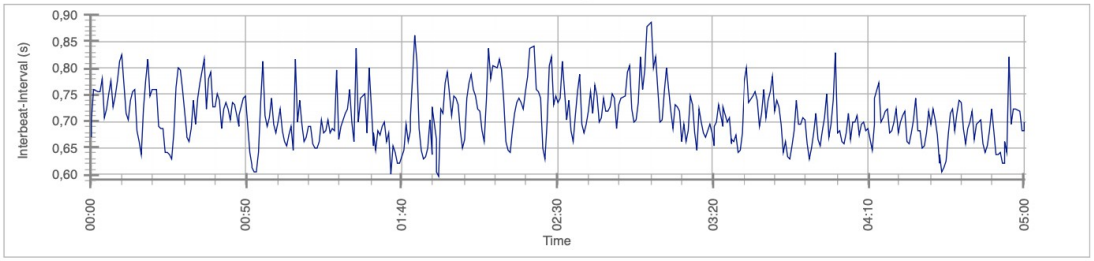
HRV-Analysis Report

Name: W21_14_b_selection_0113-0615

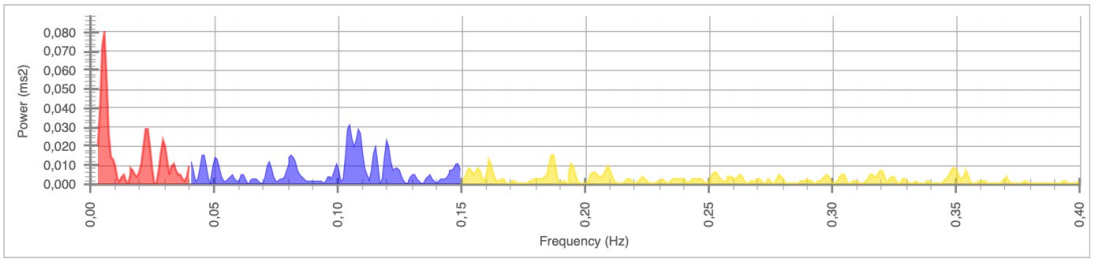
21.03.2021

Sound of Soul

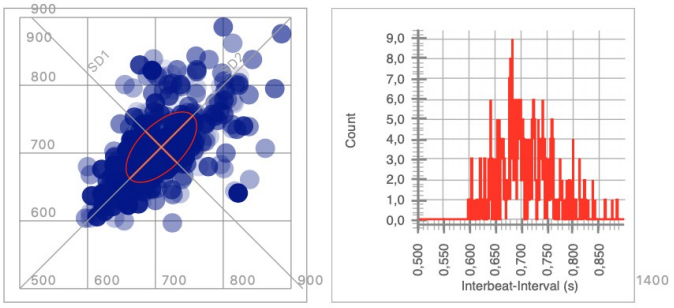
RR Intervals



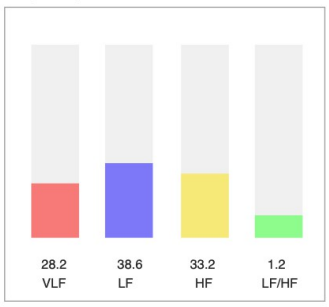
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	84,9
Mean RR (ms)	708,8
SDNN (ms)	52,0
RMSSD (ms)	46,6
pNN50 (%)	21,5
pNN20 (%)	59,9
pNN10 (%)	78,3
pNN05 (%)	87,3

SD1 (ms)	33,0
SD2 (ms)	65,7
SD1/SD2	1/2.0
VB (ms)	328,1
Stress Index	140,2
CV (%)	7,3

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	646,6	28,2
LF (0.04-0.15 Hz)	887,2	38,6
HF (0.15-0.4 Hz)	762,5	33,2
Total	2296,3	
LF/HF	1,2	

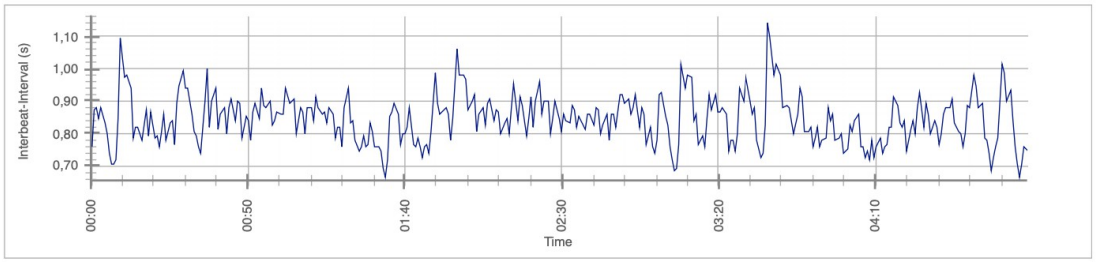
HRV-Analysis Report

Name: W22_15_a_selection_0146-0645

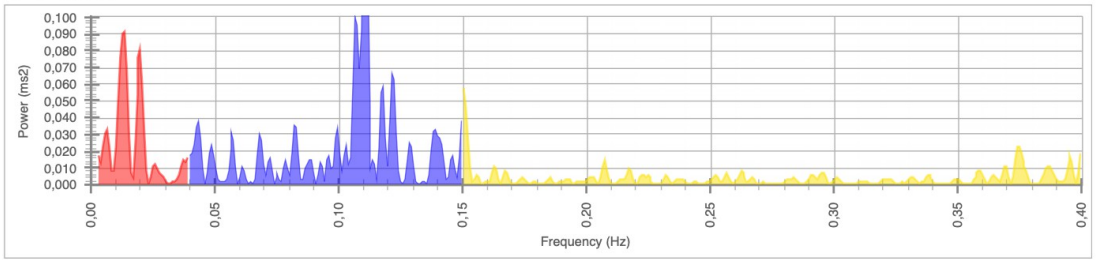
21.03.2021

Sound of Soul

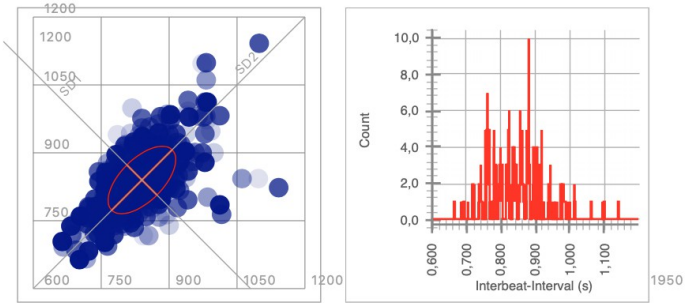
RR Intervals



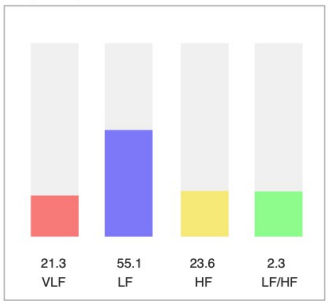
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	71,8
Mean RR (ms)	839,9
SDNN (ms)	74,7
RMSSD (ms)	66,3
pNN50 (%)	42,5
pNN20 (%)	75,5
pNN10 (%)	85,4
pNN05 (%)	91,5

SD1 (ms)	46,9
SD2 (ms)	94,5
SD1/SD2	1/2.0
VB (ms)	421,9
Stress Index	52,4
CV (%)	8,9

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1075,3	21,3
LF (0.04-0.15 Hz)	2788,9	55,1
HF (0.15-0.4 Hz)	1194,0	23,6
Total	5058,2	
LF/HF	2,3	

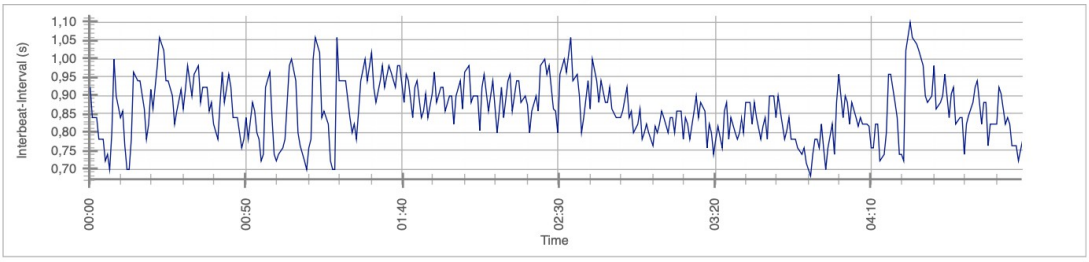
HRV-Analysis Report

Name: W22_15_b_selection_0126-0625

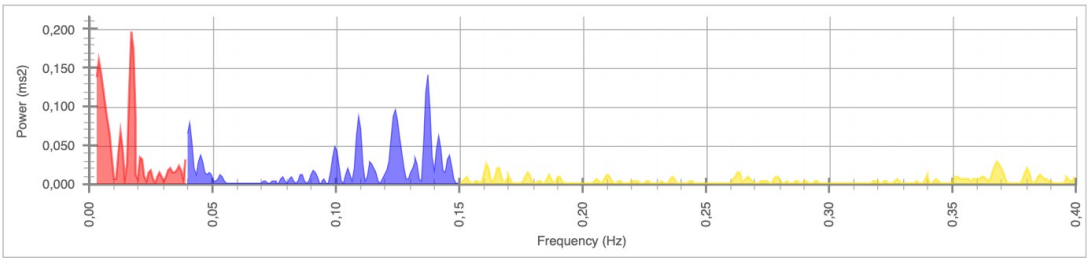
21.03.2021

Sound of Soul

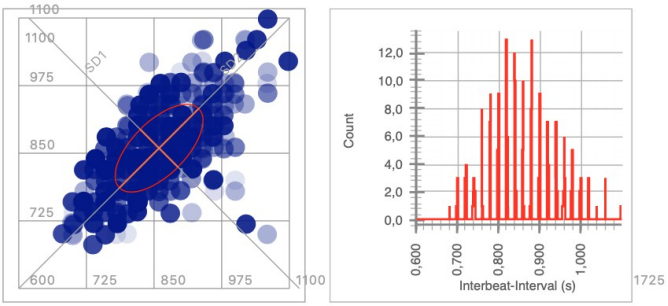
RR Intervals



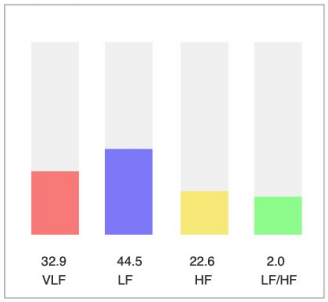
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	70,3
Mean RR (ms)	859,3
SDNN (ms)	81,2
RMSSD (ms)	69,6
pNN50 (%)	49,9
pNN20 (%)	74,9
pNN10 (%)	88,8
pNN05 (%)	88,8

SD1 (ms)	49,2
SD2 (ms)	103,6
SD1/SD2	1/2.1
VB (ms)	437,5
Stress Index	43,5
CV (%)	9,4

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1926,6	32,9
LF (0.04-0.15 Hz)	2606,5	44,5
HF (0.15-0.4 Hz)	1321,3	22,6
Total	5854,5	
LF/HF	2,0	

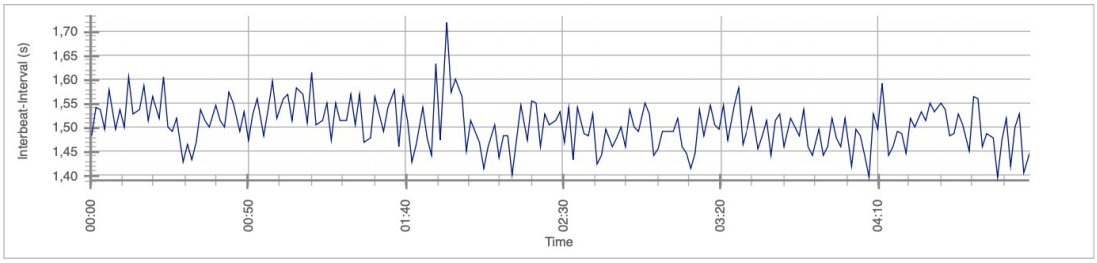
HRV-Analysis Report

Name: W23_42_a_selection_0049-0549

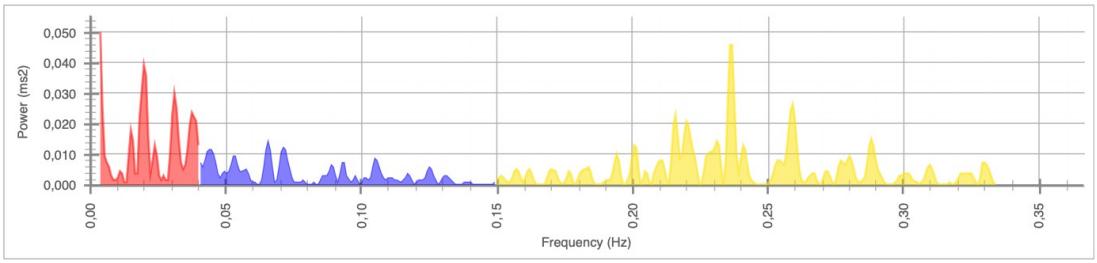
21.03.2021

Sound of Soul

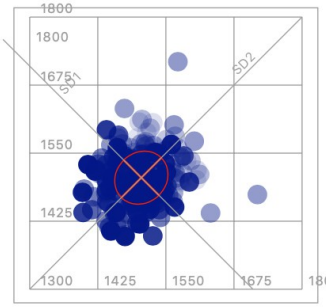
RR Intervals

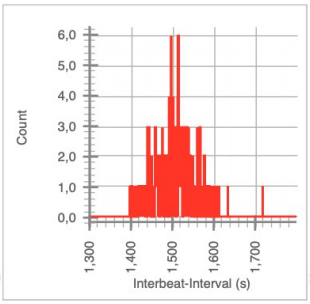


Power Spectrum

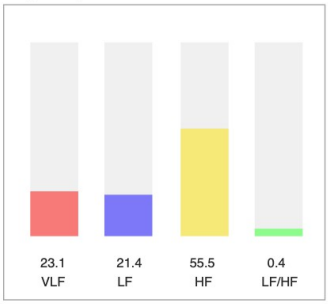


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	39,7
Mean RR (ms)	1504,9
SDNN (ms)	48,8
RMSSD (ms)	64,6
pNN50 (%)	48,0
pNN20 (%)	80,8
pNN10 (%)	91,4
pNN05 (%)	96,5

SD1 (ms)	45,7
SD2 (ms)	51,7
SD1/SD2	1/1.1
VB (ms)	296,9
Stress Index	61,4
CV (%)	3,2

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	501,5	23,1
LF (0.04-0.15 Hz)	463,4	21,4
HF (0.15-0.4 Hz)	1202,5	55,5
Total	2167,4	
LF/HF	0,4	

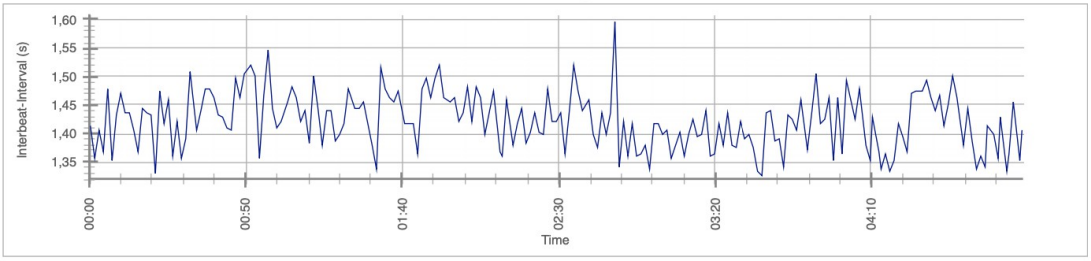
HRV-Analysis Report

Name: W23_42_b_selection_0040-0540

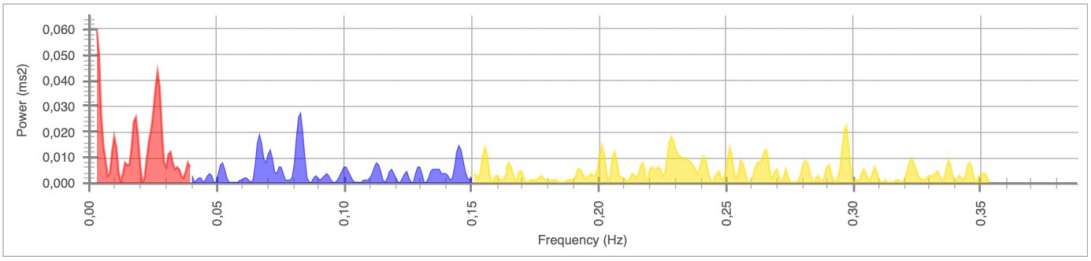
21.03.2021

Sound of Soul

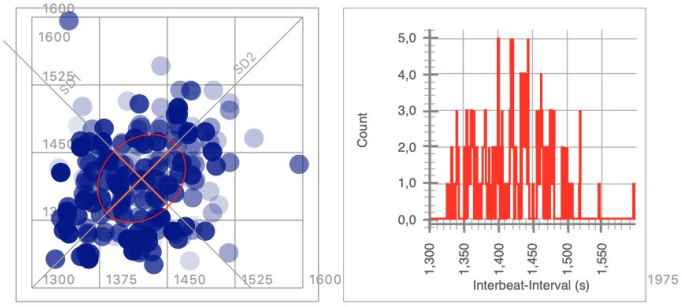
RR Intervals



Power Spectrum

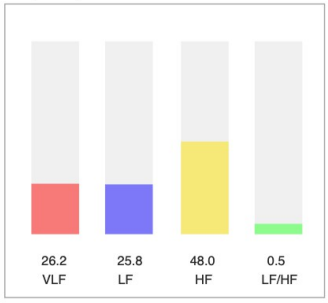


Time-Domain Statistics



Mean HR (bpm)	42,1	SD1 (ms)	42,8
Mean RR (ms)	1421,3	SD2 (ms)	53,9
SDNN (ms)	48,7	SD1/SD2	1/1.3
RMSSD (ms)	60,5	VB (ms)	281,2
pNN50 (%)	39,5	Stress Index	63,5
pNN20 (%)	73,8	CV (%)	3,4
pNN10 (%)	85,7		
pNN05 (%)	89,5		

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	575,9	26,2
LF (0.04-0.15 Hz)	567,9	25,8
HF (0.15-0.4 Hz)	1056,0	48,0
Total	2199,7	
LF/HF	0,5	

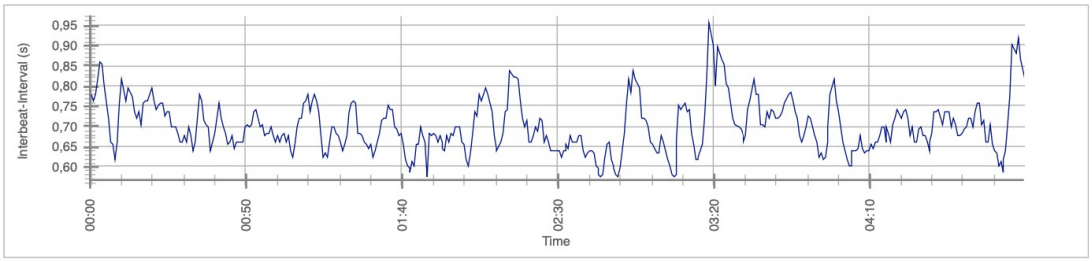
HRV-Analysis Report

Name: W24_15_a_selection_0137-0638

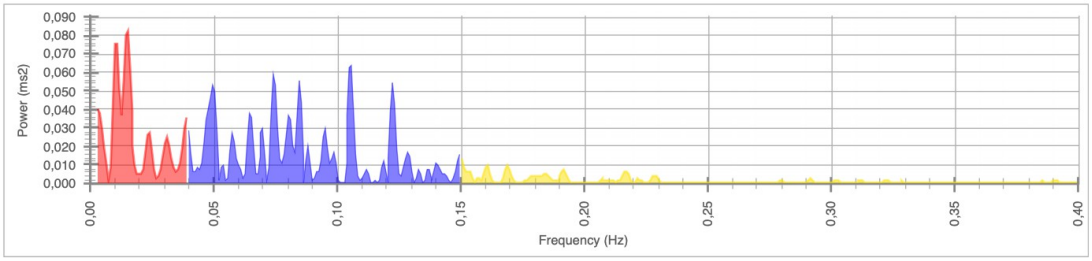
21.03.2021

Sound of Soul

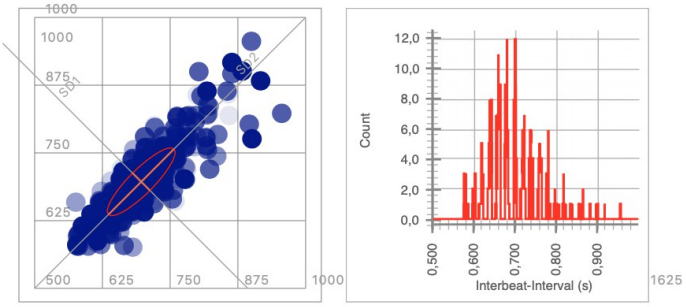
RR Intervals



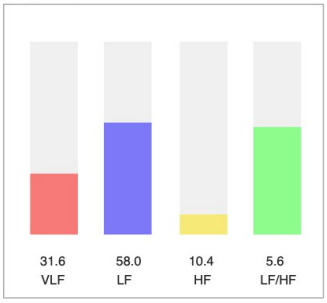
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	86,5
Mean RR (ms)	696,7
SDNN (ms)	62,7
RMSSD (ms)	31,9
pNN50 (%)	11,2
pNN20 (%)	41,4
pNN10 (%)	71,2
pNN05 (%)	76,3

SD1 (ms)	22,5
SD2 (ms)	85,4
SD1/SD2	1/3.8
VB (ms)	406,2
Stress Index	116,4
CV (%)	9,0

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1127,3	31,6
LF (0.04-0.15 Hz)	2072,6	58,0
HF (0.15-0.4 Hz)	372,0	10,4
Total	3571,9	
LF/HF	5,6	

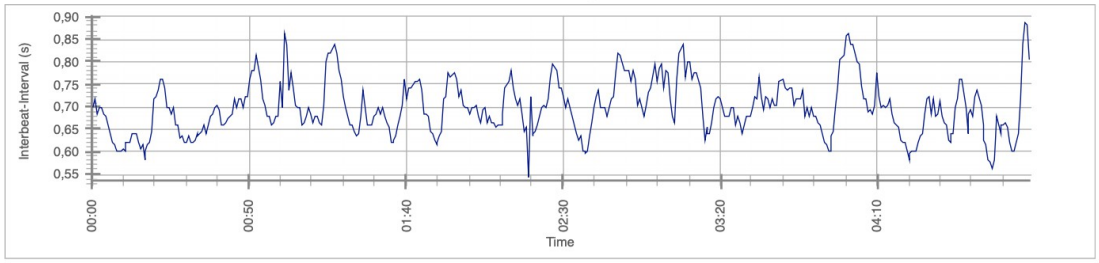
HRV-Analysis Report

Name: W24_15_b_selection_0203-0703

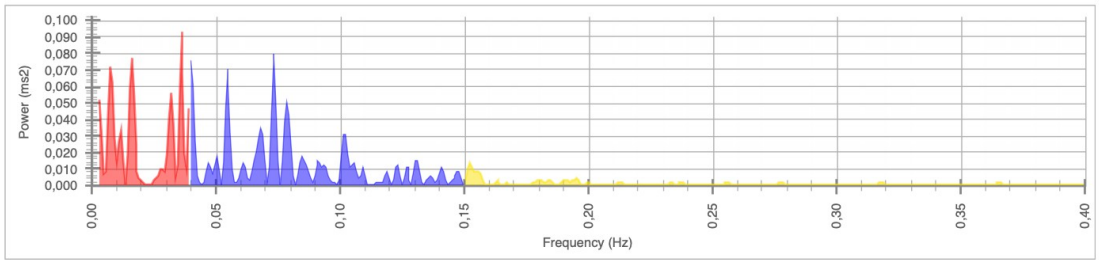
21.03.2021

Sound of Soul

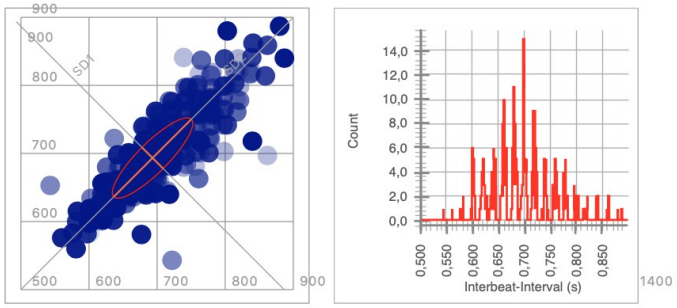
RR Intervals



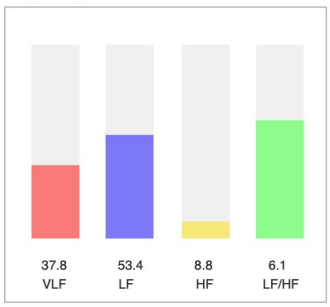
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	86,9
Mean RR (ms)	693,4
SDNN (ms)	59,2
RMSSD (ms)	31,0
pNN50 (%)	9,3
pNN20 (%)	36,4
pNN10 (%)	66,6
pNN05 (%)	72,6

SD1 (ms)	22,0
SD2 (ms)	80,6
SD1/SD2	1/3.7
VB (ms)	382,8
Stress Index	114,8
CV (%)	8,5

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1194,4	37,8
LF (0.04-0.15 Hz)	1689,1	53,4
HF (0.15-0.4 Hz)	277,0	8,8
Total	3160,5	
LF/HF	6,1	

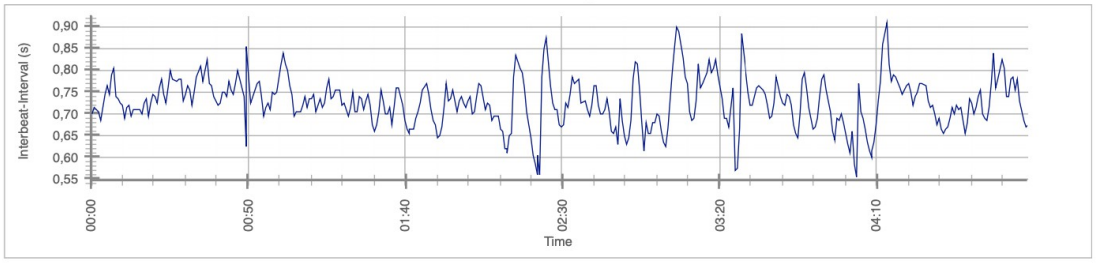
HRV-Analysis Report

Name: W25_34_a_selection_0208-0707

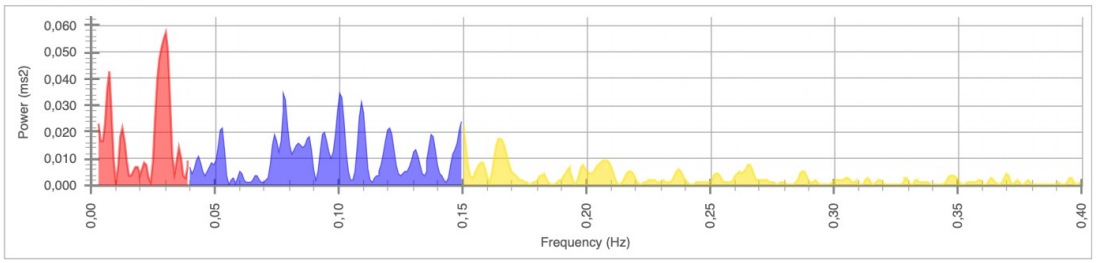
21.03.2021

Sound of Soul

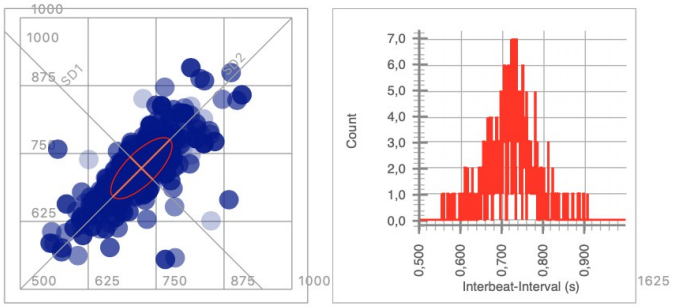
RR Intervals



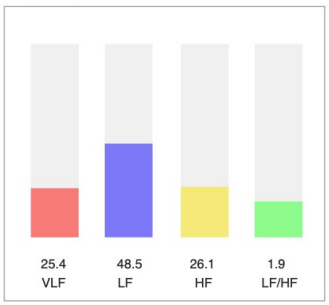
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	83,3
Mean RR (ms)	723,0
SDNN (ms)	56,4
RMSSD (ms)	41,4
pNN50 (%)	12,9
pNN20 (%)	53,6
pNN10 (%)	75,5
pNN05 (%)	86,2

SD1 (ms)	29,2
SD2 (ms)	74,1
SD1/SD2	1/2.5
VB (ms)	390,6
Stress Index	104,9
CV (%)	7,8

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	752,4	25,4
LF (0.04-0.15 Hz)	1435,3	48,5
HF (0.15-0.4 Hz)	773,7	26,1
Total	2961,4	
LF/HF	1,9	

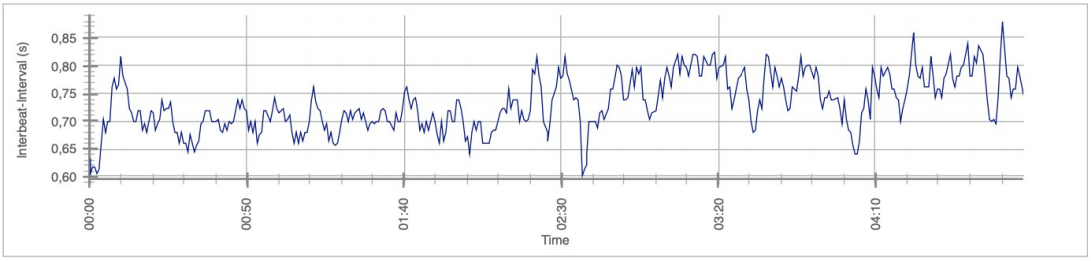
HRV-Analysis Report

Name: W25_34_b_selection_0208-0705

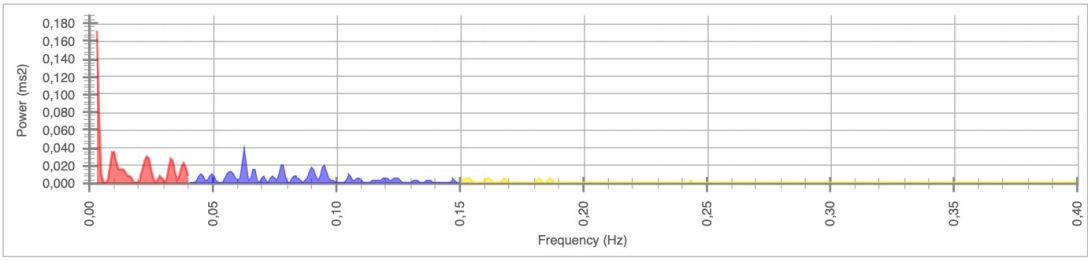
21.03.2021

Sound of Soul

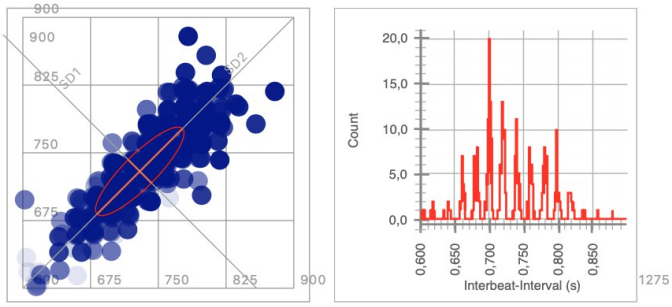
RR Intervals



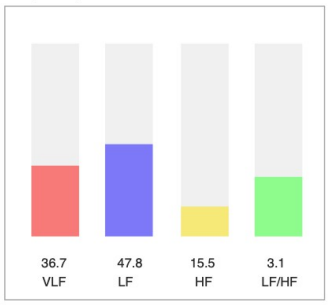
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	82,4	SD1 (ms)	18,2
Mean RR (ms)	729,5	SD2 (ms)	66,8
SDNN (ms)	49,1	SD1/SD2	1/3.7
RMSSD (ms)	25,7	VB (ms)	312,5
pNN50 (%)	4,9	Stress Index	120,6
pNN20 (%)	35,9	CV (%)	6,7
pNN10 (%)	71,5		
pNN05 (%)	75,7		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	606,5	36,7
LF (0.04-0.15 Hz)	790,7	47,8
HF (0.15-0.4 Hz)	256,2	15,5
Total	1653,5	
LF/HF	3,1	

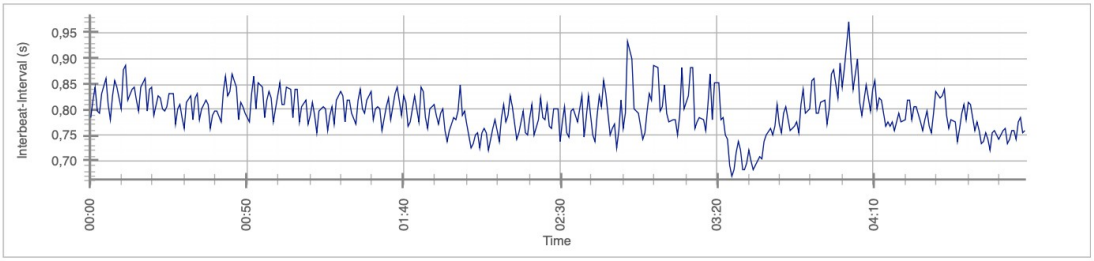
HRV-Analysis Report

Name: W26_18_a_selection_0210-0709

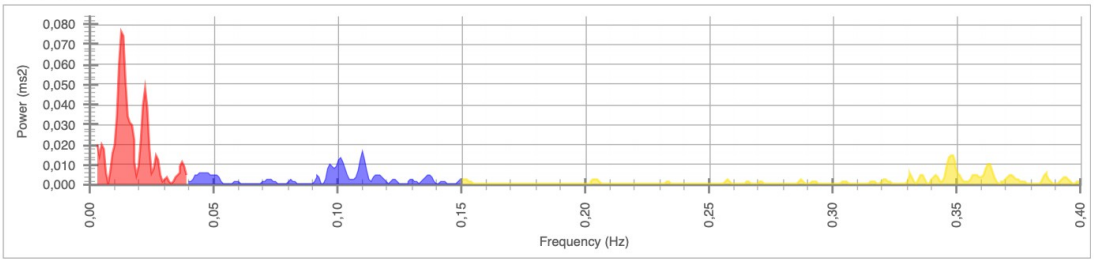
21.03.2021

Sound of Soul

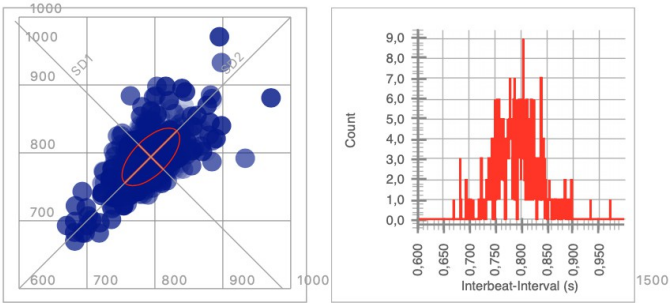
RR Intervals



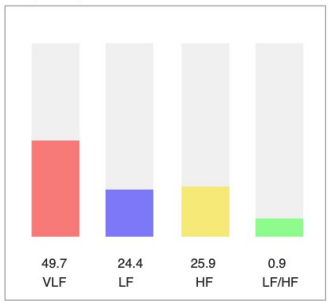
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	75,6
Mean RR (ms)	794,0
SDNN (ms)	42,4
RMSSD (ms)	36,4
pNN50 (%)	15,4
pNN20 (%)	59,6
pNN10 (%)	77,1
pNN05 (%)	89,6

SD1 (ms)	25,8
SD2 (ms)	54,2
SD1/SD2	1/2.1
VB (ms)	289,1
Stress Index	145,4
CV (%)	5,3

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	815,3	49,7
LF (0.04-0.15 Hz)	399,5	24,4
HF (0.15-0.4 Hz)	425,2	25,9
Total	1640,0	
LF/HF	0,9	

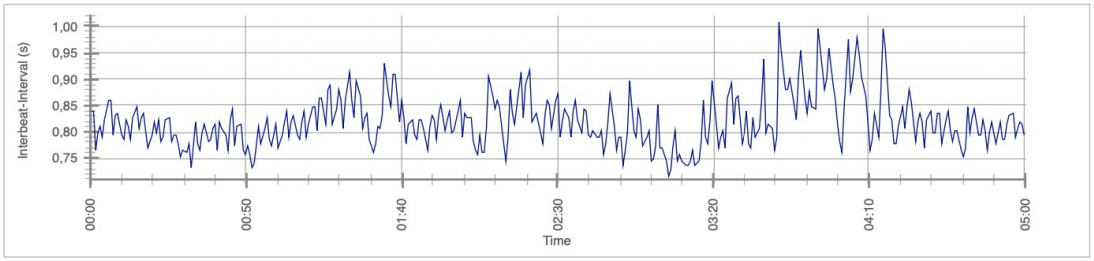
HRV-Analysis Report

Name: W26_18_b_selection_0153-0654

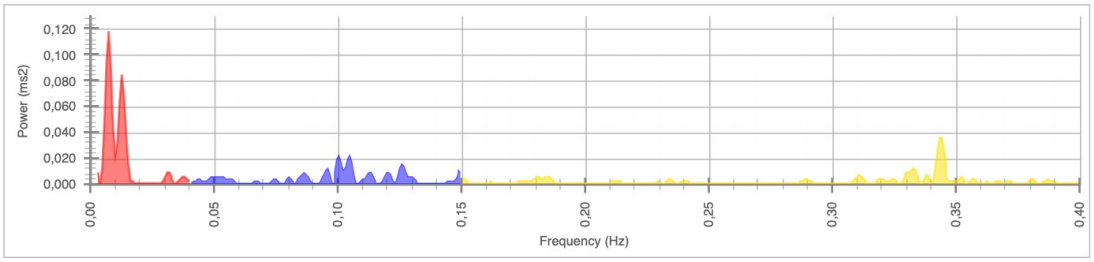
21.03.2021

Sound of Soul

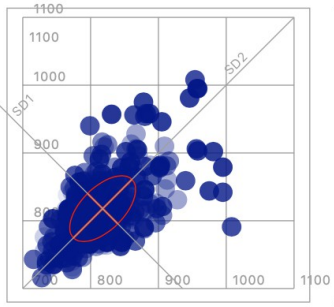
RR Intervals

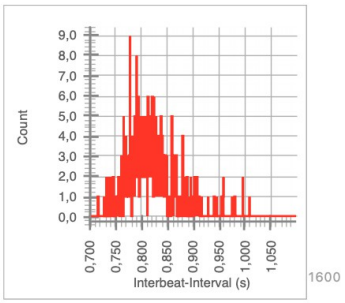


Power Spectrum

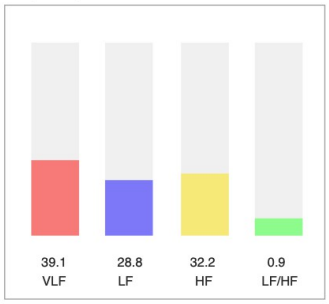


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	73,4
Mean RR (ms)	817,8
SDNN (ms)	48,5
RMSSD (ms)	44,6
pNN50 (%)	21,0
pNN20 (%)	66,5
pNN10 (%)	83,7
pNN05 (%)	89,9

SD1 (ms)	31,5
SD2 (ms)	60,9
SD1/SD2	1/1.9
VB (ms)	335,9
Stress Index	128,7
CV (%)	5,9

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	827,2	39,1
LF (0.04-0.15 Hz)	608,6	28,8
HF (0.15-0.4 Hz)	680,8	32,2
Total	2116,6	
LF/HF	0,9	

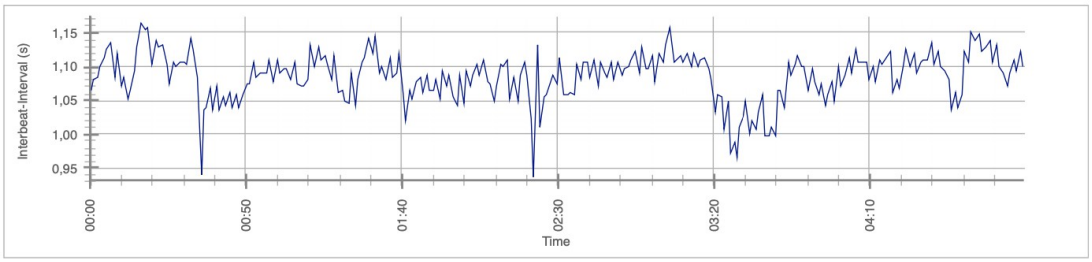
HRV-Analysis Report

Name: W27_39_a_selection_0328-0829

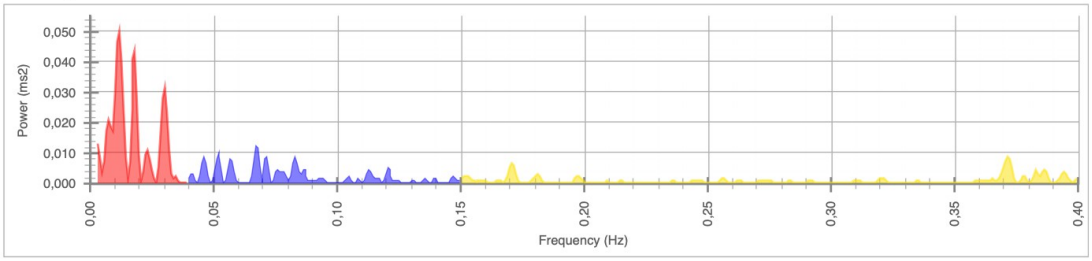
21.03.2021

Sound of Soul

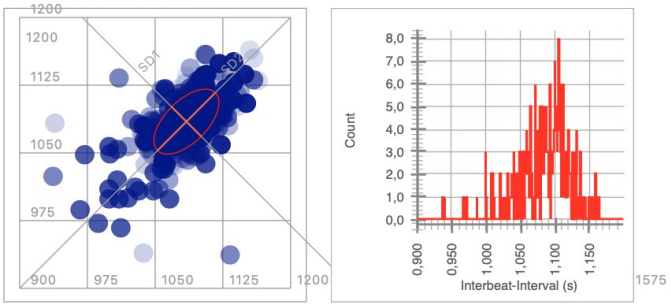
RR Intervals



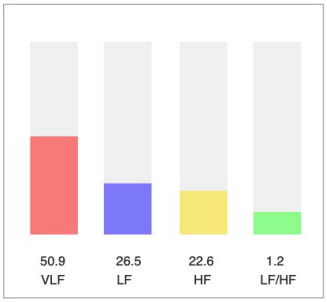
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	55,2
Mean RR (ms)	1084,7
SDNN (ms)	36,0
RMSSD (ms)	32,8
pNN50 (%)	7,6
pNN20 (%)	50,7
pNN10 (%)	77,9
pNN05 (%)	87,0

SD1 (ms)	23,2
SD2 (ms)	45,3
SD1/SD2	1/2.0
VB (ms)	265,6
Stress Index	143,6
CV (%)	3,3

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	624,9	50,9
LF (0.04-0.15 Hz)	325,5	26,5
HF (0.15-0.4 Hz)	277,5	22,6
Total	1228,0	
LF/HF	1,2	

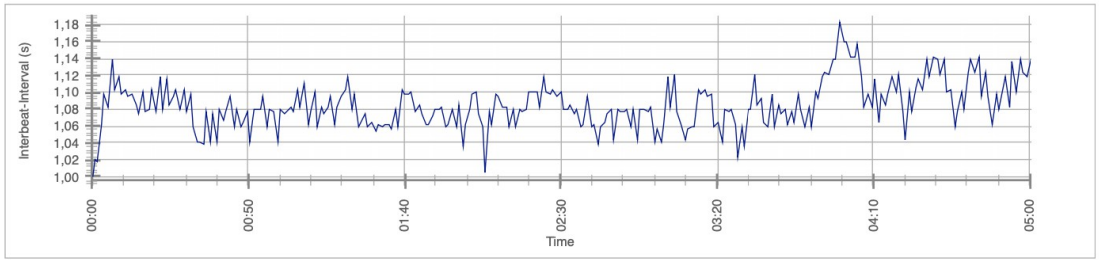
HRV-Analysis Report

Name: W27_39_b_selection_0325-0827

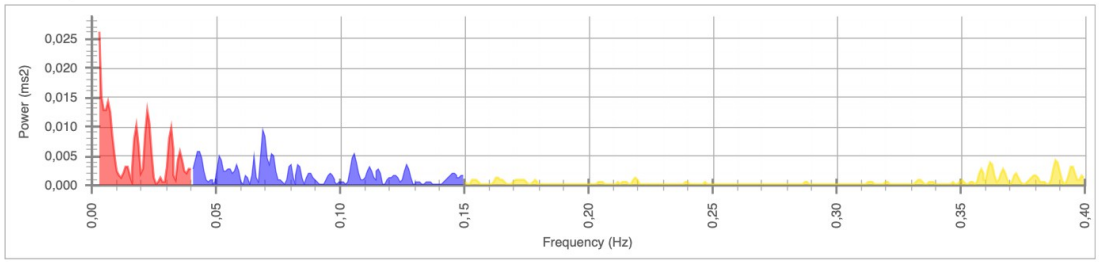
21.03.2021

Sound of Soul

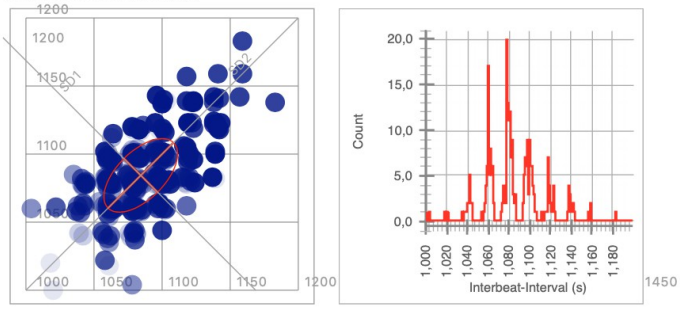
RR Intervals



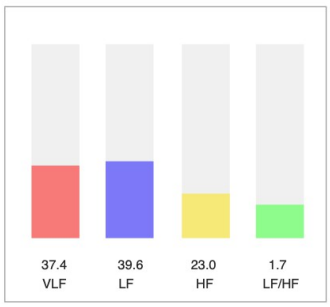
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	55,3
Mean RR (ms)	1084,3
SDNN (ms)	27,4
RMSSD (ms)	24,7
pNN50 (%)	2,5
pNN20 (%)	44,4
pNN10 (%)	69,3
pNN05 (%)	76,2

SD1 (ms)	17,5
SD2 (ms)	34,0
SD1/SD2	1/1.9
VB (ms)	218,8
Stress Index	310,6
CV (%)	2,5

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	227,8	37,4
LF (0.04-0.15 Hz)	241,3	39,6
HF (0.15-0.4 Hz)	139,8	23,0
Total	608,8	
LF/HF	1,7	

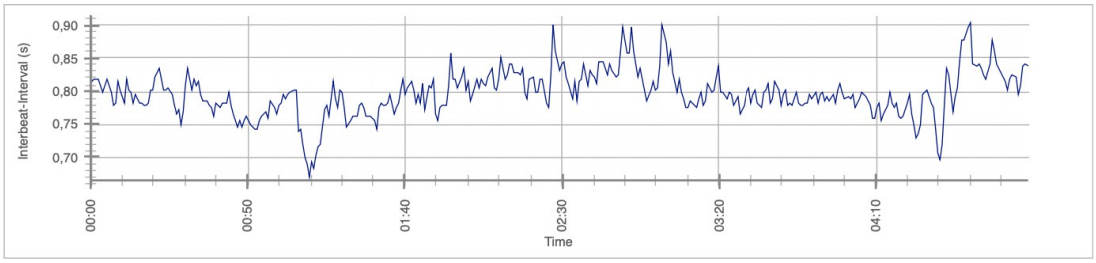
HRV-Analysis Report

Name: W28_72_a_selection_0103-0603

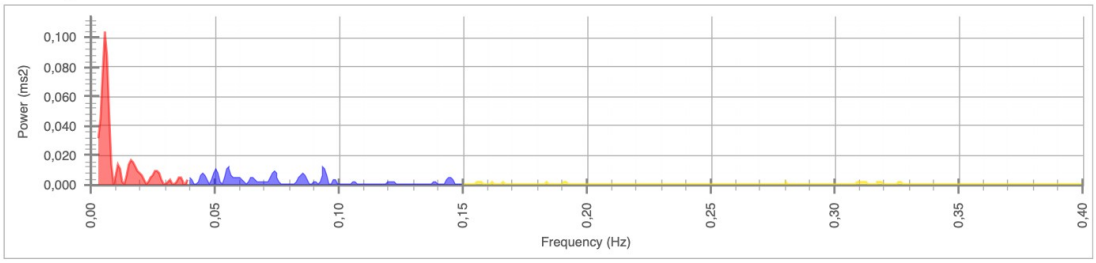
21.03.2021

Sound of Soul

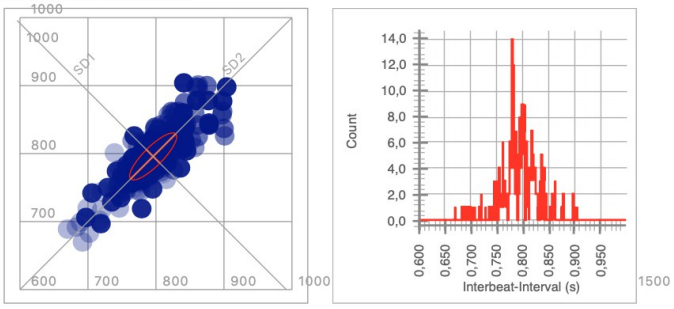
RR Intervals



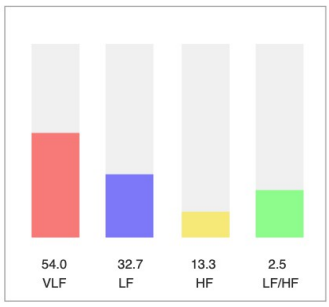
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	75,3
Mean RR (ms)	795,8
SDNN (ms)	34,7
RMSSD (ms)	19,8
pNN50 (%)	2,4
pNN20 (%)	25,6
pNN10 (%)	56,3
pNN05 (%)	77,1

SD1 (ms)	14,0
SD2 (ms)	46,9
SD1/SD2	1/3.3
VB (ms)	273,4
Stress Index	215,6
CV (%)	4,4

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	594,3	54,0
LF (0.04-0.15 Hz)	359,3	32,7
HF (0.15-0.4 Hz)	146,6	13,3
Total	1100,2	
LF/HF	2,5	

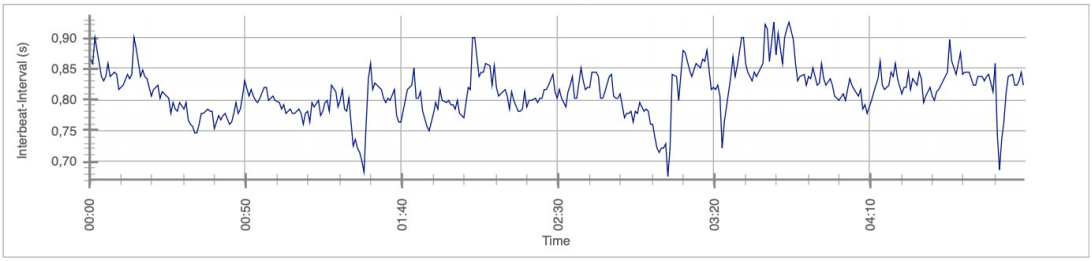
HRV-Analysis Report

Name: W28_72_b_selection_0113-0614

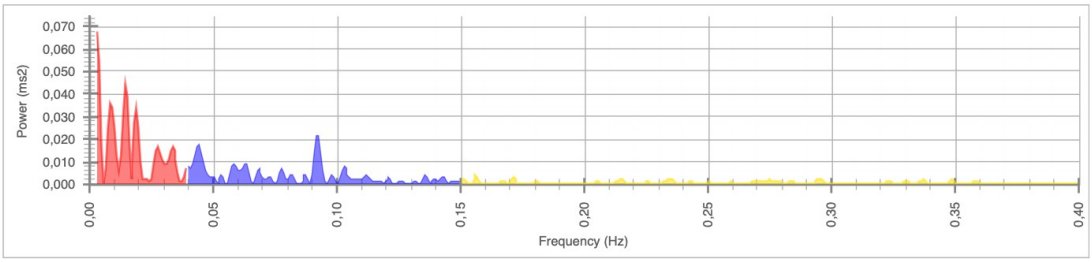
21.03.2021

Sound of Soul

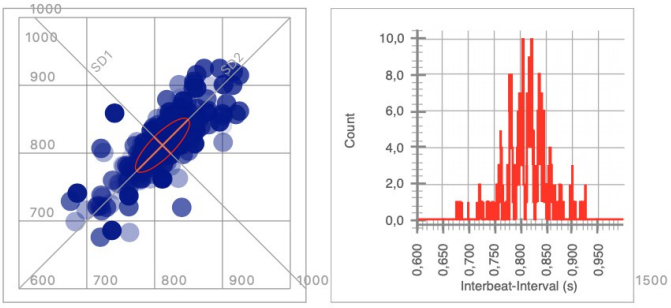
RR Intervals



Power Spectrum



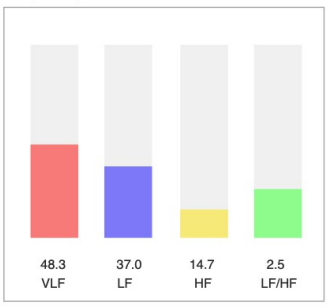
Time-Domain Statistics



Mean HR (bpm)	74,0
Mean RR (ms)	811,6
SDNN (ms)	40,0
RMSSD (ms)	24,4
pNN50 (%)	4,6
pNN20 (%)	28,7
pNN10 (%)	55,6
pNN05 (%)	77,0

SD1 (ms)	17,2
SD2 (ms)	53,7
SD1/SD2	1/3.1
VB (ms)	289,1
Stress Index	156,5
CV (%)	4,9

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	666,8	48,3
LF (0.04-0.15 Hz)	510,7	37,0
HF (0.15-0.4 Hz)	202,3	14,7
Total	1379,7	
LF/HF	2,5	

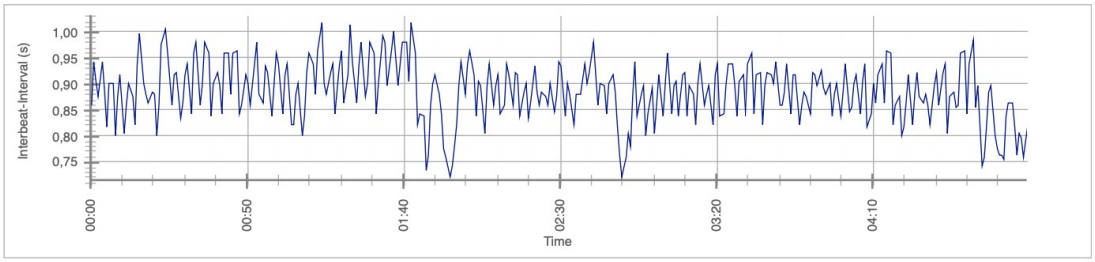
HRV-Analysis Report

Name: W29_19_a_selection_0151-0651

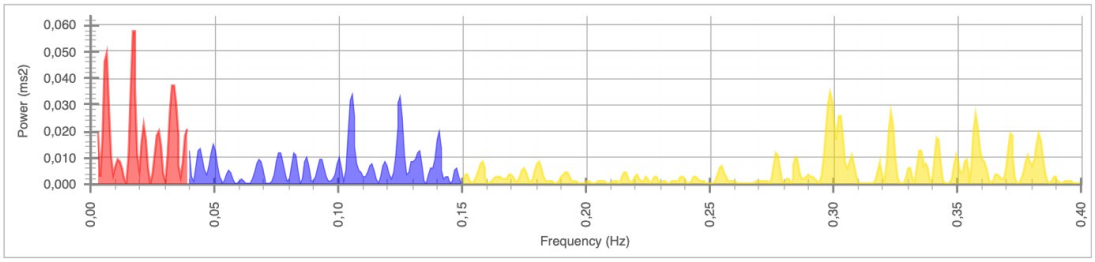
21.03.2021

Sound of Soul

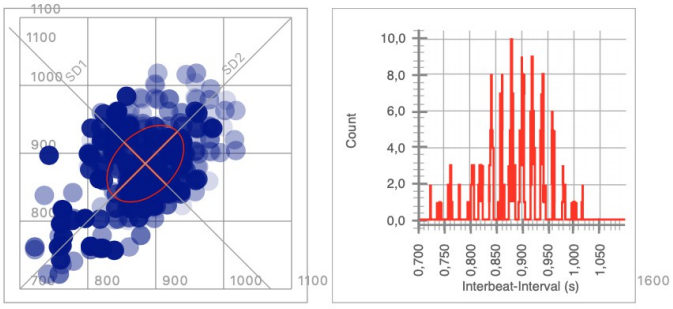
RR Intervals



Power Spectrum

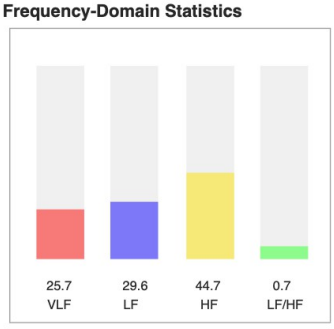


Time-Domain Statistics



Mean HR (bpm)	67,9	SD1 (ms)	43,9
Mean RR (ms)	884,7	SD2 (ms)	66,7
SDNN (ms)	56,5	SD1/SD2	1/1.5
RMSSD (ms)	62,1	VB (ms)	335,9
pNN50 (%)	50,3	Stress Index	69,9
pNN20 (%)	79,0	CV (%)	6,4
pNN10 (%)	89,9		
pNN05 (%)	92,3		

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	773,4	25,7
LF (0.04-0.15 Hz)	891,6	29,6
HF (0.15-0.4 Hz)	1343,8	44,7
Total	3008,8	
LF/HF	0,7	

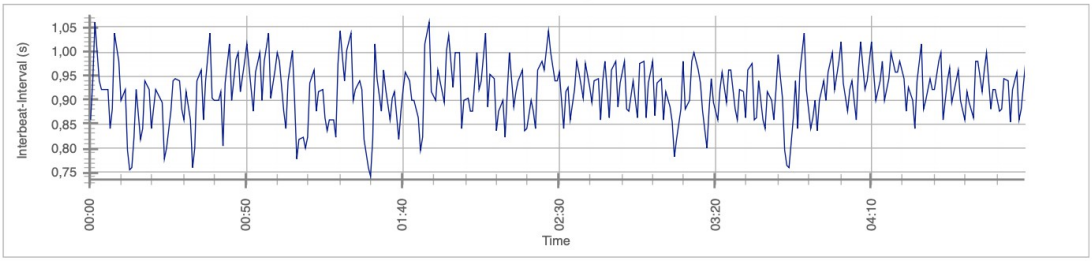
HRV-Analysis Report

Name: W29_19_b_selection_0244-0744

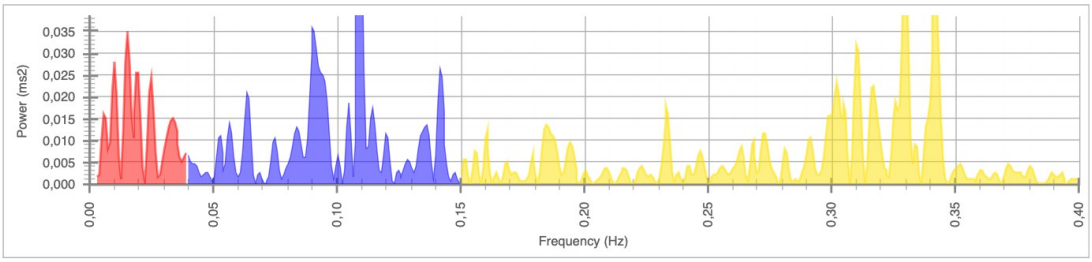
21.03.2021

Sound of Soul

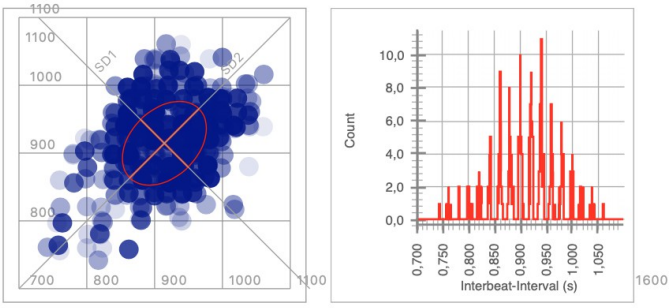
RR Intervals



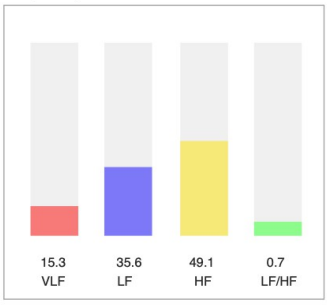
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	65,8
Mean RR (ms)	914,4
SDNN (ms)	61,9
RMSSD (ms)	70,0
pNN50 (%)	53,5
pNN20 (%)	81,3
pNN10 (%)	90,2
pNN05 (%)	91,4

SD1 (ms)	49,5
SD2 (ms)	72,0
SD1/SD2	1/1.5
VB (ms)	359,4
Stress Index	75,2
CV (%)	6,8

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	575,0	15,3
LF (0.04-0.15 Hz)	1333,4	35,6
HF (0.15-0.4 Hz)	1840,4	49,1
Total	3748,7	
LF/HF	0,7	

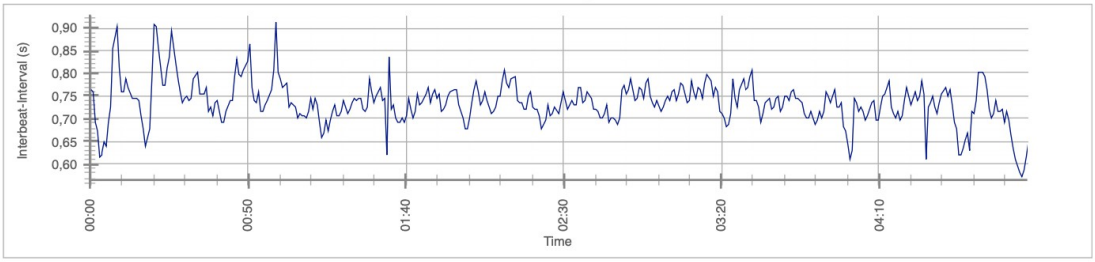
HRV-Analysis Report

Name: W30_35_a_selection_0155-0652

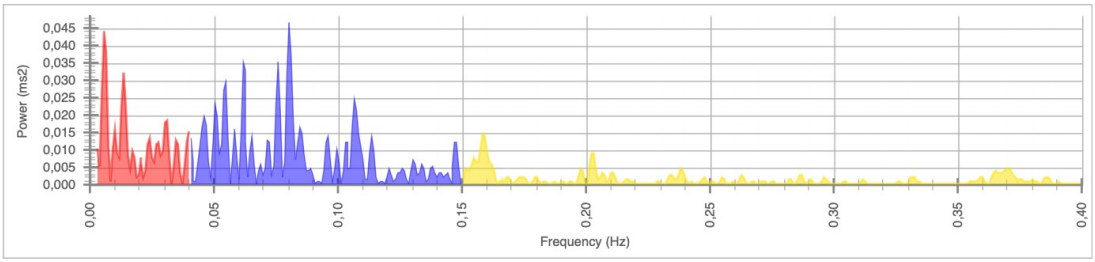
21.03.2021

Sound of Soul

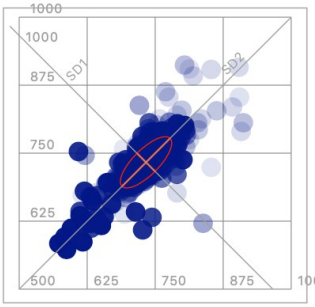
RR Intervals

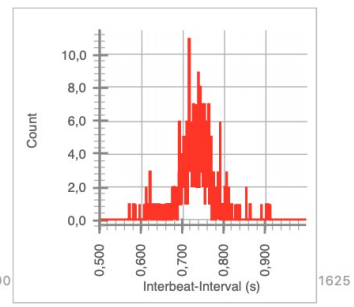


Power Spectrum



Time-Domain Statistics

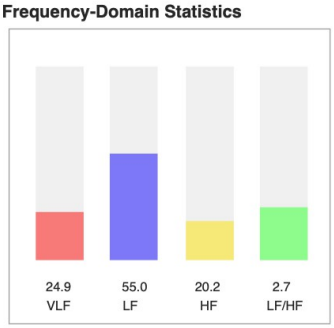




Mean HR (bpm)	82,0
Mean RR (ms)	733,2
SDNN (ms)	47,3
RMSSD (ms)	33,1
pNN50 (%)	7,9
pNN20 (%)	41,0
pNN10 (%)	69,6
pNN05 (%)	82,7

SD1 (ms)	23,4
SD2 (ms)	62,5
SD1/SD2	1/2.7
VB (ms)	351,6
Stress Index	142,1
CV (%)	6,5

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	509,8	24,9
LF (0.04-0.15 Hz)	1127,8	55,0
HF (0.15-0.4 Hz)	413,3	20,2
Total	2050,9	
LF/HF	2,7	

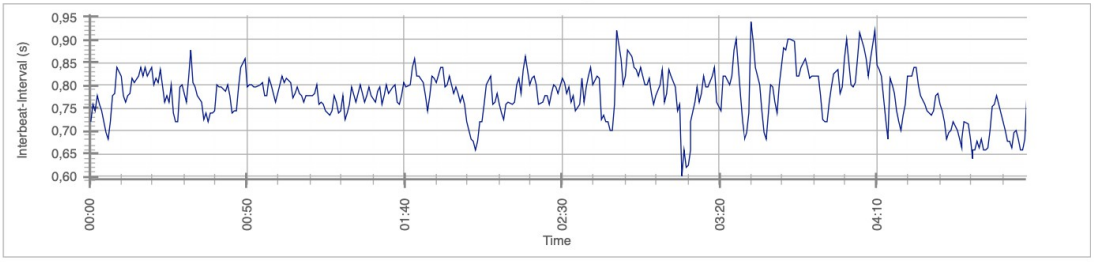
HRV-Analysis Report

Name: W30_35_b_selection_0150-0648

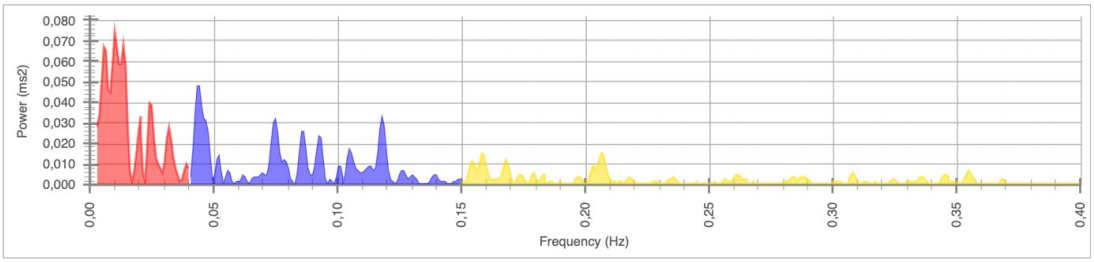
21.03.2021

Sound of Soul

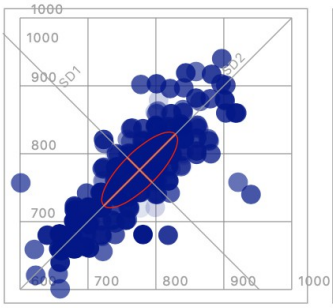
RR Intervals

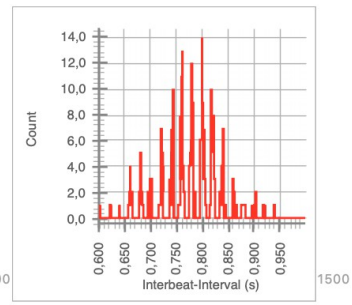


Power Spectrum

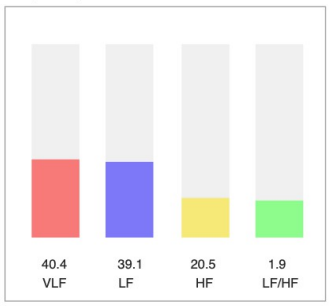


Time-Domain Statistics





Frequency-Domain Statistics



Mean HR (bpm)	77,5
Mean RR (ms)	776,1
SDNN (ms)	55,8
RMSSD (ms)	36,5
pNN50 (%)	14,4
pNN20 (%)	46,7
pNN10 (%)	78,3
pNN05 (%)	81,7

SD1 (ms)	25,8
SD2 (ms)	74,5
SD1/SD2	1/2.9
VB (ms)	382,8
Stress Index	91,7
CV (%)	7,2

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1208,2	40,4
LF (0.04-0.15 Hz)	1170,2	39,1
HF (0.15-0.4 Hz)	611,6	20,5
Total	2990,0	
LF/HF	1,9	

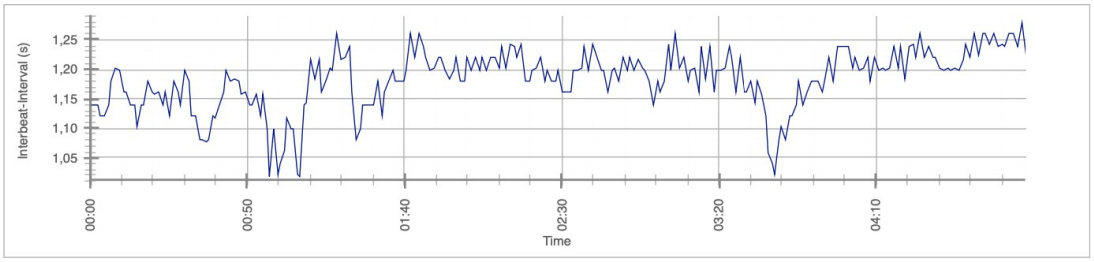
HRV-Analysis Report

Name: W31_50_a_selection_0127-0625

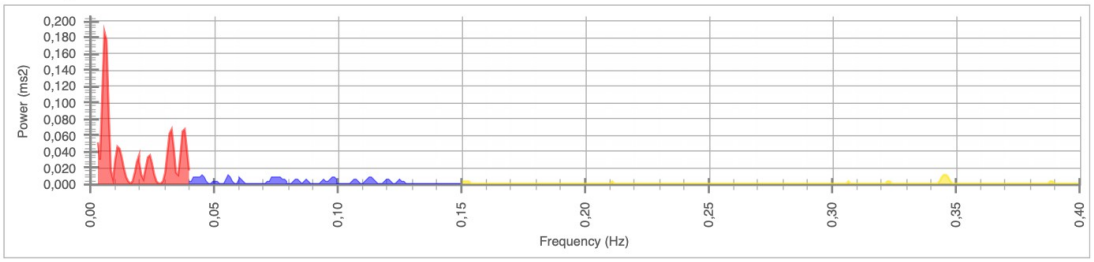
21.03.2021

Sound of Soul

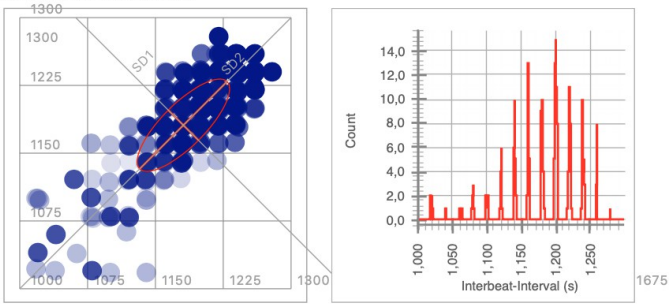
RR Intervals



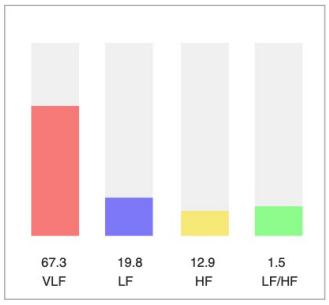
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	50,8
Mean RR (ms)	1180,9
SDNN (ms)	51,1
RMSSD (ms)	33,4
pNN50 (%)	13,5
pNN20 (%)	50,4
pNN10 (%)	73,0
pNN05 (%)	73,0

SD1 (ms)	23,6
SD2 (ms)	68,3
SD1/SD2	1/2.9
VB (ms)	296,9
Stress Index	67,3
CV (%)	4,3

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1567,2	67,3
LF (0.04-0.15 Hz)	460,6	19,8
HF (0.15-0.4 Hz)	301,2	12,9
Total	2329,0	
LF/HF	1,5	

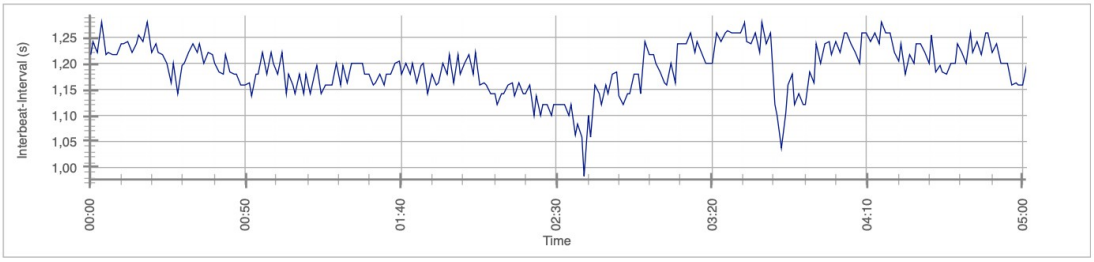
HRV-Analysis Report

Name: W31_50_b_selection_0205-0708

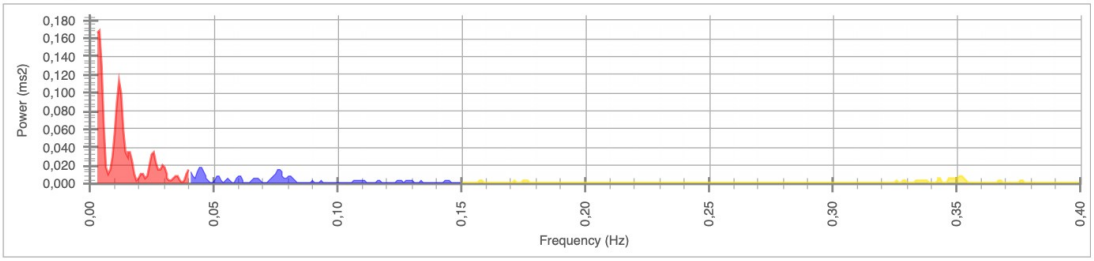
21.03.2021

Sound of Soul

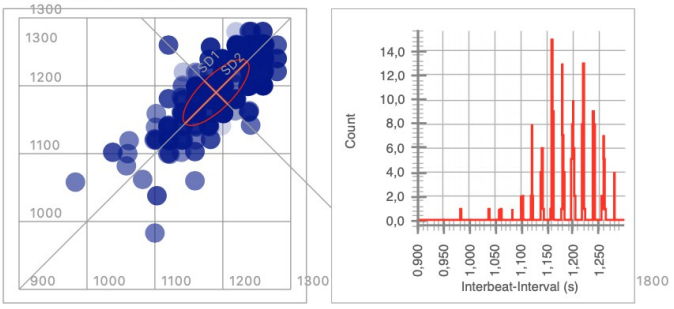
RR Intervals



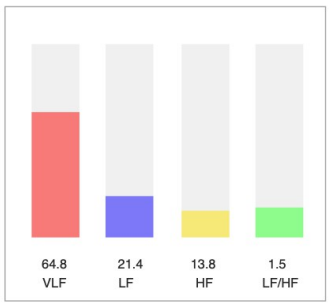
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	50,4	SD1 (ms)	23,9
Mean RR (ms)	1190,0	SD2 (ms)	64,5
SDNN (ms)	48,6	SD1/SD2	1/2.7
RMSSD (ms)	33,8	VB (ms)	281,2
pNN50 (%)	12,6	Stress Index	78,5
pNN20 (%)	51,8	CV (%)	4,1
pNN10 (%)	75,1		
pNN05 (%)	75,1		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1344,8	64,8
LF (0.04-0.15 Hz)	443,1	21,4
HF (0.15-0.4 Hz)	286,3	13,8
Total	2074,1	
LF/HF	1,5	

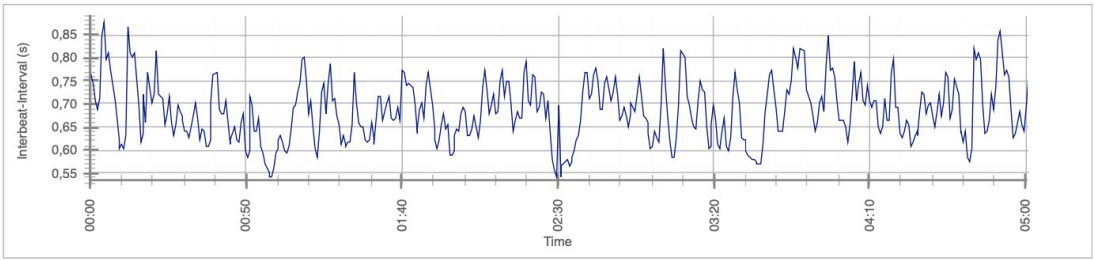
HRV-Analysis Report

Name: W32_12_a_selection_0034-0535

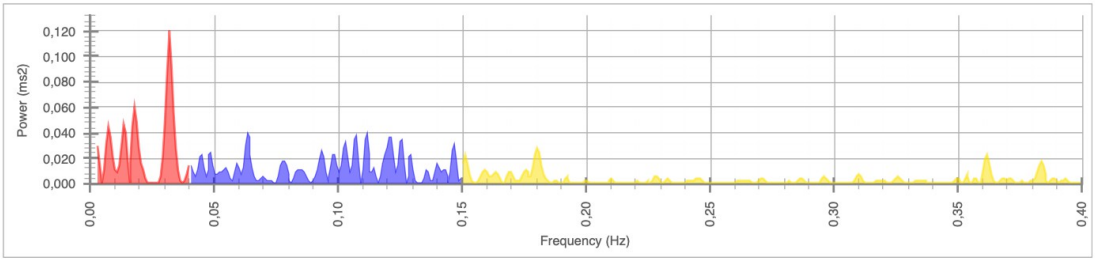
21.03.2021

Sound of Soul

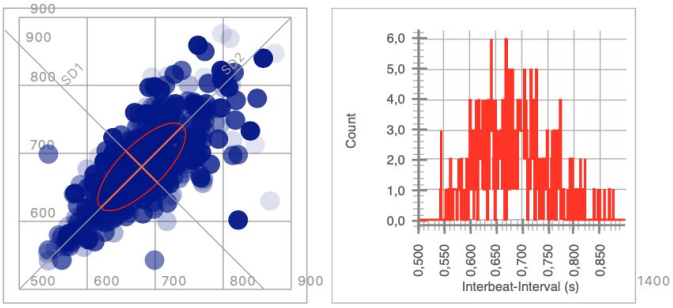
RR Intervals



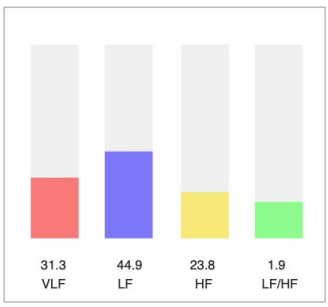
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	88,8
Mean RR (ms)	680,2
SDNN (ms)	64,6
RMSSD (ms)	46,4
pNN50 (%)	24,0
pNN20 (%)	58,4
pNN10 (%)	76,7
pNN05 (%)	87,3

SD1 (ms)	32,8
SD2 (ms)	85,2
SD1/SD2	1/2.6
VB (ms)	375,0
Stress Index	89,9
CV (%)	9,5

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1207,8	31,3
LF (0.04-0.15 Hz)	1729,5	44,9
HF (0.15-0.4 Hz)	918,8	23,8
Total	3856,1	
LF/HF	1,9	

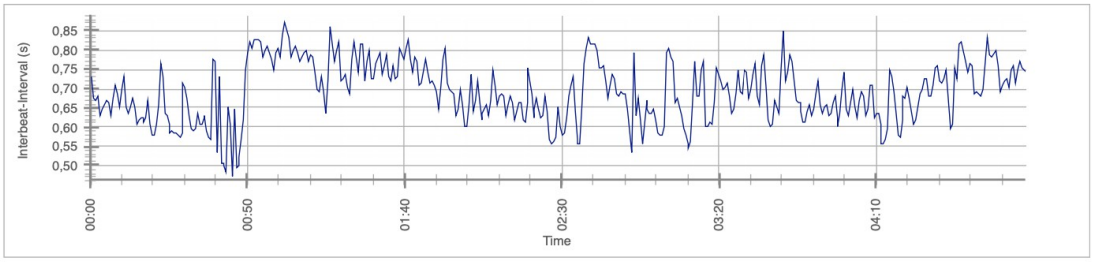
HRV-Analysis Report

Name: W32_12_b_selection_0116-0614

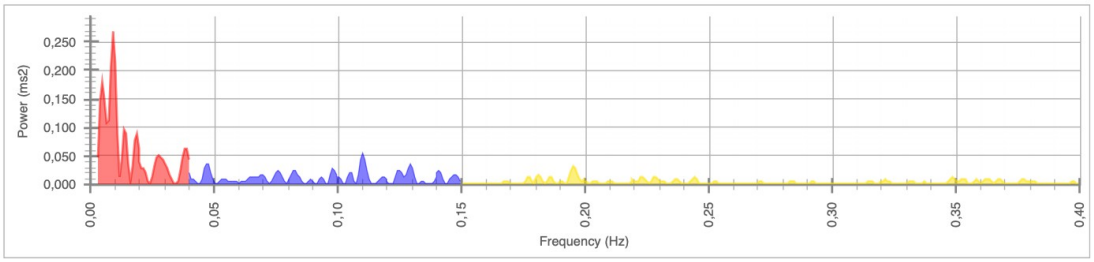
21.03.2021

Sound of Soul

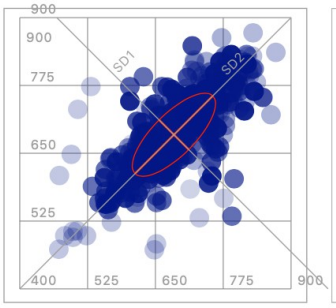
RR Intervals

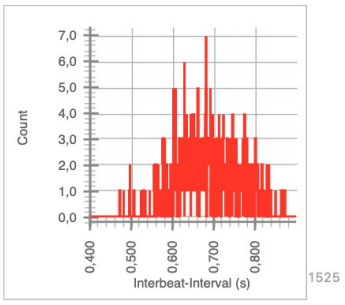


Power Spectrum



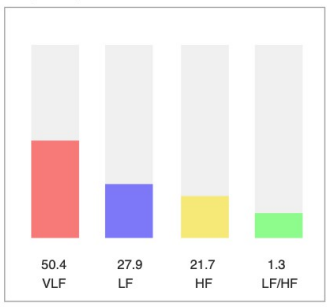
Time-Domain Statistics





Mean HR (bpm)	88,6	SD1 (ms)	38,5
Mean RR (ms)	684,1	SD2 (ms)	101,3
SDNN (ms)	76,7	SD1/SD2	1/2.6
RMSSD (ms)	54,5	VB (ms)	437,5
pNN50 (%)	23,9	Stress Index	62,3
pNN20 (%)	60,2	CV (%)	11,2
pNN10 (%)	76,6		
pNN05 (%)	86,0		

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	2762,1	50,4
LF (0.04-0.15 Hz)	1527,7	27,9
HF (0.15-0.4 Hz)	1187,9	21,7
Total	5477,7	
LF/HF	1,3	

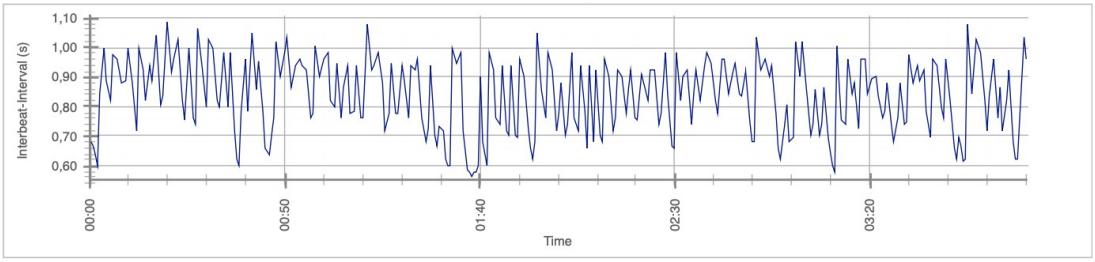
HRV-Analysis Report

Name: W33_8_a_selection_0046-0447

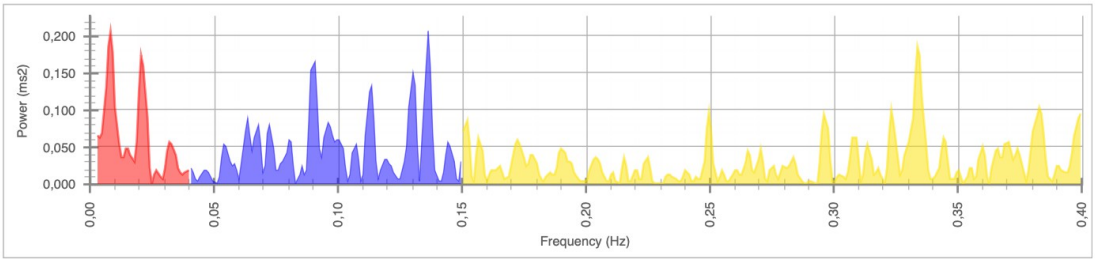
21.03.2021

Sound of Soul

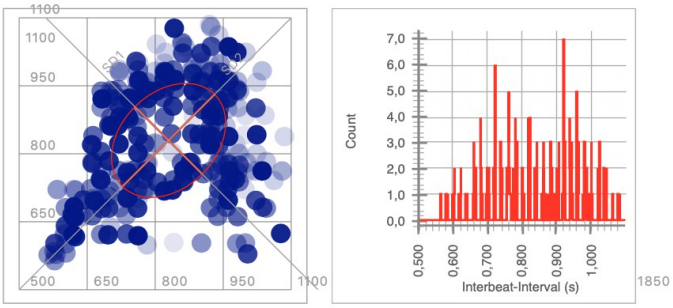
RR Intervals



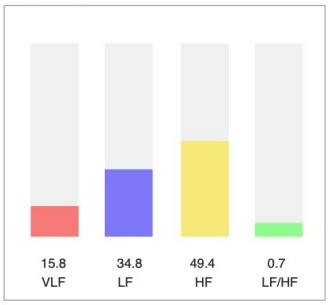
Power Spectrum



Time-Domain Statistics



Frequency-Domain Statistics



Mean HR (bpm)	73,9	SD1 (ms)	105,0
Mean RR (ms)	829,5	SD2 (ms)	143,6
SDNN (ms)	126,1	SD1/SD2	1/1.4
RMSSD (ms)	148,5	VB (ms)	554,7
pNN50 (%)	72,1	Stress Index	20,9
pNN20 (%)	88,3	CV (%)	15,2
pNN10 (%)	93,4		
pNN05 (%)	95,5		

Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	2246,5	15,8
LF (0.04-0.15 Hz)	4937,5	34,8
HF (0.15-0.4 Hz)	7010,3	49,4
Total	14194,4	
LF/HF	0,7	

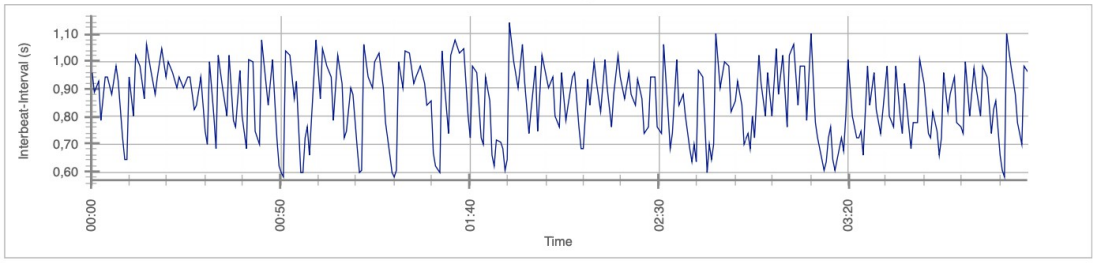
HRV-Analysis Report

Name: W33_8_b_selection_0056-0505

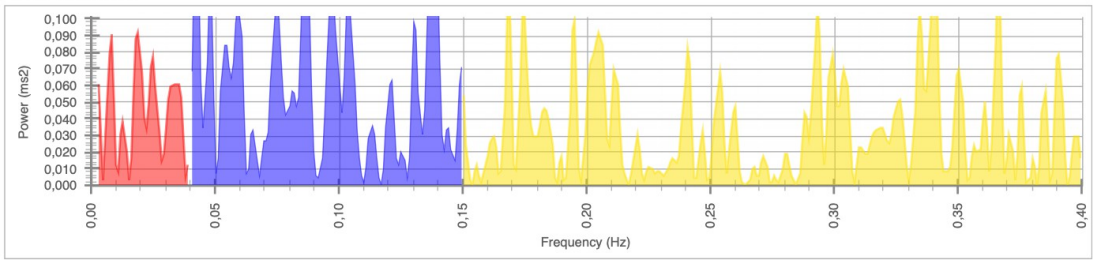
21.03.2021

Sound of Soul

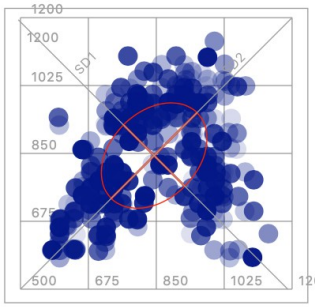
RR Intervals

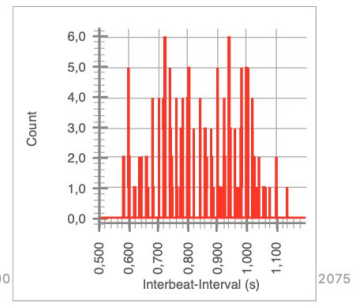


Power Spectrum



Time-Domain Statistics

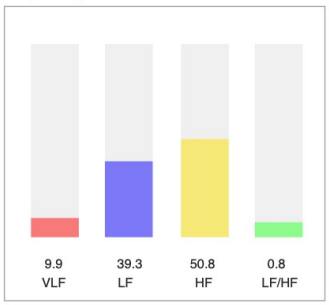




Mean HR (bpm)	72,8
Mean RR (ms)	844,5
SDNN (ms)	136,0
RMSSD (ms)	158,2
pNN50 (%)	74,7
pNN20 (%)	90,8
pNN10 (%)	95,9
pNN05 (%)	96,2

SD1 (ms)	111,8
SD2 (ms)	156,3
SD1/SD2	1/1.4
VB (ms)	578,1
Stress Index	18,6
CV (%)	16,1

Frequency-Domain Statistics



Frequency-Band	Power (ms2)	Power (%)
VLF (0.003-0.04 Hz)	1618,8	9,9
LF (0.04-0.15 Hz)	6406,1	39,3
HF (0.15-0.4 Hz)	8287,6	50,8
Total	16312,5	
LF/HF	0,8	

9.2. Comparison HRV-Values male

HRV – WERTE VERGLEICH männlich

	meanHR	meanRR	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	SD1/SD2	VB	SI	CV	pVLF	pLF	pHF	pTotal	rVLF	rLF	rHF	ratioLFHF	recordID	Punkte/16
x	**83,7**	721,0	71,7	63,2	40,3	73,6	85,8	92,9	44,7	90,8	0,5	406,2	109,1	9,9	370,7	849,9	3416,9	4637,5	8,0	18,3	73,7	0,2	M1_14_b_selection_0035-0449	
Bubble	**80,8**	747,8	74,4	67,7	37,4	76,1	88,3	93,6	47,9	93,7	0,5	445,3	58,0	10,0	719,0	1868,2	2488,8	5076,1	14,2	36,8	49,0	0,8	M1_14_a_selection_0034-0517	
Verbesserung	**1**		1	1	0	1	1	1	1	1		1	1	1		1	0	1				0		13
x	**94,5**	636,5	44,0	39,1	15,4	49,5	75,1	87,6	27,6	55,7	0,5	304,7	263,2	6,9	383,5	607,1	693,8	1684,4	22,8	36,0	41,2	0,9	M2_11_b_selection_0109-0608	
Bubble	**93,8**	642,3	52,4	47,1	21,2	57,3	72,7	85,6	33,3	66,2	0,5	335,9	162,3	8,2	681,6	673,0	1024,6	2379,2	28,6	28,3	43,1	0,7	M2_11_a_selection_0058-0558	
Verbesserung	**1**		1	1	1	1	0	0	1	1		1	1	1		1	1	1				1		14
x	**72,0**	834,0	45,2	22,2	2,2	27,7	57,5	73,5	15,7	61,8	0,3	304,7	147,3	5,4	934,2	880,6	141,4	1956,2	47,8	45,0	7,2	6,2	M4_14_b_selection_0102-0601	
Bubble	**72,4**	829,5	51,0	25,8	4,1	38,3	66,4	82,6	18,3	69,5	0,3	265,6	110,3	6,1	1199,5	928,3	225,7	2353,4	51,0	39,4	9,6	4,1	M4_41_a_selection_0113-0615	
Verbesserung	**0**		1	1	1	1	1	1	1	1		0	1	1		1	1	1				1		14
x	**102,5**	589,2	56,4	46,3	18,0	48,6	72,7	86,9	32,7	72,7	0,5	382,8	180,7	9,6	679,9	971,0	993,3	2644,2	25,7	36,7	37,6	1,0	M5_4_a_selection_0126-0628	
Bubble	**102,6**	588,9	55,3	45,6	19,3	53,5	73,2	87,4	32,3	71,3	0,5	335,9	173,9	9,4	560,5	1224,9	810,8	2596,2	21,6	47,2	31,2	1,5	M5_4_b_selection_0123-0623	
Verbesserung	**0**		0	0	1	1	1	1	0	0		0	1	0		1	0	0				0		6
x	**103,7**	580,4	40,1	44,2	15,8	53,3	76,8	87,8	31,2	47,2	0,7	257,8	298,1	6,9	237,7	341,5	513,1	1092,2	21,8	31,3	47,0	0,7	M7_7_b_selection_0027-0518	
Bubble	**100,4**	600,8	52,7	71,6	24,7	61,6	80,9	90,3	50,6	54,4	0,9	375,0	155,1	8,8	189,4	464,9	836,4	1490,8	12,7	31,2	56,1	0,6	M7_7_a_selection_0058-0557	
Verbesserung	**1**		1	1	1	1	1	1	1	1		1	1	1		1	1	1				1		16
x	**78,1**	772,0	64,5	49,2	25,1	61,4	81,1	89,1	34,8	84,1	0,4	351,6	76,3	8,3	1033,4	2053,9	669,7	3757,0	27,5	54,7	17,8	3,1	M8_14_a_selection_0116-0614	
Bubble	**76,9**	781,7	55,1	53,1	29,7	68,2	83,5	91,1	37,5	68,1	0,6	351,6	109,5	7,0	789,2	1232,0	505,3	2526,5	31,2	48,8	20,0	2,4	M8_14_b_selection_0124-0623	
Verbesserung	**1**		0	1	1	1	1	1	1	0		0	0	0		0	0	0				1		8
x	**95,5**	627,8	25,4	16,0	0,4	19,1	50,6	71,4	11,3	34,1	0,3	203,1	548,5	4,0	199,0	229,1	157,7	585,8	34,0	39,1	26,9	1,5	M9_31_a_selection_0124-0623	
Bubble	**93,9**	639,2	31,5	17,7	0,9	20,1	45,8	71,7	12,5	42,8	0,3	242,2	311,3	4,9	348,9	350,3	149,2	848,4	41,1	41,3	17,6	2,3	M9_31_b_selection_0141-0640	
Verbesserung	**1**		1	1	1	1	0	1	1	1		1	1	1		1	0	1				0		13
x	**95,5**	633,2	63,2	79,0	51,6	75,8	88,7	93,6	55,9	69,8	0,8	335,9	125,1	10,0	255,1	841,6	987,8	2084,5	12,2	40,4	47,4	0,9	M11_7_b_selection_0221-0720	
Bubble	**93,1**	650,3	69,3	89,8	60,9	83,2	91,6	95,5	63,5	74,3	0,9	351,6	73,6	10,7	465,6	702,2	1213,5	2381,4	19,6	29,5	51,0	0,6	M11_7_a_selection_0202-0703	
Verbesserung	**1**		1	1	1	1	1	0	1	1		1	1	1		0	1	1				1		14
x	**77,3**	775,5	30,2	16,2	0,5	17,9	55,1	78,2	11,5	41,1	0,3	242,2	291,6	3,9	609,6	182,1	59,9	851,5	71,6	21,4	7,0	3,0	M12_53_b_selection_0206-0705	
Bubble	**73,9**	811,8	41,0	20,4	1,1	31,6	62,7	82,4	14,4	56,1	0,3	226,6	162,7	5,0	842,3	365,2	109,3	1316,8	64,0	27,7	8,3	3,3	M12_53_a_selection_0157-0658	
Verbesserung	**1**		1	1	1	1	1	1	1	1		0	1	1		1	1	1				0		14
x	**91,6**	655,1	27,9	18,7	0,2	17,1	62,7	62,7	13,2	37,2	0,4	195,3	271,2	4,3	373,8	198,8	114,2	686,8	54,4	28,9	16,6	1,7	M13_15_a_selection_0152-0652	
Bubble	**92,1**	652,1	34,1	20,0	1,1	16,7	63,3	63,3	14,1	46,1	0,3	281,2	240,4	5,2	314,3	576,9	124,8	1015,9	30,9	56,8	12,3	4,6	M13_15_b_selection_0205-0706	
Verbesserung	**0**		1	1	1	0	1	1	1	1		0	1	1		1	1	1				0		12
x	**66,7**	897,0	22,9	10,6	0,0	4,2	33,3	64,3	7,5	31,4	0,2	156,2	265,4	2,5	244,1	142,3	31,8	418,2	58,4	34,0	7,6	4,5	M14_64_a_selection_0151-0650	
Bubble	**65,2**	919,2	28,0	13,5	0,3	10,5	43,4	69,5	9,6	38,4	0,2	195,3	406,3	3,0	497,7	149,4	65,7	712,8	69,8	21,0	9,2	2,3	M14_64_b_selection_0228-0727	
Verbesserung	**1**		1	1	1	1	1	1	1	1		1	0	1		1	1	1				1		15
x	**65,5**	919,7	78,6	61,0	34,6	65,4	83,6	91,4	43,1	102,4	0,4	437,5	45,6	8,5	1537,7	3049,1	1190,0	5776,8	26,6	52,8	20,6	2,6	M16_15_b_selection_0137-0636	
Bubble	**65**	929,1	85,0	65,3	38,8	67,1	85,7	88,8	46,1	110,6	0,4	437,5	36,1	9,2	1392,6	3698,6	1598,8	6690,0	20,8	55,3	23,9	2,3	M16_15_a_selection_0120-0620	
Verbesserung	**1,0**		1	1	1	1	1	0	1	1		0	1	1		1	1	1				1		14
x	**62,7**	972,1	138,3	164,5	71,7	87,5	93,8	97,0	116,3	156,0	0,7	578,1	22,3	14,2	2892,0	4110,3	10147,3	17149,5	16,9	24,0	59,2	0,4	M17_16_b_selection_0139-0636	
Bubble	**70,7**	858,9	113,5	124,4	50,6	76,3	87,0	94,5	87,9	134,1	0,7	445,3	31,9	13,2	1172,3	4858,1	4332,8	10363,2	11,3	46,9	41,8	1,1	M17_16_a_selection_0147-0645	
Verbesserung	**0**		0	0	0	0	0	0	0	0		0	0	1		1	0	0				0		2
x	**60,4**	993,2	48,2	28,9	7,3	42,0	73,3	73,7	20,5	65,0	0,3	320,3	103,2	4,9	789,3	1274,7	220,8	2284,8	34,5	55,8	9,7	5,8	M19_46_a_selection_0225-0724	
Bubble	**62,1**	966,5	47,8	30,2	10,0	33,3	71,2	71,5	21,3	64,0	0,3	257,8	88,0	4,9	512,6	1566,1	207,1	2285,8	22,4	68,5	9,1	7,6	M19_46_b_selection_0231-0731	
Verbesserung	**0**		0	1	1	0	0	0	1	0		0	1	0		1	0	1				0		6
x	**72,3**	831,0	56,0	49,7	21,7	57,7	79,1	84,1	35,1	71,0	0,5	382,8	100,7	6,7	566,7	992,3	930,7	2489,6	22,8	39,9	37,4	1,10	M20_33_b_selection_0229-0728	
Bubble	**73,6**	818,6	70,0	62,0	25,7	60,4	81,1	82,5	43,8	88,5	0,5	406,2	79,5	8,5	1109,2	1336,2	1189,7	3635,1	30,5	36,8	32,7	1,10	M20_33_a_selection_0413-0914	
Verbesserung	**0**		1	1	1	1	1	0	1	1		1	1	1		1	1	1				0		13
x	**90,3**	672,2	88,0	109,8	42,3	73,2	85,6	89,7	77,6	97,1	0,8	460,9	83,2	13,1	390,1	1510,6	2960,9	4861,6	8,0	31,1	60,9	0,5	M21_4_a_selection_0048-0457	
Bubble	**91,1**	666,6	88,1	111,5	39,5	67,0	82,8	91,1	78,9	96,4	0,8	343,8	95,1	13,2	490,0	1381,1	2806,1	4677,2	10,5	29,5	60,0	0,5	M21_4_b_selection_0220-0729	
Verbesserung	**0**		1	1	0	0	0	1	1	0		0	0	1		0	0	0				0		5
x	**77,4**	775,3	38,2	13,1	0,5	8,8	37,1	61,0	9,3	53,0	0,2	265,6	226,9	4,9	820,9	382,2	48,5	1251,6	65,6	30,5	3,9	7,9	M22_35_a_selection_0156-0655	
Bubble	**77,3**	775,5	29,3	13,5	0,5	10,4	36,1	61,3	9,5	40,3	0,2	187,5	387,1	3,8	417,2	370,4	46,4	834,1	50,0	44,4	5,6	8,0	M22_35_b_selection_0210-0710	
Verbesserung	**1**		0	1	0	1	0	1	1	0		0	0	0		0	0	0				0		5

HRV – WERTE VERGLEICH männlich

	meanHR	meanRR	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	SD1/SD2	VB	SI	CV	pVLF	pLF	pHF	pTotal	rVLF	rLF	rHF	ratioLFHF	recordID	Punkte/16
x	69,2	870,6	67,1	80,4	58,3	79,7	89,0	95,9	56,9	75,9	0,7	328,1	64,3	7,7	771,8	758,6	2396,8	3927,2	19,7	19,3	61,0	0,3	M23_10_a_selection_0142-0643	
Bubble	66,2	908,8	65,2	86,9	57,0	85,1	93,0	97,6	61,4	68,6	0,9	406,2	55,4	7,2	488,8	796,2	2489,7	3774,6	12,9	21,1	66,0	0,3	M23_10_b_selection_0219-0718	
Verbesserung	1		0	1	0	1	1	1	1	0		1	1	0		1	1	0				0		10
x	69,6	864,5	66,4	38,8	17,1	52,5	75,7	86,4	27,4	89,7	0,3	421,9	67,2	7,7	1743,3	1581,7	573,9	3899,0	44,7	40,6	14,7	2,8	M24_33_b_selection_0126-0625	
Bubble	71,2	845,7	65,0	45,5	17,2	53,9	74,8	85,1	32,2	86,0	0,4	414,1	70,5	7,7	1419,5	1560,1	952,1	3931,8	36,1	39,7	24,2	1,6	M24_33_a_selection_0059-0555	
Verbesserung	0		0	1	1	1	0	0	1	0		0	0	0		0	1	1				1		7
x	79,1	758,7	42,7	20,4	1,8	26,0	58,5	76,3	14,4	58,5	0,2	296,9	198,9	5,6	695,1	934,0	162,8	1791,8	38,8	52,1	9,1	5,7	M25_48_b_selection_0141-0640	
Bubble	78,6	763,7	42,0	20,4	1,3	25,6	61,0	71,8	14,4	57,6	0,3	257,8	192,5	5,5	576,7	1009,7	114,6	1701,0	33,9	59,4	6,7	8,8	M25_48_a_selection_0147-0643	
Verbesserung	1		0	0	0	0	1	0	0	0		0	1	0		1	0	0				0		4

Gesamt 20 ausgewertet

	meanHR	meanRR	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	SD1/SD2	VB	SI	CV	pVLF	pLF	pHF	pTotal	rVLF	rLF	rHF	ratioLFHF	recordID	
Dummy	8,0		8,0	3,0	6,0	5,0	7,0	8,0	3,0	9,0		12,0	6,0	7,0		5,0	9,0	7,0				12,0		7
Bubble	12,0		12,0	17,0	14,0	15,0	13,0	12,0	17,0	11,0		8,0	14,0	13,0		15,0	11,0	13,0				8,0		13

9.3. Comparison HRV-Values female

HRV – WERTE VERGLEICH weiblich

	meanHR	meanRR	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	SD1/SD2	VB	SI	CV	pVLF	pLF	pHF	pTotal	rVLF	rLF	rHF	ratioLFHF	recordID	
X	**75,1**	797,9	28,4	17,1	0,6	22,7	48,7	73,1	12,1	38,2	0,3	187,5	203,2	3,6	259,8	363,6	136,0	759,4	34,2	47,9	17,9	2,7	W1_45_a_selection_0034-0441	
Bubble	**71,3**	840,9	35,9	20,9	1,6	33,6	58,6	78,2	14,8	48,3	0,3	218,8	182,9	4,3	552,1	421,7	264,6	1238,4	44,6	34,1	21,4	1,6	W1_45_b_selection_0024-0443	
Verbesserung	**1,0**		1,0	1,0	1,0	1,0	1,0	1,0	1,0	1,0		1,0	1,0	1,0		1,0	1,0	1,0				1,0		16,0
	3,8																							
X	**91,5**	660,0	66,5	45,1	19,5	53,0	75,1	85,5	31,9	88,5	0,4	328,1	81,4	10,1	921,9	2107,9	977,8	4007,7	23,0	52,6	24,4	2,2	W2_10_a_selection_0035-0419	
Bubble	**89,9**	672,9	71,5	45,2	15,5	46,8	69,0	81,3	32,0	95,8	0,3	382,8	97,8	10,6	1358,7	2249,9	794,5	4403,2	30,9	51,1	18,0	2,8	W2_10_b_selection_0043-0434	
Verbesserung	**1,0**		1,0	1,0	0,0	0,0	0,0	0,0	1,0	1,0		1,0	0,0	1,0		1,0	0,0	1,0				0,0		9,0
X	**71,2**	843,8	50,6	33,4	12,4	47,9	71,8	83,1	23,6	67,5	0,3	328,1	91,8	6,0	844,7	1096,9	425,4	2367,0	35,7	46,3	18,0	2,6	W3_41_b_selection_0102-0603	
Bubble	**74,2**	811,3	60,0	35,1	11,1	50,3	74,1	85,9	24,8	80,5	0,3	328,1	84,1	7,4	1291,7	1609,9	362,9	3264,5	39,6	49,3	11,1	4,4	W3_41_a_selection_0111-0612	
Verbesserung	**0,0**		1,0	1,0	0,0	1,0	1,0	1,0	1,0	1,0		0,0	1,0	1,0		1,0	0,0	1,0				0,0		11,0
X	**79,0**	759,8	46,4	32,9	10,4	47,0	71,5	82,1	23,3	61,2	0,4	296,9	137,6	6,1	670,9	830,0	427,0	1927,9	34,8	43,1	22,2	1,9	W4_37_b_selection_0112-0614	
Bubble	**76,6**	784,7	54,0	33,7	10,8	51,2	73,5	88,2	23,8	72,6	0,3	320,3	85,3	6,9	1218,8	991,4	463,8	2674,1	45,6	37,1	17,3	2,1	W4_37_a_selection_0124-0624	
Verbesserung	**1,0**		1,0	1,0	1,0	1,0	1,0	1,0	1,0	1,0		1,0	1,0	1,0		1,0	1,0	1,0				0,0		15,0
X	**79,3**	755,4	28,4	18,7	1,0	21,7	53,5	77,0	13,2	37,8	0,4	218,8	212,3	3,8	284,0	349,2	133,7	766,9	37,0	45,5	17,4	2,6	W5_70_a_selection_0127-0627	
Bubble	**80,9**	742,3	44,6	23,7	2,7	28,3	56,6	77,7	16,8	60,8	0,3	265,6	150,9	6,0	518,5	1126,8	183,2	1828,4	28,4	61,6	10,0	6,2	W5_70_b_selection_0135-0635	
Verbesserung	**0,0**		1,0	1,0	1,0	1,0	1,0	1,0	1,0	1,0		1,0	1,0	1,0		1,0	1,0	1,0				0,0		14,0
X	**65,9**	913,0	70,6	52,4	24,2	62,9	81,9	91,4	37,1	92,7	0,4	367,2	54,3	7,7	2875,8	912,7	687,5	4476,0	64,2	20,4	15,4	1,3	W6_47_a_selection_0106-0605	
Bubble	**65,2**	920,7	56,9	36,1	16,0	54,0	71,8	85,3	25,5	75,7	0,3	343,8	79,6	6,2	1531,8	1204,4	383,3	3119,5	49,1	38,6	12,3	3,1	W6_47_b_selection_0126-0627	
Verbesserung	**1,0**		0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0		0,0	0,0	0,0		1,0	0,0	0,0				0,0		2,0
X	**77,2**	777,8	44,8	28,8	9,7	46,5	67,9	83,3	20,3	59,9	0,3	273,4	144,5	5,8	623,5	882,1	413,7	1919,3	32,5	46,0	21,6	2,1	W7_41_b_selection_0214-0712	
Bubble	**77,3**	778,0	53,2	31,0	9,4	50,0	71,1	83,6	21,9	72,0	0,3	296,9	110,6	6,8	1198,3	1164,1	435,6	2798,0	42,8	41,6	15,6	2,7	W7_41_a_selection_0156-0656	
Verbesserung	**0,0**		1,0	1,0	0,0	1,0	1,0	1,0	1,0	1,0		1,0	1,0	1,0		1,0	1,0	1,0				0,0		13,0
X	**71,0**	844,9	38,5	23,8	4,0	29,4	66,7	67,5	16,8	51,7	0,3	281,2	182,3	4,6	695,5	477,3	200,3	1373,2	50,7	34,8	14,6	2,4	W9_45_b_selection_0156-0656	
Bubble	**70,4**	851,4	31,5	27,7	6,8	43,3	71,5	72,9	19,6	40,0	0,5	218,8	203,0	3,7	385,6	280,7	249,9	916,1	42,1	30,6	27,3	1,1	W9_45_a_selection_0142-0642	
Verbesserung	**1,0**		0,0	1,0	1,0	1,0	1,0	1,0	1,0	0,0		0,0	0,0	0,0		0,0	1,0	0,0				1,0		9,0
X	**60,9**	984,9	56,0	49,0	33,3	74,3	89,4	94,1	34,6	71,2	0,5	343,8	81,5	5,7	1247,8	680,3	745,3	2673,4	46,7	25,4	27,9	0,9	W10_44_a_selection_0153-0653	
Bubble	**59,6**	1007,5	59,6	51,0	33,7	76,4	85,9	93,3	36,0	76,2	0,5	328,1	58,5	5,9	1620,1	800,9	889,2	3310,2	48,9	24,2	26,9	0,9	W10_44_b_selection_0147-0647	
Verbesserung	**1,0**		1,0	1,0	1,0	1,0	0,0	0,0	1,0	1,0		0,0	1,0	1,0		1,0	1,0	1,0				0,0		12,0
X	**101,9**	593,8	64,3	52,9	23,7	55,6	73,5	88,6	37,4	82,9	0,5	398,4	118,4	10,8	1050,4	1471,0	797,6	3319,0	31,6	44,3	24,0	1,8	W11_6_b_selection_0142-0641	
Bubble	**99,6**	606,0	57,1	53,4	28,3	62,6	80,6	92,3	37,8	71,1	0,5	296,9	160,0	9,4	640,6	832,2	876,4	2349,2	27,3	35,6	37,3	0,9	W11_6_a_selection_0156-0656	
Verbesserung	**1,0**		0,0	1,0	1,0	1,0	1,0	1,0	1,0	0,0		0,0	0,0	0,0		0,0	1,0	1,0				1,0		10,0
X	**100,7**	595,4	13,1	4,3	0,0	0,0	2,0	19,3	3,0	18,2	0,2	109,4	1150,1	2,2	75,2	29,6	5,4	110,2	68,2	26,8	4,9	5,5	W12_55_b_selection_0209-0707	
Bubble	**99,2**	604,1	11,1	4,8	0,0	0,2	2,8	19,6	3,4	15,4	0,2	117,2	943,8	1,8	63,5	21,3	9,7	94,5	67,2	22,5	10,3	2,2	W12_55_a_selection_0216-0717	
Verbesserung	**1,0**		0,0	1,0	0,0	1,0	1,0	1,0	1,0	0,0		1,0	1,0	0,0		0,0	1,0	0,0				1,0		10,0
X	**78,4**	776,1	101,8	64,5	35,4	68,0	82,3	90,1	45,6	136,3	0,3	539,1	32,7	13,1	4134,6	2903,9	1503,3	8541,8	48,4	34,0	17,6	1,9	W14_17_a_selection_0256-0755	
Bubble	**75,4**	799,5	69,9	52,5	32,2	71,6	87,9	93,6	37,1	91,5	0,4	406,2	70,9	8,7	2289,3	1324,0	1017,1	4630,4	49,4	28,6	22,0	1,3	W14_17_b_selection_0202-0706	
Verbesserung	**1,0**		0,0	0,0	0,0	1,0	1,0	1,0	0,0	0,0		0,0	0,0	0,0		0,0	0,0	0,0				1,0		5,0
X	**91,6**	655,7	38,9	33,7	12,5	50,1	74,3	85,5	23,8	49,6	0,5	265,6	248,6	5,9	206,3	762,9	327,5	1296,7	15,9	58,8	25,3	2,3	W15_23_a_selection_0155-0654	
Bubble	**88,9**	676,1	41,1	33,3	12,4	49,8	74,4	84,8	23,5	53,1	0,4	257,8	212,0	6,1	533,1	612,0	361,0	1506,1	35,4	40,6	24,0	1,7	W15_23_b_selection_0247-0747	
Verbesserung	**1,0**		1,0	0,0	0,0	0,0	1,0	0,0	0,0	1,0		0,0	1,0	1,0		0,0	1,0	1,0				1,0		9,0
X	**84,5**	709,9	38,5	17,4	1,0	15,2	63,7	64,6	12,3	52,9	0,2	234,4	217,9	5,4	511,2	625,5	73,7	1210,4	42,2	51,7	6,1	8,5	W16_16_a_selection_0205-0705	
Bubble	**85,2**	704,8	40,0	19,9	1,4	25,8	66,7	74,2	14,1	54,7	0,3	250,0	194,0	5,7	430,0	759,6	186,9	1376,5	31,2	55,2	13,6	4,1	W16_16_b_selection_0224-0725	
Verbesserung	**0,0**		1,0	1,0	1,0	1,0	1,0	1,0	1,0	1,0		1,0	1,0	1,0		1,0	1,0	1,0				1,0		15,0
X	**82,4**	730,3	51,9	45,4	16,9	54,7	77,2	89,6	32,1	65,9	0,5	320,3	114,9	7,1	952,8	821,7	557,2	2331,7	40,9	35,2	23,9	1,5	W17_47_b_selection_0106-0608	
Bubble	**82,7**	726,5	44,8	45,9	25,7	65,9	84,3	90,8	32,5	54,1	0,6	273,4	130,0	6,2	454,4	607,8	533,7	1595,9	28,5	38,1	33,4	1,1	W17_47_a_selection_0106-0607	
Verbesserung	**0,0**		0,0	1,0	1,0	1,0	1,0	1,0	1,0	0,0		1,0	0,0	0,0		0,0	0,0	0,0				1,0		8,0
X	**66,2**	919,2	117,8	116,7	62,7	87,3	94,4	97,5	82,5	144,6	0,6	554,7	17,3	12,8	2935,1	4663,4	5497,1	13095,6	22,4	35,6	42,0	0,8	W18_16_a_selection_0219-0718	
Bubble	**63,7**	961,0	137,0	134,2	69,3	84,8	91,6	95,8	94,9	168,1	0,8	648,4	16,7	14,3	4435,3	7375,2	7275,1	19085,7	23,2	38,8	38,1	1,0	W18_16_b_selection_0209-0707	
Verbesserung	**1,0**		1,0	1,0	1,0	0,0	1,0	0,0	1,0	1,0		1,0	1,0	1,0		1,0	1,0	1,0				0,0		13,0
X	**73,1**	823,2	59,0	43,6	23,4	63,9	83,2	90,1	30,8	77,4	0,4	406,2	97,4	7,2	1690,7	933,7	758,9	3383,3	50,0	27,6	22,4	1,2	W19_19_b_selection_0121-0624	
Bubble	**70,1**	856,8	55,4	44,9	25,9	63,5	81,5	89,2	31,7	71,0	0,4	359,4	76,6	6,5	764,4	1025,1	952,9	2742,3	27,9	37,4	34,7	1,1	W19_19_a_selection_0137-0639	
Verbesserung	**1,0**		0,0	1,0	1,0	0,0	0,0	0,0	1,0	0,0		0,0	1,0	0,0		1,0	1,0	0,0				1,0		8,0

HRV – WERTE VERGLEICH weiblich

	meanHR	meanRR	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	SD1/SD2	VB	SI	CV	pVLF	pLF	pHF	pTotal	rVLF	rLF	rHF	ratioLFHF	recordID	
X	**97,2**	617,9	29,6	19,1	1,9	26,7	55,1	77,2	13,5	39,5	0,3	203,1	474,3	4,8	176,2	454,2	179,6	810,0	21,8	56,1	22,2	2,5	W20_13_a_selection_0136-0635	
Bubble	**94,2**	638,1	36,6	24,9	5,3	30,6	67,7	67,7	17,6	48,7	0,4	242,2	274,7	5,7	324,9	712,2	166,1	1203,2	27,0	59,2	13,8	4,3	W20_13_b_selection_0156-0655	
Verbesserung	**1,0**		1,0	1,0	1,0	1,0	1,0	0,0	1,0	1,0		1,0	0,0	1,0		1,0	0,0	1,0				0,0		12,0
X	**84,9**	708,8	52,0	46,6	21,5	59,9	78,3	87,3	33,0	65,7	0,5	328,1	140,2	7,3	646,6	887,2	762,5	2296,3	28,2	38,6	33,2	1,2	W21_14_b_selection_0113-0615	
Bubble	**81,1**	745,3	74,9	53,3	30,6	64,2	78,7	91,0	37,7	99,0	0,4	421,9	65,0	10,1	1927,1	1670,7	1496,3	5094,1	37,8	32,8	29,4	1,1	W21_14_a_selection_0132-0630	
Verbesserung	**1,0**		1,0	1,0	1,0	1,0	1,0	1,0	1,0	1,0		1,0	1,0	1,0		1,0	1,0	1,0				1,0		16,0
X	**71,8**	839,9	74,7	66,3	42,5	75,5	85,4	91,5	46,9	94,5	0,5	421,9	52,4	8,9	1075,3	2788,9	1194,0	5058,2	21,3	55,1	23,6	2,3	W22_15_a_selection_0146-0645	
Bubble	**70,3**	858,3	81,2	69,6	49,9	74,9	88,8	88,8	49,2	103,6	0,5	437,5	43,5	9,4	1926,6	2606,5	1321,3	5854,5	32,9	44,5	22,6	2,0	W22_15_b_selection_0126-0625	
Verbesserung	**1,0**		1,0	1,0	1,0	0,0	1,0	0,0	1,0	1,0		1,0	1,0	1,0		0,0	1,0	1,0				1,0		13,0
X	**39,7**	1504,9	48,8	64,6	48,0	80,8	91,4	96,5	45,7	51,7	0,9	296,9	61,4	3,2	501,5	463,4	1202,5	2167,4	23,1	21,4	55,5	0,4	W23_42_a_selection_0049-0549	
Bubble	**42,1**	1421,3	48,7	60,5	39,5	73,8	85,7	89,5	42,8	53,9	0,8	281,2	63,5	3,4	575,9	567,9	1056,0	2199,7	26,2	25,8	48,0	0,5	W23_42_b_selection_0040-0540	
Verbesserung	**0,0**		0,0	0,0	0,0	0,0	0,0	0,0	0,0	1,0		0,0	0,0	1,0		1,0	0,0	1,0				0,0		4,0
X	**86,9**	693,4	59,2	31,0	9,3	36,4	66,6	72,6	22,0	80,6	0,3	382,8	114,8	8,5	1194,4	1689,1	277,0	3160,5	37,8	53,4	8,8	6,1	W24_15_b_selection_0203-0703	
Bubble	**86,5**	696,7	62,7	31,9	11,2	41,4	71,2	76,3	22,5	85,4	0,3	406,2	116,4	9,0	1127,3	2072,6	372,0	3571,9	31,6	58,0	10,4	5,6	W24_15_a_selection_0137-0638	
Verbesserung	**1,0**		1,0	1,0	1,0	1,0	1,0	1,0	1,0	1,0		1,0	0,0	1,0		1,0	1,0	1,0				1,0		15,0
X	**83,3**	723,0	56,4	41,4	12,9	53,6	75,5	86,2	29,2	74,1	0,4	390,6	104,9	7,8	752,4	1435,3	773,7	2961,4	25,4	48,5	26,1	1,9	W25_34_a_selection_0208-0707	
Bubble	**82,4**	729,5	49,1	25,7	4,9	35,9	71,5	75,7	18,2	66,8	0,3	312,5	120,6	6,7	606,5	790,7	256,2	1653,5	36,7	47,8	15,5	3,1	W25_34_b_selection_0208-0705	
Verbesserung	**1,0**		0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0		0,0	0,0	0,0		0,0	0,0	0,0				0,0		1,0
X	**75,6**	794,0	42,4	36,4	15,4	59,6	77,1	89,6	25,8	54,2	0,5	289,1	145,4	5,3	815,3	399,5	425,2	1640,0	49,7	24,4	25,9	0,9	W26_18_a_selection_0210-0709	
Bubble	**73,4**	817,8	48,5	44,6	21,0	66,5	83,7	89,9	31,5	60,9	0,5	335,9	128,7	5,9	827,2	608,6	680,8	2116,6	39,1	28,8	32,2	0,9	W26_18_b_selection_0153-0654	
Verbesserung	**1,0**		1,0	1,0	1,0	1,0	1,0	1,0	1,0	1,0		1,0	1,0	1,0		1,0	1,0	1,0				0,0		15,0
X	**55,3**	1084,3	27,4	24,7	2,5	44,4	69,3	76,2	17,5	34,0	0,5	218,8	310,6	2,5	227,8	241,3	139,8	608,8	37,4	39,6	23,0	1,7	W27_39_b_selection_0325-0827	
Bubble	**55,2**	1084,7	36,0	32,8	7,6	50,7	77,9	87,0	23,2	45,3	0,5	265,6	143,6	3,3	624,9	325,5	277,5	1228,0	50,9	26,5	22,6	1,2	W27_39_a_selection_0328-0829	
Verbesserung	**1,0**		1,0	1,0	1,0	1,0	1,0	1,0	1,0	1,0		1,0	1,0	1,0		1,0	1,0	1,0				1,0		16,0
X	**75,3**	795,8	34,7	19,8	2,4	25,6	56,3	77,1	14,0	46,9	0,3	273,4	215,6	4,4	594,3	359,3	146,6	1100,2	54,0	32,7	13,3	2,5	W28_72_a_selection_0103-0603	
Bubble	**74,0**	811,6	40,0	24,4	4,6	28,7	55,6	77,0	17,2	53,7	0,3	289,1	156,5	4,9	666,8	510,7	202,3	1379,7	48,3	37,0	14,7	2,5	W28_72_b_selection_0113-0614	
Verbesserung	**1,0**		1,0	1,0	1,0	1,0	0,0	0,0	1,0	1,0		1,0	1,0	1,0		1,0	1,0	1,0				0,0		13,0
X	**67,9**	884,7	56,5	62,1	50,3	79,0	89,9	92,3	43,9	66,7	0,7	335,9	69,9	6,4	773,4	891,6	1343,8	3008,8	25,7	29,6	44,7	0,7	W29_19_a_selection_0151-0651	
Bubble	**65,8**	914,4	61,9	70,0	53,5	81,3	90,2	91,4	49,5	72,0	0,7	359,4	75,2	6,8	575,0	1333,4	1840,4	3748,7	15,3	35,6	49,1	0,7	W29_19_b_selection_0244-0744	
Verbesserung	**1,0**		1,0	1,0	1,0	1,0	1,0	0,0	1,0	1,0		1,0	0,0	1,0		1,0	1,0	1,0				0,0		13,0
X	**50,4**	1190,0	48,6	33,8	12,6	51,8	75,1	75,1	23,9	64,5	0,4	281,2	78,5	4,1	1344,8	443,1	286,3	2074,1	64,8	21,4	13,8	1,5	W31_50_b_selection_0205-0708	
Bubble	**50,8**	1180,9	51,1	33,4	13,5	50,4	73,0	73,0	23,6	68,3	0,3	296,9	67,3	4,3	1567,2	460,6	301,2	2329,0	67,3	19,8	12,9	1,5	W31_50_a_selection_0127-0625	
Verbesserung	**0,0**		1,0	0,0	1,0	0,0	0,0	0,0	0,0	1,0		1,0	1,0	1,0		1,0	1,0	1,0				0,0		9,0
X	**88,8**	680,2	64,6	46,4	24,0	58,4	76,7	87,3	32,8	85,2	0,4	375,0	89,9	9,5	1207,8	1729,5	918,8	3856,1	31,3	44,9	23,8	1,9	W32_12_a_selection_0034-0535	
Bubble	**88,6**	684,1	76,7	54,5	23,9	60,2	76,6	86,0	38,5	101,3	0,4	437,5	62,3	11,2	2762,1	1527,7	1187,9	5477,7	50,4	27,9	21,7	1,3	W32_12_b_selection_0116-0614	
Verbesserung	**1,0**		1,0	1,0	0,0	1,0	0,0	0,0	1,0	1,0		0,0	1,0	1,0		0,0	1,0	1,0				1,0		11,0
X	**72,8**	844,5	136,0	158,2	74,7	90,8	95,9	96,2	111,8	156,3	0,7	578,1	18,6	16,1	1618,8	6406,1	8287,6	16312,5	9,9	39,3	50,8	0,8	W33_8_b_selection_0056-0505	
Bubble	**73,9**	829,5	126,1	148,5	72,1	88,3	93,4	95,5	105,0	143,6	0,7	554,7	20,9	15,2	2246,5	4937,5	7010,3	14194,4	15,8	34,8	49,4	0,7	W33_8_a_selection_0046-0447	
Verbesserung	**0,0**		0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0		0,0	0,0	0,0		0,0	0,0	0,0				1,0		1,0

Gesamt 20 ausgewertet

	meanHR	meanRR	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	SD1/SD2	VB	SI	CV	pVLF	pLF	pHF	pTotal	rVLF	rLF	rHF	ratioLFHF	recordID	
Dummy	8,0		10,0	7,0	11,0	10,0	10,0	15,0	7,0	9,0		12,0	12,0	9,0		10,0	9,0	8,0				15,0		10
Bubble	22,0		20,0	23,0	19,0	20,0	20,0	15,0	23,0	21,0		18,0	18,0	21,0		20,0	21,0	22,0				15,0		20

9.4. NPAR Test / Binomial Significance Calculations

Test auf Binomialverteilung

		Kategorie	N	Beobachtete Wahrsch.	Testwahrsch.	Exakte Sig. (2-seitig)
MeanHR	Group 1	1,00	34	,68	,50	,015
	Group 2	,00	16	,32		
	Gesamt		50	1,00		
SDNN	Group 1	1,00	32	,64	,50	,065
	Group 2	,00	18	,36		
	Gesamt		50	1,00		
RMSSD	Group 1	1,00	40	,80	,50	,000
	Group 2	,00	10	,20		
	Gesamt		50	1,00		
pNN50	Group 1	,00	17	,34	,50	,033
	Group 2	1,00	33	,66		
	Gesamt		50	1,00		
pNN20	Group 1	1,00	35	,70	,50	,007
	Group 2	,00	15	,30		
	Gesamt		50	1,00		
pNN10	Group 1	1,00	33	,66	,50	,033
	Group 2	,00	17	,34		
	Gesamt		50	1,00		
pNN05	Group 1	1,00	27	,54	,50	,672
	Group 2	,00	23	,46		
	Gesamt		50	1,00		
SD1	Group 1	1,00	40	,80	,50	,000
	Group 2	,00	10	,20		
	Gesamt		50	1,00		
SD2	Group 1	1,00	32	,64	,50	,065
	Group 2	,00	18	,36		
	Gesamt		50	1,00		
VB	Group 1	1,00	26	,52	,50	,888
	Group 2	,00	24	,48		
	Gesamt		50	1,00		
Stressindex	Group 1	1,00	32	,64	,50	,065
	Group 2	,00	18	,36		
	Gesamt		50	1,00		
CV	Group 1	1,00	34	,68	,50	,015
	Group 2	,00	16	,32		
	Gesamt		50	1,00		
powerLF	Group 1	1,00	35	,70	,50	,007
	Group 2	,00	15	,30		
	Gesamt		50	1,00		
powerHF	Group 1	,00	18	,36	,50	,065
	Group 2	1,00	32	,64		
	Gesamt		50	1,00		
powerTotal	Group 1	1,00	35	,70	,50	,007
	Group 2	,00	15	,30		
	Gesamt		50	1,00		
ratioLFHF	Group 1	,00	27	,54	,50	,672
	Group 2	1,00	23	,46		
	Gesamt		50	1,00		

9.5. Group comparison test, Cross table test/Chi2-Test

Exact Test according to Fischer, double sided calculated

Examination for significant difference between male - female

Summary

	Fälle					
	Gültig		Fehlende Werte		Gesamt	
	N	Prozent	N	Prozent	N	Prozent
Sex × MeanHR	50	100,0%	0	,0%	50	100,0%
Sex × SDNN	50	100,0%	0	,0%	50	100,0%
Sex × RMSSD	50	100,0%	0	,0%	50	100,0%
Sex × pNN50	50	100,0%	0	,0%	50	100,0%
Sex × pNN20	50	100,0%	0	,0%	50	100,0%
Sex × pNN10	50	100,0%	0	,0%	50	100,0%
Sex × pNN05	50	100,0%	0	,0%	50	100,0%
Sex × SD1	50	100,0%	0	,0%	50	100,0%
Sex × SD2	50	100,0%	0	,0%	50	100,0%
Sex × VB	50	100,0%	0	,0%	50	100,0%
Sex × Stressindex	50	100,0%	0	,0%	50	100,0%
Sex × CV	50	100,0%	0	,0%	50	100,0%
Sex × powerLF	50	100,0%	0	,0%	50	100,0%
Sex × powerHF	50	100,0%	0	,0%	50	100,0%
Sex × powerTotal	50	100,0%	0	,0%	50	100,0%
Sex × ratioLFHF	50	100,0%	0	,0%	50	100,0%

Sex × MeanHR

			MeanHR		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	8	12	20
		Row %	40,0%	60,0%	100,0%
		Column %	50,0%	35,3%	40,0%
		Total %	16,0%	24,0%	40,0%
	weiblich	Beobachtete Häufigkeit	8	22	30
		Row %	26,7%	73,3%	100,0%
		Column %	50,0%	64,7%	60,0%
		Total %	16,0%	44,0%	60,0%
Gesamt		Beobachtete Häufigkeit	16	34	50
		Row %	32,0%	68,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	32,0%	68,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,98	1	,322		
Likelihood-Quotient	,97	1	,324		
Exakter Test nach Fisher				,366	,247
Kontinuitätskorrektur	,46	1	,496		
Zusammenhangstest linear-mit-linear	,96	1	,327		
N der gültigen Fälle	50				

Sex × SDNN

			SDNN		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	8	12	20
		Row %	40,0%	60,0%	100,0%
		Column %	44,4%	37,5%	40,0%
		Total %	16,0%	24,0%	40,0%
	weiblich	Beobachtete Häufigkeit	10	20	30
		Row %	33,3%	66,7%	100,0%
		Column %	55,6%	62,5%	60,0%
		Total %	20,0%	40,0%	60,0%
Gesamt		Beobachtete Häufigkeit	18	32	50
		Row %	36,0%	64,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	36,0%	64,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,23	1	,630		
Likelihood-Quotient	,23	1	,631		
Exakter Test nach Fisher				,765	,426
Kontinuitätskorrektur	,03	1	,857		
Zusammenhangstest linear-mit-linear	,23	1	,634		
N der gültigen Fälle	50				

Sex × RMSSD

			RMSSD		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	3	17	20
		Row %	15,0%	85,0%	100,0%
		Column %	30,0%	42,5%	40,0%
		Total %	6,0%	34,0%	40,0%
	weiblich	Beobachtete Häufigkeit	7	23	30
		Row %	23,3%	76,7%	100,0%
		Column %	70,0%	57,5%	60,0%
		Total %	14,0%	46,0%	60,0%
Gesamt		Beobachtete Häufigkeit	10	40	50
		Row %	20,0%	80,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	20,0%	80,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,52	1	,470		
Likelihood-Quotient	,54	1	,464		
Exakter Test nach Fisher				,720	,365
Kontinuitätskorrektur	,13	1	,718		
Zusammenhangstest linear-mit-linear	,51	1	,475		
N der gültigen Fälle	50				

Sex × pNN50

			pNN50		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	6	14	20
		Row %	30,0%	70,0%	100,0%
		Column %	35,3%	42,4%	40,0%
		Total %	12,0%	28,0%	40,0%
	weiblich	Beobachtete Häufigkeit	11	19	30
		Row %	36,7%	63,3%	100,0%
		Column %	64,7%	57,6%	60,0%
		Total %	22,0%	38,0%	60,0%
Gesamt		Beobachtete Häufigkeit	17	33	50
		Row %	34,0%	66,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	34,0%	66,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,24	1	,626		
Likelihood-Quotient	,24	1	,625		
Exakter Test nach Fisher				,763	,430
Kontinuitätskorrektur	,03	1	,855		
Zusammenhangstest linear-mit-linear	,23	1	,629		
N der gültigen Fälle	50				

Sex × pNN20

			pNN20		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	5	15	20
		Row %	25,0%	75,0%	100,0%
		Column %	33,3%	42,9%	40,0%
		Total %	10,0%	30,0%	40,0%
	weiblich	Beobachtete Häufigkeit	10	20	30
		Row %	33,3%	66,7%	100,0%
		Column %	66,7%	57,1%	60,0%
		Total %	20,0%	40,0%	60,0%
Gesamt		Beobachtete Häufigkeit	15	35	50
		Row %	30,0%	70,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	30,0%	70,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,40	1	,529		
Likelihood-Quotient	,40	1	,526		
Exakter Test nach Fisher				,754	,380
Kontinuitätskorrektur	,10	1	,753		
Zusammenhangstest linear-mit-linear	,39	1	,533		
N der gültigen Fälle	50				

Sex × pNN10

			pNN10		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	7	13	20
		Row %	35,0%	65,0%	100,0%
		Column %	41,2%	39,4%	40,0%
		Total %	14,0%	26,0%	40,0%
	weiblich	Beobachtete Häufigkeit	10	20	30
		Row %	33,3%	66,7%	100,0%
		Column %	58,8%	60,6%	60,0%
		Total %	20,0%	40,0%	60,0%
Gesamt		Beobachtete Häufigkeit	17	33	50
		Row %	34,0%	66,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	34,0%	66,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,01	1	,903		
Likelihood-Quotient	,01	1	,903		
Exakter Test nach Fisher				1,000	,570
Kontinuitätskorrektur	,00	1	1,000		
Zusammenhangstest linear-mit-linear	,01	1	,904		
N der gültigen Fälle	50				

Sex × pNN05

			pNN05		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	8	12	20
		Row %	40,0%	60,0%	100,0%
		Column %	34,8%	44,4%	40,0%
		Total %	16,0%	24,0%	40,0%
	weiblich	Beobachtete Häufigkeit	15	15	30
		Row %	50,0%	50,0%	100,0%
		Column %	65,2%	55,6%	60,0%
		Total %	30,0%	30,0%	60,0%
Gesamt		Beobachtete Häufigkeit	23	27	50
		Row %	46,0%	54,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	46,0%	54,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,48	1	,487		
Likelihood-Quotient	,49	1	,486		
Exakter Test nach Fisher				,569	,343
Kontinuitätskorrektur	,16	1	,685		
Zusammenhangstest linear-mit-linear	,47	1	,491		
N der gültigen Fälle	50				

Sex × SD1

			SD1		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	3	17	20
		Row %	15,0%	85,0%	100,0%
		Column %	30,0%	42,5%	40,0%
		Total %	6,0%	34,0%	40,0%
	weiblich	Beobachtete Häufigkeit	7	23	30
		Row %	23,3%	76,7%	100,0%
		Column %	70,0%	57,5%	60,0%
		Total %	14,0%	46,0%	60,0%
Gesamt		Beobachtete Häufigkeit	10	40	50
		Row %	20,0%	80,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	20,0%	80,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,52	1	,470		
Likelihood-Quotient	,54	1	,464		
Exakter Test nach Fisher				,720	,365
Kontinuitätskorrektur	,13	1	,718		
Zusammenhangstest linear-mit-linear	,51	1	,475		
N der gültigen Fälle	50				

Sex × SD2

			SD2		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	9	11	20
		Row %	45,0%	55,0%	100,0%
		Column %	50,0%	34,4%	40,0%
		Total %	18,0%	22,0%	40,0%
	weiblich	Beobachtete Häufigkeit	9	21	30
		Row %	30,0%	70,0%	100,0%
		Column %	50,0%	65,6%	60,0%
		Total %	18,0%	42,0%	60,0%
Gesamt		Beobachtete Häufigkeit	18	32	50
		Row %	36,0%	64,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	36,0%	64,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	1,17	1	,279		
Likelihood-Quotient	1,16	1	,281		
Exakter Test nach Fisher				,370	,217
Kontinuitätskorrektur	,61	1	,434		
Zusammenhangstest linear-mit-linear	1,15	1	,284		
N der gültigen Fälle	50				

Sex × VB

			VB		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	12	8	20
		Row %	60,0%	40,0%	100,0%
		Column %	50,0%	30,8%	40,0%
		Total %	24,0%	16,0%	40,0%
	weiblich	Beobachtete Häufigkeit	12	18	30
		Row %	40,0%	60,0%	100,0%
		Column %	50,0%	69,2%	60,0%
		Total %	24,0%	36,0%	60,0%
Gesamt		Beobachtete Häufigkeit	24	26	50
		Row %	48,0%	52,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	48,0%	52,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	1,92	1	,166		
Likelihood-Quotient	1,93	1	,164		
Exakter Test nach Fisher				,248	,136
Kontinuitätskorrektur	1,21	1	,272		
Zusammenhangstest linear-mit-linear	1,88	1	,170		
N der gültigen Fälle	50				

Sex × Stressindex

			Stressindex		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	6	14	20
		Row %	30,0%	70,0%	100,0%
		Column %	33,3%	43,8%	40,0%
		Total %	12,0%	28,0%	40,0%
	weiblich	Beobachtete Häufigkeit	12	18	30
		Row %	40,0%	60,0%	100,0%
		Column %	66,7%	56,3%	60,0%
		Total %	24,0%	36,0%	60,0%
Gesamt		Beobachtete Häufigkeit	18	32	50
		Row %	36,0%	64,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	36,0%	64,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,52	1	,470		
Likelihood-Quotient	,53	1	,468		
Exakter Test nach Fisher				,556	,339
Kontinuitätskorrektur	,18	1	,674		
Zusammenhangstest linear-mit-linear	,51	1	,475		
N der gültigen Fälle	50				

Sex × CV

			CV		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	7	13	20
		Row %	35,0%	65,0%	100,0%
		Column %	43,8%	38,2%	40,0%
		Total %	14,0%	26,0%	40,0%
	weiblich	Beobachtete Häufigkeit	9	21	30
		Row %	30,0%	70,0%	100,0%
		Column %	56,3%	61,8%	60,0%
		Total %	18,0%	42,0%	60,0%
Gesamt		Beobachtete Häufigkeit	16	34	50
		Row %	32,0%	68,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	32,0%	68,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,14	1	,710		
Likelihood-Quotient	,14	1	,711		
Exakter Test nach Fisher				,763	,472
Kontinuitätskorrektur	,00	1	,951		
Zusammenhangstest linear-mit-linear	,14	1	,713		
N der gültigen Fälle	50				

Sex × powerLF

			powerLF		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	5	15	20
		Row %	25,0%	75,0%	100,0%
		Column %	33,3%	42,9%	40,0%
		Total %	10,0%	30,0%	40,0%
	weiblich	Beobachtete Häufigkeit	10	20	30
		Row %	33,3%	66,7%	100,0%
		Column %	66,7%	57,1%	60,0%
		Total %	20,0%	40,0%	60,0%
Gesamt		Beobachtete Häufigkeit	15	35	50
		Row %	30,0%	70,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	30,0%	70,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,40	1	,529		
Likelihood-Quotient	,40	1	,526		
Exakter Test nach Fisher				,754	,380
Kontinuitätskorrektur	,10	1	,753		
Zusammenhangstest linear-mit-linear	,39	1	,533		
N der gültigen Fälle	50				

Sex × powerHF

			powerHF		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	9	11	20
		Row %	45,0%	55,0%	100,0%
		Column %	50,0%	34,4%	40,0%
		Total %	18,0%	22,0%	40,0%
	weiblich	Beobachtete Häufigkeit	9	21	30
		Row %	30,0%	70,0%	100,0%
		Column %	50,0%	65,6%	60,0%
		Total %	18,0%	42,0%	60,0%
Gesamt		Beobachtete Häufigkeit	18	32	50
		Row %	36,0%	64,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	36,0%	64,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	1,17	1	,279		
Likelihood-Quotient	1,16	1	,281		
Exakter Test nach Fisher				,370	,217
Kontinuitätskorrektur	,61	1	,434		
Zusammenhangstest linear-mit-linear	1,15	1	,284		
N der gültigen Fälle	50				

Sex × powerTotal

			powerTotal		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	7	13	20
		Row %	35,0%	65,0%	100,0%
		Column %	46,7%	37,1%	40,0%
		Total %	14,0%	26,0%	40,0%
	weiblich	Beobachtete Häufigkeit	8	22	30
		Row %	26,7%	73,3%	100,0%
		Column %	53,3%	62,9%	60,0%
		Total %	16,0%	44,0%	60,0%
Gesamt		Beobachtete Häufigkeit	15	35	50
		Row %	30,0%	70,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	30,0%	70,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,40	1	,529		
Likelihood-Quotient	,39	1	,530		
Exakter Test nach Fisher				,547	,374
Kontinuitätskorrektur	,10	1	,753		
Zusammenhangstest linear-mit-linear	,39	1	,533		
N der gültigen Fälle	50				

Sex × ratioLFHF

			ratioLFHF		
			,00	1,00	Gesamt
Sex	männlich	Beobachtete Häufigkeit	12	8	20
		Row %	60,0%	40,0%	100,0%
		Column %	44,4%	34,8%	40,0%
		Total %	24,0%	16,0%	40,0%
	weiblich	Beobachtete Häufigkeit	15	15	30
		Row %	50,0%	50,0%	100,0%
		Column %	55,6%	65,2%	60,0%
		Total %	30,0%	30,0%	60,0%
Gesamt		Beobachtete Häufigkeit	27	23	50
		Row %	54,0%	46,0%	100,0%
		Column %	100,0%	100,0%	100,0%
		Total %	54,0%	46,0%	100,0%

Chi-Square Tests

	Wert	df	Asymptotic Sig. (2-tailed)	Exakte Sig. (2-seitig)	Exakte Sig. (1-seitig)
Pearson Chi-Quadrat	,48	1	,487		
Likelihood-Quotient	,49	1	,486		
Exakter Test nach Fisher				,569	,343
Kontinuitätskorrektur	,16	1	,685		
Zusammenhangstest linear-mit-linear	,47	1	,491		
N der gültigen Fälle	50				