Schweizerischer Feuerwehrverband

Richtlinien für die ärztliche Untersuchung von Feuerwehrleuten (Ausgabe 2007, revidiert 2013), **Appendix 3**

Sollwerte in Watt für die maximale Leistung im Belastungs-EKG bei ansteigender Belastung, aufgeteilt nach Alter, Geschlecht und Körpergewicht

Gewicht	**Alter (J.)**								
Männer	**20–24**	**25–29**	**30–34**	**35–39**	**40–44**	**45–49**	**50–54**	**54–59**	**60–64**
60–65	220	210	200	185	175	170	155	150	135
66–69	225	215	205	195	180	175	160	155	140
70–73	230	220	210	200	190	180	165	160	145
74–77	235	225	215	205	195	185	170	165	150
78–81	240	230	220	200	190	180	170	160	150
82–85	245	235	225	215	205	195	185	175	160
86–89	250	240	230	220	210	200	190	180	170
90–93	255	245	235	225	215	205	195	185	175
94–97	260	250	240	230	220	210	200	190	180
98–101	265	255	245	235	225	215	205	195	185
102–105	270	260	250	240	230	220	210	200	190
106–109	280	270	260	250	235	225	215	205	195

Gewicht	**Alter (J.)**								
Frauen	**20–24**	**25–29**	**30–34**	**35–39**	**40–44**	**45–49**	**50–54**	**54–59**	**60–64**
40–45	110	105	100	95	90	90	85	75	75
46–49	115	110	105	100	100	95	90	85	80
50–53	120	115	110	105	100	100	95	90	85
54–57	125	120	120	115	110	105	100	100	95
58–61	130	125	125	120	115	110	105	100	100
62–65	135	135	130	125	120	120	115	110	105
66–69	140	140	135	130	130	125	120	115	110
70–73	150	145	140	135	130	130	125	120	115
74–77	155	150	145	140	135	135	130	125	120
78–81	160	155	150	150	145	140	135	130	130
82–85	165	160	155	150	150	145	140	140	135
86–89	170	165	160	160	155	150	145	140	140

Reiterer, W.: Kriterien der körperlichen Leistungsfähigkeit. Wien. Med. Wschr. 127, Suppl. 42, 1977, 1–19

Schweizerischer Feuerwehrverband

Richtlinien für die ärztliche Untersuchung von Feuerwehrleuten (Ausgabe 2007, revidiert 2013), **Appendix 4**

Berechnung der absoluten VO_2max nach Noakes (Maximalleistung x 0.01141 + 0.435)
VO_2max relativ bei folgenden Gewichten:

Max.leistung (Watt)	VO_2max (l/min)	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120
10	0.55	12	11	10	9	8	8	7	7	6	6	6	5	5	5	5	5
20	0.66	15	13	12	11	10	9	9	8	8	7	7	7	6	6	6	6
30	0.78	17	16	14	13	12	11	10	10	9	9	8	8	7	7	7	6
40	0.89	20	18	16	15	14	13	12	11	10	10	9	9	8	8	8	7
50	1.01	22	20	18	17	15	14	13	13	12	11	11	10	10	9	9	8
60	1.12	25	22	20	19	17	16	15	14	13	12	12	11	11	10	10	9
70	1.23	27	25	22	21	19	18	16	15	15	14	13	12	12	11	11	10
80	1.35	30	27	25	22	21	19	18	17	16	15	14	13	13	12	12	11
90	1.46	32	29	27	24	22	21	19	18	17	16	15	15	14	13	13	12
100	1.58	35	32	29	26	24	23	21	20	19	18	17	16	15	14	14	13
110	1.69	38	34	31	28	26	24	23	21	20	19	18	17	16	15	15	14
120	1.80	40	36	33	30	28	26	24	23	21	20	19	18	17	16	16	15
130	1.92	43	38	35	32	30	27	26	24	23	21	20	19	18	17	17	16
140	2.03	45	41	37	34	31	29	27	25	24	23	21	20	19	18	18	17
150	2.15	48	43	39	36	33	31	29	27	25	24	23	21	20	20	19	18
160	2.26	50	45	41	38	35	32	30	28	27	25	24	23	22	21	20	19
170	2.37	53	47	43	40	37	34	32	30	28	26	25	24	23	22	21	20
180	2.49	55	50	45	41	38	36	33	31	29	28	26	25	24	23	22	21
190	2.60	58	52	47	43	40	37	35	33	31	29	27	26	25	24	23	22
200	2.72	60	54	49	45	42	39	36	34	32	30	29	27	26	25	24	23
210	2.83	63	57	51	47	44	40	38	35	33	31	30	28	27	26	25	24
220	2.95	65	59	54	49	45	42	39	37	35	33	31	29	28	27	26	25
230	3.06	68	61	56	51	47	44	41	38	36	34	32	31	29	28	27	25
240	3.17	71	63	58	53	49	45	42	40	37	35	33	32	30	29	28	26
250	3.29	73	66	60	55	51	47	44	41	39	37	35	33	31	30	29	27
260	3.40	76	68	62	57	52	49	45	43	40	38	36	34	32	31	30	28
270	3.52	78	70	64	59	54	50	47	44	41	39	37	35	33	32	31	29
280	3.63	81	73	66	60	56	52	48	45	43	40	38	36	35	33	32	30
290	3.74	83	75	68	62	58	53	50	47	44	42	39	37	36	34	33	31
300	3.86	86	77	70	64	59	55	51	48	45	43	41	39	37	35	34	32
310	3.97	88	79	72	66	61	57	53	50	47	44	42	40	38	36	35	33
320	4.09		82	74	68	63	58	54	51	48	45	43	41	39	37	36	34
330	4.20		84	76	70	65	60	56	53	49	47	44	42	40	38	37	35
340	4.31		86	78	72	66	62	58	54	51	48	45	43	41	39	38	36
350	4.43		89	81	74	68	63	59	55	52	49	47	44	42	40	39	37
360	4.54			83	76	70	65	61	57	53	50	48	45	43	41	40	38
370	4.66			85	78	72	67	62	58	55	52	49	47	44	42	40	39
380	4.77			87	80	73	68	64	60	56	53	50	48	45	43	41	40
390	4.88			89	81	75	70	65	61	57	54	51	49	47	44	42	41
400	5.00				83	77	71	67	62	59	56	53	50	48	45	43	42
410	5.11				85	79	73	68	64	60	57	54	51	49	46	44	43
420	5.23				87	80	75	70	65	61	58	55	52	50	48	45	44
430	5.34				89	82	76	71	67	63	59	56	53	51	49	46	45
440	5.46					84	78	73	68	64	61	57	55	52	50	47	45
450	5.57					86	80	74	70	66	62	59	56	53	51	48	46
460	5.68					87	81	76	71	67	63	60	57	54	52	49	47
470	5.80					89	83	77	72	68	64	61	58	55	53	50	48
480	5.91						84	79	74	70	66	62	59	56	54	51	49
490	6.03						86	80	75	71	67	63	60	57	55	52	50
500	6.14						88	82	77	72	68	65	61	58	56	53	51
510	6.25						89	83	78	74	69	66	63	60	57	54	52
520	6.37							85	80	75	71	67	64	61	58	55	53
530	6.48							86	81	76	72	68	65	62	59	56	54
540	6.60							88	82	78	73	69	66	63	60	57	55
550	6.71							89	84	79	75	71	67	64	61	58	56
560	6.82								85	80	76	72	68	65	62	59	57
570	6.94								87	82	77	73	69	66	63	60	58
580	7.05								88	83	78	74	71	67	64	61	59
590	7.17									84	80	75	72	68	65	62	60
600	7.28									86	81	77	73	69	66	63	61

Quelle: JA Hawley, TD Noakes, Peak power output predicts oxygen uptake and performance time in trained cyclists. Eur J Appl. Physiol (1992) 65: 79–83

Schweizerischer Feuerwehrverband

Richtlinien für die ärztliche Untersuchung von Feuerwehrleuten (Ausgabe 2007, revidiert 2013), **Appendix 5.1**

Umrechnungstabelle Männer Name: Mann Gewicht: 80 kg

12'-Lauf/Laktatstufentest Laufen Labor					Veolotest Labor			Volksläufe			½ Marathon	Marathon
12'-Lauf	Schwelle	Vmax	VO_2maxabs.	VO_2maxrel.	VO_2maxrel.	Pmax rel.	Pmax abs.	Kerzers	GP Bern	Murten	Greifensee	Marathon
Meter	**km/h**	**km/h**	**l/min**	**ml/kg/min**	**ml/min/kg**	**Watt/kg**	**Watt**	**min**	**min**	**min**	**min**	**min**
4.277	22.1	24.9	6.3	79.0	71.1	5.76	460.6	44	48.7	54.0	64.1	128.8
4.192	21.6	24.4	6.2	77.6	69.8	5.64	451.6	45	49.8	55.1	65.4	132.3
4.110	21.1	23.9	6.1	76.2	68.6	5.54	443.0	46	50.8	56.2	66.7	135.8
4.032	20.6	23.4	6.0	74.9	67.4	5.43	434.7	47	51.8	57.3	68.0	139.2
3.957	20.2	23.0	5.9	73.7	66.3	5.34	426.8	48	52.8	58.4	69.3	142.7
3.885	19.8	22.6	5.8	72.5	65.2	5.24	419.2	49	53.8	59.5	70.5	146.2
3.816	19.4	22.1	5.7	71.3	64.2	5.15	411.9	50	54.8	60.6	71.8	149.7
3.750	19.0	21.7	5.6	70.2	63.2	5.06	404.9	51	55.8	61.7	73.1	153.1
3.686	18.6	21.4	5.5	69.1	62.2	4.98	398.2	52	56.8	62.8	74.4	156.6
3.624	18.2	21.0	5.4	68.1	61.3	4.90	391.7	53	57.8	63.9	75.7	160.1
3.565	17.9	20.6	5.4	67.1	60.4	4.82	385.5	54	58.8	65.0	77.0	163.5
3.508	17.5	20.3	5.3	66.2	59.6	4.74	379.5	55	59.8	66.1	78.3	167.0
3.453	17.2	20.0	5.2	65.3	58.7	4.67	373.7	56	60.8	67.2	79.6	170.5
3.400	16.9	19.6	5.2	64.4	57.9	4.60	368.1	57	61.8	68.3	80.8	173.9
3.349	16.6	19.3	5.1	63.5	57.2	4.53	362.7	58	62.8	69.4	82.1	177.4
3.300	16.3	19.0	5.0	62.7	56.4	4.47	357.5	59	63.8	70.5	83.4	180.9
3.252	16.0	18.7	5.0	61.9	55.7	4.41	352.5	60	64.8	71.6	84.7	184.4
3.206	15.7	18.5	4.9	61.1	55.0	4.34	347.6	61	65.9	72.7	86.0	187.8
3.161	15.5	18.2	4.8	60.4	54.3	4.29	342.9	62	66.9	73.8	87.3	191.3
3.118	15.2	17.9	4.8	59.7	53.7	4.23	338.3	63	67.9	74.9	88.6	194.8
3.076	15.0	17.7	4.7	59.0	53.1	4.17	333.9	64	68.9	76.0	89.8	198.2
3.035	14.7	17.4	4.7	58.3	52.4	4.12	329.6	65	69.9	77.1	91.1	201.7
2.996	14.5	17.2	4.6	57.6	51.9	4.07	325.4	66	70.9	78.2	92.4	205.2
2.957	14.3	17.0	4.6	57.0	51.3	4.02	321.4	67	71.9	79.4	93.7	208.7
2.920	14.1	16.7	4.5	56.4	50.7	3.97	317.5	68	72.9	80.5	95.0	212.1
2.884	13.8	16.5	4.5	55.8	50.2	3.92	313.7	69	73.9	81.6	96.3	215.6
2.849	13.6	16.3	4.4	55.2	49.7	3.87	310.0	70	74.9	82.7	97.6	219.1
2.815	13.4	16.1	4.4	54.6	49.1	3.83	306.4	71	75.9	83.8	98.8	222.5
2.782	13.2	15.9	4.3	54.0	48.6	3.79	302.9	72	76.9	84.9	100.1	226.0
2.750	13.1	15.7	4.3	53.5	48.2	3.74	299.5	73	77.9	86.0	101.4	229.5
2.718	12.9	15.5	4.2	53.0	47.7	3.70	296.2	74	78.9	87.1	102.7	232.9
2.688	12.7	15.3	4.2	52.5	47.2	3.66	293.0	75	79.9	88.2	104.0	236.4
2.658	12.5	15.2	4.2	52.0	46.8	3.62	289.9	76	80.9	89.3	105.3	239.9
2.629	12.3	15.0	4.1	51.5	46.3	3.59	286.8	77	82.0	90.4	106.6	243.4
2.601	12.2	14.8	4.1	51.0	45.9	3.55	283.8	78	83.0	91.5	107.9	246.8
2.574	12.0	14.6	4.0	50.6	45.5	3.51	281.0	79	84.0	92.6	109.1	250.3
2.547	11.9	14.5	4.0	50.1	45.1	3.48	278.1	80	85.0	93.7	110.4	253.8
2.521	11.7	14.3	4.0	49.7	44.7	3.44	275.4	81	86.0	94.8	111.7	257.2
2.495	11.6	14.2	3.9	49.3	44.3	3.41	272.7	82	87.0	95.9	113.0	260.7
2.471	11.4	14.0	3.9	48.8	44.0	3.38	270.1	83	88.0	97.0	114.3	264.2
2.446	11.3	13.9	3.9	48.4	43.6	3.34	267.5	84	89.0	98.1	115.6	267.6
2.423	11.1	13.7	3.8	48.0	43.2	3.31	265.0	85	90.0	99.2	116.9	271.1
2.399	11.0	13.6	3.8	47.7	42.9	3.28	262.6	86	91.0	100.3	118.1	274.6
2.377	10.9	13.5	3.8	47.3	42.5	3.25	260.2	87	92.0	101.4	119.4	278.1
2.355	10.7	13.3	3.8	46.9	42.2	3.22	257.9	88	93.0	102.5	120.7	281.5
2.333	10.6	13.2	3.7	46.5	41.9	3.19	255.6	89	94.0	103.6	122.0	285.0
2.312	10.5	13.1	3.7	46.2	41.6	3.17	253.4	90	95.1	104.7	123.3	288.5
2.091	9.2	11.7	3.4	42.5	38.3	2.88	230.1	91				291.9
2.051	8.9	11.5	3.3	41.8	37.6	2.82	225.8	92				295.4
2.010	8.7	11.2	3.3	41.1	37.0	2.77	221.5	93	98.1			298.9
1.969	8.4	11.0	3.2	40.5	36.4	2.72	217.2	94	99.1		128.4	302.4
1.929	8.2	10.7	3.2	39.8	35.8	2.66	212.9	95	100.1		129.7	305.8
1.888	8.0	10.5	3.1	39.1	35.2	2.61	208.6	96	101.1		131.0	309.3
1.847	7.7	10.3	3.1	38.4	34.6	2.55	204.3	97	102.1		132.3	312.8
1.806	7.5	10.0	3.0	37.7	34.0	2.50	200.0	98	103.1		133.6	316.2
1.766	7.2	9.8	3.0	37.1	33.4	2.45	195.7	99	104.1		134.9	319.7
1.725	7.0	9.5	2.9	36.4	32.7	2.39	191.4	100	105.1		136.2	323.2
1.684	6.8	9.3	2.9	35.7	32.1	2.34	187.1	101	106.1		137.4	326.6
1.643	6.5	9.0	2.8	35.0	31.5	2.29	182.8	102	107.1		138.7	330.1
1.603	6.3	8.8	2.7	34.3	30.9	2.23	178.5	103	108.1		140.0	333.6
1.562	6.0	8.5	2.7	33.7	30.3	2.18	174.2	104	109.1		141.3	337.1
1.521	5.8	8.3	2.6	33.0	29.7	2.12	170.0	105	110.1		142.6	340.5
1.480	5.6	8.0	2.6	32.3	29.1	2.07	165.7	106	111.1		143.9	344.0
1.440	5.3	7.8	2.5	31.6	28.5	2.02	161.4	107	112.1		145.2	347.5
1.399	5.1	7.5	2.5	30.9	27.8	1.96	157.1	108	113.2		146.4	350.9

Autor: Dr. med. Toni Held, Facharzt FMH für Allgemeinmedizin, spez. Sportmedizin

Schweizerischer Feuerwehrverband

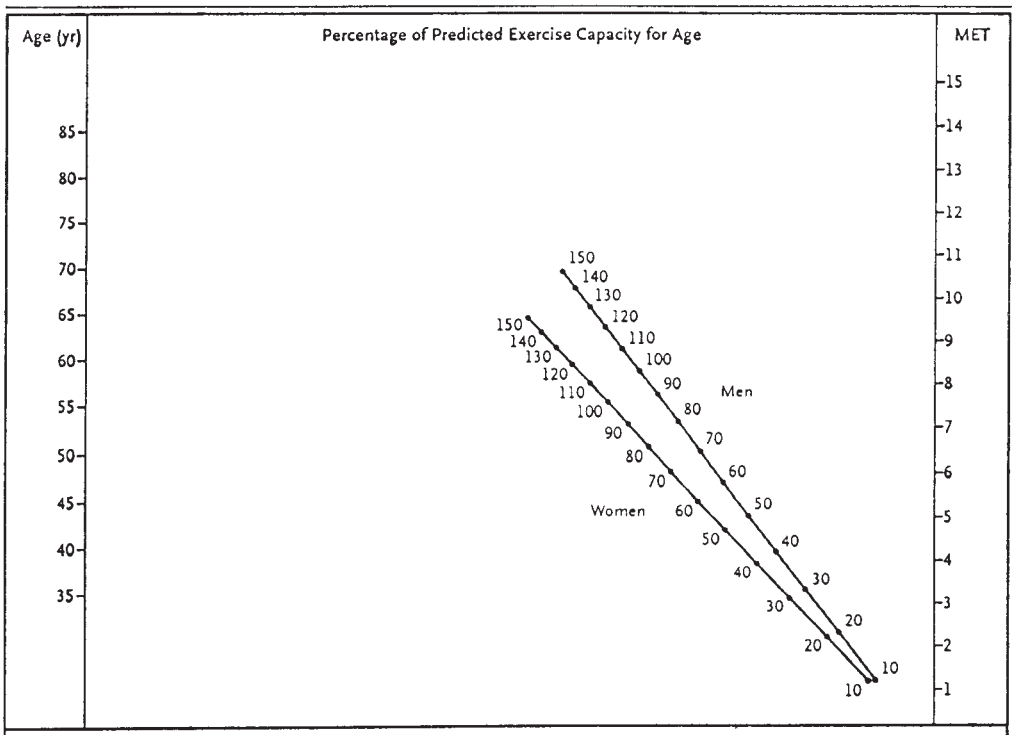
Richtlinien für die ärztliche Untersuchung von Feuerwehrleuten (Ausgabe 2007, revidiert 2013), **Appendix 5.2**

Umrechnungstabelle Frauen Name: Frau Gewicht: 50 kg

12'-Lauf/Laktatstufentest Laufen Labor					Veolotest Labor			Volksläufe			½ Marathon	Marathon
12'-Lauf	Schwelle	Vmax	VO_2maxabs.	VO_2maxrel.	VO_2maxrel.	Pmax rel.	Pmax abs.	Kerzers	GP Bern	Murten	Greifensee	Marathon
Meter	**km/h**	**km/h**	**l/min**	**ml/kg/min**	**ml/min/kg**	**Watt/kg**	**Watt**	**min**	**min**	**min**	**min**	**min**
4.277	22.1	24.9	4.1	82.7	74.4	5.76	288.0	44	48.7	54.0	64.1	128.8
4.192	21.6	24.4	4.1	81.0	72.9	5.63	281.4	45	49.8	55.1	65.4	132.3
4.110	21.1	23.9	4.0	79.4	71.5	5.50	275.0	46	50.8	56.2	66.7	135.8
4.032	20.6	23.4	3.9	77.9	70.1	5.38	269.0	47	51.8	57.3	68.0	139.2
3.957	20.2	23.0	3.8	76.4	68.8	5.26	263.2	48	52.8	58.4	69.3	142.7
3.885	19.8	22.6	3.7	75.0	67.5	5.15	257.6	49	53.8	59.5	70.5	146.2
3.816	19.4	22.1	3.7	73.6	66.3	5.04	252.2	50	54.8	60.6	71.8	149.7
3.750	19.0	21.7	3.6	72.3	65.1	4.94	247.1	51	55.8	61.7	73.1	153.1
3.686	18.6	21.4	3.6	71.1	64.0	4.84	242.1	52	56.8	62.8	74.4	156.6
3.624	18.2	21.0	3.5	69.9	62.9	4.75	237.4	53	57.8	63.9	75.7	160.1
3.565	17.9	20.6	3.4	68.7	61.8	4.66	232.8	54	58.8	65.0	77.0	163.5
3.508	17.5	20.3	3.4	67.6	60.8	4.57	228.4	55	59.8	66.1	78.3	167.0
3.453	17.2	20.0	3.3	66.5	59.8	4.48	224.1	56	60.8	67.2	79.6	170.5
3.400	16.9	19.6	3.3	65.4	58.9	4.40	220.0	57	61.8	68.3	80.8	173.9
3.349	16.6	19.3	3.2	64.4	58.0	4.32	216.0	58	62.8	69.4	82.1	177.4
3.300	16.3	19.0	3.2	63.5	57.1	4.24	212.2	59	63.8	70.5	83.4	180.9
3.252	16.0	18.7	3.1	62.5	56.3	4.17	208.5	60	64.8	71.6	84.7	184.4
3.206	15.7	18.5	3.1	61.6	55.5	4.10	204.9	61	65.9	72.7	86.0	187.8
3.161	15.5	18.2	3.0	60.7	54.7	4.03	201.4	62	66.9	73.8	87.3	191.3
3.118	15.2	17.9	3.0	59.9	53.9	3.96	198.1	63	67.9	74.9	88.6	194.8
3.076	15.0	17.7	3.0	59.1	53.2	3.90	194.8	64	68.9	76.0	89.8	198.2
3.035	14.7	17.4	2.9	58.3	52.4	3.83	191.7	65	69.9	77.1	91.1	201.7
2.996	14.5	17.2	2.9	57.5	51.7	3.77	188.6	66	70.9	78.2	92.4	205.2
2.957	14.3	17.0	2.8	56.7	51.1	3.71	185.8	67	71.9	79.4	93.7	208.7
2.920	14.1	16.7	2.8	56.0	50.4	3.65	182.7	68	72.9	80.5	95.0	212.1
2.884	13.8	16.5	2.8	55.3	49.8	3.60	180.0	69	73.9	81.6	96.3	215.6
2.849	13.6	16.3	2.7	54.6	49.1	3.54	177.2	70	74.9	82.7	97.6	219.1
2.815	13.4	16.1	2.7	53.9	48.5	3.49	174.6	71	75.9	83.8	98.8	222.5
2.782	13.2	15.9	2.7	53.3	48.0	3.44	172.0	72	76.9	84.9	100.1	226.0
2.750	13.1	15.7	2.6	52.7	47.4	3.39	169.5	73	77.9	86.0	101.4	229.5
2.718	12.9	15.5	2.6	52.0	46.8	3.34	167.1	74	78.9	87.1	102.7	232.9
2.688	12.7	15.3	2.6	51.4	46.3	3.29	164.7	75	79.9	88.2	104.0	236.4
2.658	12.5	15.2	2.5	50.9	45.8	3.25	162.4	76	80.9	89.3	105.3	239.9
2.629	12.3	15.0	2.5	50.3	45.3	3.20	160.2	77	82.0	90.4	106.6	243.4
2.601	12.2	14.8	2.5	49.7	44.8	3.16	158.0	78	83.0	91.5	107.9	246.8
2.574	12.0	14.6	2.5	49.2	44.3	3.12	155.9	79	84.0	92.6	109.1	250.3
2.547	11.9	14.5	2.4	48.7	43.8	3.08	153.8	80	85.0	93.7	110.4	253.8
2.521	11.7	14.3	2.4	48.2	43.3	3.04	151.8	81	86.0	94.8	111.7	257.2
2.495	11.6	14.2	2.4	47.6	42.9	3.00	149.8	82	87.0	95.9	113.0	260.7
2.471	11.4	14.0	2.4	47.2	42.4	2.96	147.9	83	88.0	97.0	114.3	264.2
2.446	11.3	13.9	2.3	46.7	42.0	2.92	146.0	84	89.0	98.1	115.6	267.6
2.423	11.1	13.7	2.3	46.2	41.6	2.88	144.2	85	90.0	99.2	116.9	271.1
2.399	11.0	13.6	2.3	45.8	41.2	2.85	142.4	86	91.0	100.3	118.1	274.6
2.377	10.9	13.5	2.3	45.3	40.8	2.81	140.6	87	92.0	101.4	119.4	278.1
2.355	10.7	13.3	2.2	44.9	40.4	2.78	138.9	88	93.0	102.5	120.7	281.5
2.333	10.6	13.2	2.2	44.5	40.0	2.74	137.2	89	94.0	103.6	122.0	285.0
2.312	10.5	13.1	2.2	44.0	39.6	2.71	135.6	90	95.1	104.7	123.3	288.5
2.091	9.2	11.7	2.0	39.7	35.7	2.37	118.5	91				291.9
2.051	8.9	11.5	1.9	38.9	35.0	2.31	115.3	92				295.4
2.010	8.7	11.2	1.9	38.1	34.3	2.24	112.2	93	98.1			298.9
1.969	8.4	11.0	1.9	37.3	33.6	2.18	109.0	94	99.1		128.4	302.4
1.929	8.2	10.7	1.8	36.5	32.9	2.12	105.8	95	100.1		129.7	305.8
1.888	8.0	10.5	1.8	35.7	32.1	2.05	102.7	96	101.1		131.0	309.3
1.847	7.7	10.3	1.7	34.9	31.4	1.99	99.5	97	102.1		132.3	312.8
1.806	7.5	10.0	1.7	34.1	30.7	1.93	96.4	98	103.1		133.6	316.2
1.766	7.2	9.8	1.7	33.3	30.0	1.86	93.2	99	104.1		134.9	319.7
1.725	7.0	9.5	1.6	32.5	29.2	1.80	90.0	100	105.1		136.2	323.2
1.684	6.8	9.3	1.6	31.7	28.5	1.74	86.9	101	106.1		137.4	326.6
1.643	6.5	9.0	1.5	30.9	27.8	1.67	83.7	102	107.1		138.7	330.1
1.603	6.3	8.8	1.5	30.1	27.1	1.61	80.6	103	108.1		140.0	333.6
1.562	6.0	8.5	1.5	29.3	26.4	1.55	77.4	104	109.1		141.3	337.1
1.521	5.8	8.3	1.4	28.5	25.6	1.48	74.2	105	110.1		142.6	340.5
1.480	5.6	8.0	1.4	27.7	24.9	1.42	71.1	106	111.1		143.9	344.0
1.440	5.3	7.8	1.3	26.9	24.2	1.36	67.9	107	112.1		145.2	347.5
1.399	5.1	7.5	1.3	26.1	23.5	1.30	64.8	108	113.2		146.4	350.9

Autor: Dr. med. Toni Held, Facharzt FMH für Allgemeinmedizin, spez. Sportmedizin

Normogram of the Percentage of Predicted Exercise Capacity for Age in Asymptomatic Men and Women



Nomogram of the Percentage of Predicted Exercise Capacity for Age in Asymptomatic Men and Women.
A line drawn from the patient's age on the lefthand scale to the MET value on the righthand scale will cross the percentage line at the point corresponding to the patient's percentage of predicted exercise capacity for age. The nomogram for men was modified from Morris et al.

The Prognostic Value of a Normogram for Exercise Capacity in Women, N Engl J Med, 2005; 353: 468–475