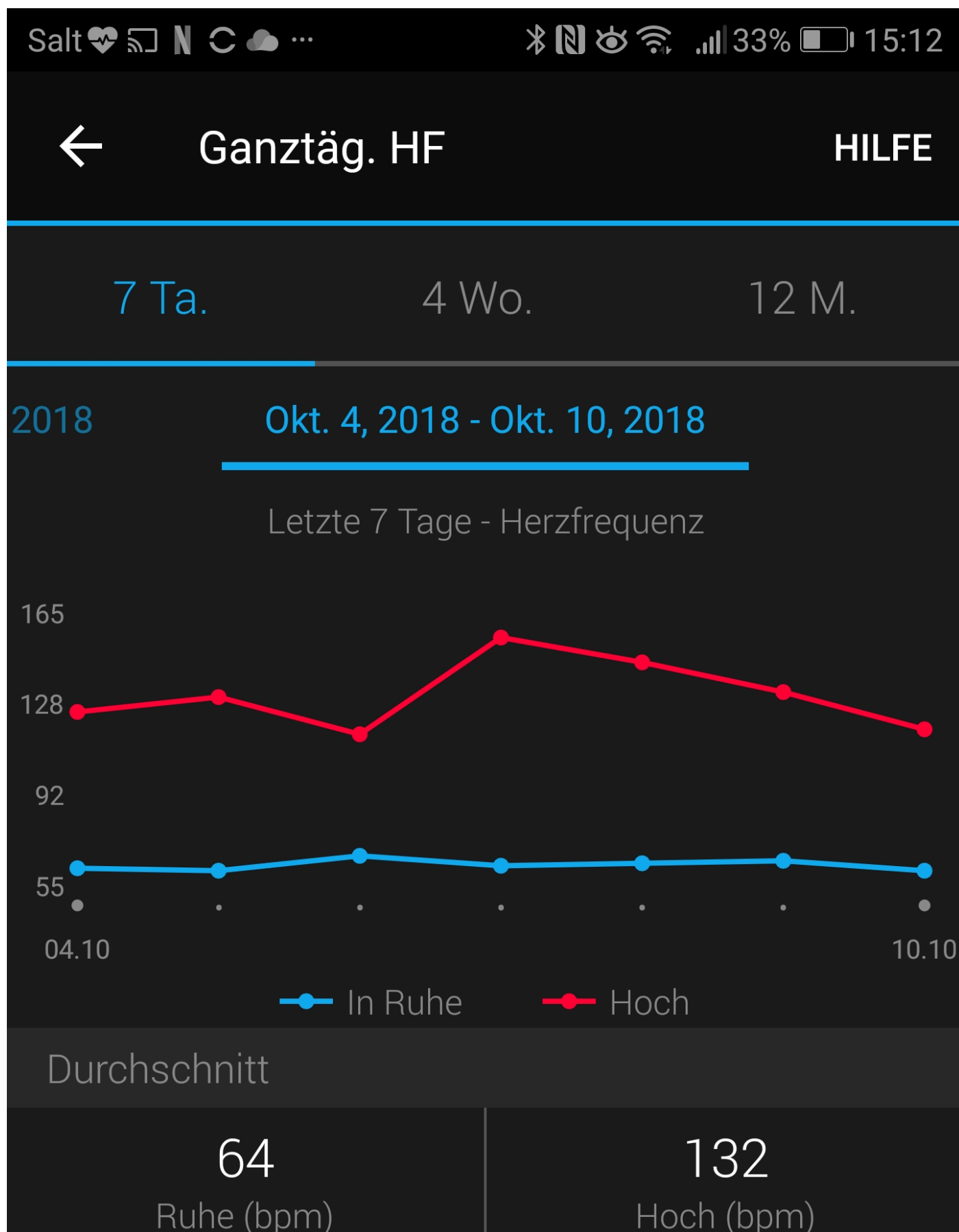






Ganztäg. HF

HILFE

7 Ta.

4 Wo.

12 M.

2018

Okt. 4, 2018 - Okt. 10, 2018

0+

Ruhe (bpm)

102

Hoch (bpm)

Okt. 10, 2018

62 bpm - 119 bpm

Okt. 9, 2018

66 bpm - 134 bpm

Okt. 8, 2018

65 bpm - 146 bpm

Okt. 7, 2018

64 bpm - 156 bpm

Okt. 6, 2018

68 bpm - 117 bpm

Okt. 5, 2018

62 bpm - 132 bpm

Okt. 4, 2018

63 bpm - 126 bpm

Oktober 7

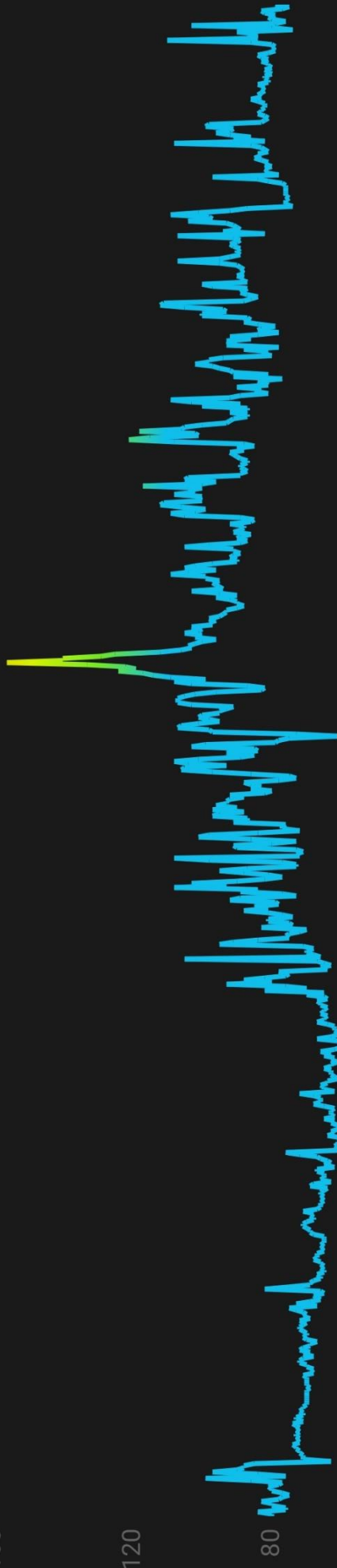
BPM

200

160

120

80



Zz









04

08

12

16

20

BPM

Oktober 8

200

160

120

80



zzz

🕒

🏃

🏃

04

08

12

16

20

BPM

Oktober 9

200

160

120

80



Zz

08

04

12

16

20