

Herz Raten Variabilität - Studie
mit
„Sinus“ von *ilike*

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Herz Raten Variabilität-Studie mit „Sinus“ von ilike

1. Beschreibung

Im Rahmen einer Herz Raten Variabilität(HRV)-Studie wurde das Produkt „Sinus“ der Firma ilike auf dessen potentiellen Einfluss auf die HRV untersucht.

Ausgewertet wurden 16 HRV-Parameter von 50 Personen im Alter von 4 bis 72 Jahren (30 weiblich: Alter 6-72 Jahre; 20 männlich: Alter 4-64 Jahre). Alle Teilnehmer mussten zweimal für jeweils mindestens 10 Minuten mit ihrem Smartphone das gleiche, selbstgewählte Youtube-Video streamen. Zeitgleich trugen sie (direkt auf der Haut) entweder einen aktiven (angeschalteten und „befeldeten“) „Sinus“ oder einen „Sinus-Dummy“. Die Reihenfolge der Testung der optisch nicht zu unterscheidenden „Sinus“-Umhänger wählten die Teilnehmer selber.

Bemerkung: Bei sich wiederholenden HRV-Messungen ist die zeitliche Veränderung direkt aufeinanderfolgender Untersuchungen ein sehr wichtiger Einflussfaktor. Dh in der Regel ist die zweite Untersuchung stets besser, da der Proband während der Messung insgesamt mehr Zeit hatte Ruhe zu finden, was sich wiederum in verbesserten HRV-Werten widerspiegelt. Daher war für diese HRV-Studie wichtig, dass die Reihenfolge der verwendeten „Sinus“-Umhänger dem Zufall überlassen wurde.

Ein weiterer sehr wichtiger Punkt ist, dass die Teilnehmer nicht wussten, ob es sich um einen aktiven „Sinus“ oder einen Dummy handelt, den das Denken, die Einstellung und die Erwartung der jeweiligen Person könnten sich auf die HRV auswirken.

Den Teilnehmern wurde jeweils ein fortlaufender Code (z.B. „M1_14_a“...) für die auszuwertenden Daten zugewiesen. Dies ist wichtig, damit bei der Bereinigung der HRV und der anschließenden Auswahl von jeweils 5 Minuten pro Aufzeichnung kein, dem zu untersuchendem Produkt günstiger bzw. ungünstiger Einfluss zuteil werden konnte. Mit anderen Worten hatte bis zum Zeitpunkt der „Entschlüsselung“ keiner Kenntnis darüber, um welche Daten der HRV-Aufzeichnungen es sich handelte.

2. „Sinus“ - Doppelblind-Studie

Als Doppelblindstudie bezeichnet man eine randomisierte kontrollierte Studie, bei der weder der Versuchsleiter noch die Studienteilnehmer Kenntnis über die jeweilige Gruppenzugehörigkeit (Kontrollgruppe, Experimentalgruppe) haben.

Dieses Kriterium wurde in dieser Studie derart zu erfüllen versucht, indem zum einen die Teilnehmer nicht wussten welcher „Sinus“ der aktive oder passive war, zum anderen, dass die Person, welche die HRV auswertete auch nicht wusste von welcher Person bzw. welcher Messung die Datenreihen jeweils waren.

3. HRV – Auswertung

Folgende HRV Parameter wurden in dieser Studie untersucht:

Mean HR (bpm) ... Puls (Schläge pro Minute)

SDNN (ms) ... Standardabweichung aller RR- Intervalle.

(Der SDNN-Wert reflektiert sehr stark die Aktivität des ANS's und dessen regulierende Funktion)

RMSSD (ms) ... Quadratwurzel des quadratischen Mittelwertes der Summe aller Differenzen zwischen benachbarten RR-Intervallen (RR Intervall = zeitl. Abstand von einem Herzschlag zum nächsten).

(Der RMSSD beschreibt die sich ändernde Herzfrequenz von einem Herzschlag zum nächsten. Ist vergleichbar zu SDNN, jedoch besser geeignet für die Untersuchung von Kurzzeitmessungen. Der RMSSD spiegelt so wie der pNN50 die parasympathische Aktivität wieder).

pNN50 / pNN20 / pNN10 / pNN05 (%) ... Prozentsatz der Intervalle mit $> 50\text{ms}$ / $> 20\text{ms}$ / $>10\text{ms}$ / $>05\text{ms}$ Abweichung vom vorausgehenden Intervall.

(Die pNN-Werte, vor allem der pNN50, sind Indikatoren der parasympathikotonen Aktivität. Sinkende Werte entsprechen in der Prognose krankhaften Veränderungen. Oftmals wenn Menschen sehr erschöpft sind bzw. kürzlich eine sehr anstrengende Zeit hinter sich haben ist der pNN50 sehr tief – oftmals sogar gegen 0 hin tendierend. Sind jedoch gleichzeitig die gemessenen pNN20-Werte (noch) $> 20\%$...ist dies ein guter Indikator, dass dieser Mensch immer noch eine relativ gute Regenerationsfähigkeit aufweist. Gute pNN10- / pNN05-Werte könnte man als die noch tiefer liegenden Ressourcen der jeweiligen Person betrachten).

SD1 (ms) ... Indikator für die Kurzzeitvariabilität (spontane Variabilität). Standardabweichung der Punktabstände zum Querdurchmesser im Poincare-Plot der aufeinanderfolgenden RR-Differenzen.

(Ein hoher SD1-Wert ist auch ein Indikator für eine schnelle Anpassungsfähigkeit des Körpers zu Stresssituationen. Mit anderen Worten zeigt es eine gute körperliche Anpassungsfähigkeit. Der SD1-Wert reflektiert als auch der pNN50 und der RMSSD die parasympathische Aktivität des autonomen Nervensystems).

SD2 (ms) ... Indikator für die Langzeitvariabilität. Standardabweichung der orthogonalen Abstände der RRi/RR-Punkte zum Längsdurchmesser der Ellipse (Länge der Punktwolke im Poincaré Plot).

(Bei HRV-Aufnahmen über einen längeren Zeitraum verändert sich der SD2-Wert. Bei einer 24h Messung spiegelt zum Beispiel der SD2-Wert die Veränderlichkeit während des Tagesverlaufes mit den unterschiedlichen Tätigkeiten und Ruhephasen wider).

VB (ms) ... Variationsbreite. Die Variationsbreite beschreibt die Breite des Kernbereichs im Histogramm. Ausgehend vom Maximal-Wert wird jeweils nach unten und nach oben die erste Unterbrechung gesucht, die mindestens 3 Histogramm - Bins dauert.

(Die Variationsbreite ist ähnlich des in vielen zeitbezogenen HRV-Analyse verwendeten TINN-Wert. Da die TINN-Werte jedoch trotz Definition der European Task Force von unterschiedlichen HRV-Analyse-Programmen und Geräten oftmals stark abweicht, hat Aquaquinta in Zusammenarbeit mit der FH Dornbirn/Österreich eine eigene Definition und Berechnung erstellt).

StressIndex (SI) ... „ein Maß für den Stress“. Ist eine mathematische Beschreibung eines erweiterten Histogramms der aufgezeichneten RR-Intervalle.

(Seine Höhe gibt an wie groß der Einfluss des Sympathikus ist, und erlaubt die Beurteilung der Regulationsfähigkeit des vegetativen Nervensystems).

CV ... „ein Maß für die Biegsamkeit der HRV“. Ausmaß der Streuung von Messwerten um einen Mittelwert.

(Der CV-Wert ist ein sehr praktischer Wert in der Auswertung. Es handelt sich hier um die auf den Mittelwert bezogene Standardabweichung der RR-Abstände. Je größer dieser Wert ist, desto größer ist auch die HRV).

LF (0.04-0.15 Hz) ... (Low Frequency). Anteil sowohl des Sympathikus als auch des Parasympathikus.

(Der LF-Bereich ist der aktive Bereich des autonomen Nervensystems, oftmals auch als fight and flight mode des Körpers bezeichnet. Ein unausgeglichener, gestresster Lebensstil führt zu einer stets dominanten sympathikotonen Aktivität. Der parasympathikotone Einfluss im LF-Spektrum ist speziell bei tiefer Atmungsfrequenz von ≤ 7 /pro Minute von Bedeutung).

HF (0.15-0.4 Hz) ... (High Frequency). Hauptsächlich dominiert durch den Parasympathikus (mit Vagus als Hauptnerv).

(Je höher die Werte der HF im allgemeinen sind, desto besser ist die HRV).

PowerTotal (mS²) ... auch Total Energie (Total Power) genannt. Leistungsdichtespektrum oder Spektraldichte der unterschiedlichen Frequenzen (VLF (Very Low Frequency, wird in dieser Studie nicht näher behandelt, da sie längere Aufnahmen benötigt) LF und HF).

(Die PowerTotal ist eine allgemeine Richtgröße für die Regulationsfähigkeit des autonomen Nervensystems (ANS). Geringe Werte können gleichgesetzt werden mit geringer SDNN aus der zeitbezogenen HRV-Analyse. Die PowerTotal-Werte sind neben dem Gesundheitszustand der jeweiligen Person ebenfalls abhängig von der Länge der jeweiligen HRV-Messung. Bei einer 24h Messung ergeben sich nicht selten 10x höhere Werte als bei einer 5 minütigen Messung. In der Regel stammt der dominante Anteil des gemessenen Frequenzbereiches vom Sympathikus).

LF/HF ... Verhältnis von LF zu HF. Ausdruck der vegetativen Balance von Sympathikus und Parasympathikus (sympatho – vagale Balance).

(Dies trifft jedoch nur bedingt zu, da der HF-Bereich sich zwar dem Parasympathikus zuordnen lässt, der LF-

Bereich jedoch sowohl sympathikotone als auch parasympathikotone Bereiche abdeckt). Je höher der Wert, desto mehr Sympathikus-Aktivität. LF/HF \uparrow = Sympathikus; LF/HF \downarrow = Parasympathikus

- auch ein Indikator für vorhandenes Stresslevel bzw. aktueller Energiebedarf und Energieverbrauch).

4. Bewertung und Ergebnisse der Studie

Schwerpunkt dieser Studie war die etwaige Wirkung von „Sinus“ auf die unterschiedlichen HRV-Parameter zu untersuchen. Der gesundheitliche Aspekt der einzelnen Teilnehmer sowie das Verhältnis der unterschiedlichen HRV-Parameter zueinander wurden in dieser Studie nicht berücksichtigt. Alle HRV Messungsergebnisse wurden daher schlicht mit 0 oder 1 bewertet. (Einzelne Ergebnisse siehe Anhang). Dh, wurde bei einem HRV-Parameter durch „Sinus“ eine Verbesserung erzielt, wurde dies mit 1 bewertet. Ist der Wert gleich geblieben oder gar kleiner geworden, wurde dieser mit 0 bewertet. Einzig beim Puls und beim StressIndex wurde umgekehrt bewertet, da eine Abnahme generell als positiv betrachtet wird. Keiner der Teilnehmer litt unter einer Bradykardie (langsamer Herzschlag/eine Herzrhythmusstörung). Ein abnehmender Puls könnte in dem Fall nicht als Verbesserung betrachtet werden.

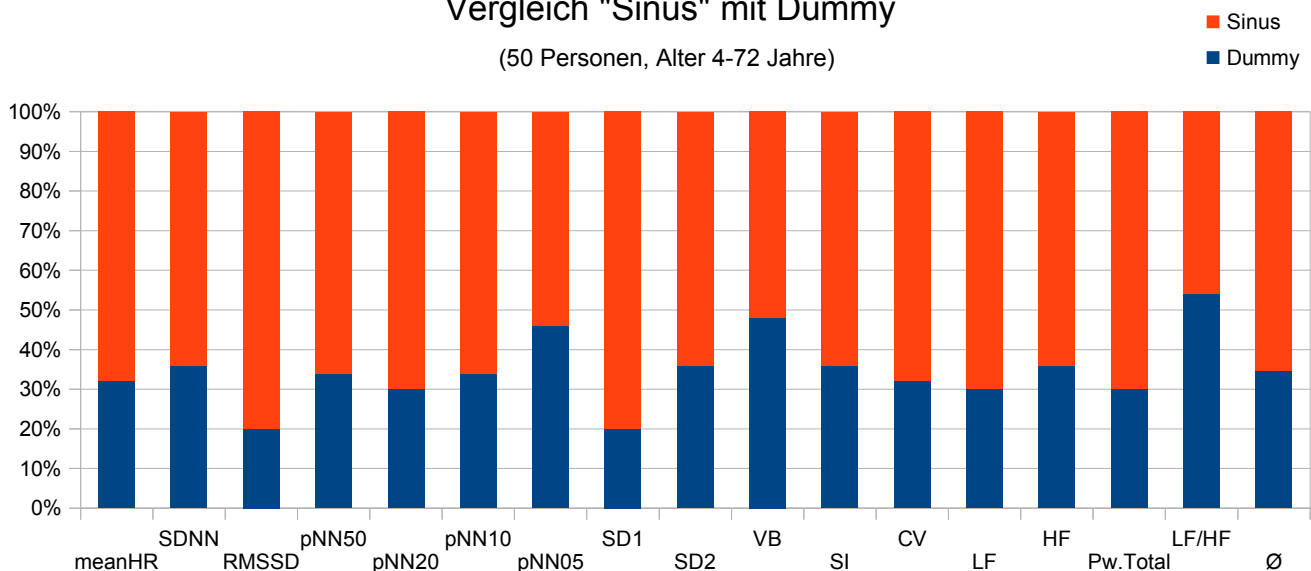
Ganz allgemein könnte verallgemeinernd gesagt werden: Je höher die HRV-Werte, mit Ausnahme von Puls und StressIndex, desto besser.

Ergebnisse der einzelnen HRV-Bewertungen aller 50 Untersuchungen:

	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
Sinus	34	32	40	33	35	33	27	40	32	26	32	34	35	32	35	23	33

Vergleich "Sinus" mit Dummy

(50 Personen, Alter 4-72 Jahre)



Basierend auf den Ergebnissen wurde bei nahezu allen HRV-Parametern bessere Werte mit „Sinus“ erreicht. Einzig beim LF/HF-Verhältnis sowie bei der VB und pNN05 waren keine bzw. nahezu keine Verbesserungen ersichtlich.

5. Test auf Binomialverteilung der Häufigkeit der Verbesserungen der einzelnen HRV-Parameter (Testanteil auf 0,5)

	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		

Wie aus den Tests ersichtlich wird, war bei 9 HRV-Parametern ein signifikanter Unterschied zu Gunsten von „Sinus“ nachweisbar. Bei den Werten pNN05, VB und ratioLF/HF wurde mit den errechneten p-Werten keine Signifikanz erreicht. Die Werte von SDDN, SD2, StressIndex sowie HF sind ebenfalls nicht signifikant unterschiedlich, sind jedoch dem Signifikanzniveau von 0,05 sehr nahe.

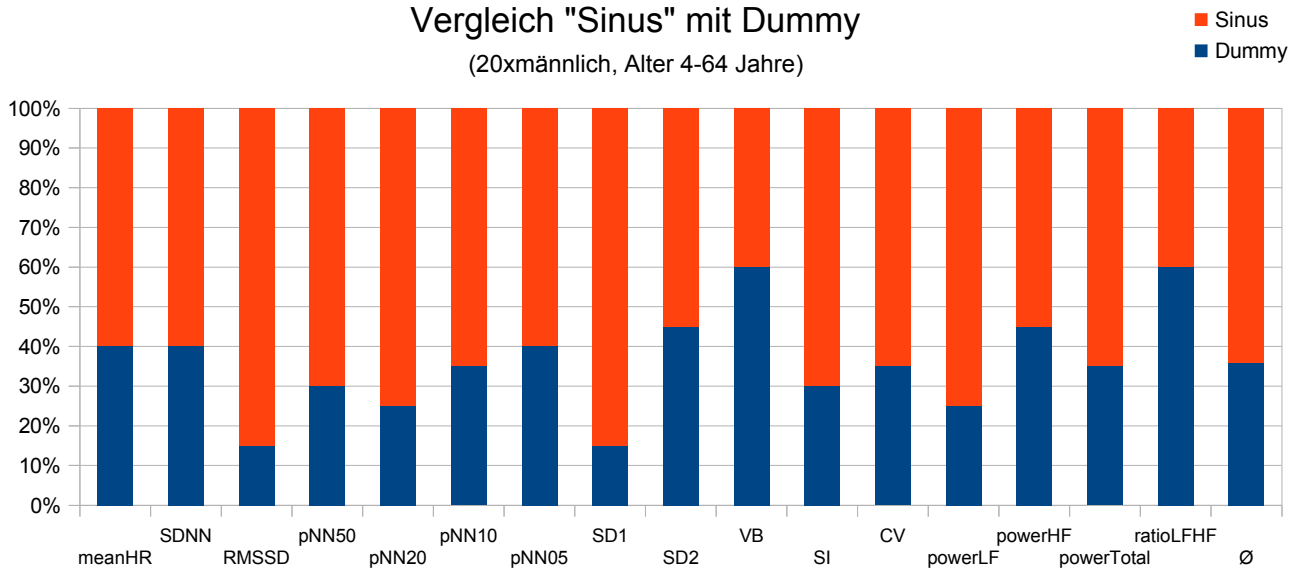
6. Geschlechtsspezifische Untersuchungsergebnisse

6.1. Ergebnisse der einzelnen HRV-Bewertungen aller 20 männlichen Untersuchungen

	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
Sinus	12	12	17	14	15	13	12	17	11	8	14	13	15	11	13	8	13

Vergleich "Sinus" mit Dummy

(20xmännlich, Alter 4-64 Jahre)

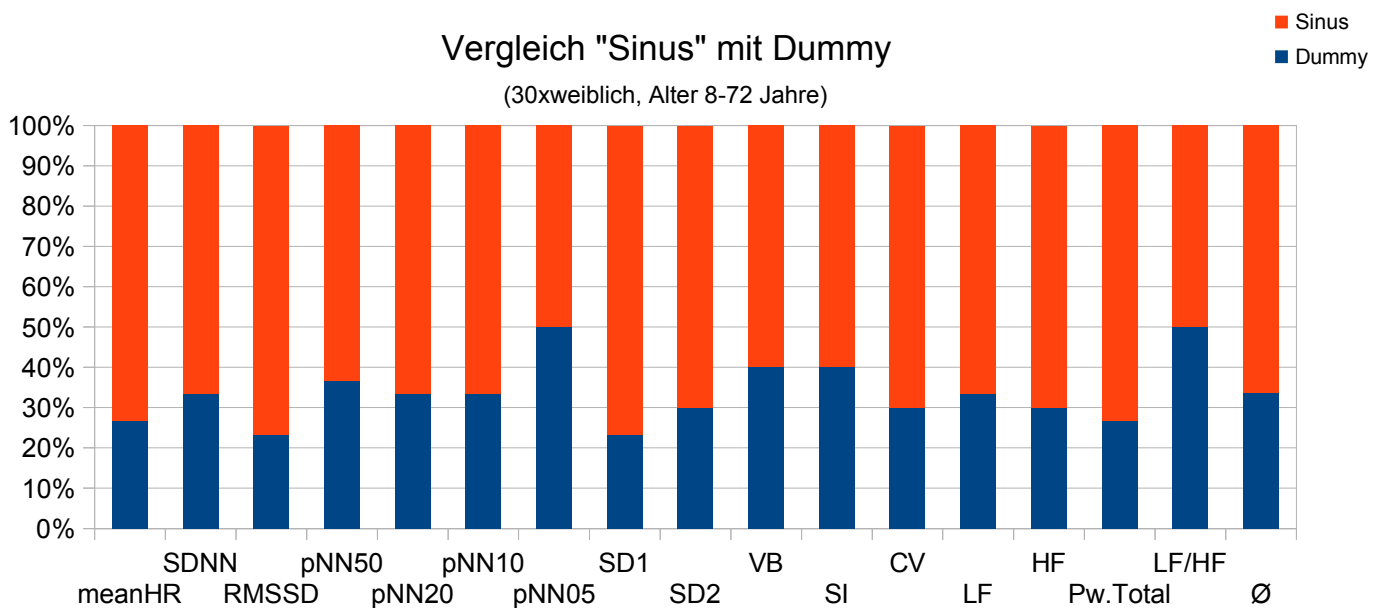


6.2. Ergebnisse der einzelnen HRV-Bewertungen aller 30 weiblichen Untersuchungen

	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
Sinus	22,0	20,0	23,0	19	20	20	15	23	21	18	18	21	20	21	22	15	20

Vergleich "Sinus" mit Dummy

(30xweiblich, Alter 8-72 Jahre)



6.3. Gruppenvergleichstest

Untersuchung auf signifikanter Unterschied zwischen männlich – weiblich

(Kreuztabelle/Chi2-Test/Exakter Test nach Fischer zweiseitig gerechnet)

Alle HRV Parameter im Vergleich männlich – weiblich konnten keinem signifikanten Unterschied aufweisen. (Berechnungen und Ergebnisse siehe Anhang)

Um einen signifikanten Unterschied geschlechtsspezifisch feststellen zu können, müssten dieselben Untersuchungen womöglich mit weit höheren Teilnehmerzahlen durchgeführt werden.

7. Diskussion

Die Studie hat gezeigt, dass „Sinus“ einen positiven Effekt auf die meisten HRV-Werte innerhalb einer 5 minütigen Messung hat. Vor allem bei den sich zeitlich schnell verändernden HRV-Werten, wie zum Beispiel der RMMSD-Wert sowie der SD1-Wert, welche die kurzfristige Veränderung / Anpassungen widerspiegeln, konnten signifikante Unterschiede festgestellt werden.

Werte wie zum Beispiel der SD2-Wert, welche die zeitlich langsame Veränderung repräsentieren, konnten keine signifikanten Veränderungen aufzeigen. Der pNN05-Wert, welcher sich als die tiefste Grundreserve der HRV beschreiben lässt, würde sicherlich zeitlich ebenfalls weit längere HRV-Aufzeichnungen benötigen um einen etwaigen Effekt aufzuzeigen. Ebenso benötigt es womöglich weit längere HRV-Aufzeichnungen beim Stressindex als auch bei der Variationsbreite (VB). Beide Werte beziehen sich auf das Histogramm (Häufigkeitsverteilung der RR-Intervalle) welche sich ebenfalls nicht, im Vergleich zu anderen HRV-Parametern so schnell (vor allem in einer Ruhephase) verändern lassen.

Interessant ist, dass sich das HF/LF-Verhältnis nicht signifikant geändert hat. Dies hat wahrscheinlich damit zu tun, dass bei tiefer Atemfrequenz der LF-Bereich ebenfalls stark vom Parasympathikus beeinflusst ist. In diesem Kontext wären hier sicherlich Untersuchungen mit erhöhter Atemfrequenz während körperlicher Aktivität wie z.B. beim Sport interessant.

Ebenso wären Langzeit-HRV-Studien/Aufnahmen von jeweils einer Stunde bzw. 24 Stunden von Nöten, um den Effekt von „Sinus“, auf die sich zeitlich nicht so schnell verändernden HRV-Parameter, aufzeigen zu können.

In dieser Studie wurde, das in der HRV oftmals übliche SD1/SD2-Verhältnis nicht ausgewertet, da viele der Teilnehmer Kinder bzw. Jugendliche waren. Bei jungen Menschen ist die SD1/SD2-Analyse, mit den nicht seltenen sehr hohen SD1-Werten oftmals sehr schwer zu deuten.

Eine Differenzierung in Altersgruppen wurde nicht durchgeführt, da in dieser Studie der Einfluss von dem Produkt „Sinus“ auf die HRV, und nicht der jeweilige Gesundheitszustand der einzelnen Teilnehmer, im Vordergrund stand.

8. Conclusio

Die HRV-Studie zeigt, dass HRV-Parameter, vor allem jene die sich kurzzeitige schnell verändern können, positiv auf das Produkt „Sinus“ reagieren. Vor allem der RMSSD- und der SD1-Wert konnten dies am deutlichsten aufzeigen. „Sinus“ konnte bei 9 HRV-Parametern: meanHR, RMSSD, pNN50/20/10, SD1, CV, LF-bei ruhiger Atemfrequenz, und bei der PowerTotal, einen signifikanten Unterschied aufweisen. Die Werte von SDNN, SD2, StressIndex und HF haben nur knapp (mit einem p-Wert von 0,065) keine Signifikanz erreicht.

Demzufolge kann basierend auf den Daten schlussfolgernd gesagt werden, dass sich die Variabilität als auch die parasympathikotonen Werte durch das Tragen des „Sinus“-Umhängers im allgemeinen verbessern.

9. Anhang

9.1. HRV-Messungen

In dieser Studie wurden von 50 TeilnehmerInnen die HRV-Aufzeichnungsreihen untersucht. Gesamt wurden 53 Teilnehmerinnen (W1-W53) und 25 Teilnehmer (M1-M25) getestet.

Bei 3 Teilnehmerinnen (W8/W13/W30) und 5 Teilnehmern (M3/M6/M10/M15/M18) wurden die Daten nicht in die Auswertung genommen, da die durchschnittlich gemessenen Pulswerte beider aufeinanderfolgenden Aufzeichnungen sich mit über 4 Schlägen pro Minute unterschieden. Diese Teilnehmer hätten eine längere Vorlaufzeit benötigt, dh länger ausruhen müssen, bevor mit den Untersuchungen begonnen wurde. Dh von insgesamt 58 Teilnehmern wurden 30 weibliche und 20 männliche ausgewertet.

Bezeichnungserklärung:

z.B.

M1_14_a

M1...Untersuchung des ersten männlichen Teilnehmers

14...Alter

a...erste Untersuchung

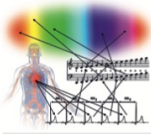
M1_14_b

M1...Untersuchung des ersten männlichen Teilnehmers

14...Alter

b...zweite Untersuchung

usw.



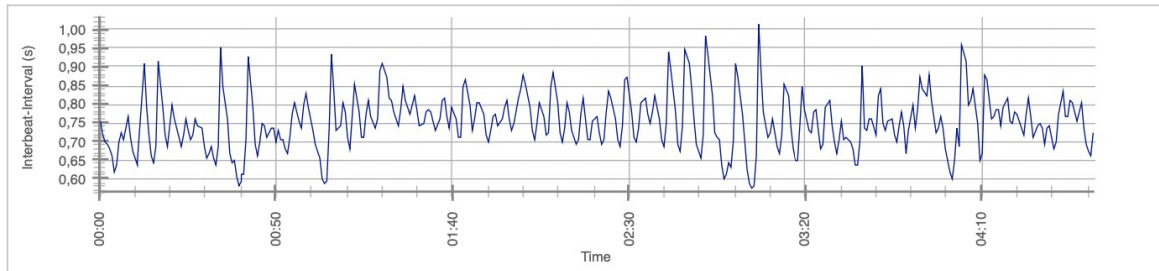
HRV-Analysis Report

Name: M1_14_a_selection_0034-0517

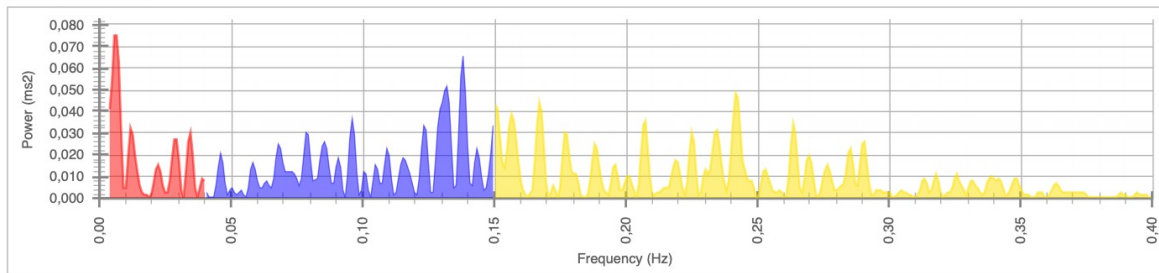
21.03.2021

Sound of Soul

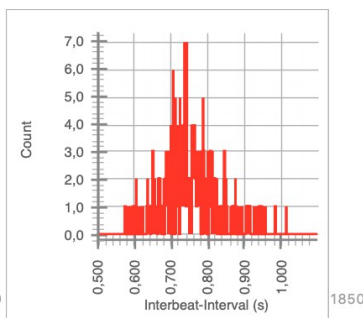
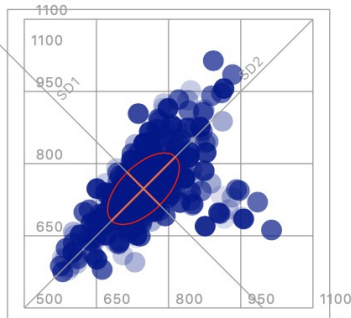
RR Intervals



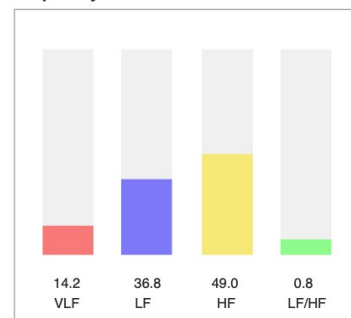
Power Spectrum



Time-Domain Statistics



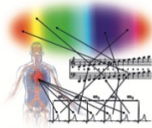
Frequency-Domain Statistics



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



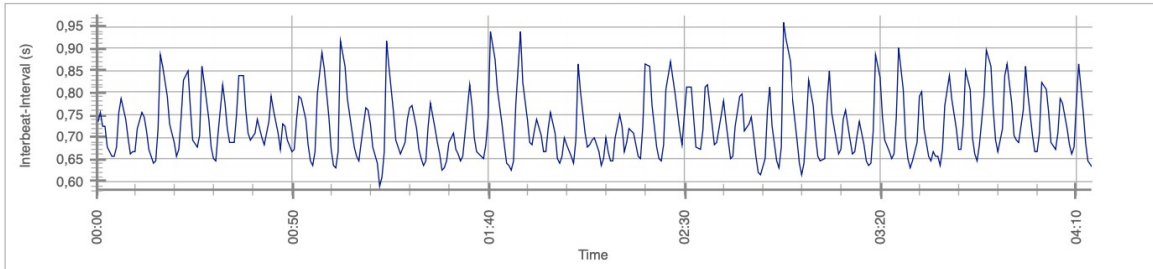
HRV-Analysis Report

Name: M1_14_b_selection_0035-0449

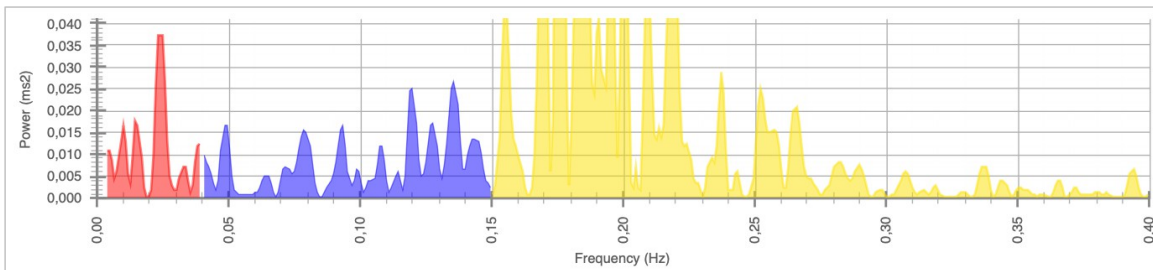
21.03.2021

Sound of Soul

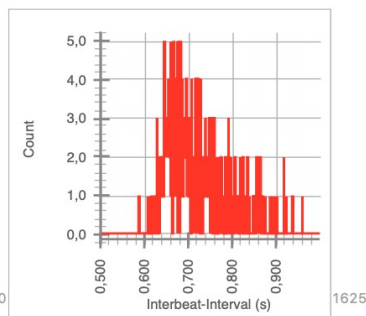
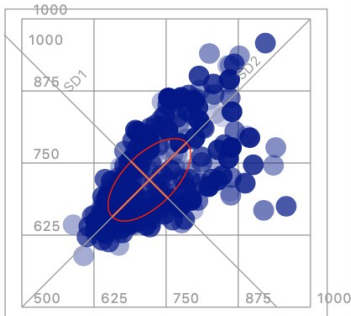
RR Intervals



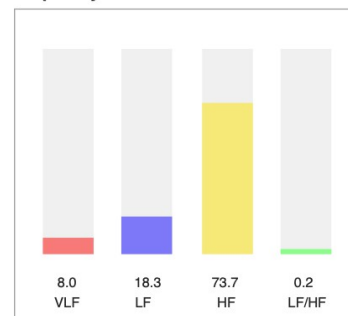
Power Spectrum



Time-Domain Statistics



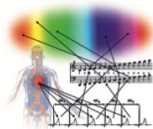
Frequency-Domain Statistics



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-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



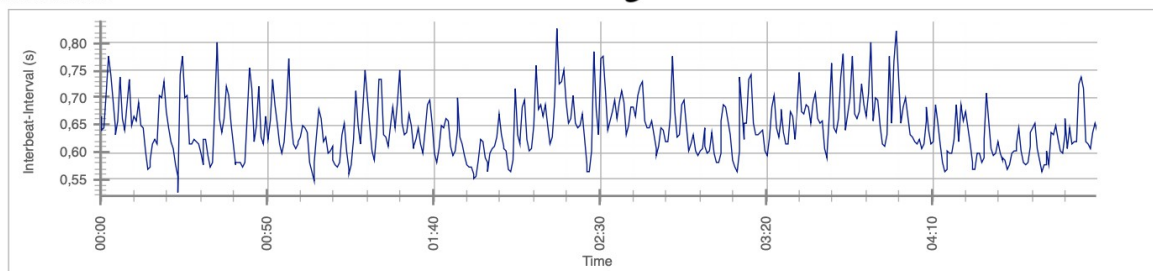
HRV-Analysis Report

Name: M2_11_a_selection_0058-0558

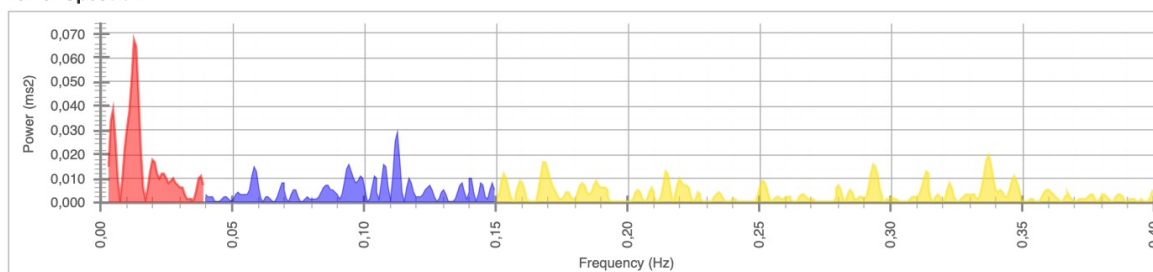
21.03.2021

Sound of Soul

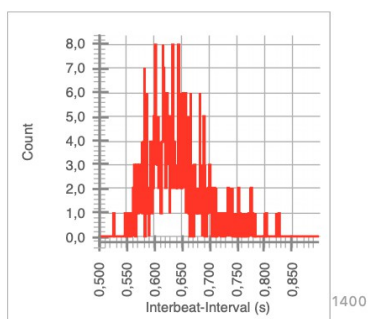
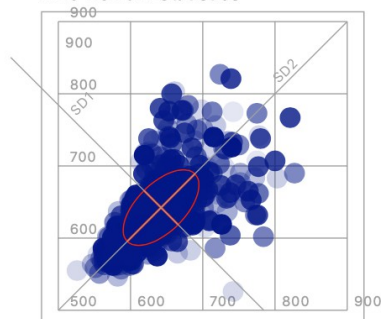
RR Intervals



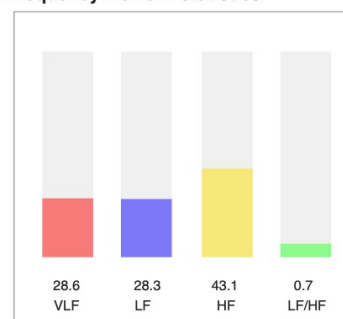
Power Spectrum



Time-Domain Statistics



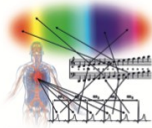
Frequency-Domain Statistics



Mean HR (bpm)	93,8
Mean RR (ms)	642,3
SDNN (ms)	52,4
RMSSD (ms)	47,1
pNN50 (%)	21,2
pNN20 (%)	57,3
pNN10 (%)	72,7
pNN05 (%)	85,6

SD1 (ms)	33,3
SD2 (ms)	66,2
SD1/SD2	1/2,0
VB (ms)	335,9
Stress Index	162,3
CV (%)	8,2

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



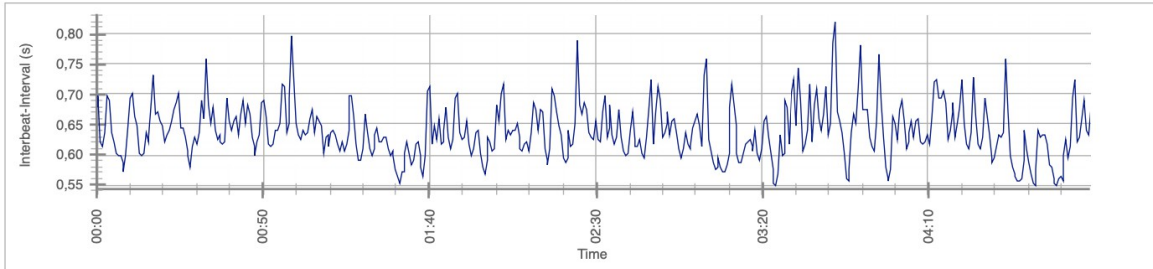
HRV-Analysis Report

Name: M2_11_b_selection_0109-0608

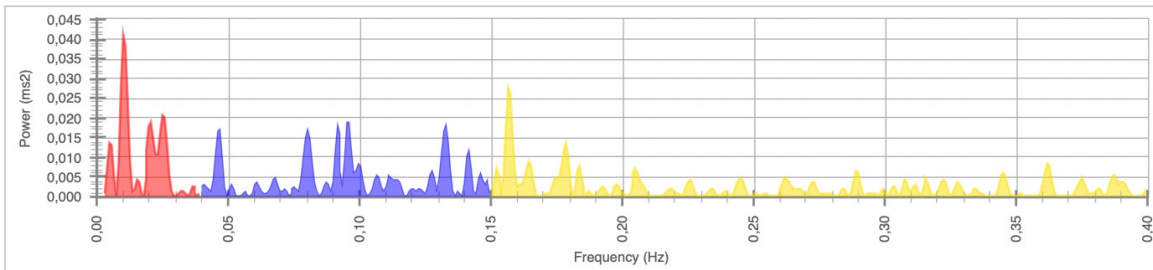
21.03.2021

Sound of Soul

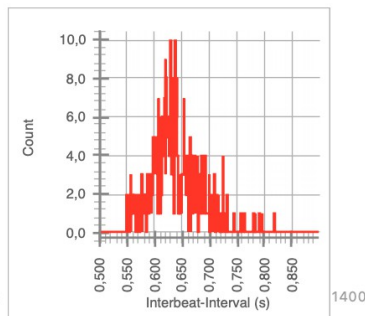
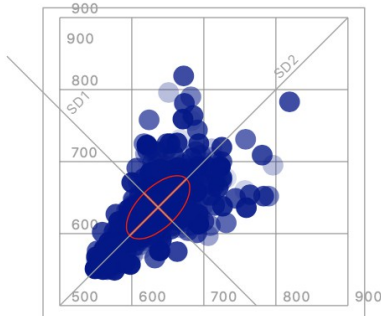
RR Intervals



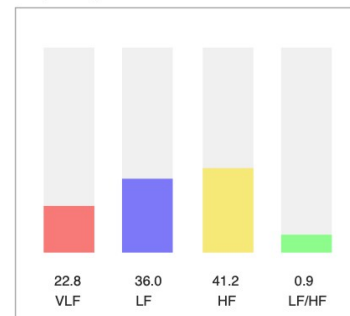
Power Spectrum



Time-Domain Statistics



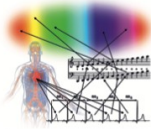
Frequency-Domain Statistics



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



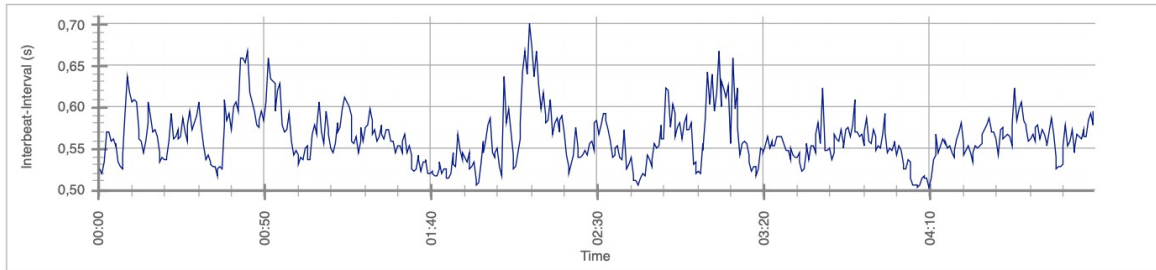
HRV-Analysis Report

Name: M3_6_a_selection_0059-0559

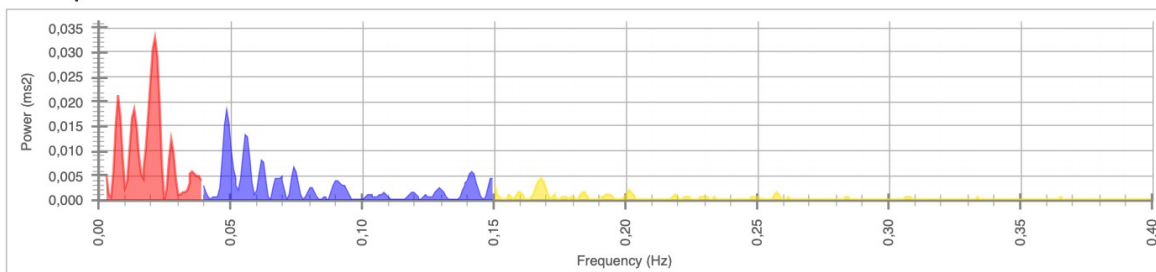
21.03.2021

Sound of Soul

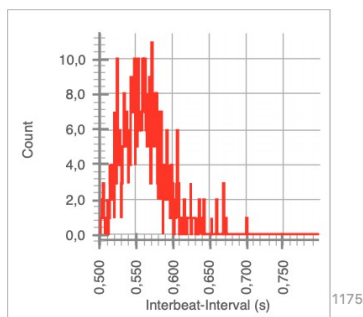
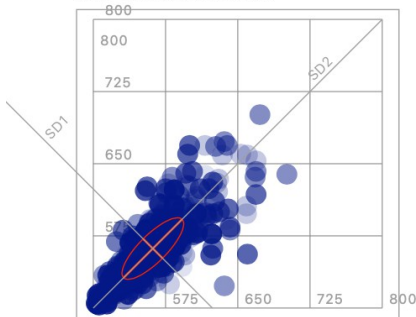
RR Intervals



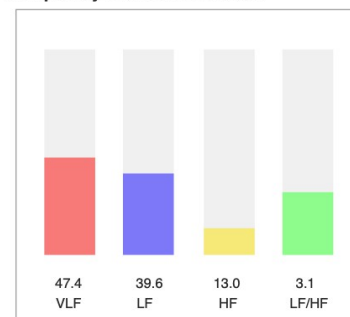
Power Spectrum



Time-Domain Statistics



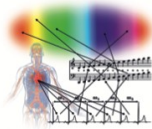
Frequency-Domain Statistics



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-Band	Power (ms ²)	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	



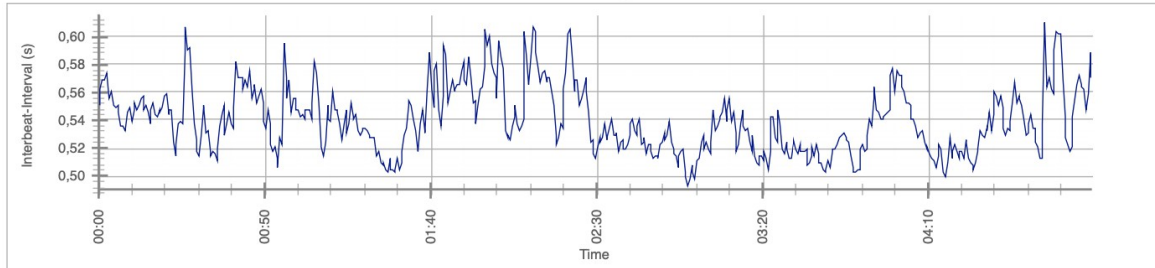
HRV-Analysis Report

Name: M3_6_b_selection_0101-0601

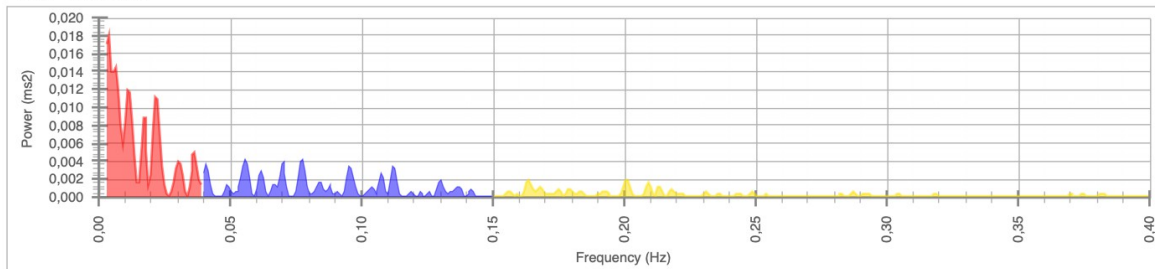
21.03.2021

Sound of Soul

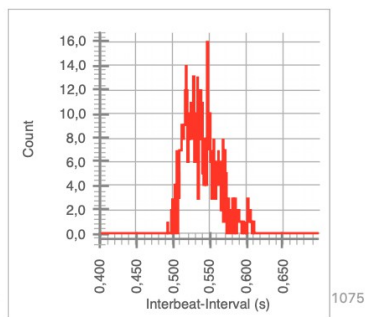
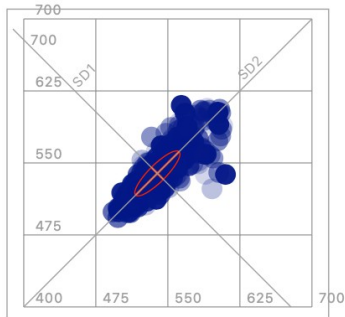
RR Intervals



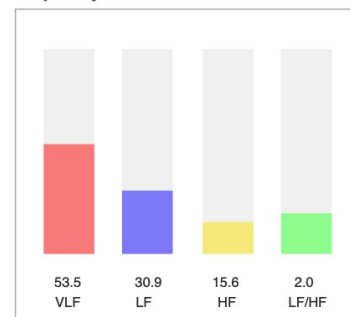
Power Spectrum



Time-Domain Statistics



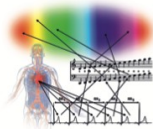
Frequency-Domain Statistics



Mean HR (bpm)	111,3
Mean RR (ms)	539,1
SDNN (ms)	23,5
RMSSD (ms)	12,5
pNN50 (%)	0,7
pNN20 (%)	8,3
pNN10 (%)	28,8
pNN05 (%)	55,1

SD1 (ms)	8,8
SD2 (ms)	32,0
SD1/SD2	1/3,6
VB (ms)	156,2
Stress Index	663,2
CV (%)	4,4

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
LF/HF	2,0	2,0
Total	464,1	



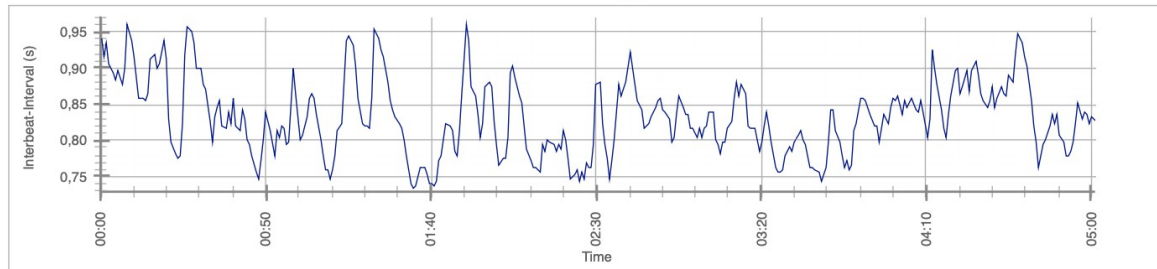
HRV-Analysis Report

Name: M4_41_a_selection_0113-0615

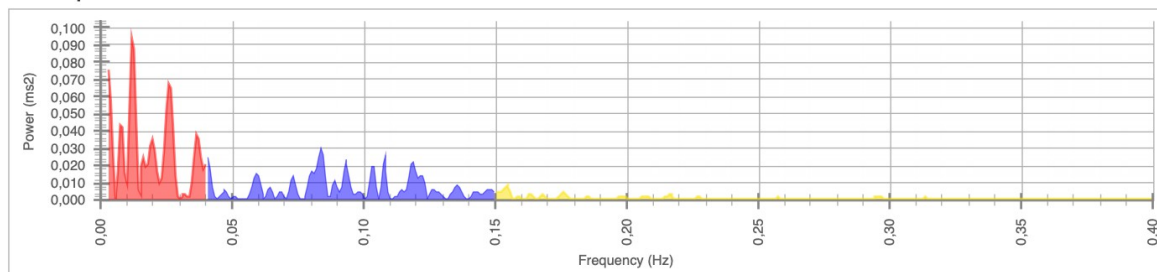
21.03.2021

Sound of Soul

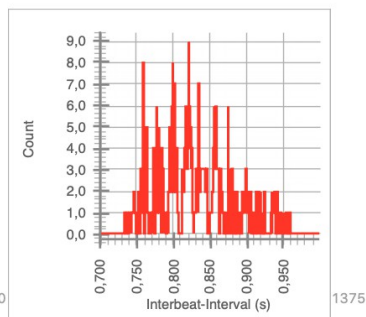
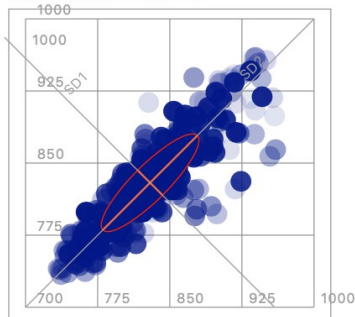
RR Intervals



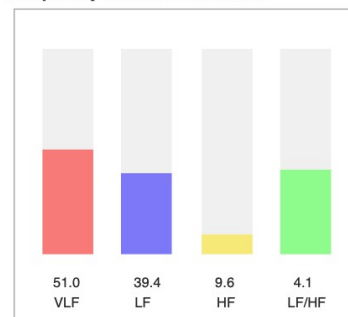
Power Spectrum



Time-Domain Statistics



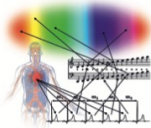
Frequency-Domain Statistics



Mean HR (bpm)	72,4
Mean RR (ms)	829,5
SDNN (ms)	51,0
RMSSD (ms)	25,8
pNN50 (%)	4,1
pNN20 (%)	38,3
pNN10 (%)	66,4
pNN05 (%)	82,6

SD1 (ms)	18,3
SD2 (ms)	69,5
SD1/SD2	1/3,8
VB (ms)	265,6
Stress Index	110,3
CV (%)	6,1

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	



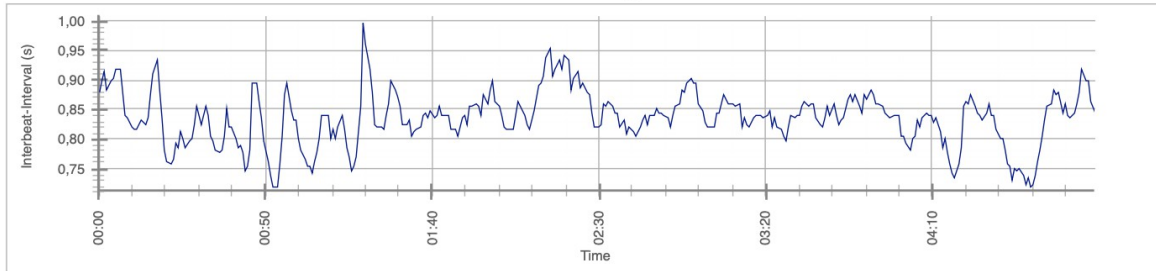
HRV-Analysis Report

Name: M4_41_b_selection_0102-0601

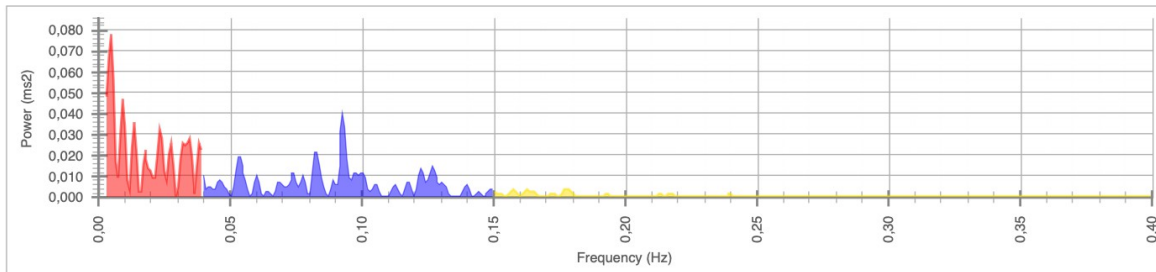
21.03.2021

Sound of Soul

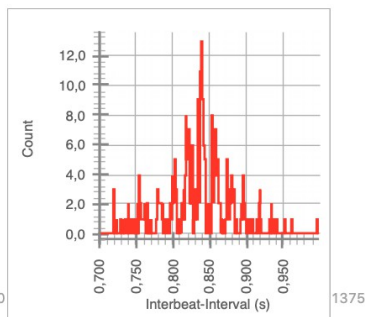
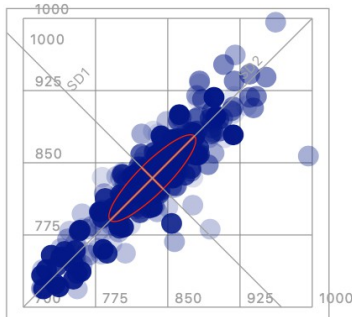
RR Intervals



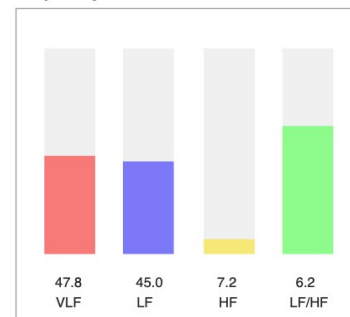
Power Spectrum



Time-Domain Statistics



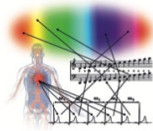
Frequency-Domain Statistics



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



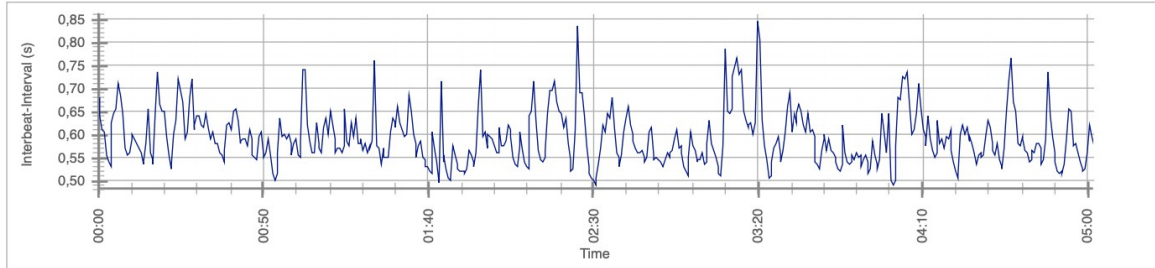
HRV-Analysis Report

Name: M5_4_a_selection_0126-0628

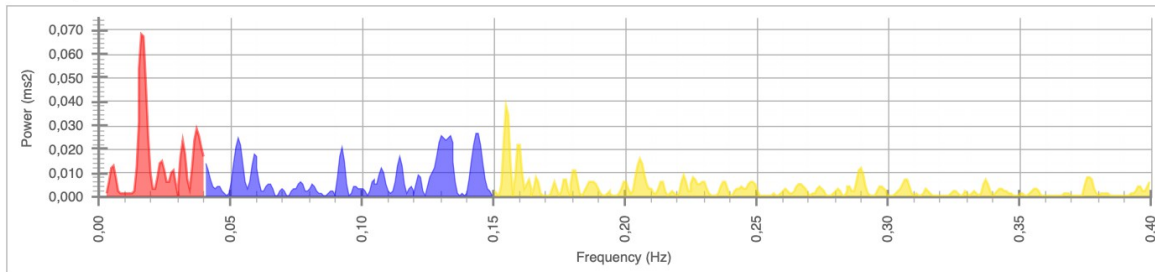
21.03.2021

Sound of Soul

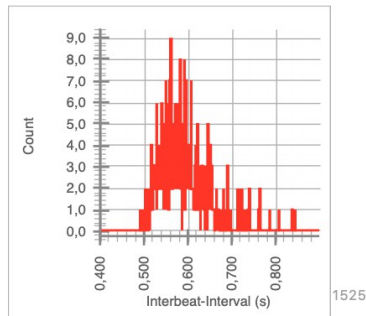
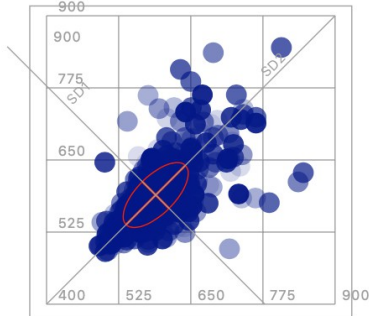
RR Intervals



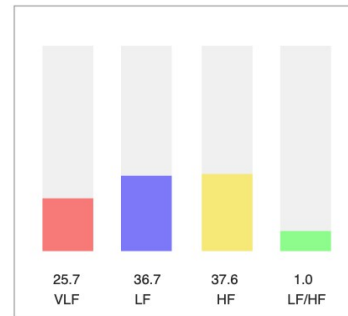
Power Spectrum



Time-Domain Statistics



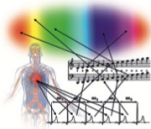
Frequency-Domain Statistics



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-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	



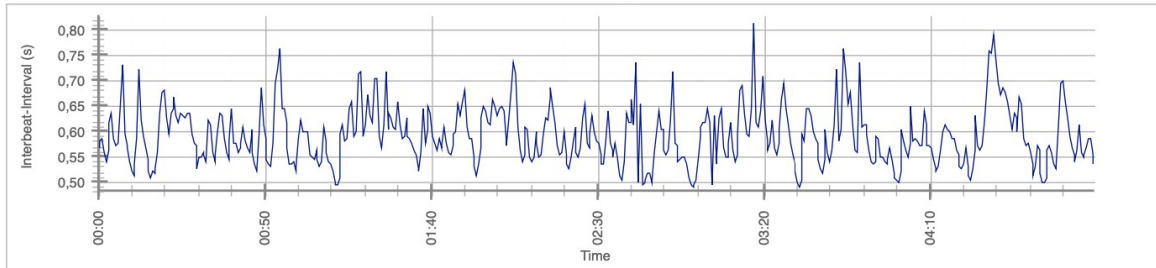
HRV-Analysis Report

Name: M5_4_b_selection_0123-0623

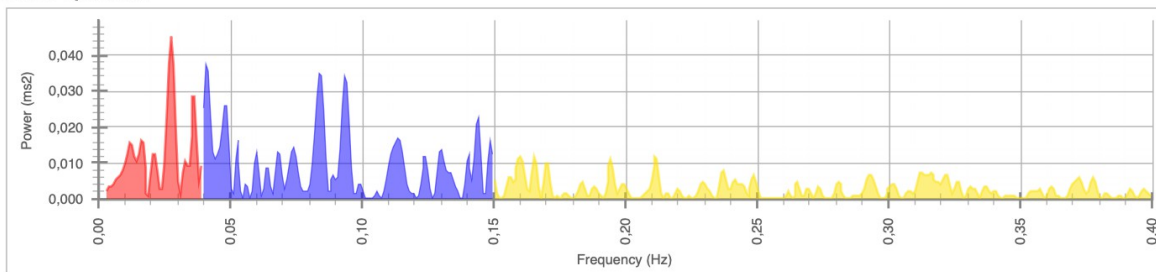
21.03.2021

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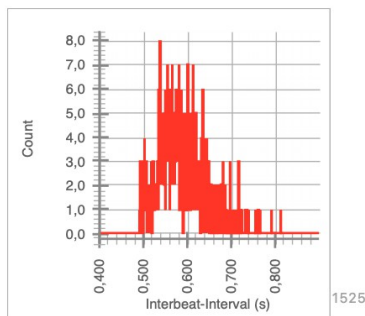
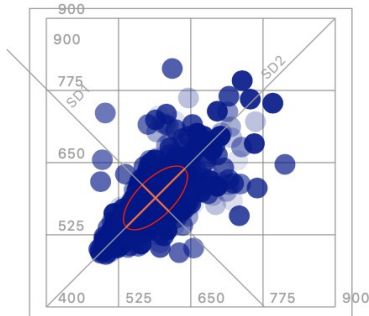
RR Intervals



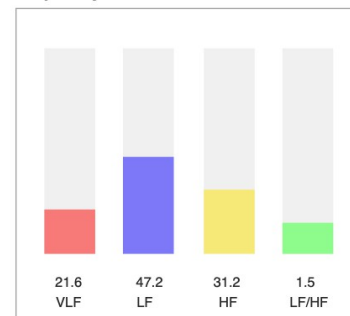
Power Spectrum



Time-Domain Statistics



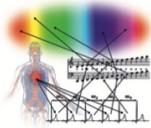
Frequency-Domain Statistics



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



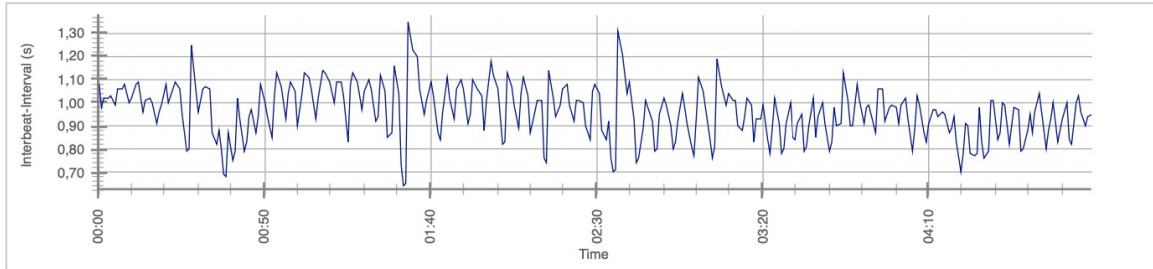
HRV-Analysis Report

Name: M6_39_a_selection_0128-0628

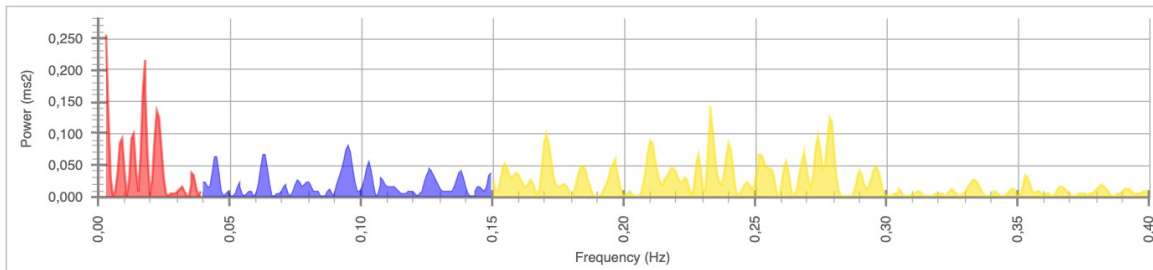
21.03.2021

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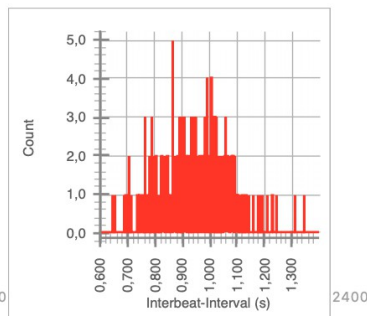
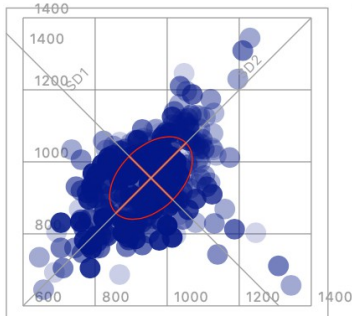
RR Intervals



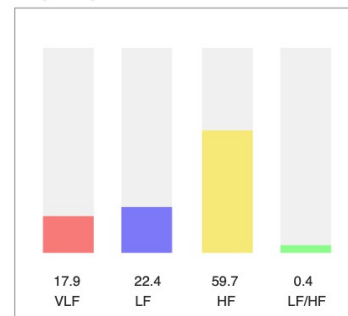
Power Spectrum



Time-Domain Statistics



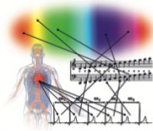
Frequency-Domain Statistics



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	



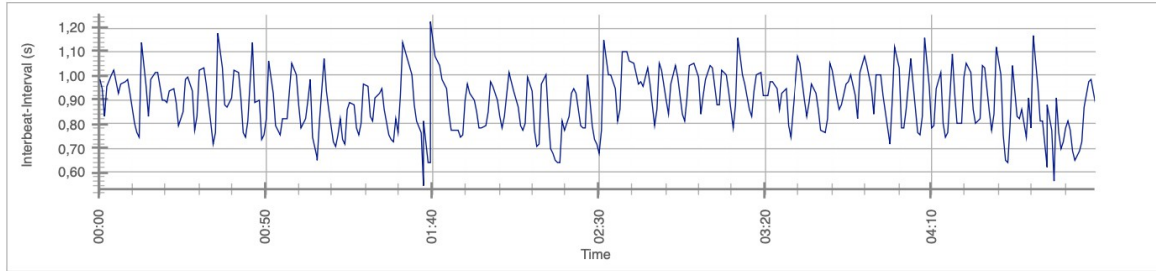
HRV-Analysis Report

Name: M6_39_b_selection_0133-0633

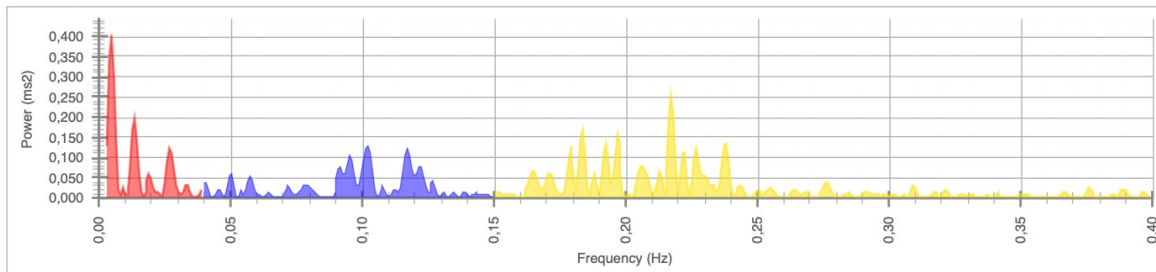
21.03.2021

Sound of Soul

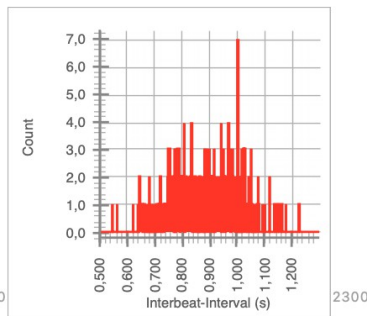
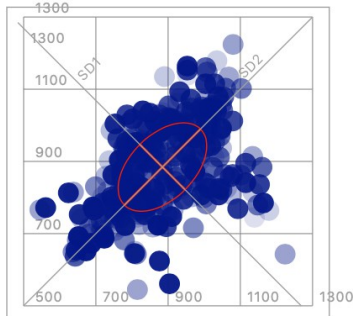
RR Intervals



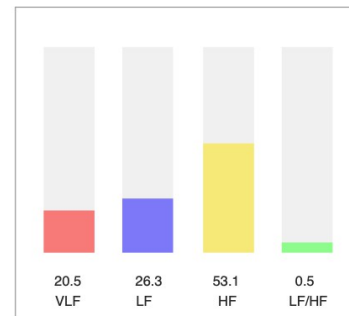
Power Spectrum



Time-Domain Statistics



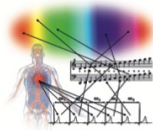
Frequency-Domain Statistics



Mean HR (bpm)	69,0
Mean RR (ms)	884,4
SDNN (ms)	122,5
RMSSD (ms)	125,0
pNN50 (%)	63,3
pNN20 (%)	79,9
pNN10 (%)	87,9
pNN05 (%)	94,7

SD1 (ms)	88,4
SD2 (ms)	149,0
SD1/SD2	1/1,7
VB (ms)	617,2
Stress Index	21,0
CV (%)	13,9

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



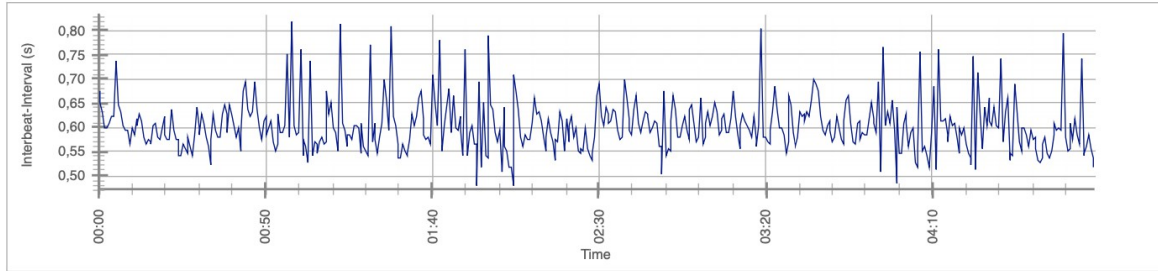
HRV-Analysis Report

Name: M7_7_a_selection_0058-0557

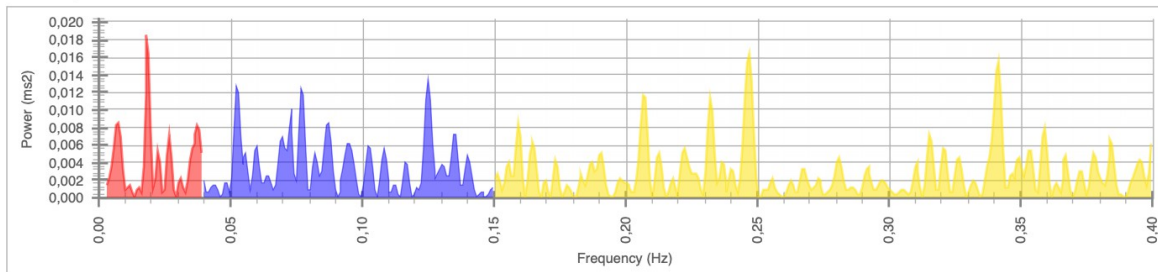
21.03.2021

Sound of Soul

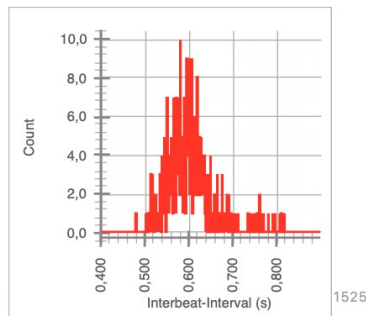
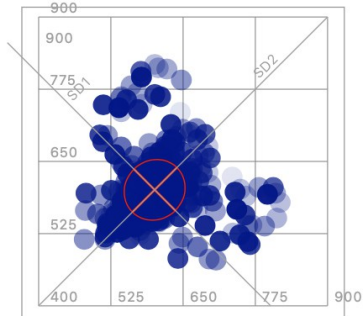
RR Intervals



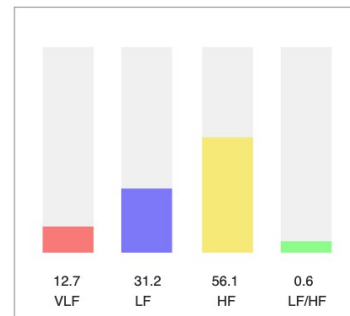
Power Spectrum



Time-Domain Statistics



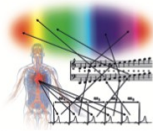
Frequency-Domain Statistics



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	



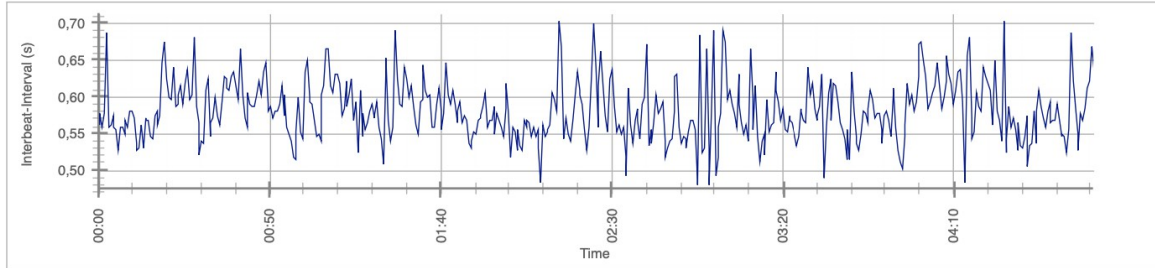
HRV-Analysis Report

Name: M7_7_b_selection_0027-0518

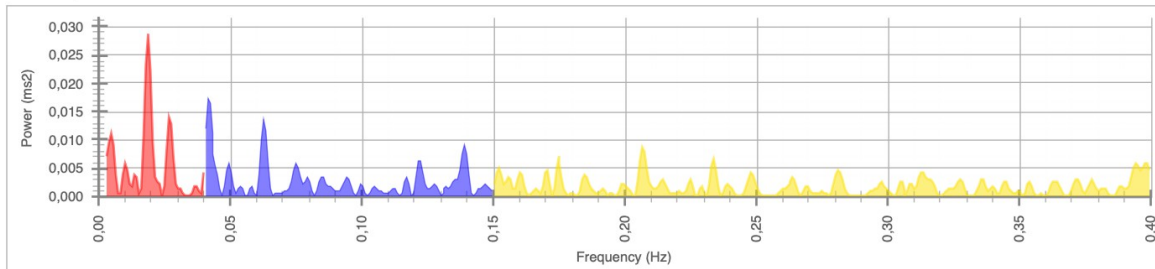
21.03.2021

Sound of Soul

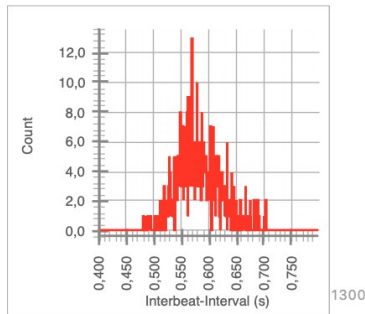
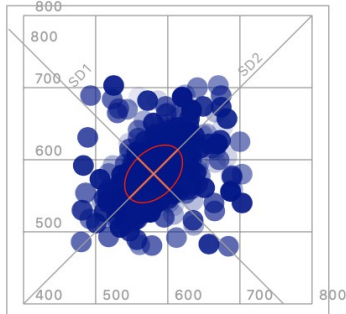
RR Intervals



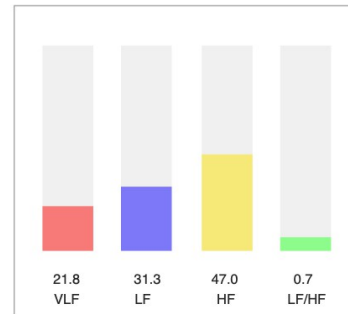
Power Spectrum



Time-Domain Statistics



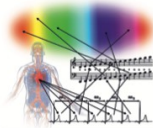
Frequency-Domain Statistics



Mean HR (bpm)	103,7
Mean RR (ms)	580,4
SDNN (ms)	40,1
RMSSD (ms)	44,2
pNN50 (%)	15,8
pNN20 (%)	53,3
pNN10 (%)	76,8
pNN05 (%)	87,8

SD1 (ms)	31,2
SD2 (ms)	47,2
SD1/SD2	1/1,5
VB (ms)	257,8
Stress Index	298,1
CV (%)	6,9

Frequency-Band	Power (ms ²)	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	



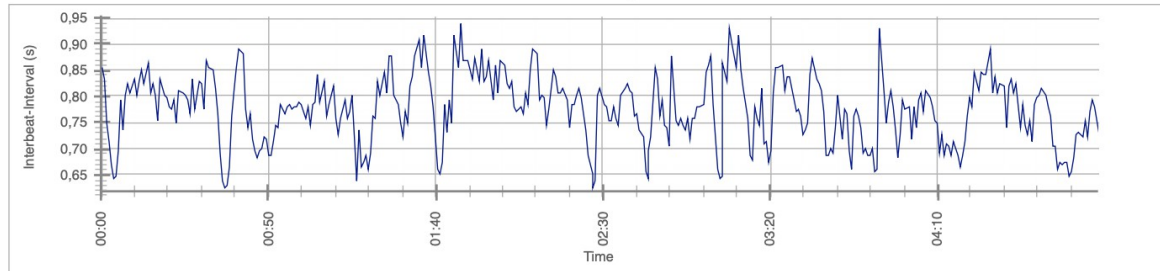
HRV-Analysis Report

Name: M8_14_a_selection_0116-0614

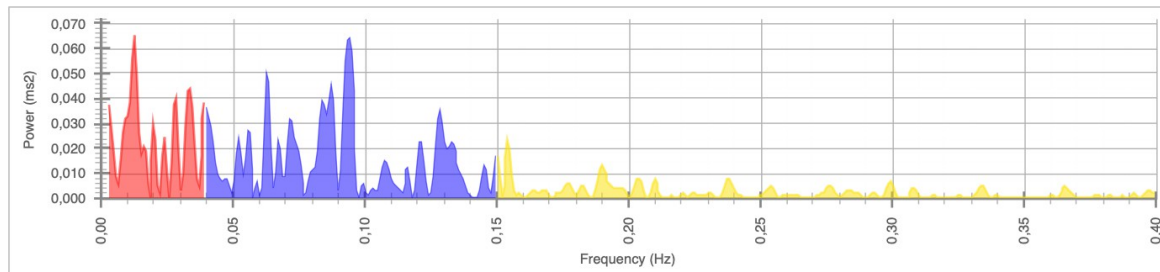
21.03.2021

Sound of Soul

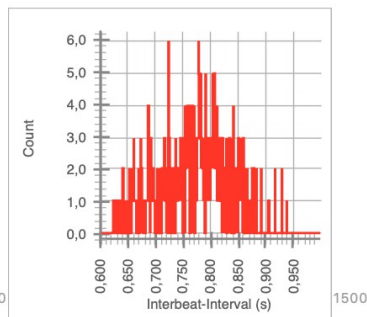
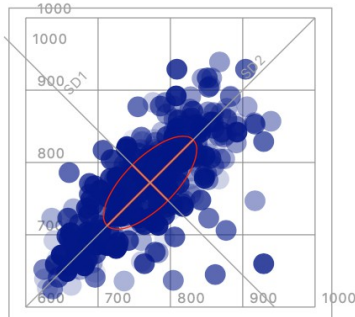
RR Intervals



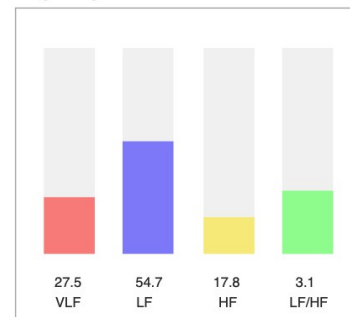
Power Spectrum



Time-Domain Statistics



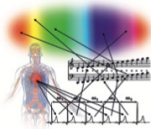
Frequency-Domain Statistics



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



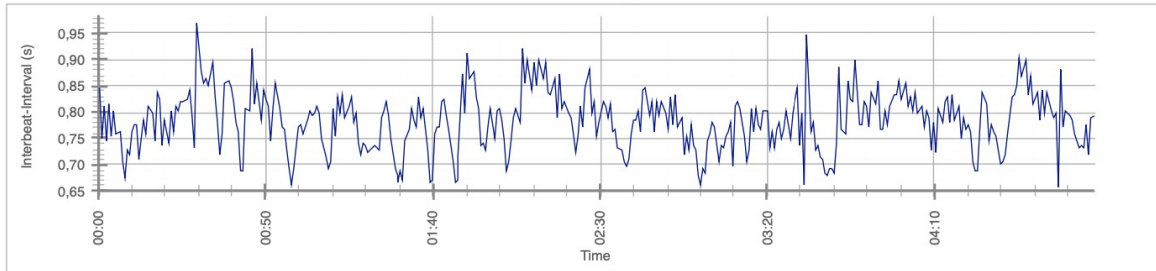
HRV-Analysis Report

Name: M8_14_b_selection_0124-0623

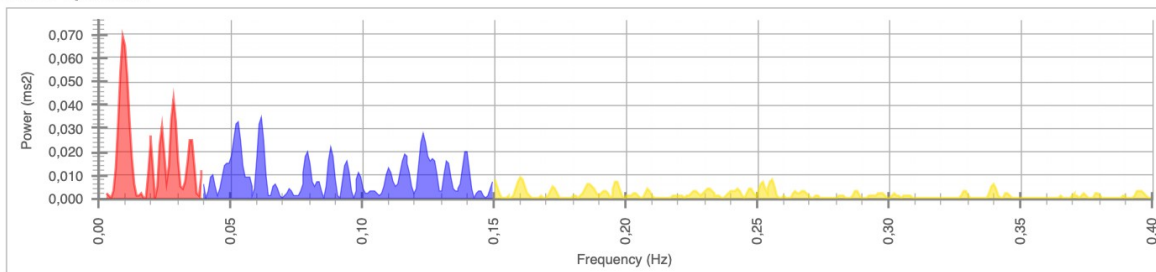
21.03.2021

Sound of Soul

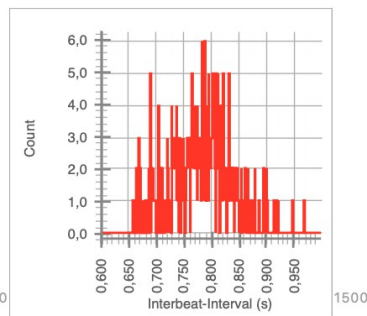
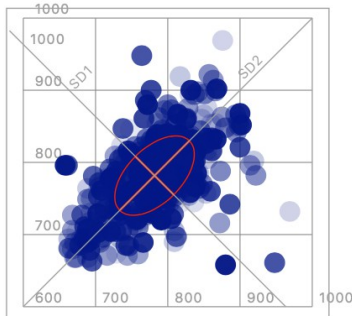
RR Intervals



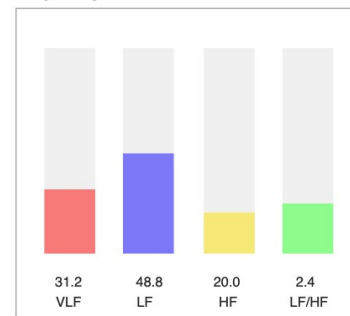
Power Spectrum



Time-Domain Statistics



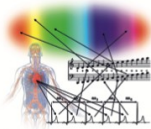
Frequency-Domain Statistics



Mean HR (bpm)	76,9
Mean RR (ms)	781,7
SDNN (ms)	55,1
RMSSD (ms)	53,1
pNN50 (%)	29,7
pNN20 (%)	68,2
pNN10 (%)	83,5
pNN05 (%)	91,1

SD1 (ms)	37,5
SD2 (ms)	68,1
SD1/SD2	1/1,8
VB (ms)	351,6
Stress Index	109,5
CV (%)	7,0

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	



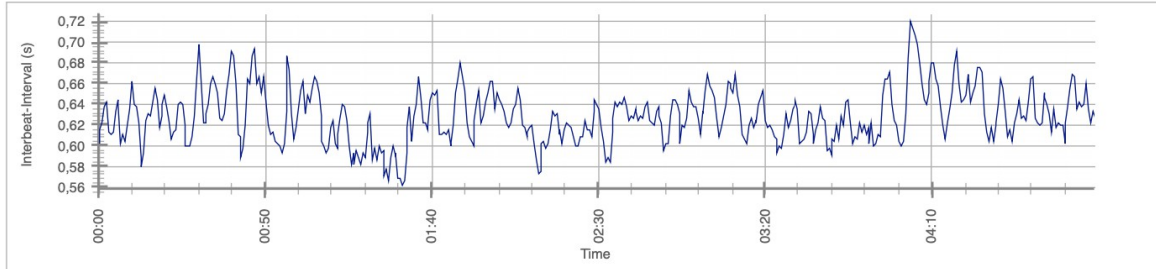
HRV-Analysis Report

Name: M9_31_a_selection_0124-0623

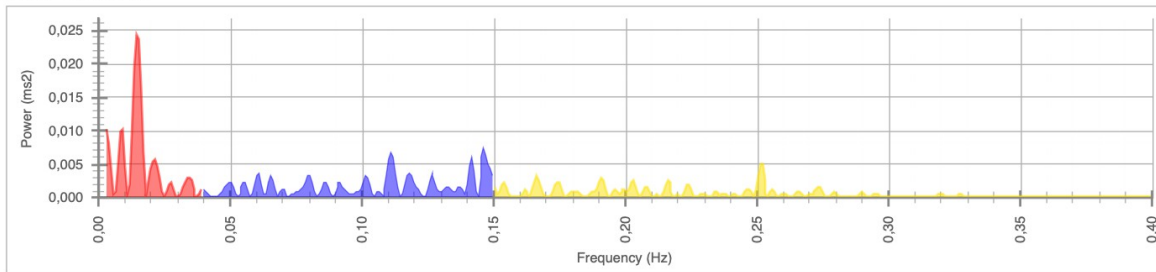
21.03.2021

Sound of Soul

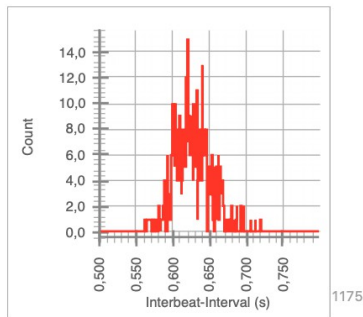
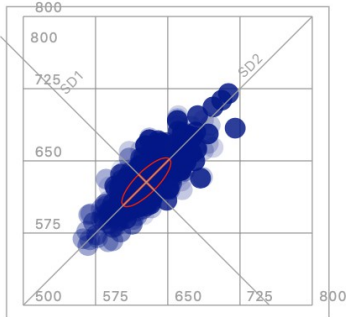
RR Intervals



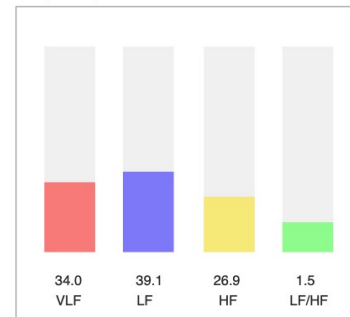
Power Spectrum



Time-Domain Statistics



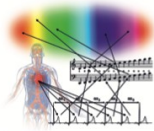
Frequency-Domain Statistics



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-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



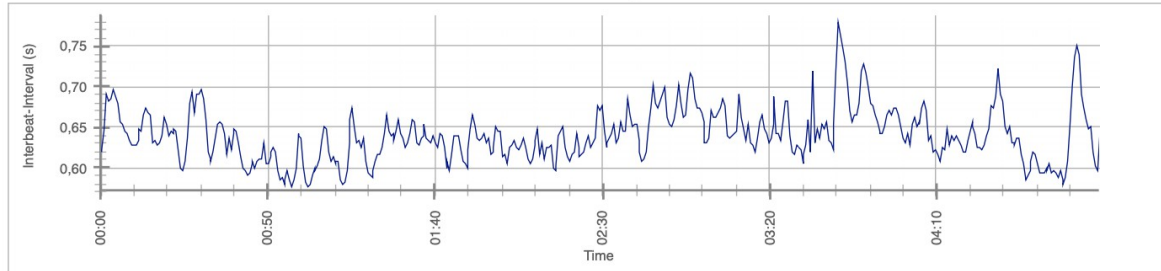
HRV-Analysis Report

Name: M9_31_b_selection_0141-0640

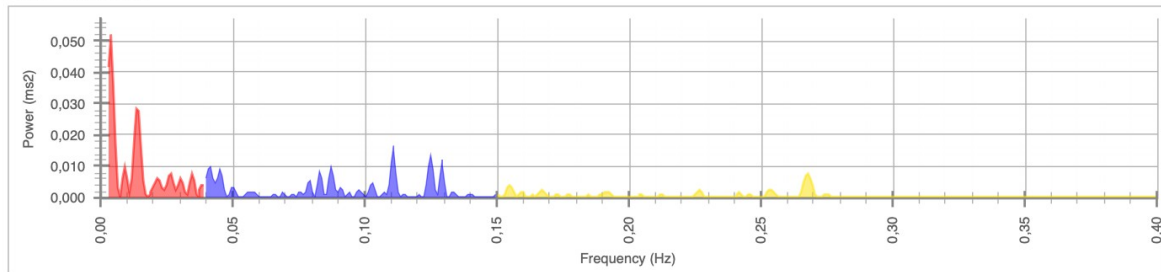
21.03.2021

Sound of Soul

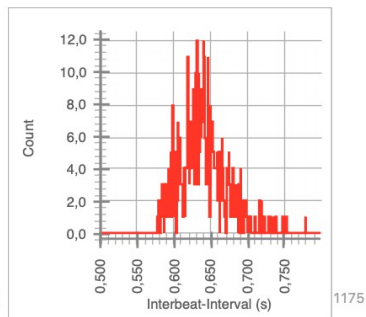
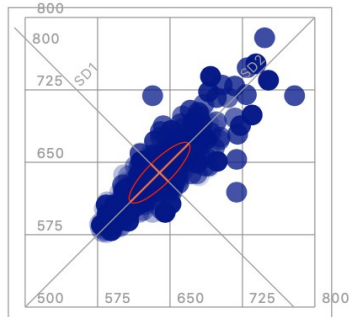
RR Intervals



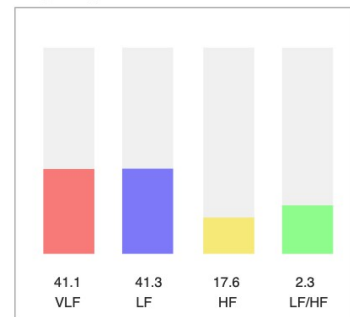
Power Spectrum



Time-Domain Statistics



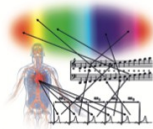
Frequency-Domain Statistics



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



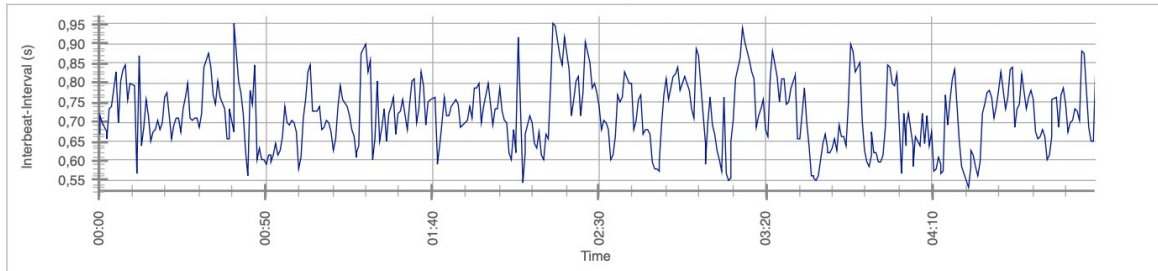
HRV-Analysis Report

Name: M10_9_a_selection_0105-0605

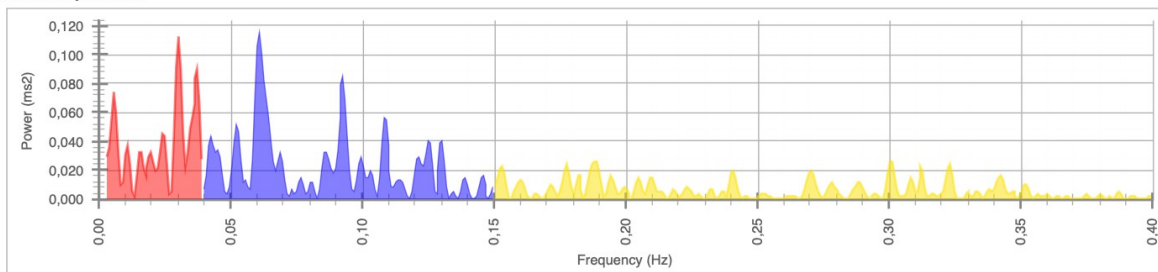
21.03.2021

Sound of Soul

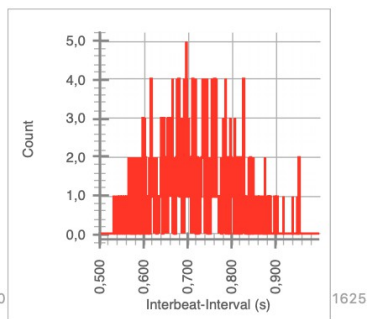
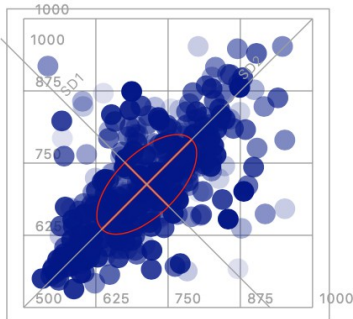
RR Intervals



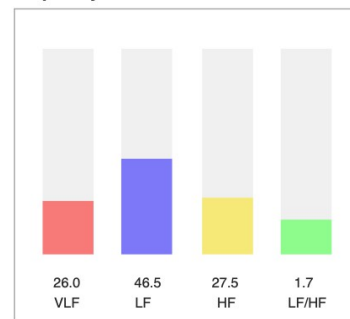
Power Spectrum



Time-Domain Statistics



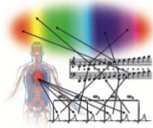
Frequency-Domain Statistics



Mean HR (bpm)	85,2
Mean RR (ms)	713,1
SDNN (ms)	86,5
RMSSD (ms)	75,6
pNN50 (%)	40,3
pNN20 (%)	69,7
pNN10 (%)	83,8
pNN05 (%)	90,5

SD1 (ms)	53,4
SD2 (ms)	109,8
SD1/SD2	1/2,1
VB (ms)	453,1
Stress Index	58,0
CV (%)	12,1

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



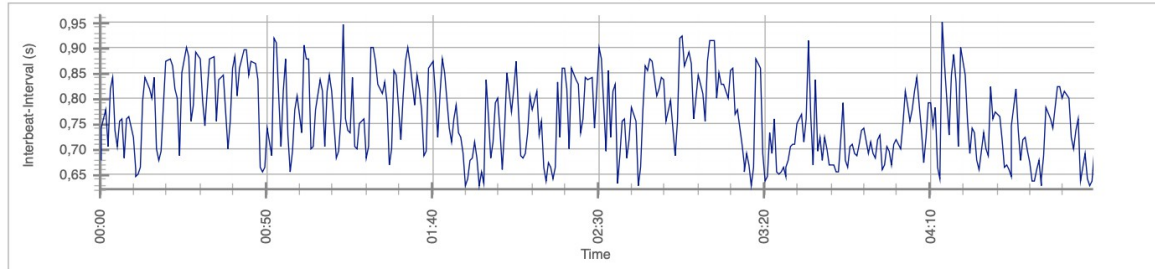
HRV-Analysis Report

Name: M10_9_b_selection_0050-0550

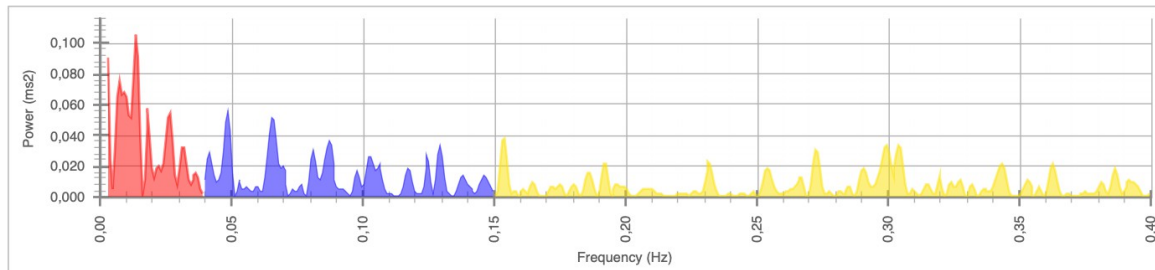
21.03.2021

Sound of Soul

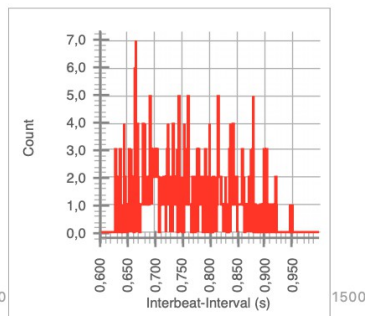
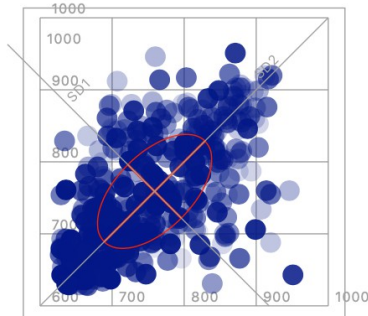
RR Intervals



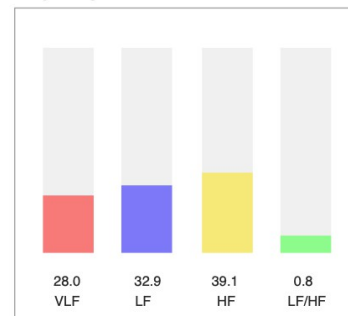
Power Spectrum



Time-Domain Statistics



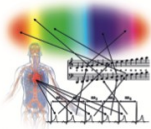
Frequency-Domain Statistics



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	



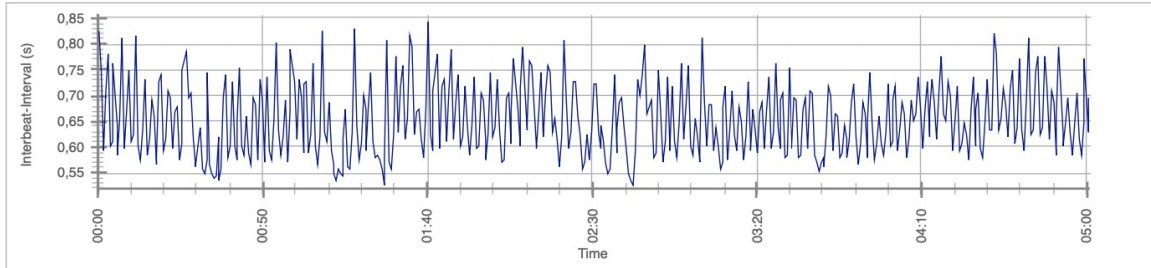
HRV-Analysis Report

Name: M11_7_a_selection_0202-0703

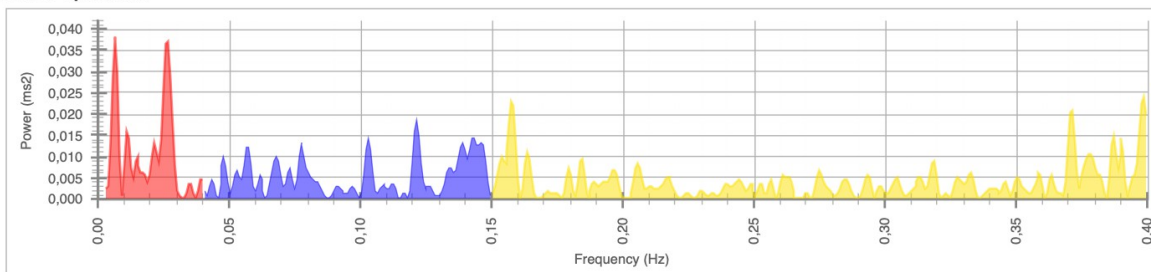
21.03.2021

Sound of Soul

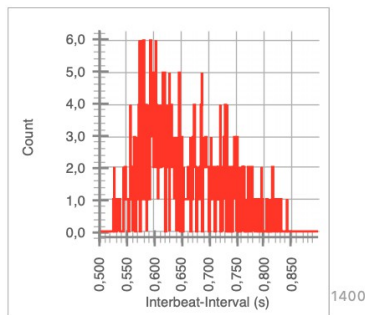
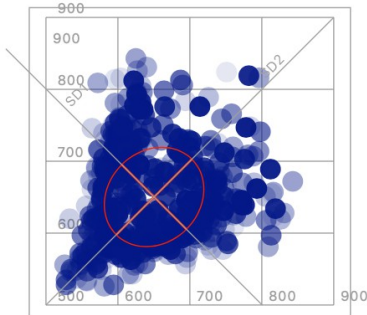
RR Intervals



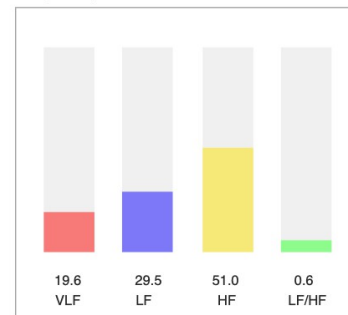
Power Spectrum



Time-Domain Statistics



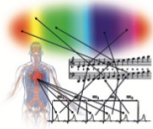
Frequency-Domain Statistics



Mean HR (bpm)	93,1
Mean RR (ms)	650,3
SDNN (ms)	69,3
RMSSD (ms)	89,8
pNN50 (%)	60,9
pNN20 (%)	83,2
pNN10 (%)	91,6
pNN05 (%)	95,5

SD1 (ms)	63,5
SD2 (ms)	74,3
SD1/SD2	1/1,2
VB (ms)	351,6
Stress Index	73,6
CV (%)	10,7

Frequency-Band	Power (ms ²)	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	



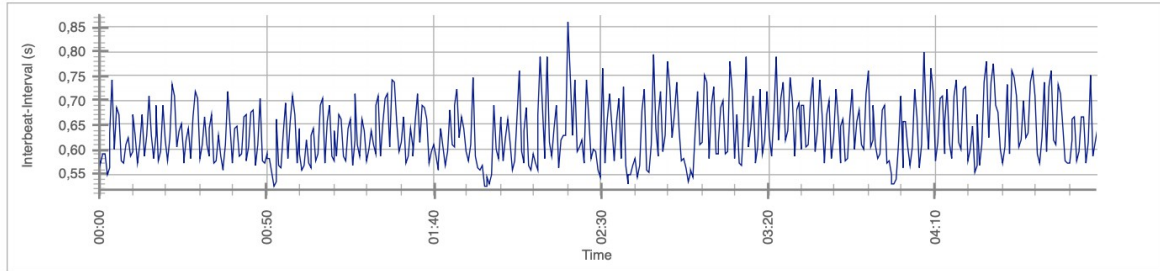
HRV-Analysis Report

Name: M11_7_b_selection_0221-0720

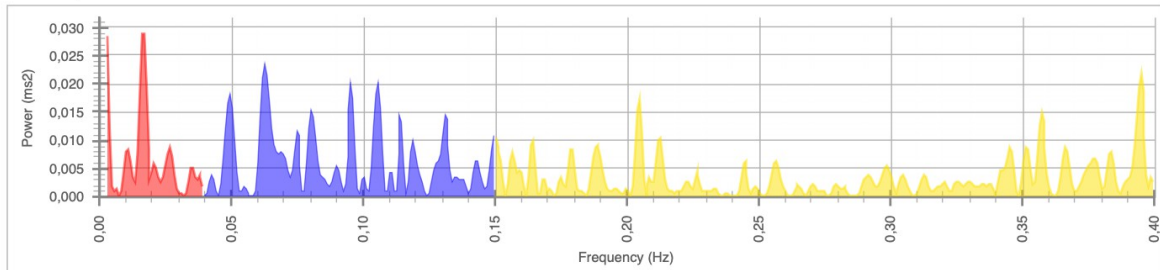
21.03.2021

Sound of Soul

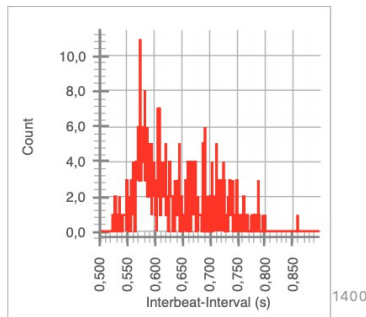
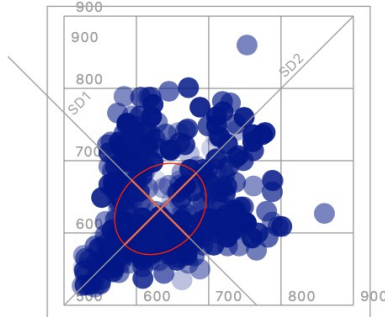
RR Intervals



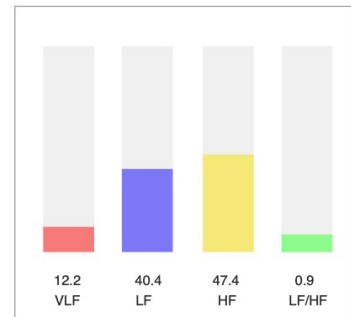
Power Spectrum



Time-Domain Statistics



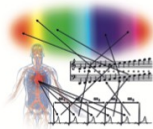
Frequency-Domain Statistics



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

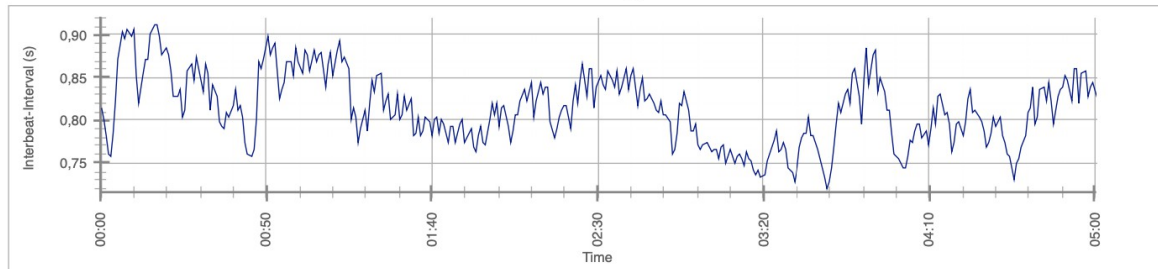
SD1 (ms)	55,9
SD2 (ms)	69,8
SD1/SD2	1/1,2
VB (ms)	335,9
Stress Index	125,1
CV (%)	10,0

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

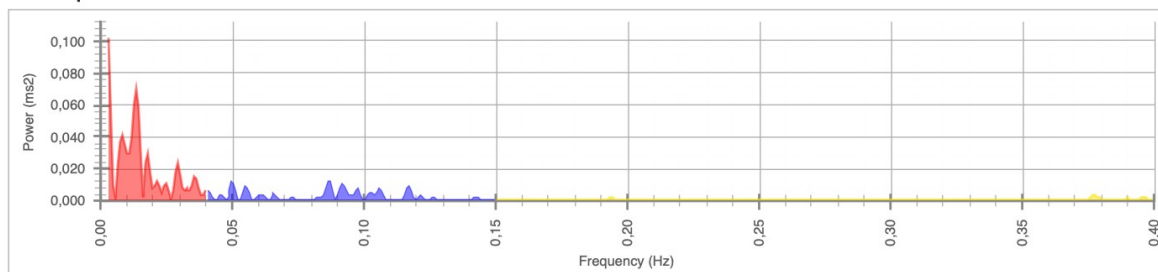


Sound of Soul

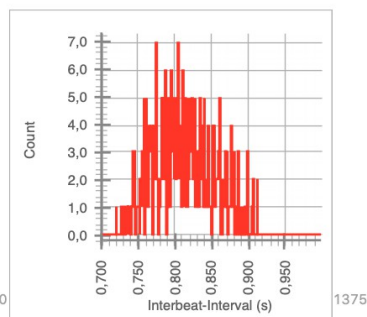
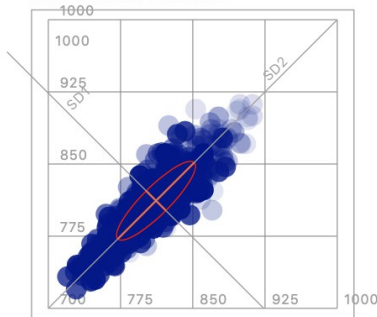
RR Intervals



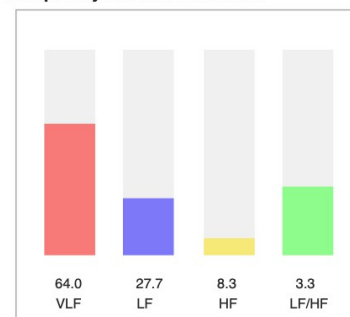
Power Spectrum



Time-Domain Statistics



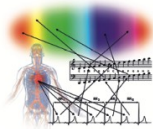
Frequency-Domain Statistics



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 (ms ²)	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



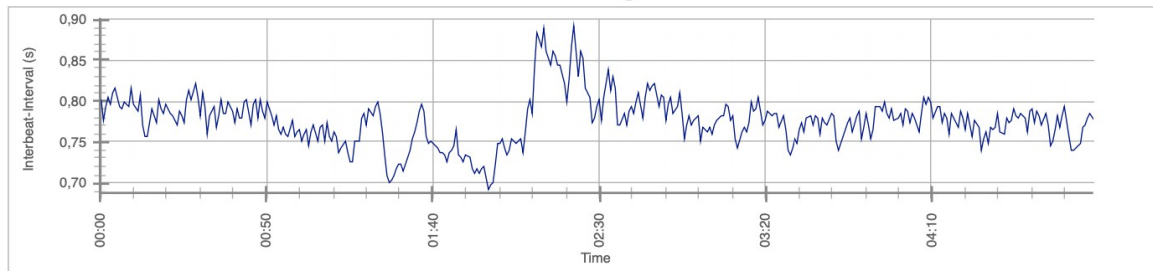
HRV-Analysis Report

Name: M12_53_b_selection_0206-0705

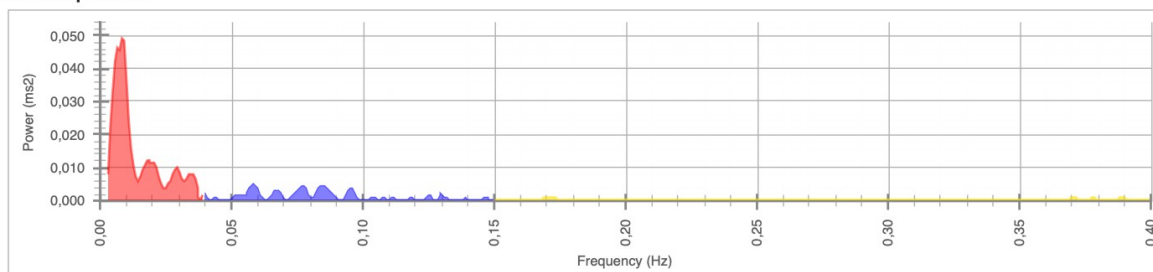
21.03.2021

Sound of Soul

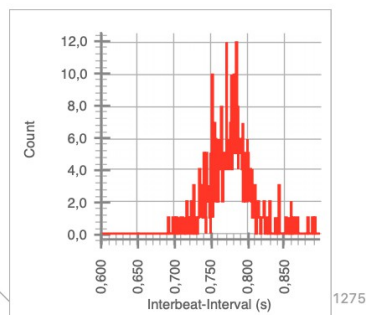
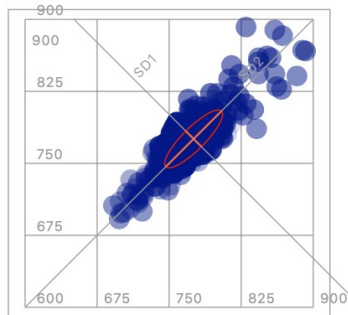
RR Intervals



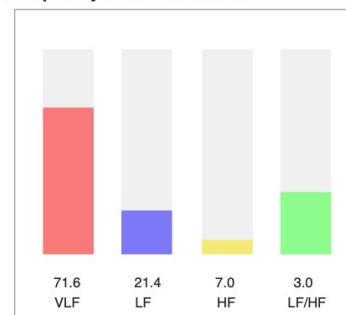
Power Spectrum



Time-Domain Statistics



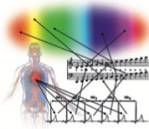
Frequency-Domain Statistics



Mean HR (bpm)	77,3
Mean RR (ms)	775,5
SDNN (ms)	30,2
RMSSD (ms)	16,2
pNN50 (%)	0,5
pNN20 (%)	17,9
pNN10 (%)	55,1
pNN05 (%)	78,2

SD1 (ms)	11,5
SD2 (ms)	41,1
SD1/SD2	1/3,6
VB (ms)	242,2
Stress Index	291,6
CV (%)	3,9

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



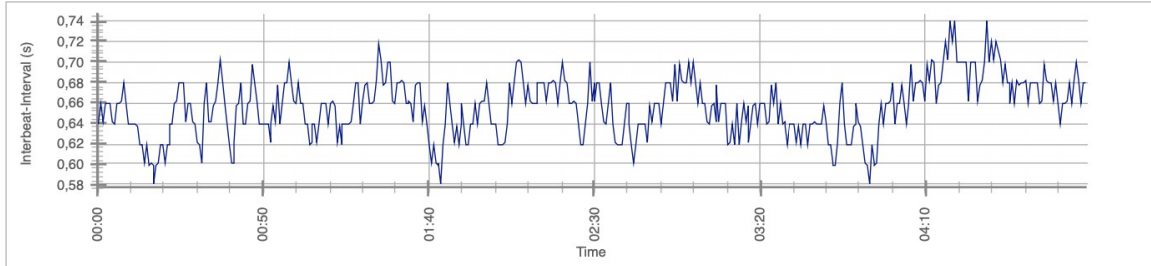
HRV-Analysis Report

Name: M13_15_a_selection_0152-0652

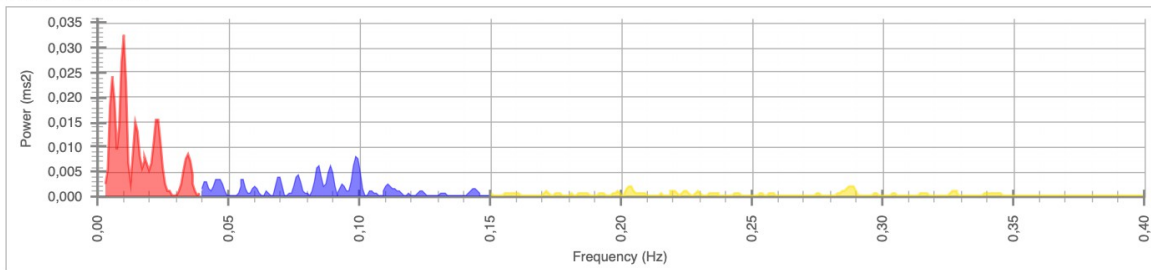
21.03.2021

Sound of Soul

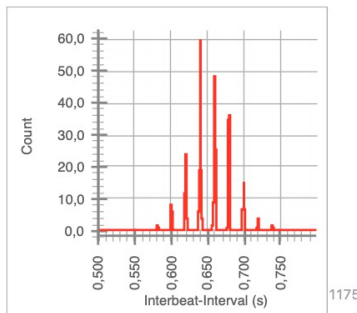
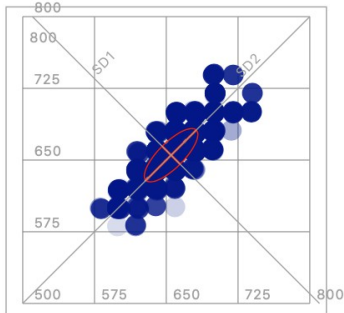
RR Intervals



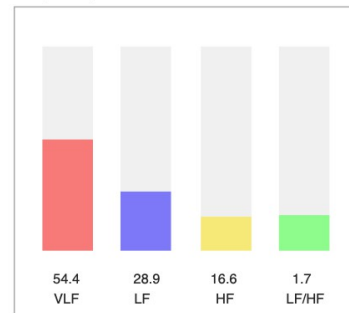
Power Spectrum



Time-Domain Statistics



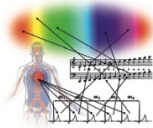
Frequency-Domain Statistics



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-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



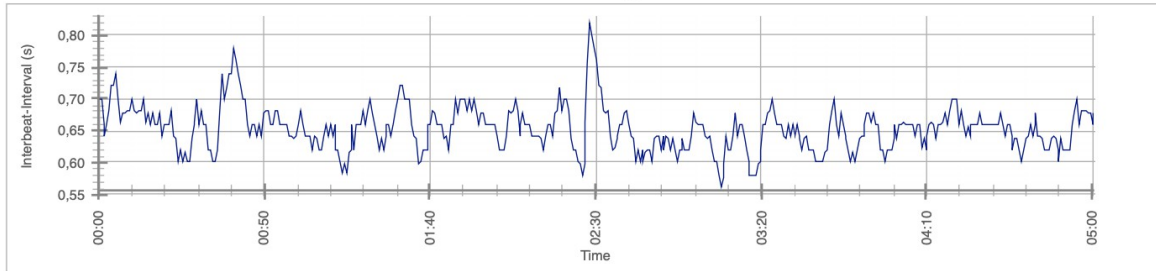
HRV-Analysis Report

Name: M13_15_b_selection_0205-0706

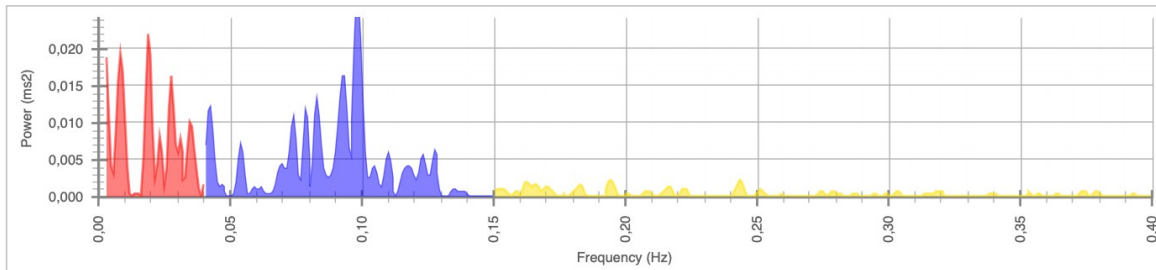
21.03.2021

Sound of Soul

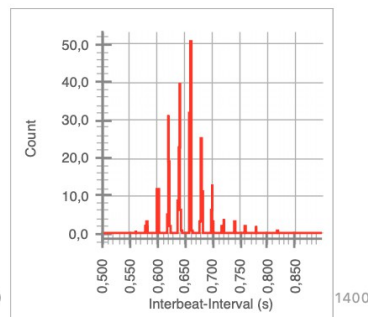
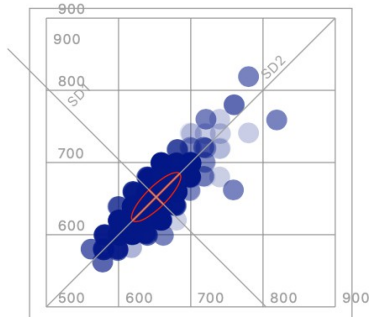
RR Intervals



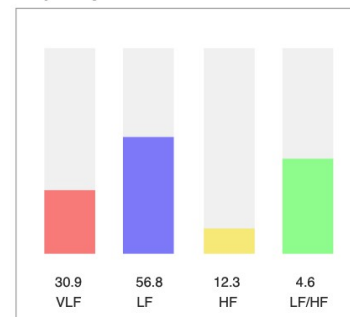
Power Spectrum



Time-Domain Statistics



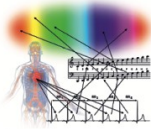
Frequency-Domain Statistics



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



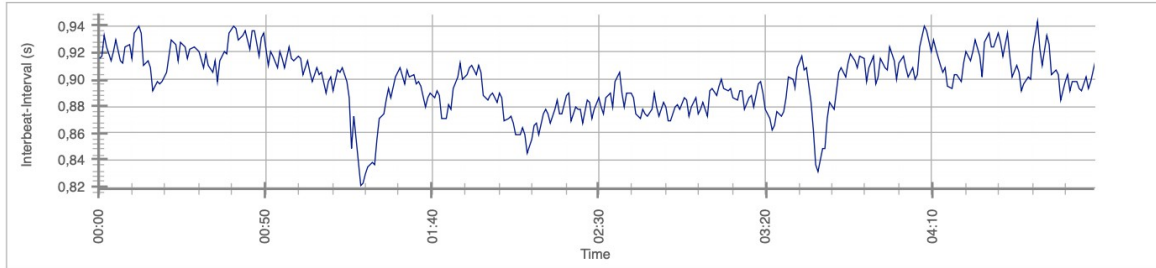
HRV-Analysis Report

Name: M14_64_a_selection_0151-0650

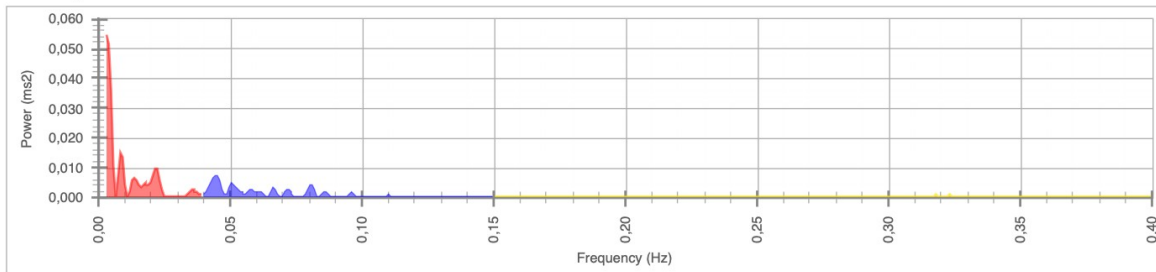
21.03.2021

Sound of Soul

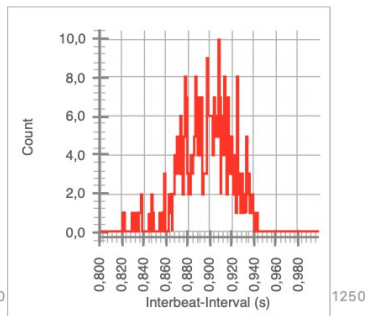
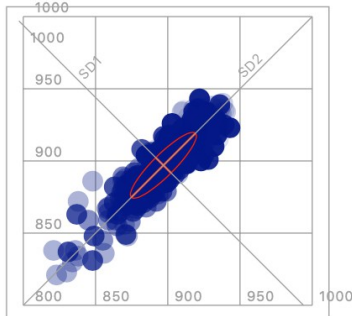
RR Intervals



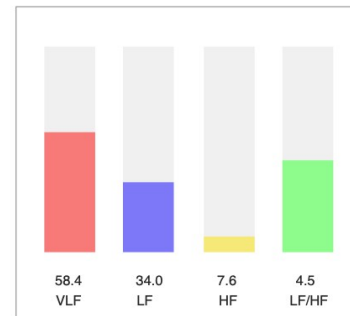
Power Spectrum



Time-Domain Statistics



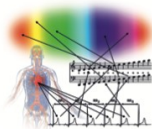
Frequency-Domain Statistics



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

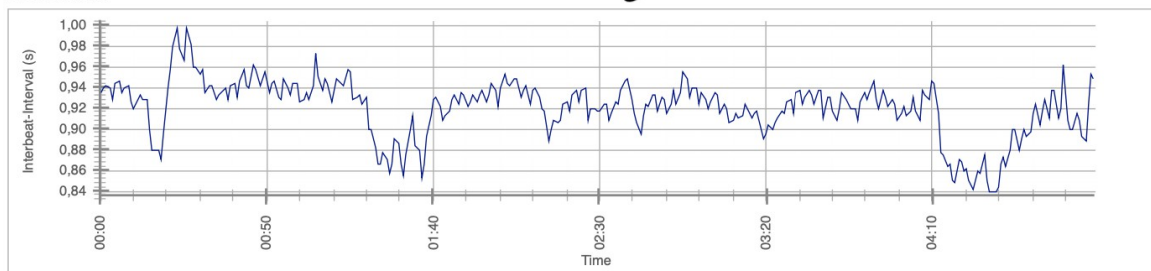
SD1 (ms)	7,5
SD2 (ms)	31,4
SD1/SD2	1/4,2
VB (ms)	156,2
Stress Index	265,4
CV (%)	2,5

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

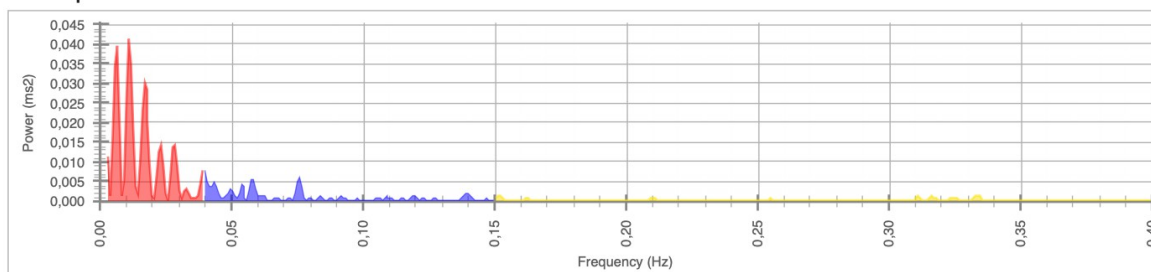


Sound of Soul

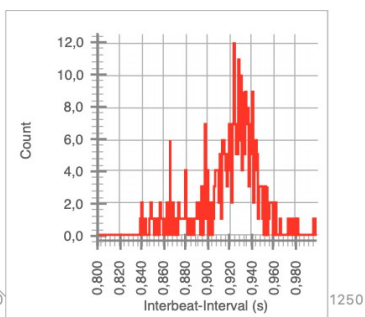
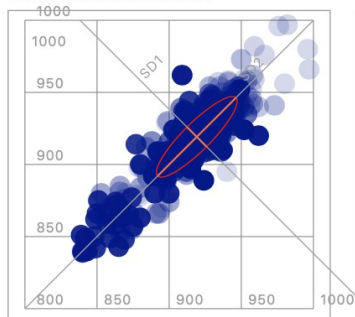
RR Intervals



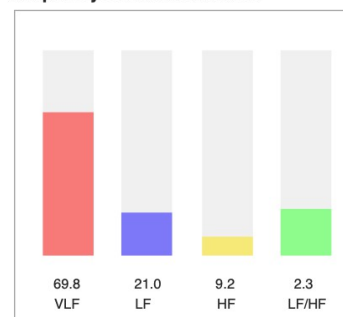
Power Spectrum



Time-Domain Statistics



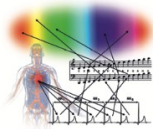
Frequency-Domain Statistics



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



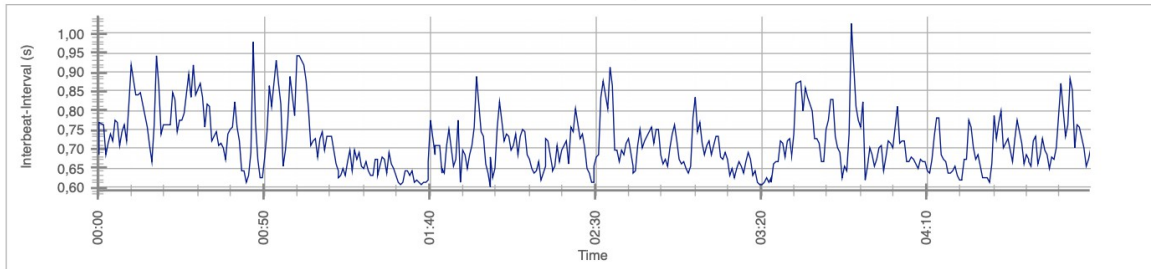
HRV-Analysis Report

Name: M15_15_a_selection_0226-0726

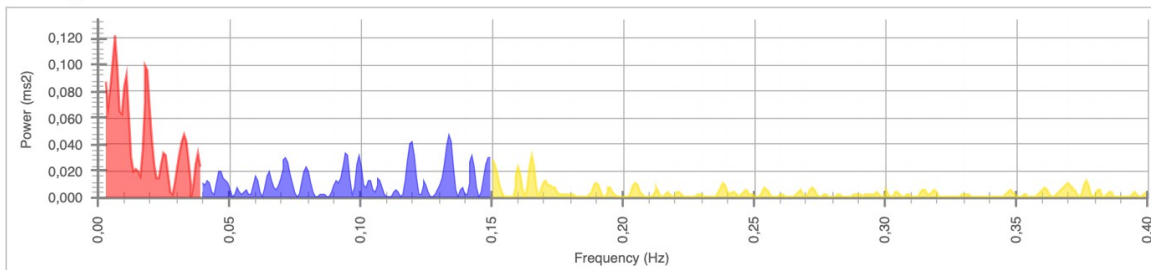
21.03.2021

Sound of Soul

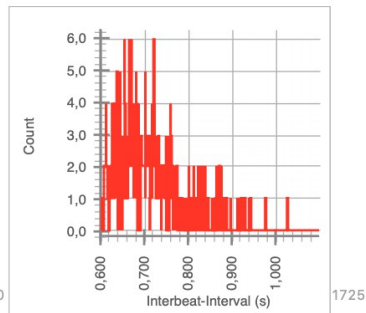
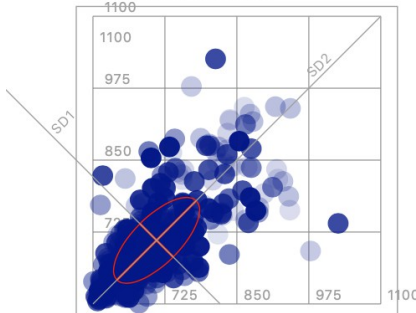
RR Intervals



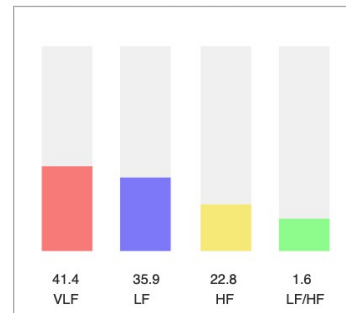
Power Spectrum



Time-Domain Statistics



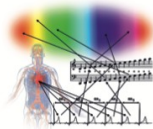
Frequency-Domain Statistics



Mean HR (bpm)	85,1
Mean RR (ms)	710,5
SDNN (ms)	74,7
RMSSD (ms)	57,7
pNN50 (%)	29,9
pNN20 (%)	61,5
pNN10 (%)	77,7
pNN05 (%)	86,2

SD1 (ms)	40,8
SD2 (ms)	97,4
SD1/SD2	1/2,4
VB (ms)	406,2
Stress Index	91,3
CV (%)	10,5

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



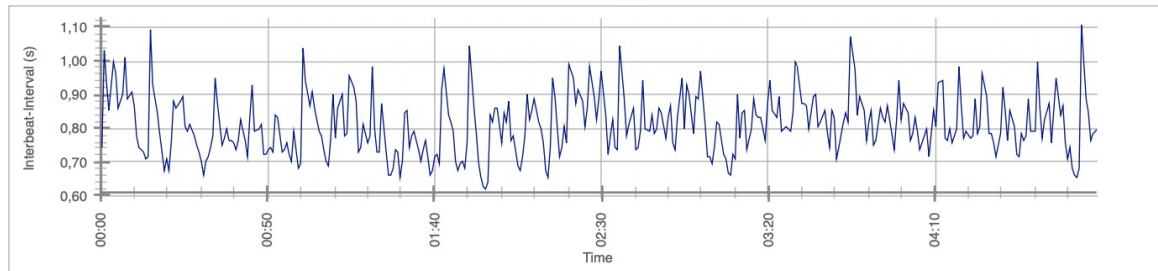
HRV-Analysis Report

Name: M15_15_b_selection_0226-0725

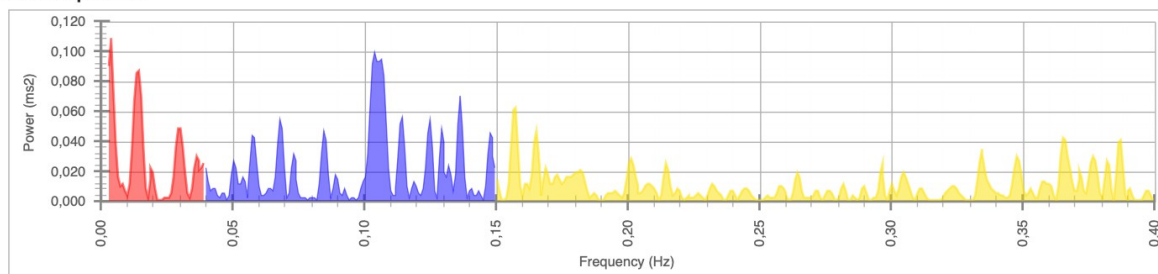
21.03.2021

Sound of Soul

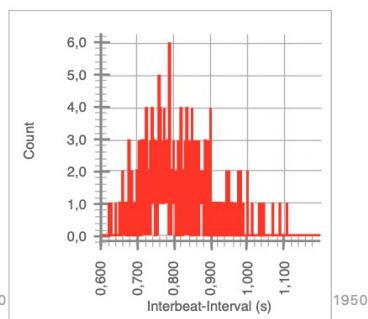
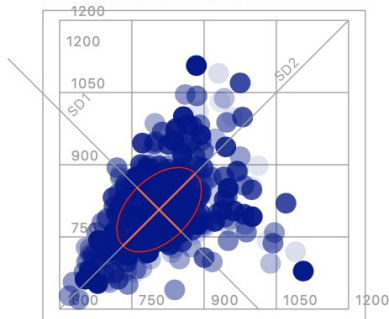
RR Intervals



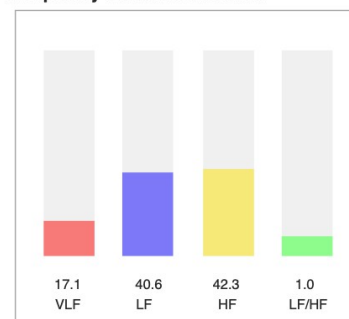
Power Spectrum



Time-Domain Statistics



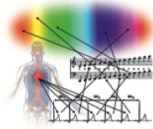
Frequency-Domain Statistics



Mean HR (bpm)	75,0
Mean RR (ms)	806,6
SDNN (ms)	87,7
RMSSD (ms)	91,0
pNN50 (%)	50,5
pNN20 (%)	78,4
pNN10 (%)	90,0
pNN05 (%)	95,9

SD1 (ms)	64,4
SD2 (ms)	106,0
SD1/SD2	1/1,6
VB (ms)	523,4
Stress Index	46,5
CV (%)	10,9

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	



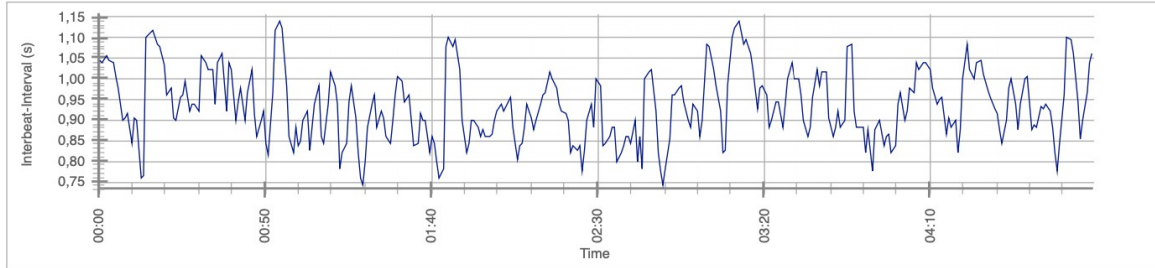
HRV-Analysis Report

Name: M16_15_a_selection_0120-0620

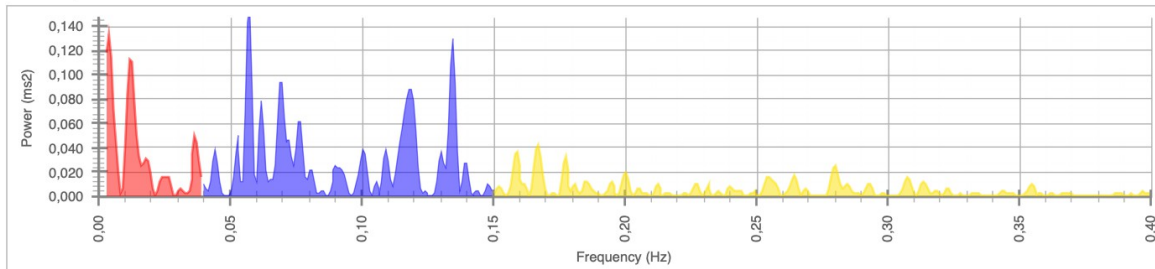
21.03.2021

Sound of Soul

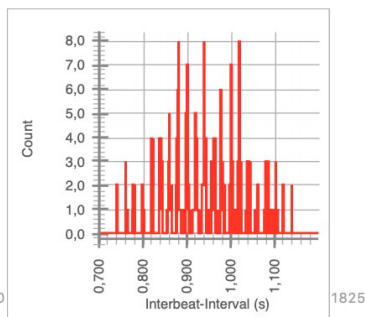
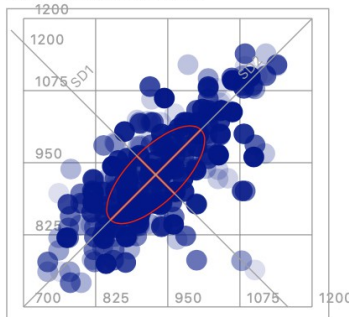
RR Intervals



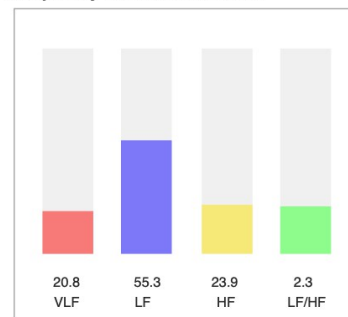
Power Spectrum



Time-Domain Statistics



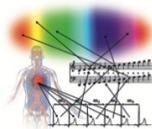
Frequency-Domain Statistics



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	



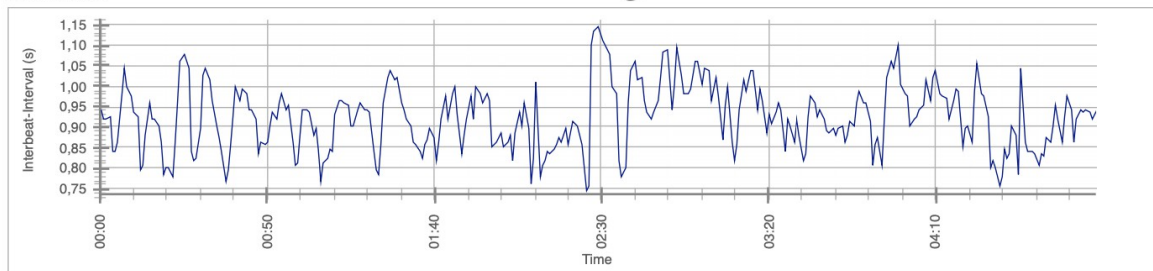
HRV-Analysis Report

Name: M16_15_b_selection_0137-0636

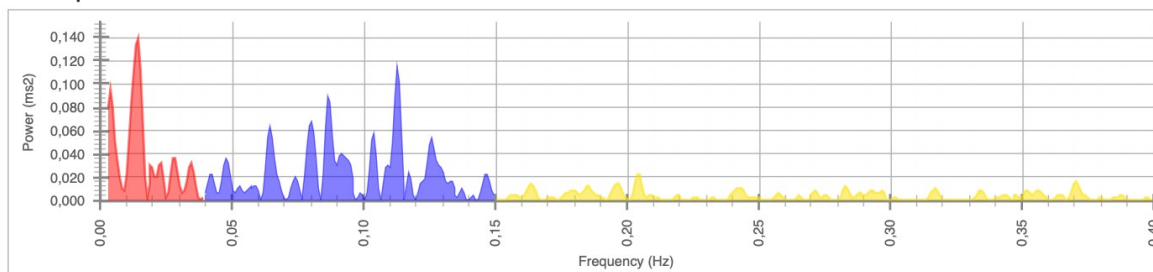
21.03.2021

Sound of Soul

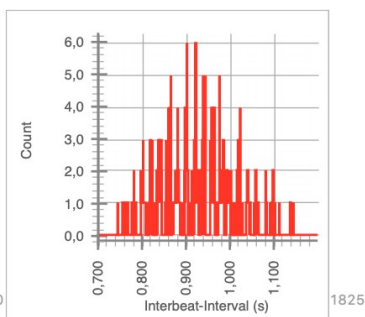
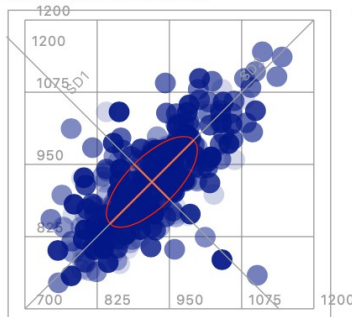
RR Intervals



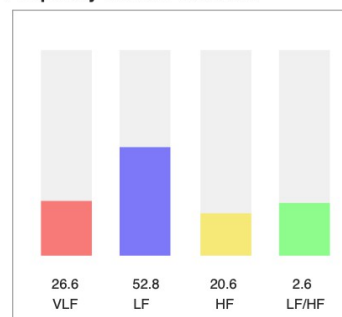
Power Spectrum



Time-Domain Statistics



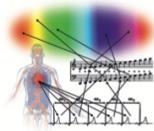
Frequency-Domain Statistics



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



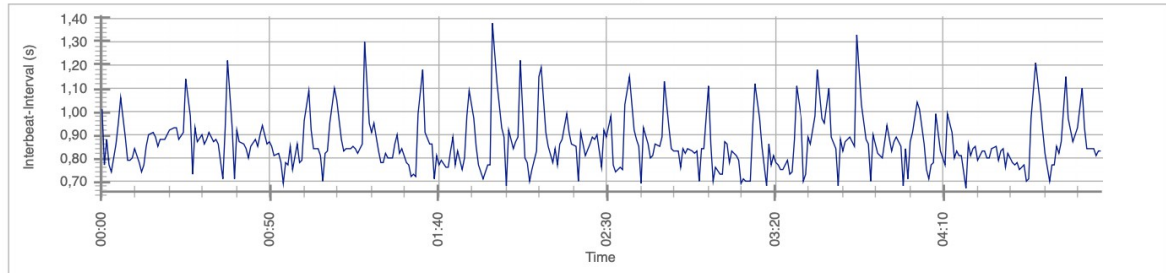
HRV-Analysis Report

Name: M17_16_a_selection_0147-0645

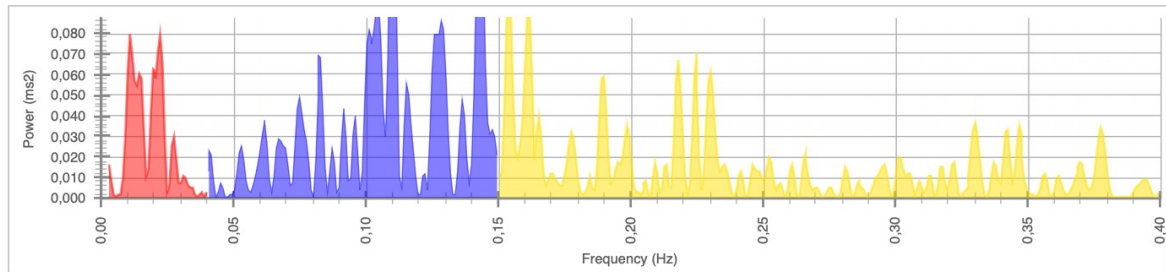
21.03.2021

Sound of Soul

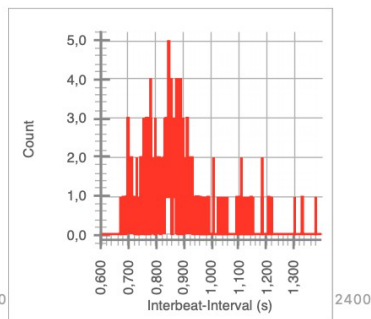
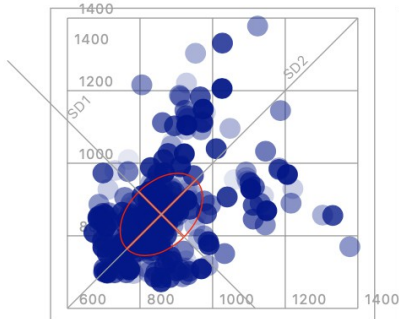
RR Intervals



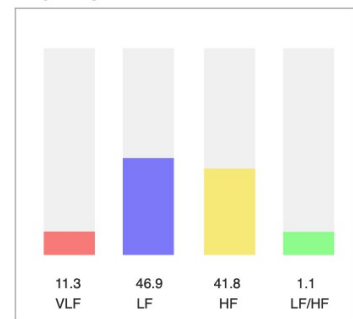
Power Spectrum



Time-Domain Statistics



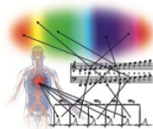
Frequency-Domain Statistics



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



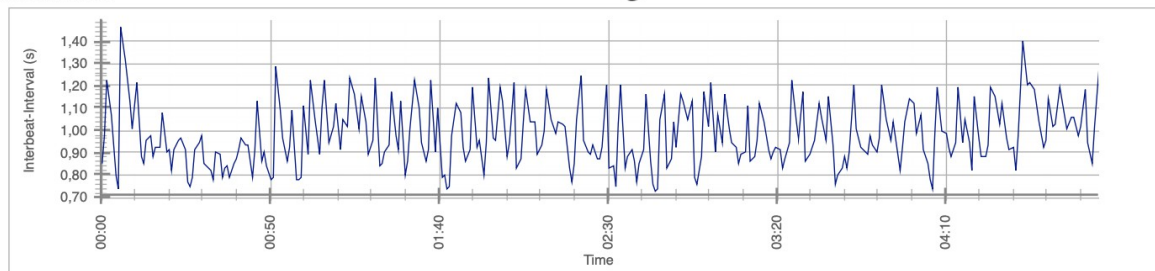
HRV-Analysis Report

Name: M17_16_b_selection_0139-0636

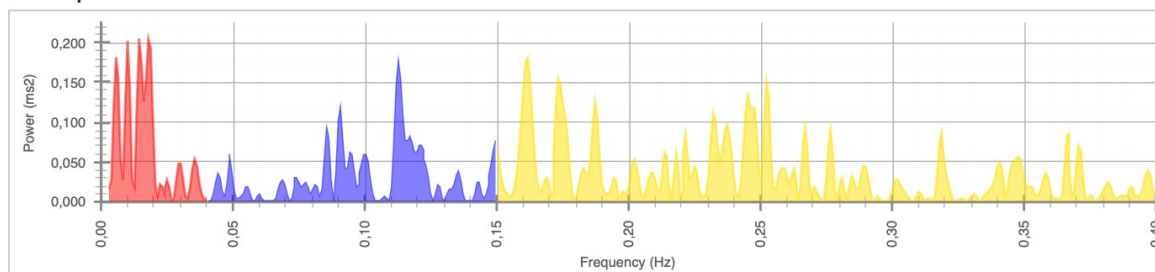
21.03.2021

Sound of Soul

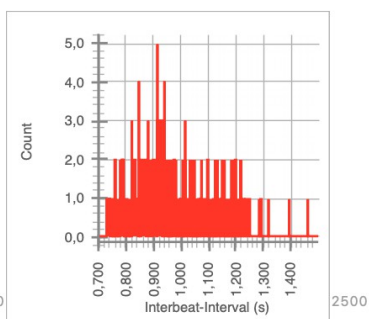
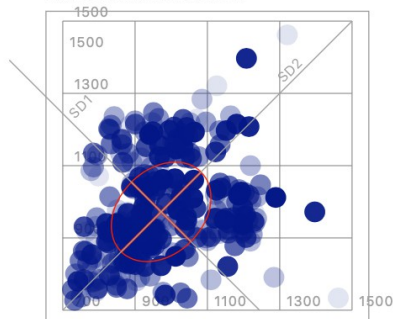
RR Intervals



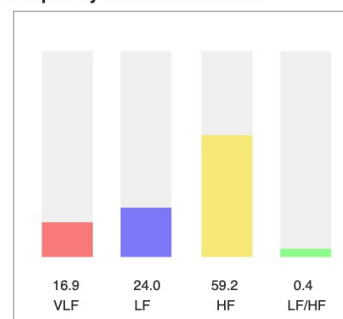
Power Spectrum



Time-Domain Statistics



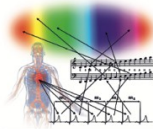
Frequency-Domain Statistics



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



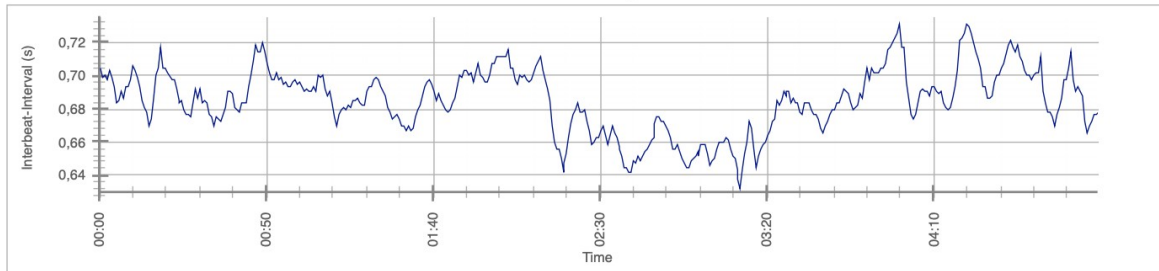
HRV-Analysis Report

Name: M18_34_a_selection_0257-0756

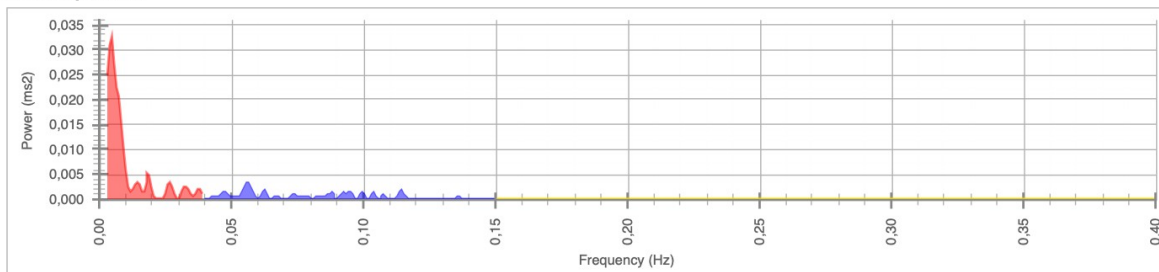
21.03.2021

Sound of Soul

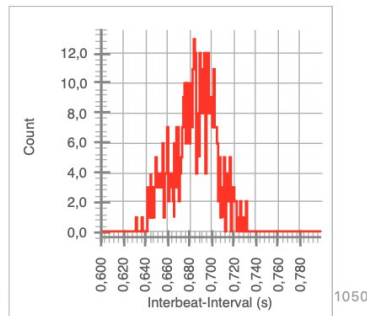
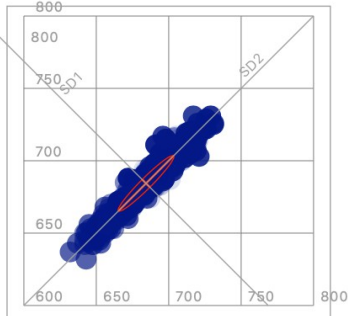
RR Intervals



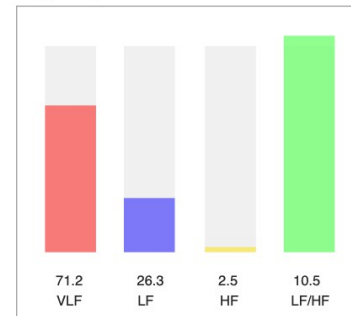
Power Spectrum



Time-Domain Statistics



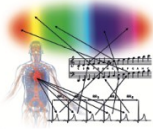
Frequency-Domain Statistics



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	



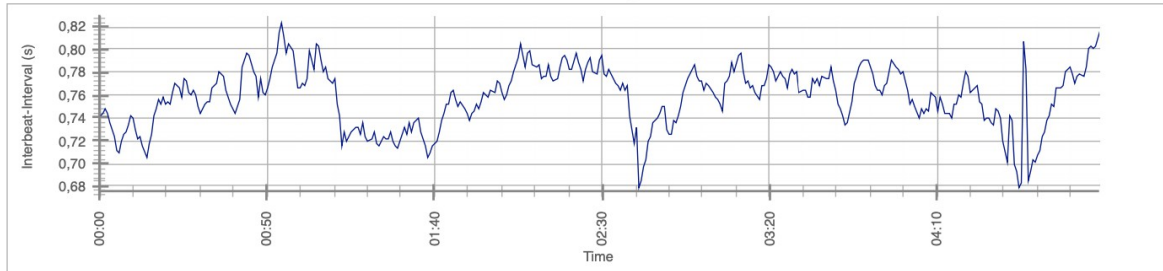
HRV-Analysis Report

Name: M18_34_b_selection_0149-0648

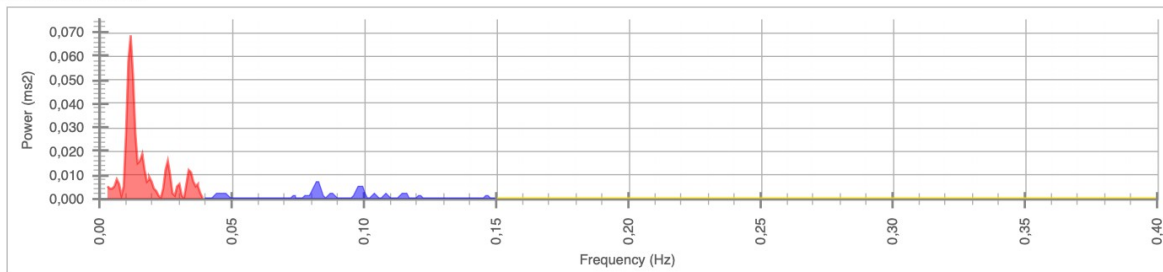
21.03.2021

Sound of Soul

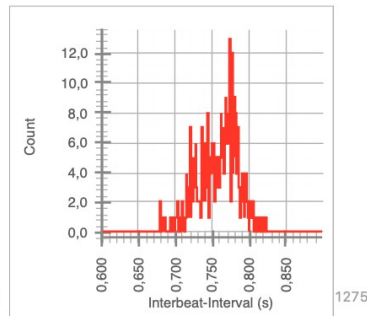
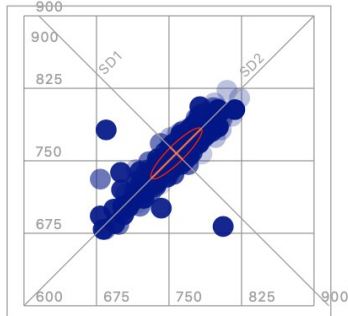
RR Intervals



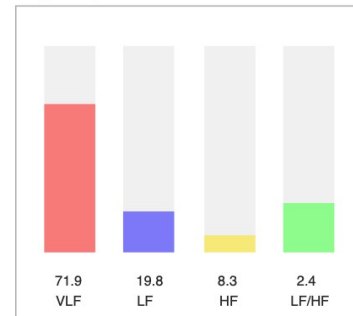
Power Spectrum



Time-Domain Statistics



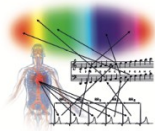
Frequency-Domain Statistics



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	



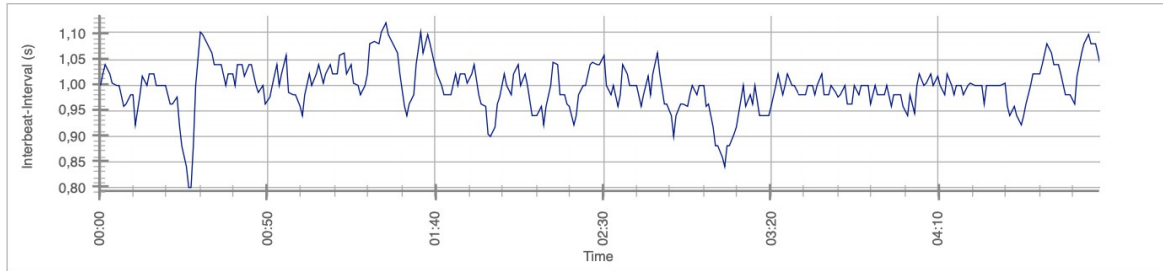
HRV-Analysis Report

Name: M19_46_a_selection_0225-0724

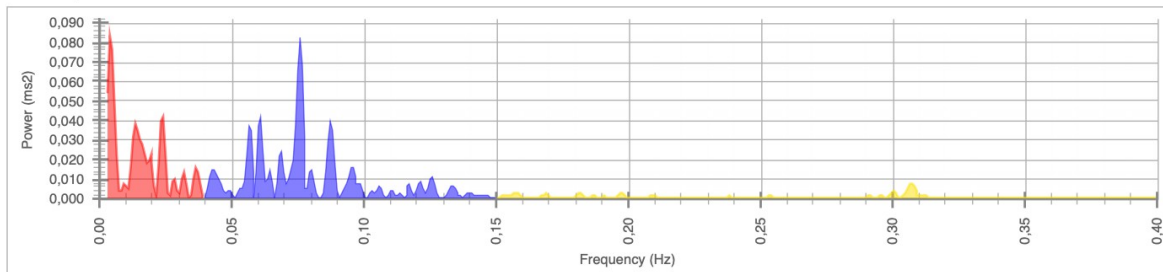
21.03.2021

Sound of Soul

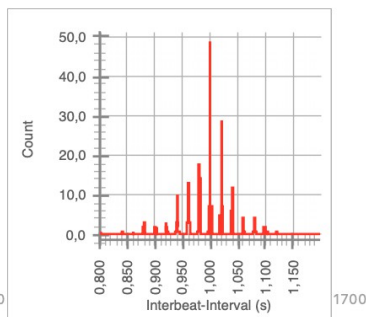
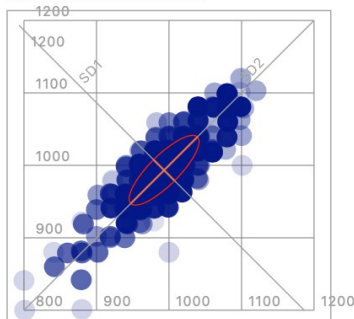
RR Intervals



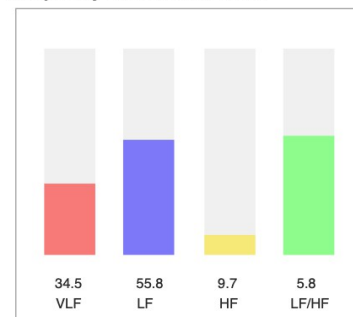
Power Spectrum



Time-Domain Statistics



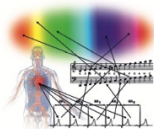
Frequency-Domain Statistics



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 (ms ²)	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



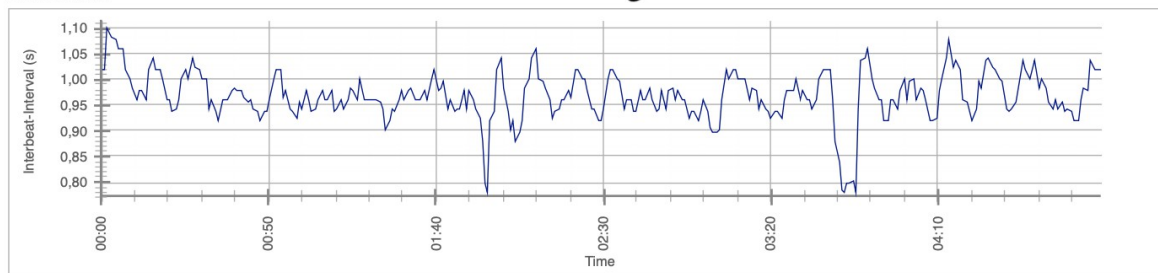
HRV-Analysis Report

Name: M19_46_b_selection_0231-0731

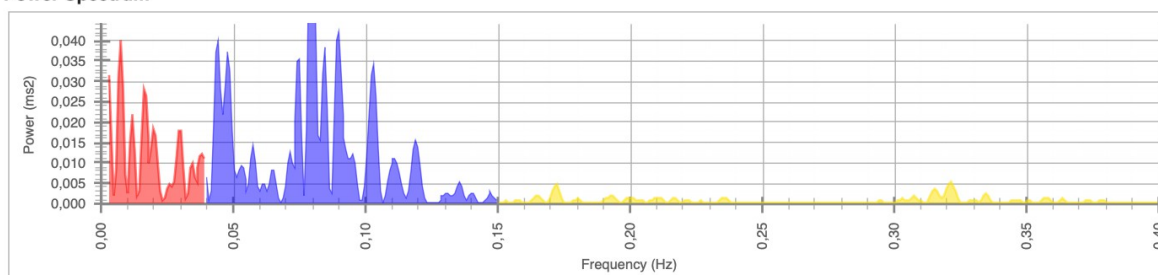
21.03.2021

Sound of Soul

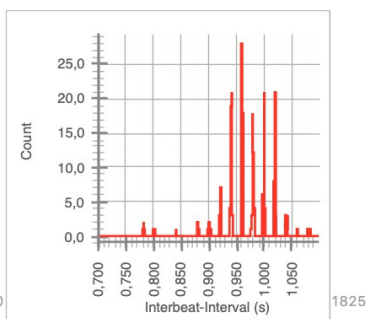
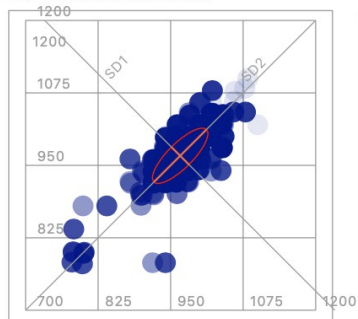
RR Intervals



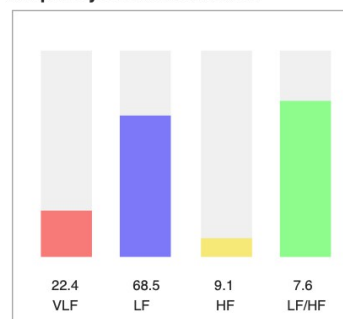
Power Spectrum



Time-Domain Statistics



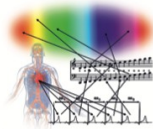
Frequency-Domain Statistics



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-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



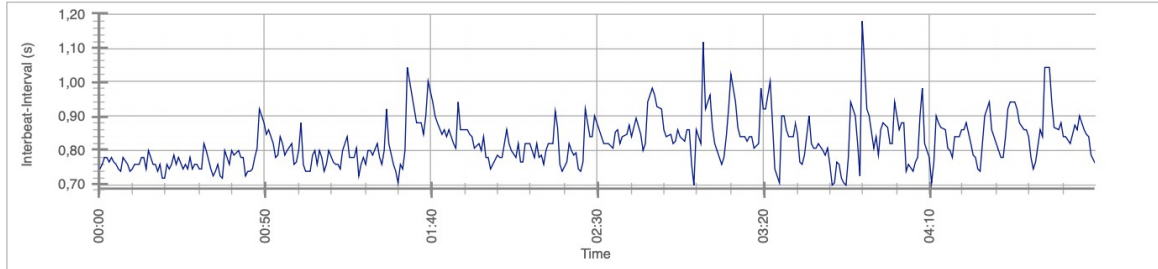
HRV-Analysis Report

Name: M20_33_a_selection_0413-0914

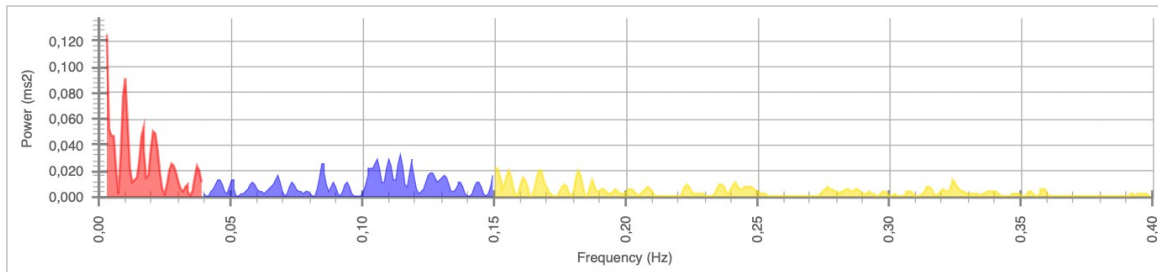
21.03.2021

Sound of Soul

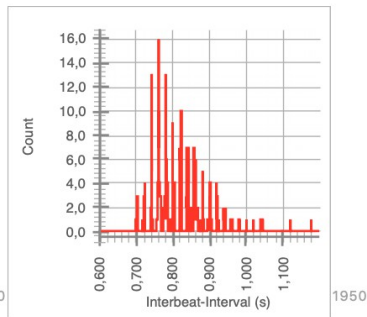
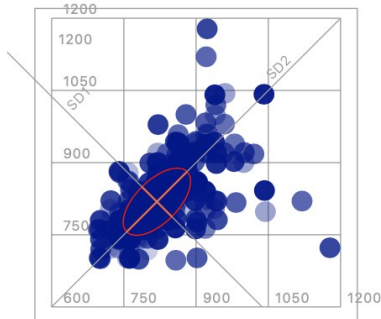
RR Intervals



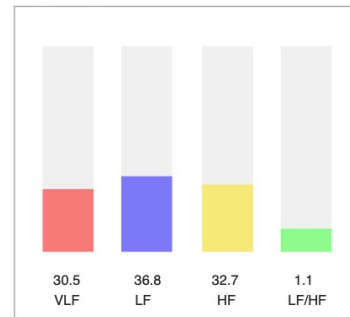
Power Spectrum



Time-Domain Statistics



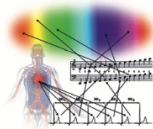
Frequency-Domain Statistics



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

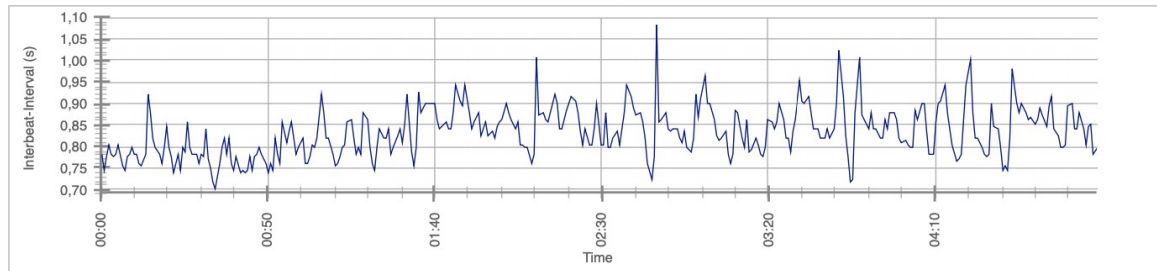
SD1 (ms)	43,8
SD2 (ms)	88,5
SD1/SD2	1/2,0
VB (ms)	406,2
Stress Index	79,5
CV (%)	8,5

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

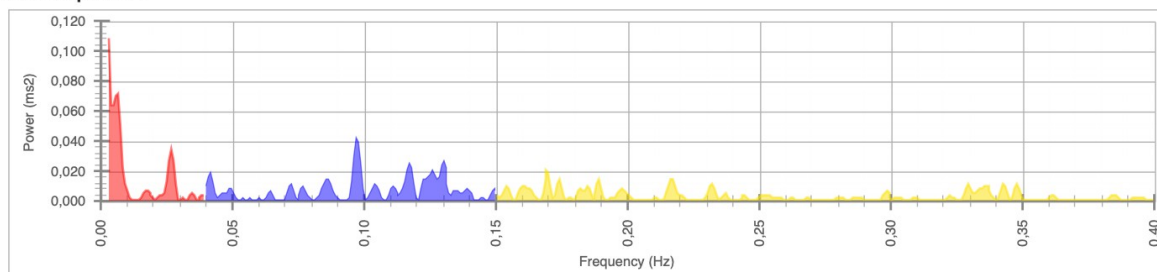


Sound of Soul

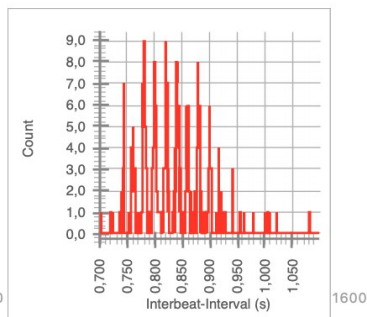
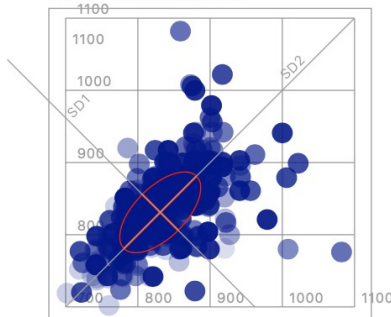
RR Intervals



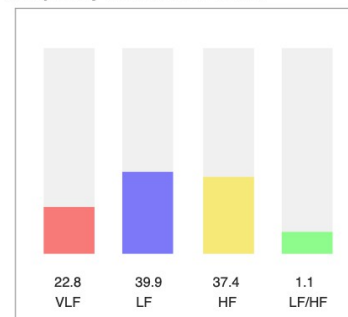
Power Spectrum



Time-Domain Statistics



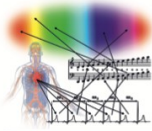
Frequency-Domain Statistics



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-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	



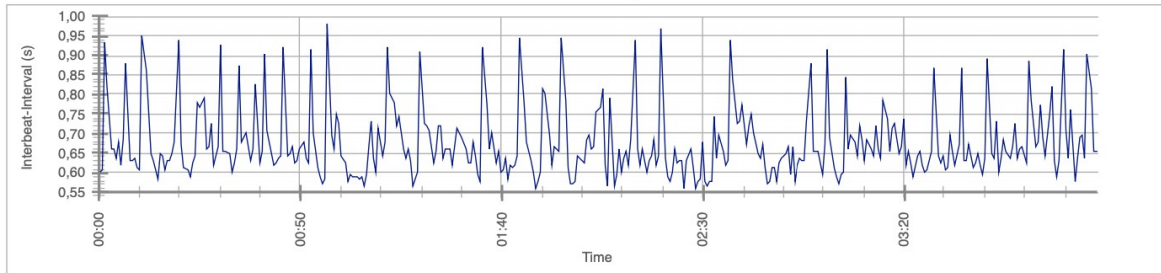
HRV-Analysis Report

Name: M21_4_a_selection_0048-0457

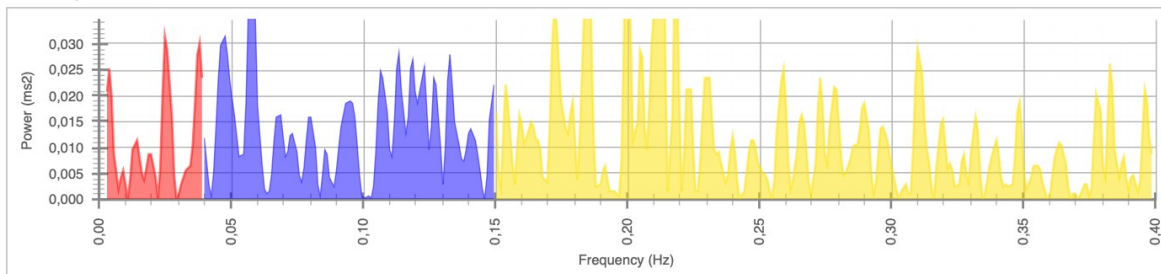
21.03.2021

Sound of Soul

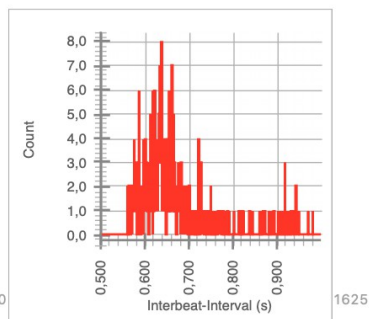
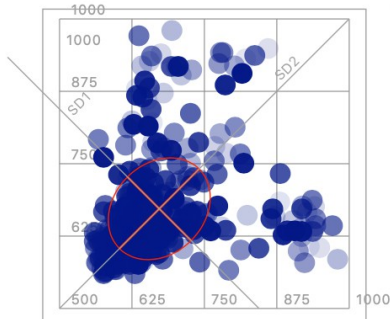
RR Intervals



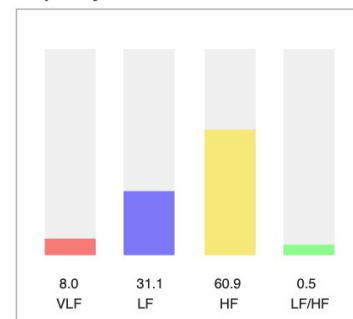
Power Spectrum



Time-Domain Statistics



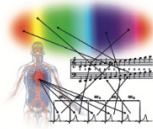
Frequency-Domain Statistics



Mean HR (bpm)	90,3
Mean RR (ms)	672,2
SDNN (ms)	88,0
RMSSD (ms)	109,8
pNN50 (%)	42,3
pNN20 (%)	73,2
pNN10 (%)	85,6
pNN05 (%)	89,7

SD1 (ms)	77,6
SD2 (ms)	97,1
SD1/SD2	1/1,3
VB (ms)	460,9
Stress Index	83,2
CV (%)	13,1

Frequency-Band	Power (ms ²)	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



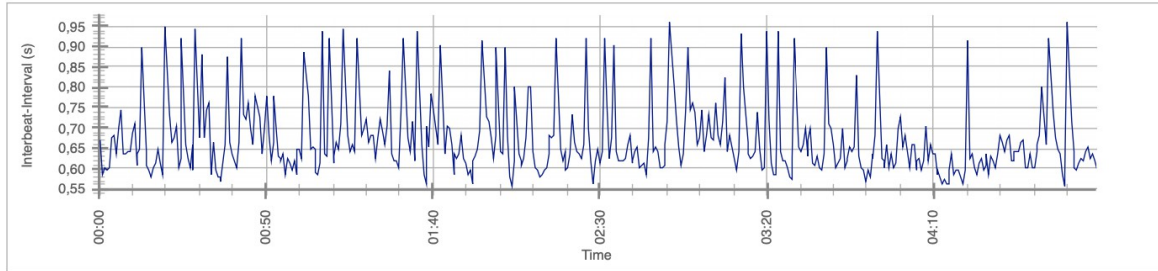
HRV-Analysis Report

Name: M21_4_b_selection_0220-0729

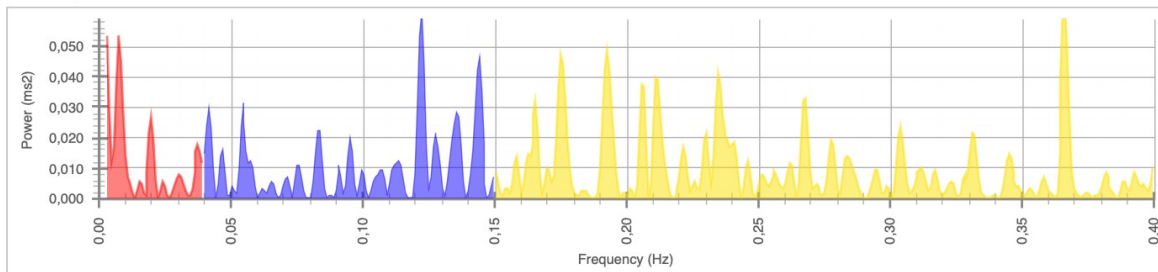
21.03.2021

Sound of Soul

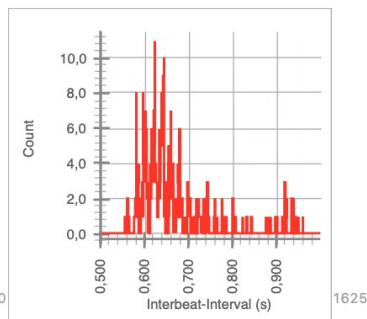
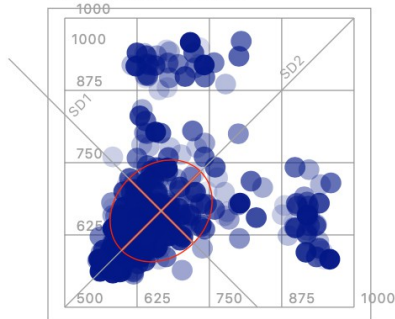
RR Intervals



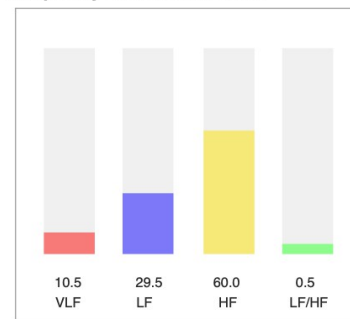
Power Spectrum



Time-Domain Statistics



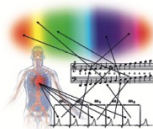
Frequency-Domain Statistics



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



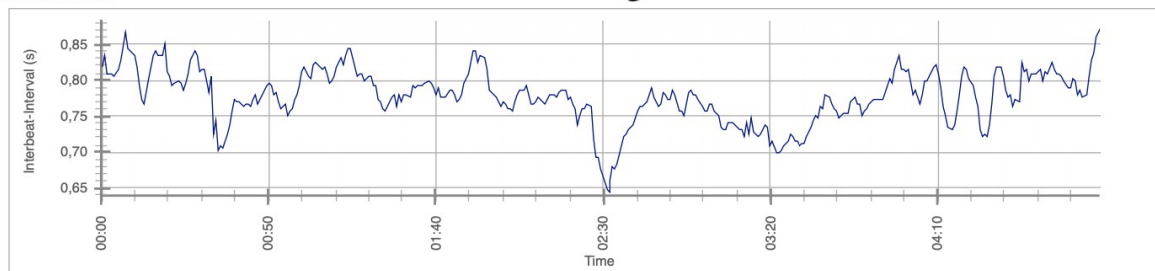
HRV-Analysis Report

Name: M22_35_a_selection_0156-0655

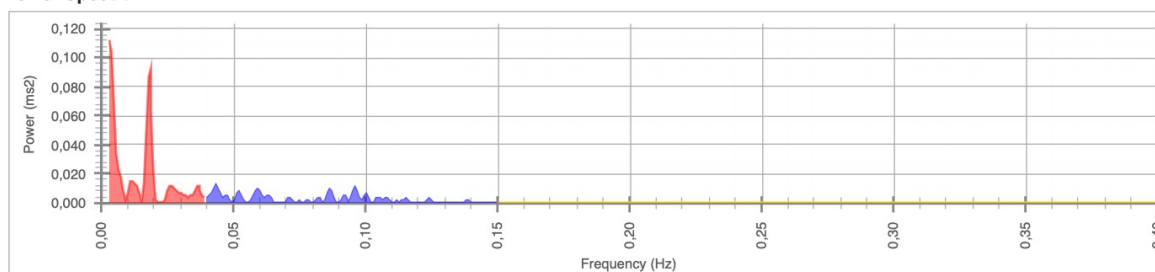
21.03.2021

Sound of Soul

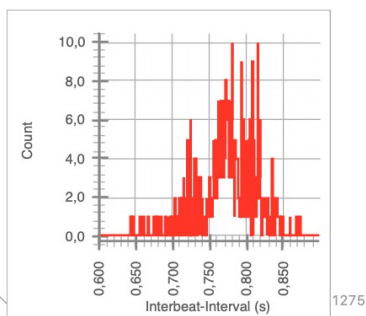
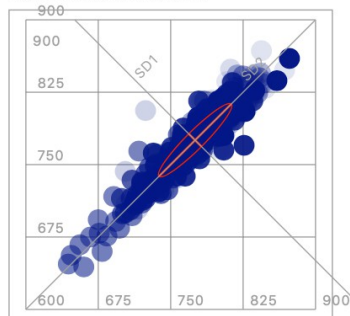
RR Intervals



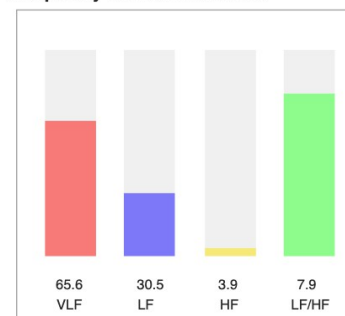
Power Spectrum



Time-Domain Statistics



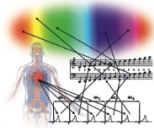
Frequency-Domain Statistics



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



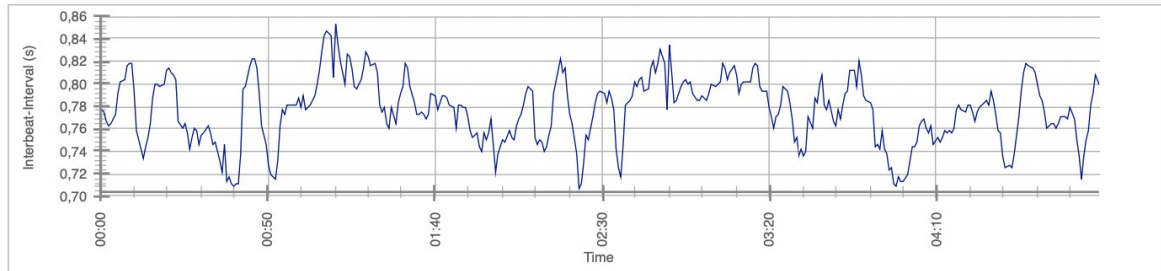
HRV-Analysis Report

Name: M22_35_b_selection_0210-0710

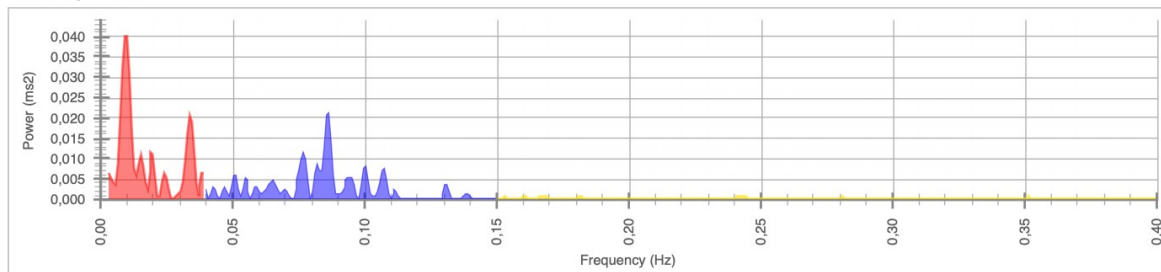
21.03.2021

Sound of Soul

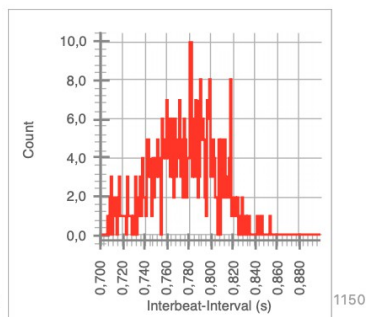
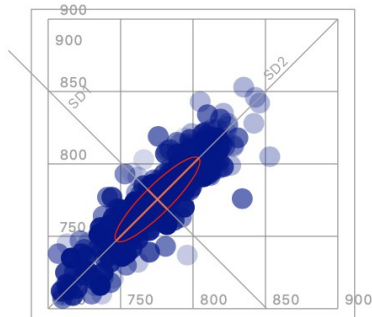
RR Intervals



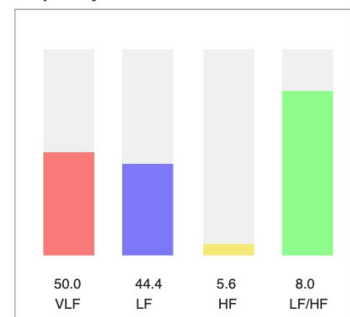
Power Spectrum



Time-Domain Statistics



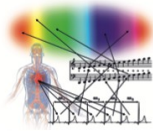
Frequency-Domain Statistics



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-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



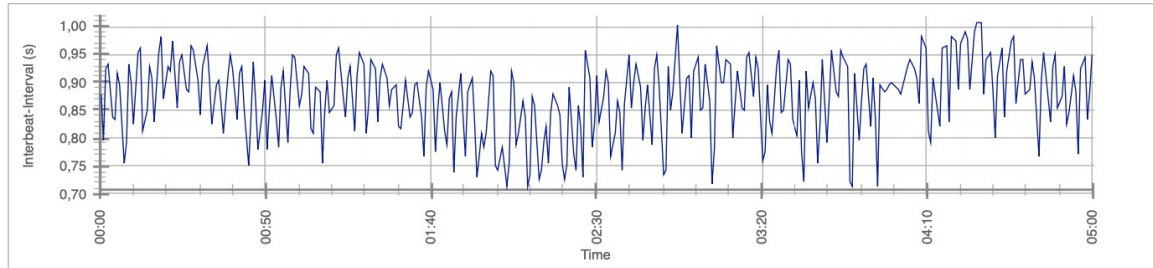
HRV-Analysis Report

Name: M23_10_a_selection_0142-0643

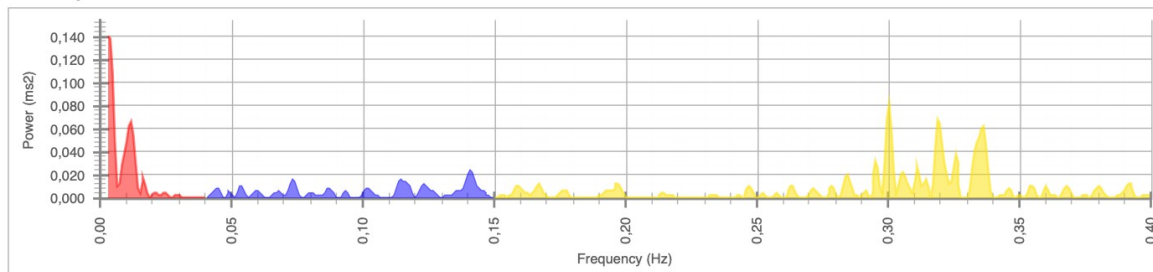
21.03.2021

Sound of Soul

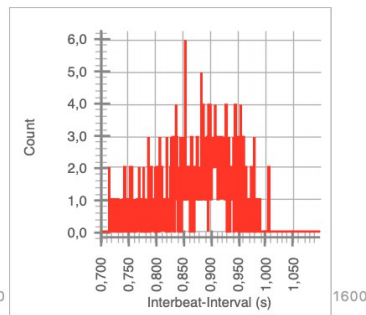
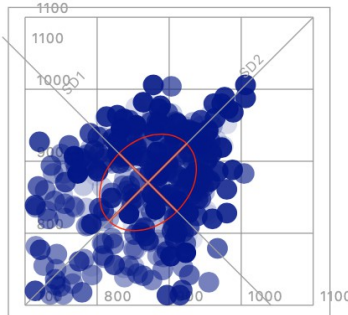
RR Intervals



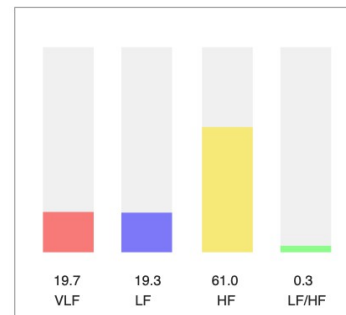
Power Spectrum



Time-Domain Statistics



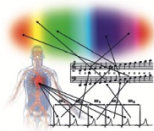
Frequency-Domain Statistics



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 (ms ²)	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	



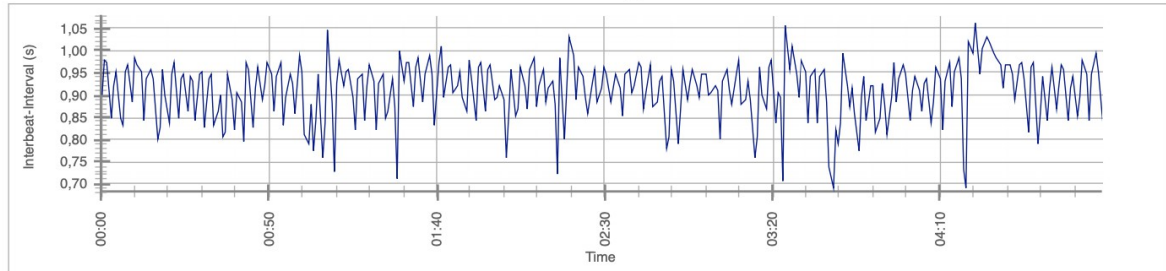
HRV-Analysis Report

Name: M23_10_b_selection_0219-0718

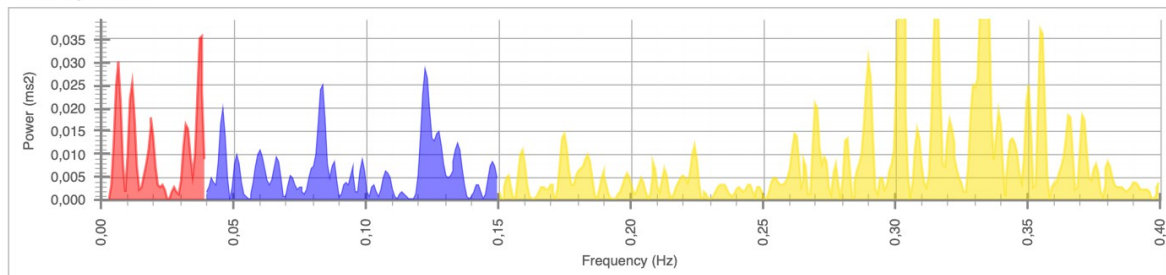
21.03.2021

Sound of Soul

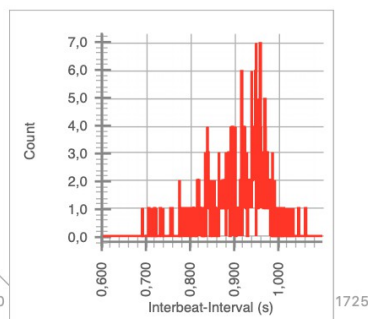
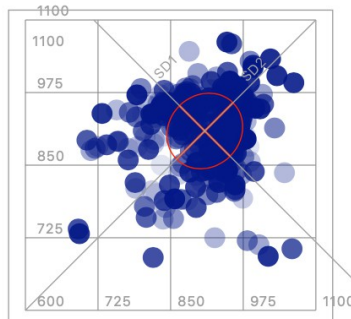
RR Intervals



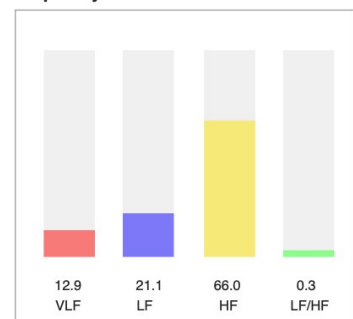
Power Spectrum



Time-Domain Statistics



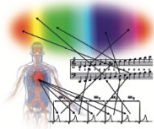
Frequency-Domain Statistics



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



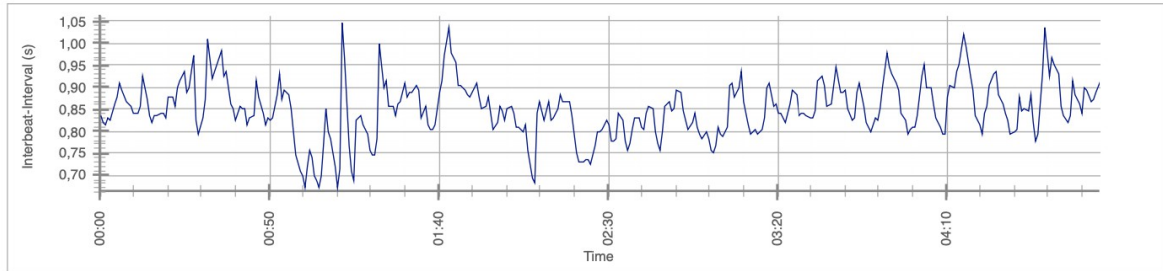
HRV-Analysis Report

Name: M24_33_a_selection_0059-0555

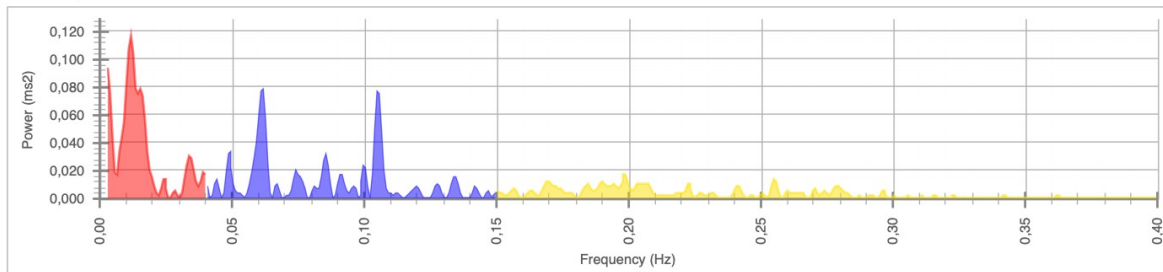
21.03.2021

Sound of Soul

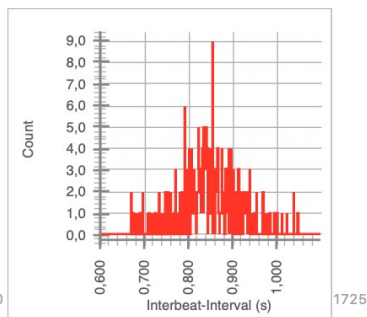
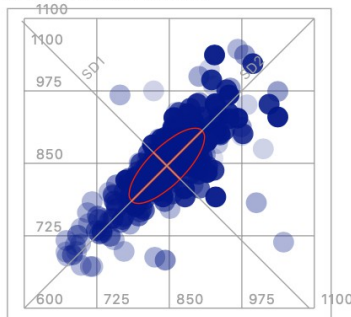
RR Intervals



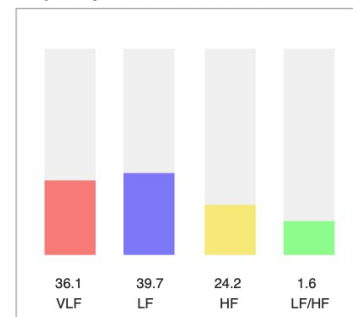
Power Spectrum



Time-Domain Statistics



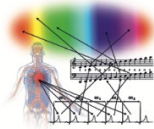
Frequency-Domain Statistics



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	



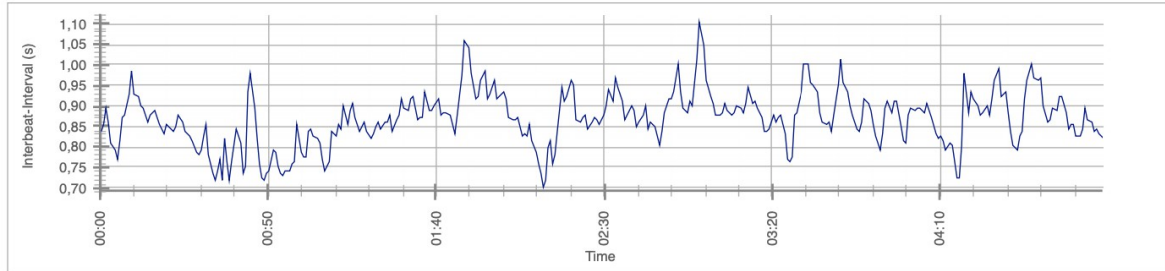
HRV-Analysis Report

Name: M24_33_b_selection_0126-0625

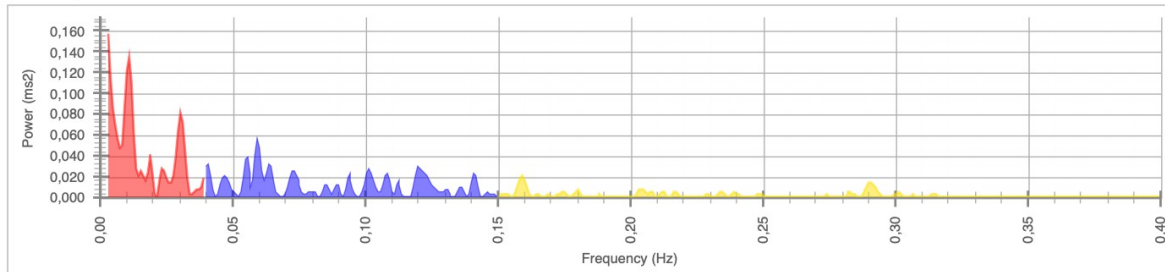
21.03.2021

Sound of Soul

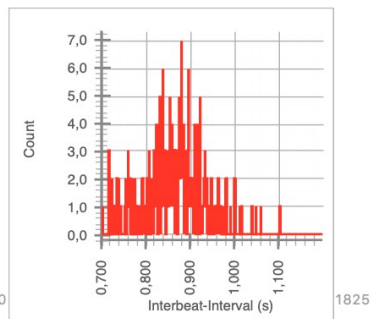
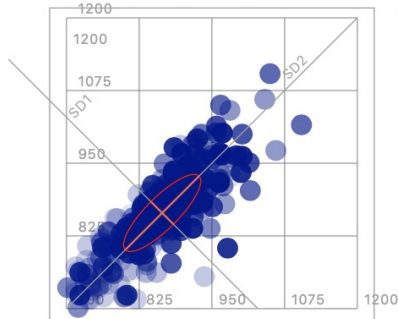
RR Intervals



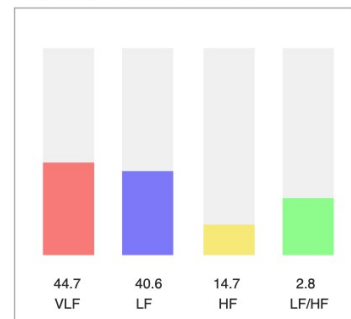
Power Spectrum



Time-Domain Statistics



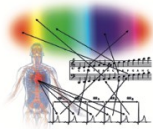
Frequency-Domain Statistics



Mean HR (bpm)	69,6
Mean RR (ms)	864,5
SDNN (ms)	66,4
RMSSD (ms)	38,8
pNN50 (%)	17,1
pNN20 (%)	52,5
pNN10 (%)	75,7
pNN05 (%)	86,4

SD1 (ms)	27,4
SD2 (ms)	89,7
SD1/SD2	1/3.3
VB (ms)	421,9
Stress Index	67,2
CV (%)	7,7

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



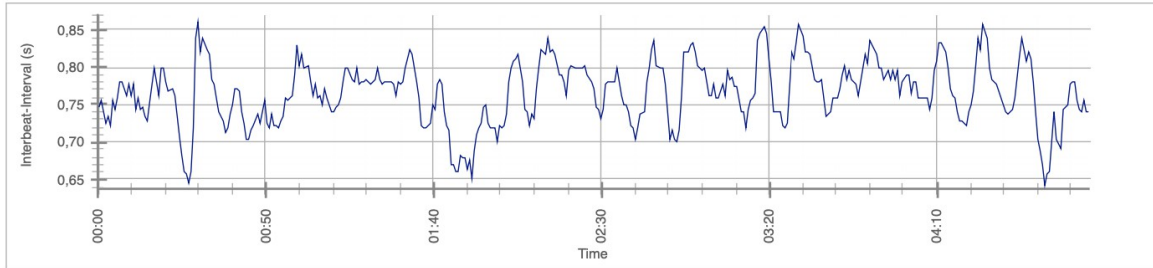
HRV-Analysis Report

Name: M25_48_a_selection_0147-0643

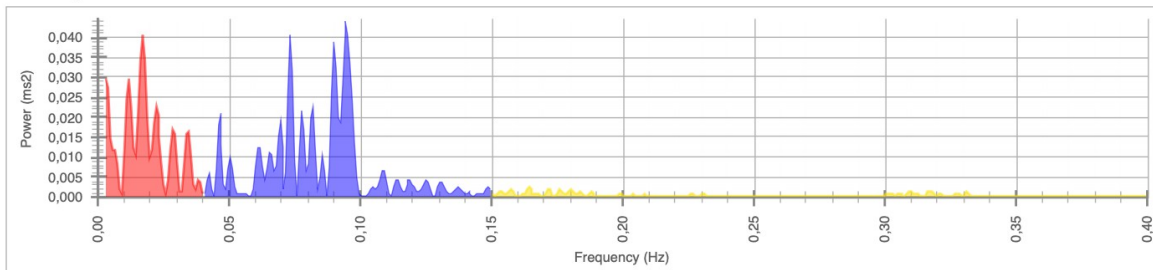
21.03.2021

Sound of Soul

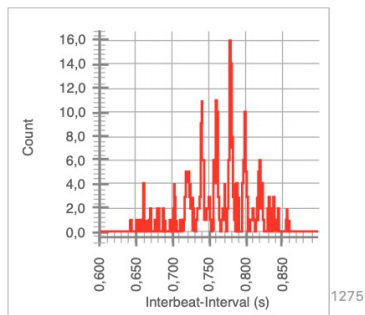
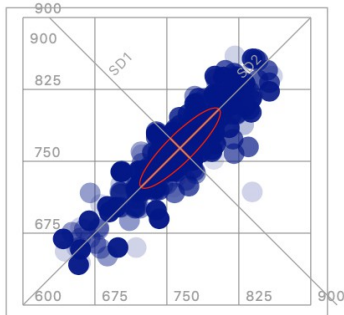
RR Intervals



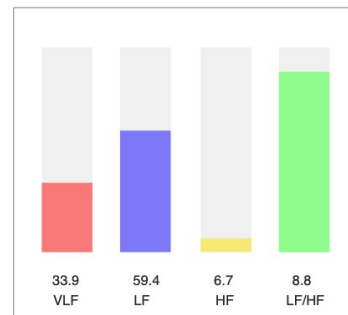
Power Spectrum



Time-Domain Statistics



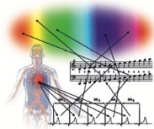
Frequency-Domain Statistics



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



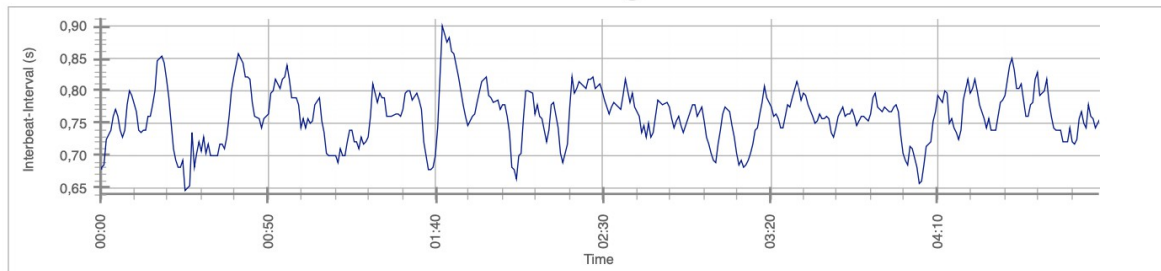
HRV-Analysis Report

Name: M25_48_b_selection_0141-0640

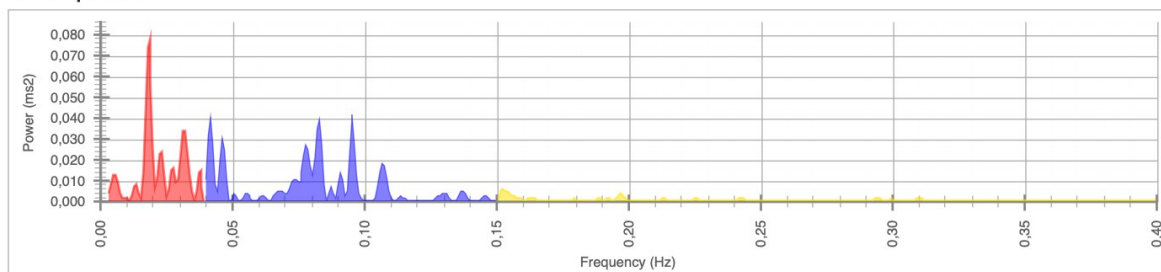
21.03.2021

Sound of Soul

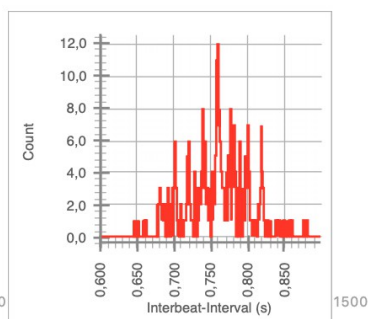
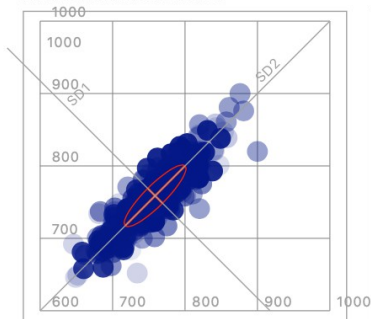
RR Intervals



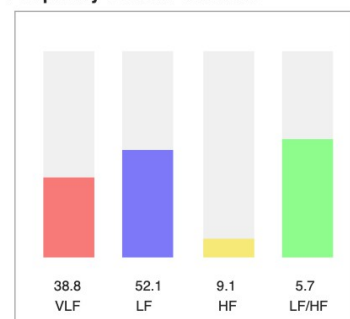
Power Spectrum



Time-Domain Statistics



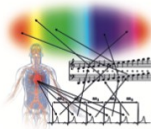
Frequency-Domain Statistics



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



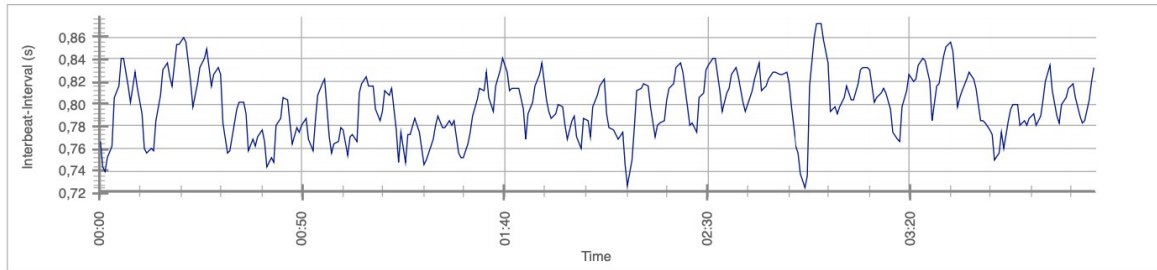
HRV-Analysis Report

Name: W1_45_a_selection_0034-0441

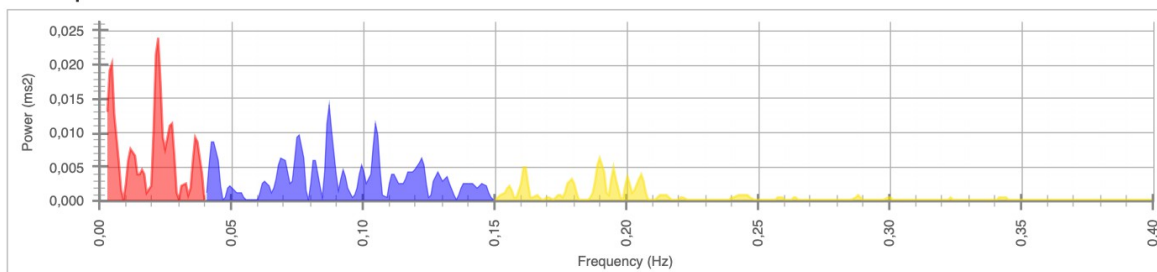
21.03.2021

Sound of Soul

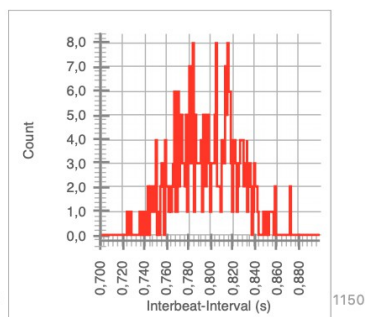
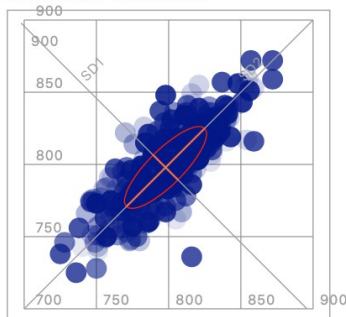
RR Intervals



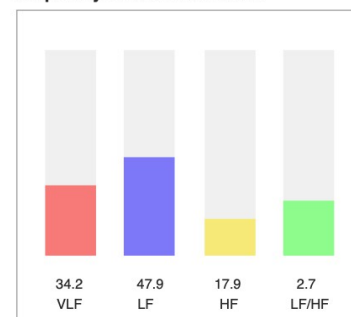
Power Spectrum



Time-Domain Statistics



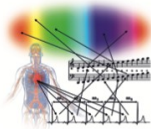
Frequency-Domain Statistics



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



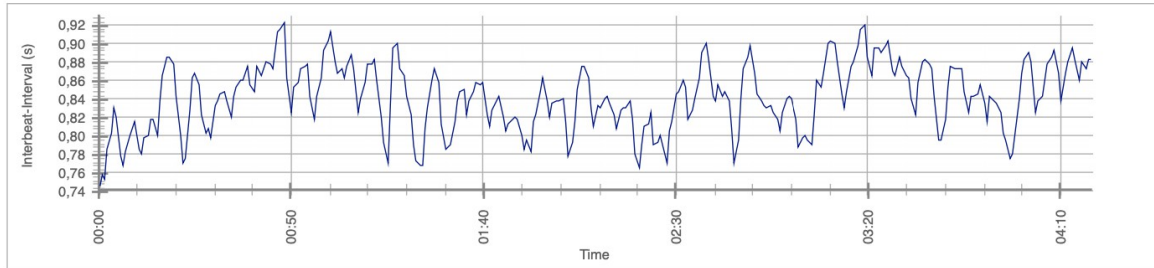
HRV-Analysis Report

Name: W1_45_b_selection_0024-0443

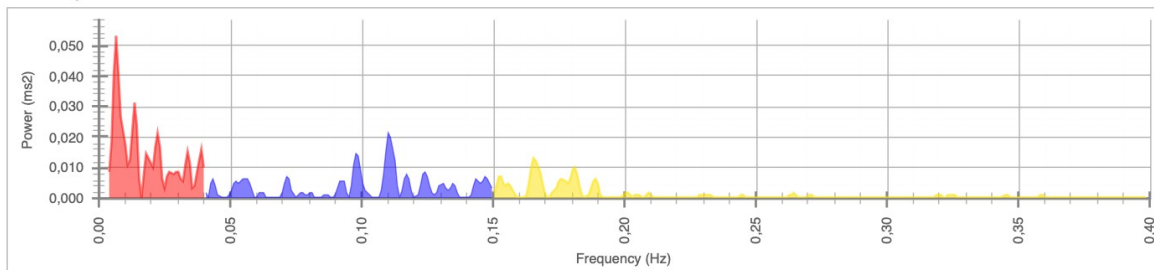
21.03.2021

Sound of Soul

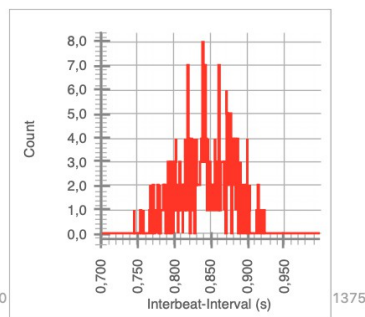
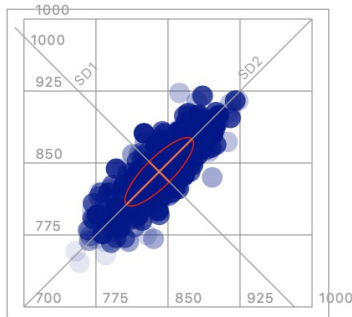
RR Intervals



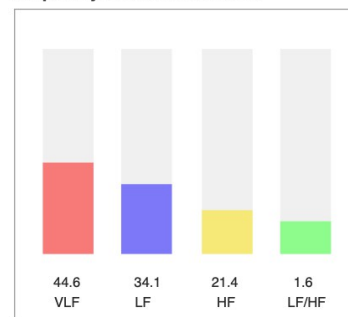
Power Spectrum



Time-Domain Statistics



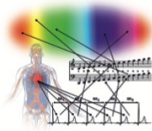
Frequency-Domain Statistics



Mean HR (bpm)	71,3
Mean RR (ms)	840,9
SDNN (ms)	35,9
RMSSD (ms)	20,9
pNN50 (%)	1,6
pNN20 (%)	33,6
pNN10 (%)	58,6
pNN05 (%)	78,2

SD1 (ms)	14,8
SD2 (ms)	48,3
SD1/SD2	1/3,3
VB (ms)	218,8
Stress Index	182,9
CV (%)	4,3

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	



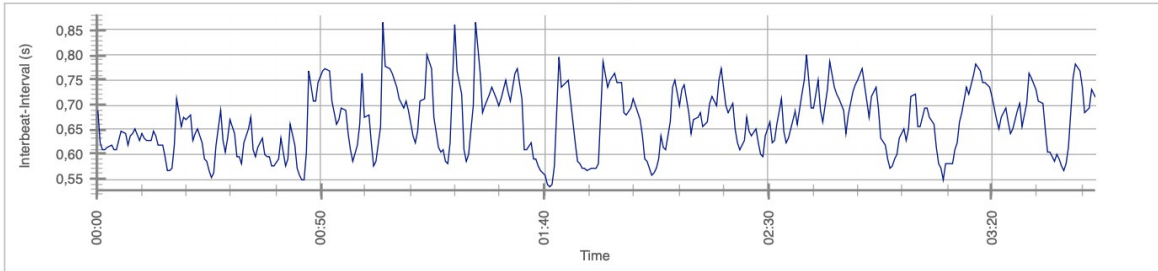
HRV-Analysis Report

Name: W2_10_a_selection_0035-0419

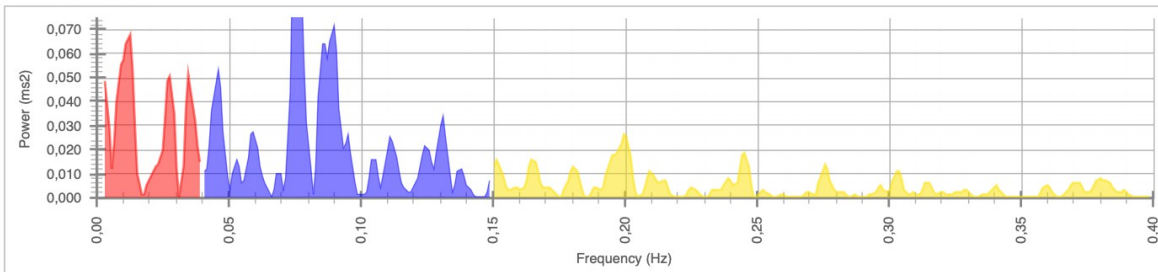
21.03.2021

Sound of Soul

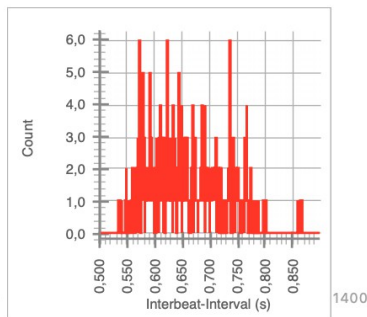
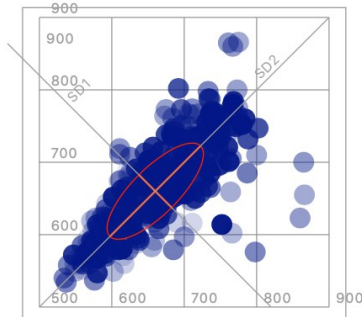
RR Intervals



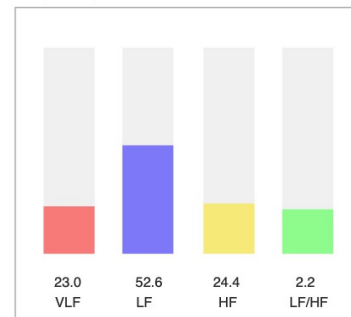
Power Spectrum



Time-Domain Statistics



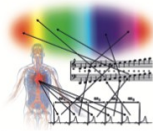
Frequency-Domain Statistics



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-Band	Power (ms ²)	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



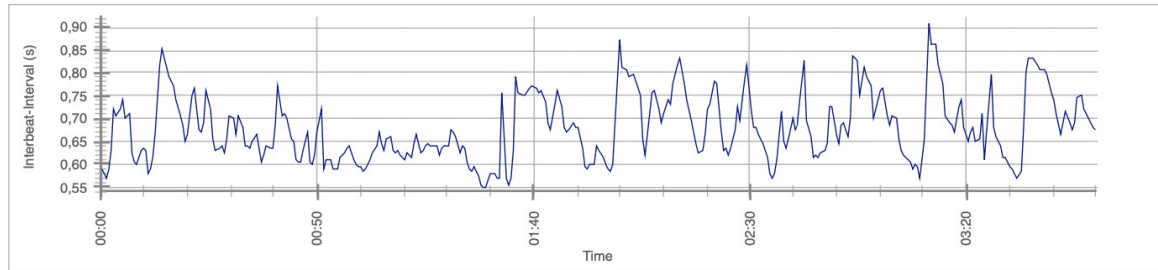
HRV-Analysis Report

Name: W2_10_b_selection_0043-0434

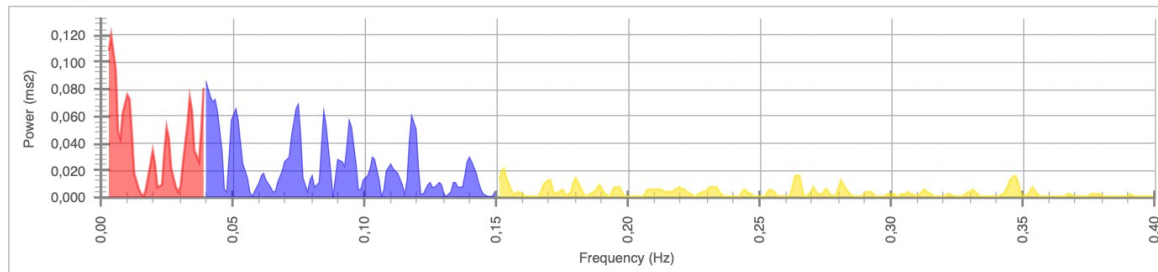
21.03.2021

Sound of Soul

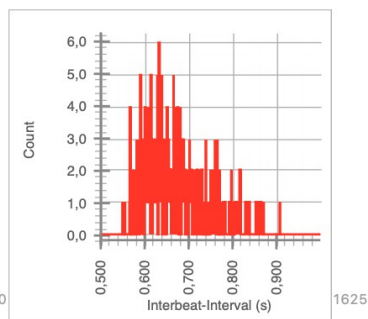
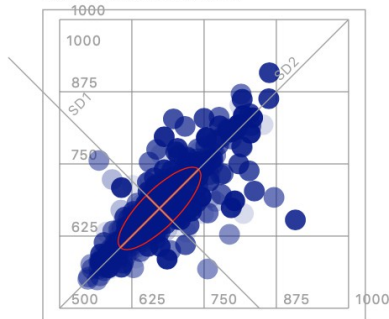
RR Intervals



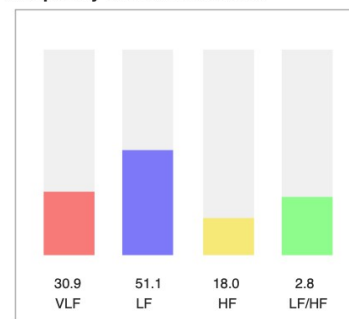
Power Spectrum



Time-Domain Statistics



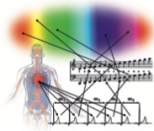
Frequency-Domain Statistics



Mean HR (bpm)	89,9
Mean RR (ms)	672,9
SDNN (ms)	71,5
RMSSD (ms)	45,2
pNN50 (%)	15,5
pNN20 (%)	46,8
pNN10 (%)	69,0
pNN05 (%)	81,3

SD1 (ms)	32,0
SD2 (ms)	95,8
SD1/SD2	1/3,0
VB (ms)	382,8
Stress Index	97,8
CV (%)	10,6

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	



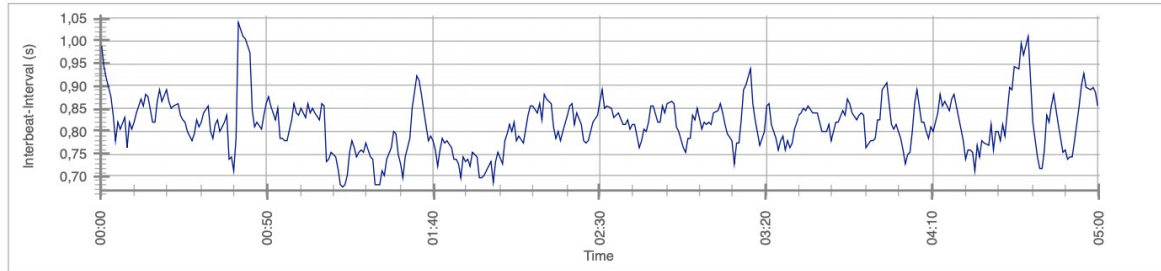
HRV-Analysis Report

Name: W3_41_a_selection_0111-0612

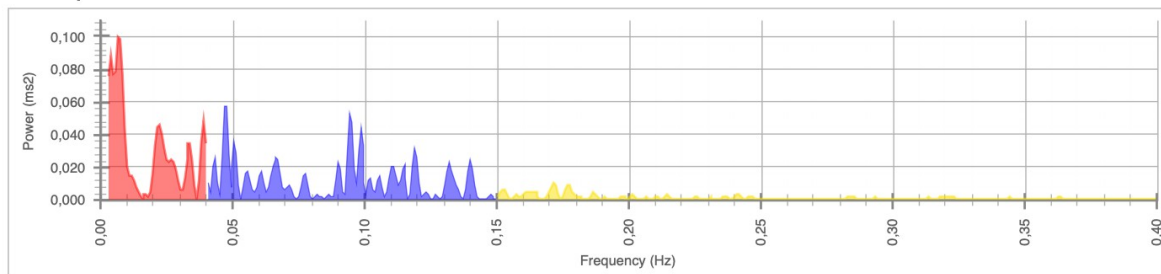
21.03.2021

Sound of Soul

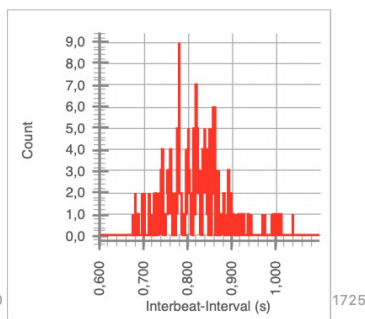
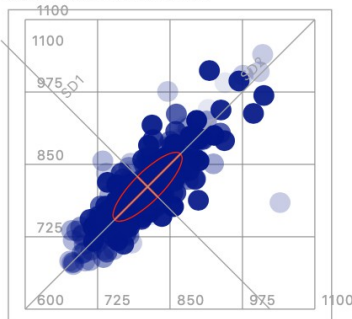
RR Intervals



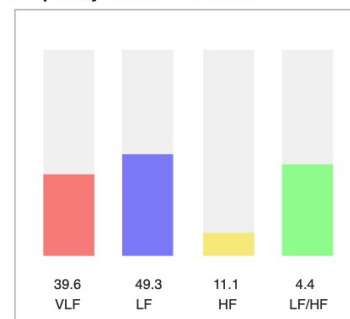
Power Spectrum



Time-Domain Statistics



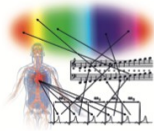
Frequency-Domain Statistics



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



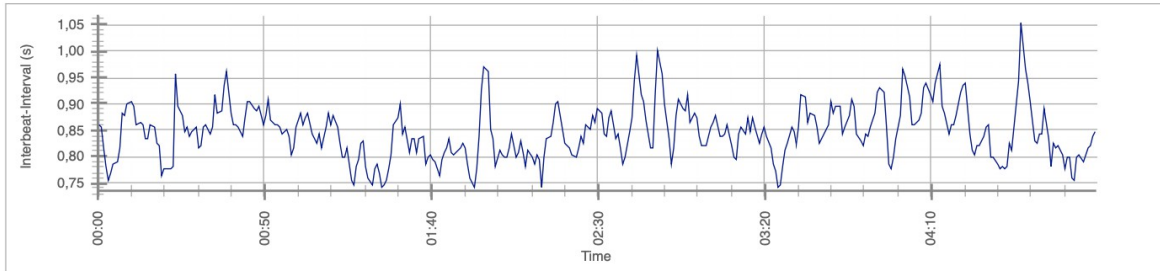
HRV-Analysis Report

Name: W3_41_b_selection_0102-0603

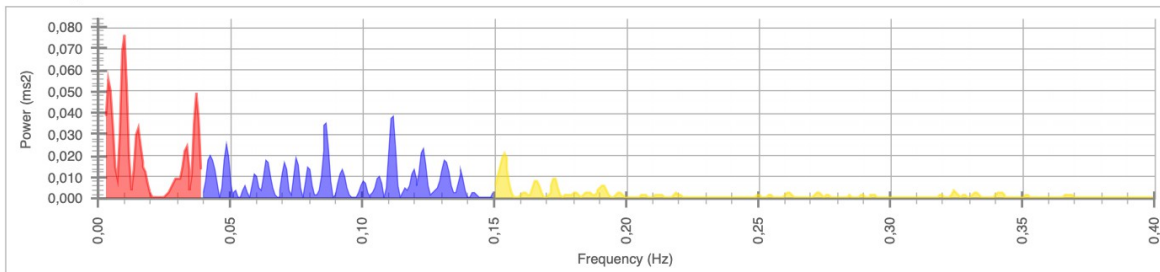
21.03.2021

Sound of Soul

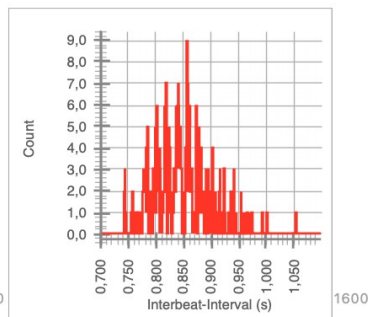
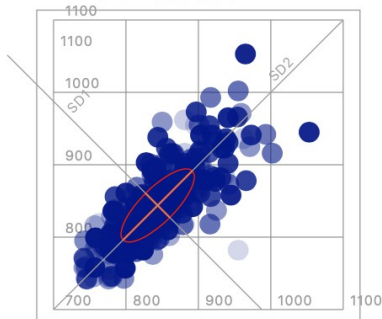
RR Intervals



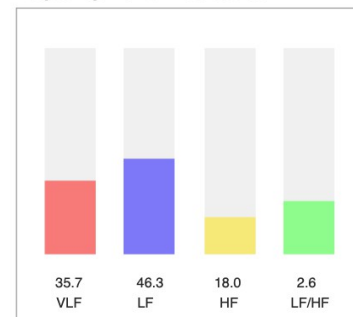
Power Spectrum



Time-Domain Statistics



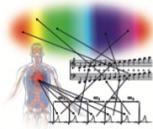
Frequency-Domain Statistics



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



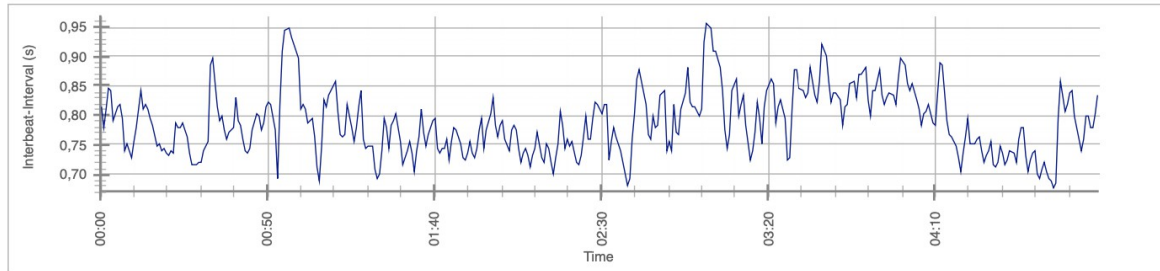
HRV-Analysis Report

Name: W4_37_a_selection_0124-0624

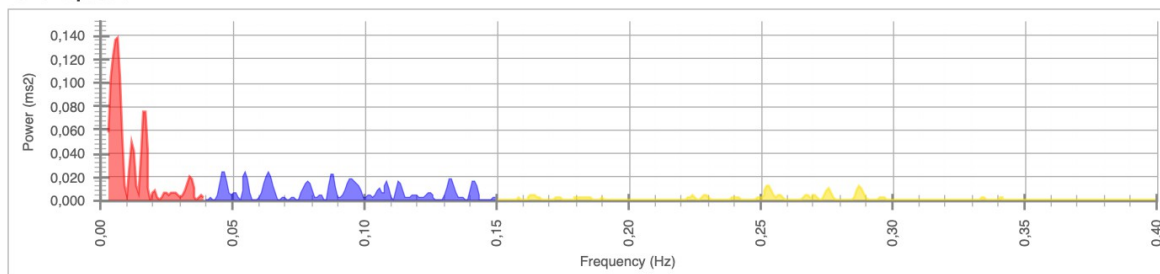
21.03.2021

Sound of Soul

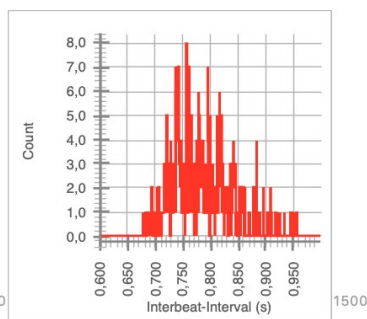
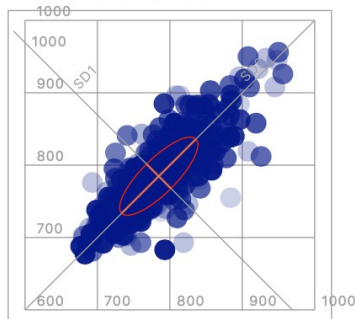
RR Intervals



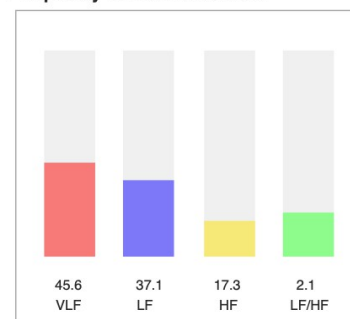
Power Spectrum



Time-Domain Statistics



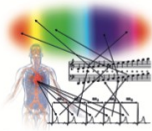
Frequency-Domain Statistics



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
LF/HF	2,1	2,1
Total	2674,1	



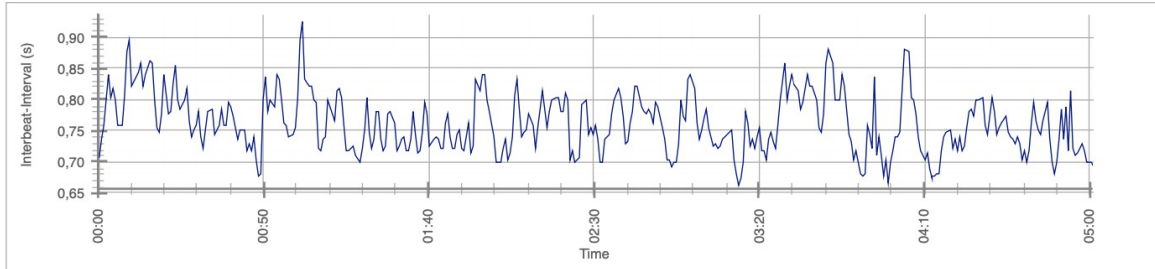
HRV-Analysis Report

Name: W4_37_b_selection_0112-0614

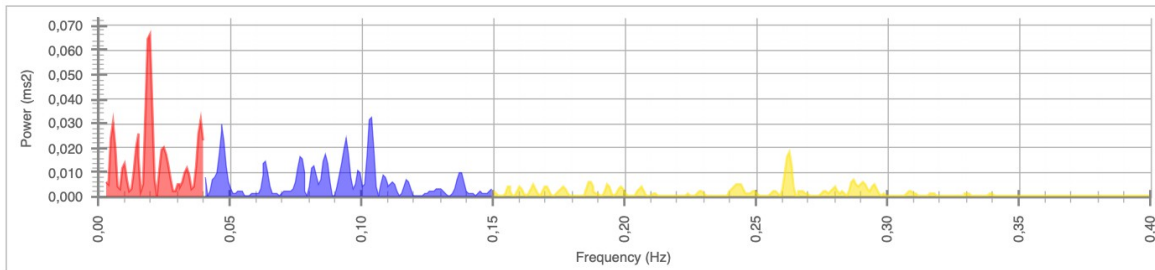
21.03.2021

Sound of Soul

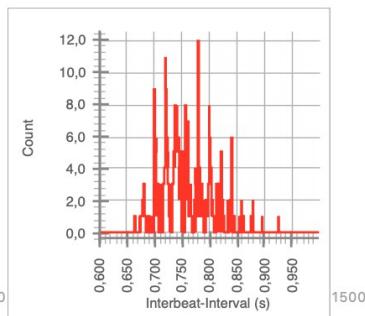
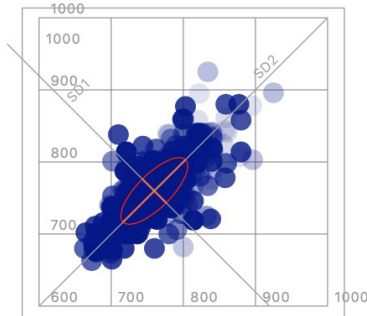
RR Intervals



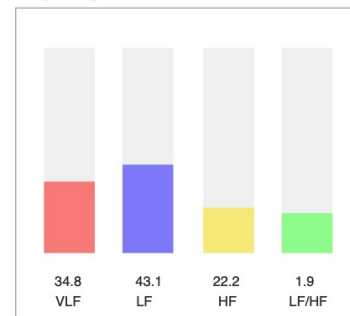
Power Spectrum



Time-Domain Statistics



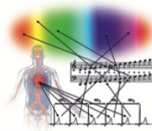
Frequency-Domain Statistics



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



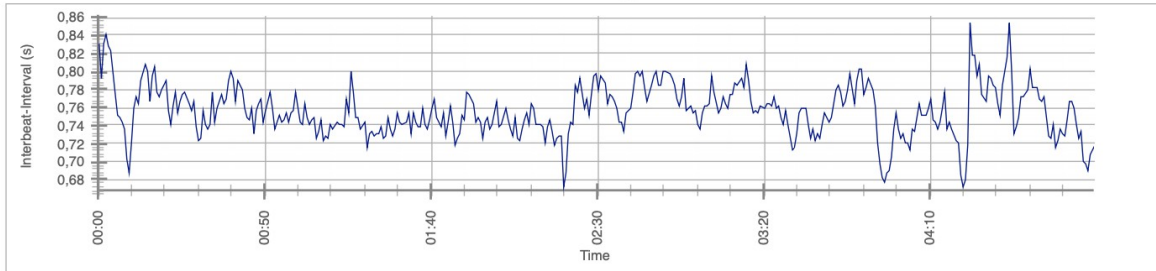
HRV-Analysis Report

Name: W5_70_a_selection_0127-0627

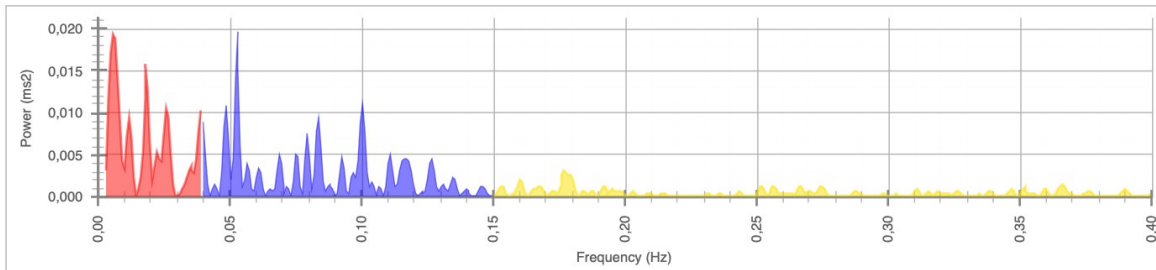
21.03.2021

Sound of Soul

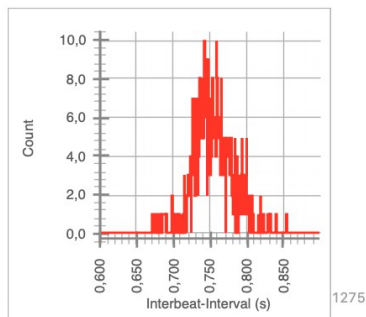
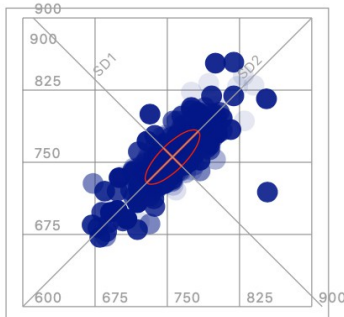
RR Intervals



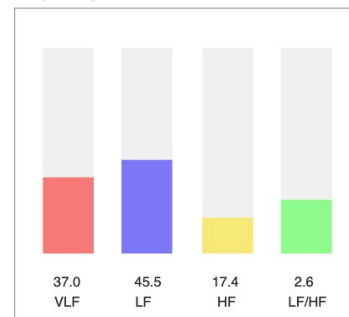
Power Spectrum



Time-Domain Statistics



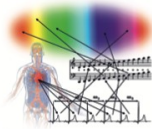
Frequency-Domain Statistics



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-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



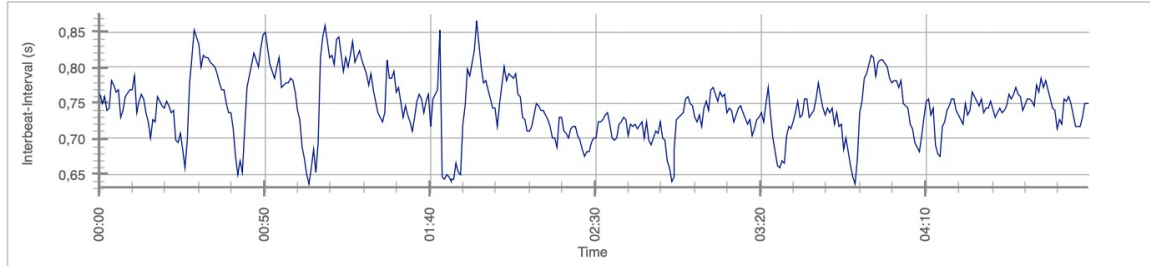
HRV-Analysis Report

Name: W5_70_b_selection_0135-0635

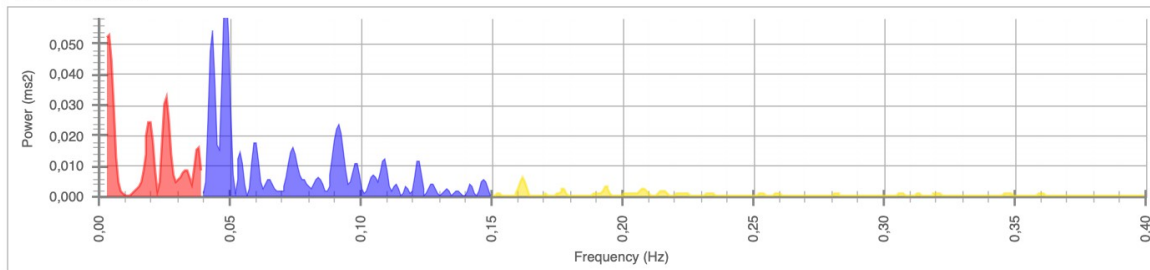
21.03.2021

Sound of Soul

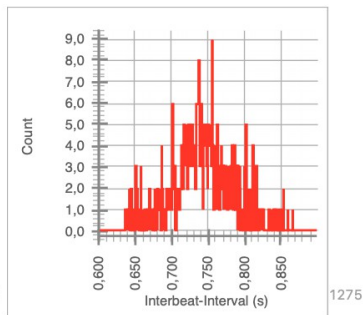
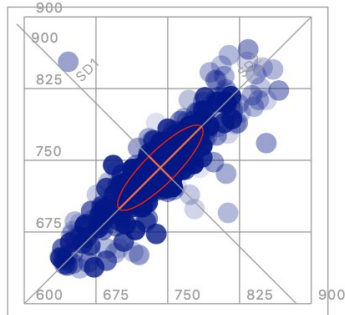
RR Intervals



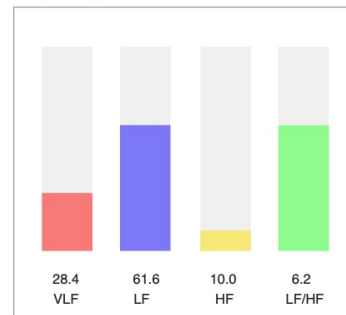
Power Spectrum



Time-Domain Statistics



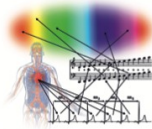
Frequency-Domain Statistics



Mean HR (bpm)	80,9
Mean RR (ms)	742,3
SDNN (ms)	44,6
RMSSD (ms)	23,7
pNN50 (%)	2,7
pNN20 (%)	28,3
pNN10 (%)	56,6
pNN05 (%)	77,7

SD1 (ms)	16,8
SD2 (ms)	60,8
SD1/SD2	1/3,6
VB (ms)	265,6
Stress Index	150,9
CV (%)	6,0

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



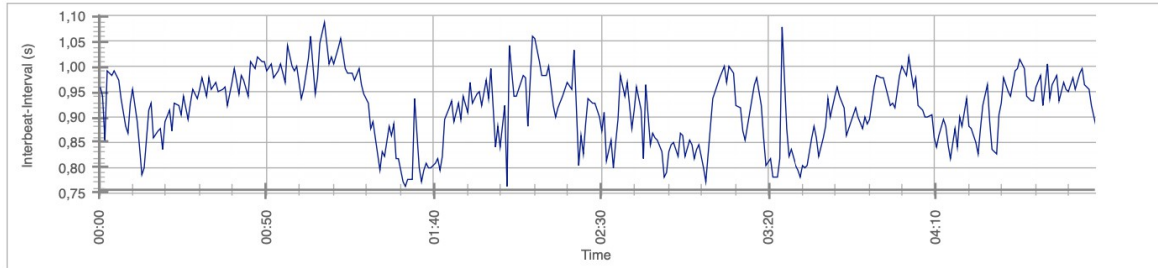
HRV-Analysis Report

Name: W6_47_a_selection_0106-0605

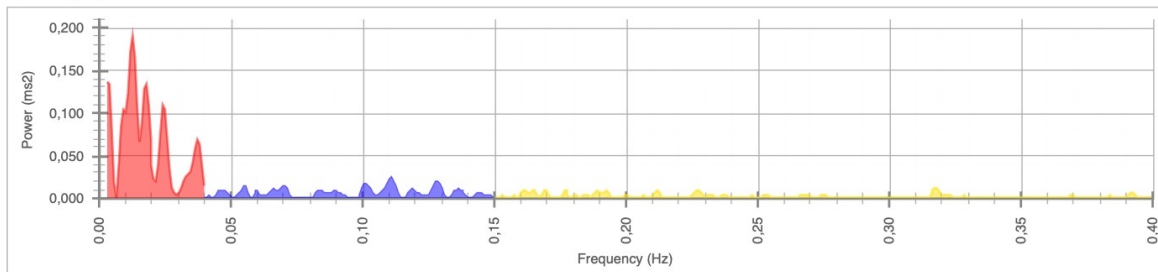
21.03.2021

Sound of Soul

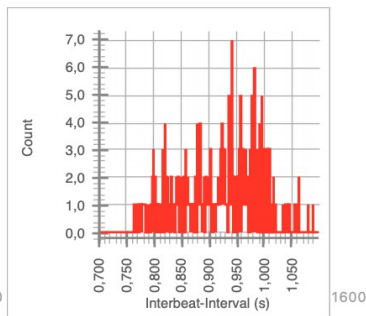
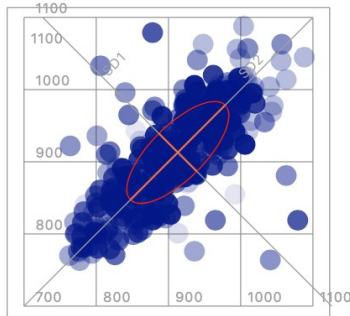
RR Intervals



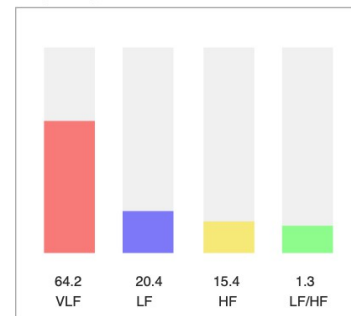
Power Spectrum



Time-Domain Statistics



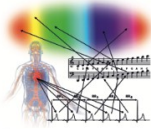
Frequency-Domain Statistics



Mean HR (bpm)	65,9
Mean RR (ms)	913,0
SDNN (ms)	70,6
RMSSD (ms)	52,4
pNN50 (%)	24,2
pNN20 (%)	62,9
pNN10 (%)	81,9
pNN05 (%)	91,4

SD1 (ms)	37,1
SD2 (ms)	92,7
SD1/SD2	1/2.5
VB (ms)	367,2
Stress Index	54,3
CV (%)	7,7

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



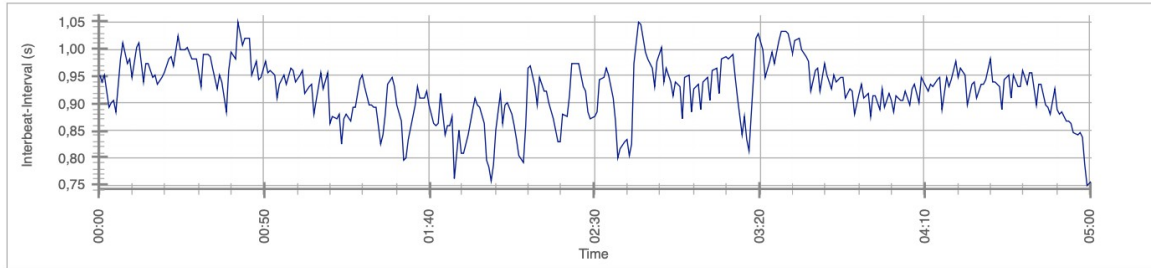
HRV-Analysis Report

Name: W6_47_b_selection_0126-0627

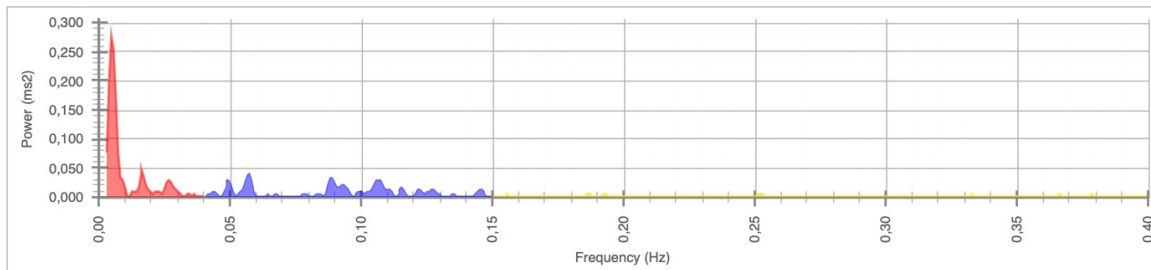
21.03.2021

Sound of Soul

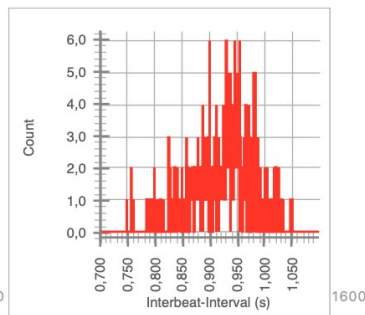
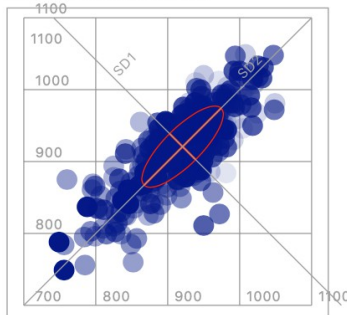
RR Intervals



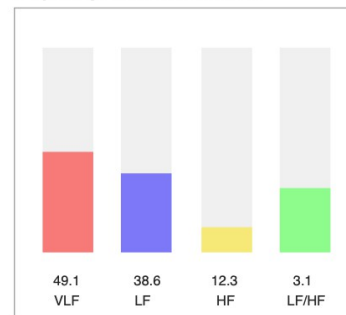
Power Spectrum



Time-Domain Statistics



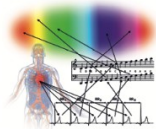
Frequency-Domain Statistics



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



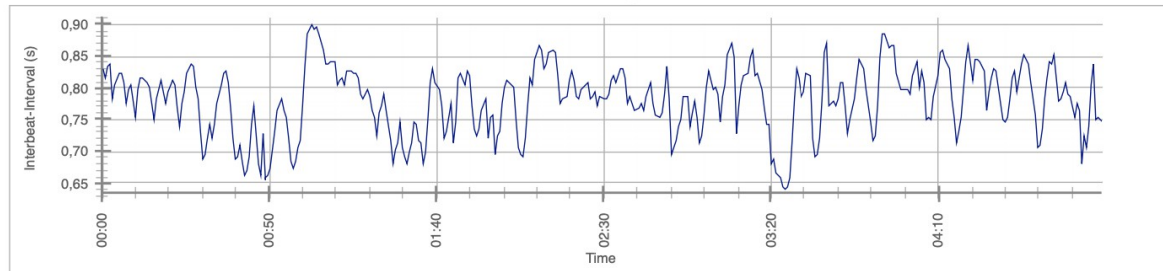
HRV-Analysis Report

Name: W7_41_a_selection_0156-0656

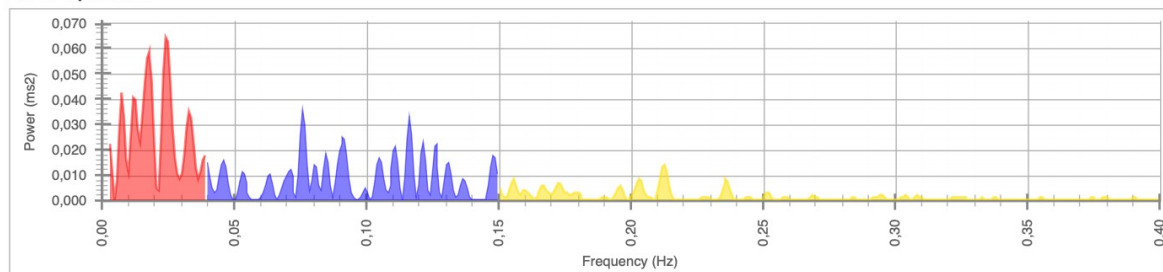
21.03.2021

Sound of Soul

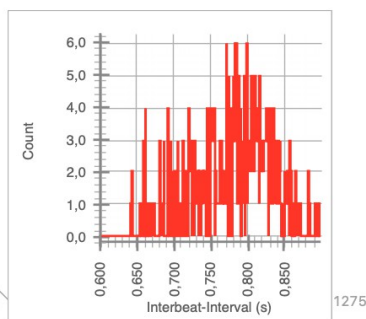
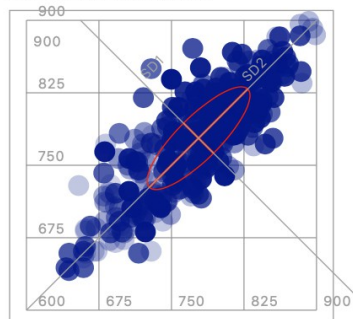
RR Intervals



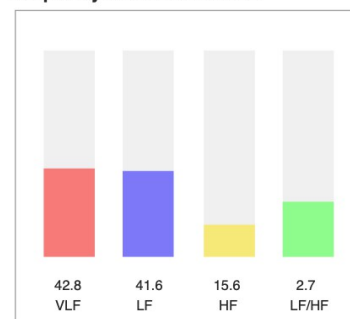
Power Spectrum



Time-Domain Statistics



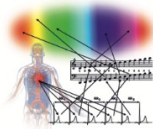
Frequency-Domain Statistics



Mean HR (bpm)	77,3
Mean RR (ms)	778,0
SDNN (ms)	53,2
RMSSD (ms)	31,0
pNN50 (%)	9,4
pNN20 (%)	50,0
pNN10 (%)	71,1
pNN05 (%)	83,6

SD1 (ms)	21,9
SD2 (ms)	72,0
SD1/SD2	1/3,3
VB (ms)	296,9
Stress Index	110,6
CV (%)	6,8

Frequency-Band	Power (ms ²)	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



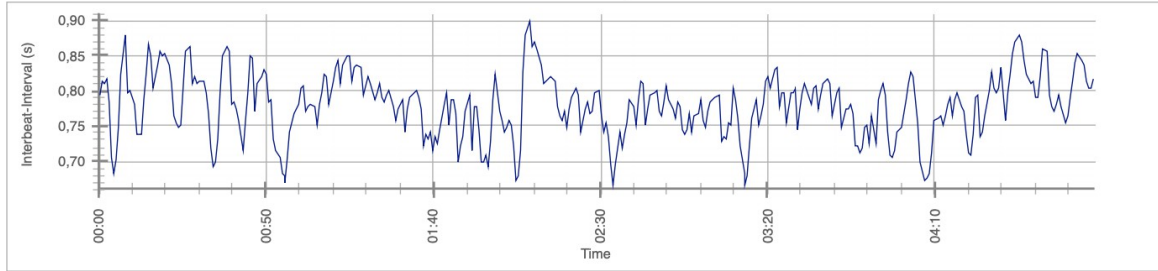
HRV-Analysis Report

Name: W7_41_b_selection_0214-0712

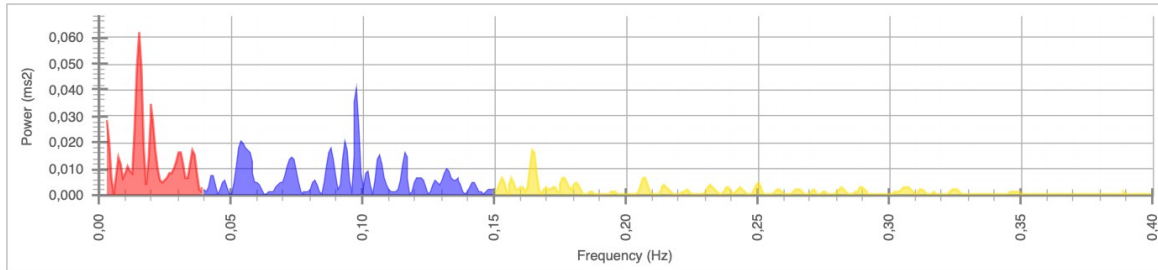
21.03.2021

Sound of Soul

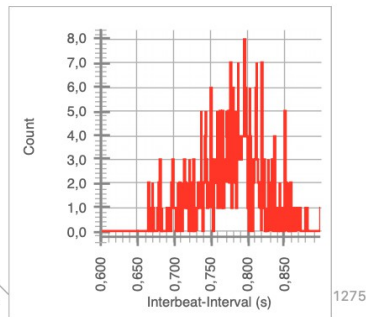
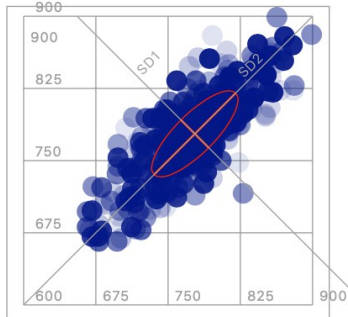
RR Intervals



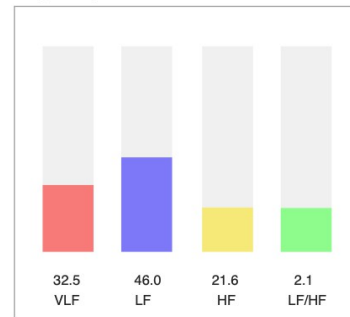
Power Spectrum



Time-Domain Statistics



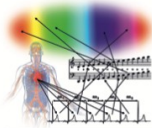
Frequency-Domain Statistics



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-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



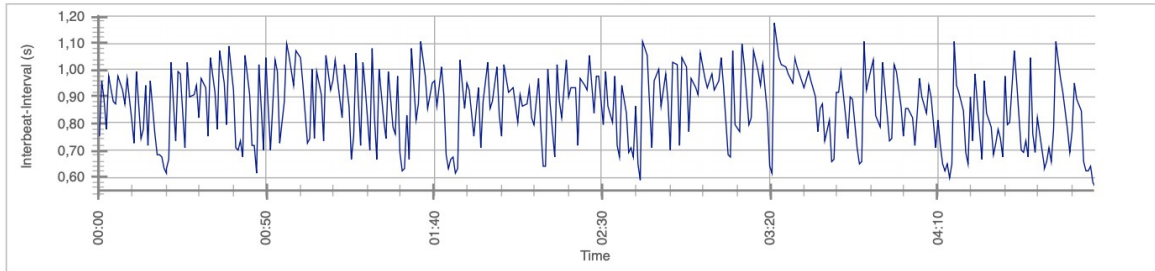
HRV-Analysis Report

Name: W8_7_a_selection_0304-0801

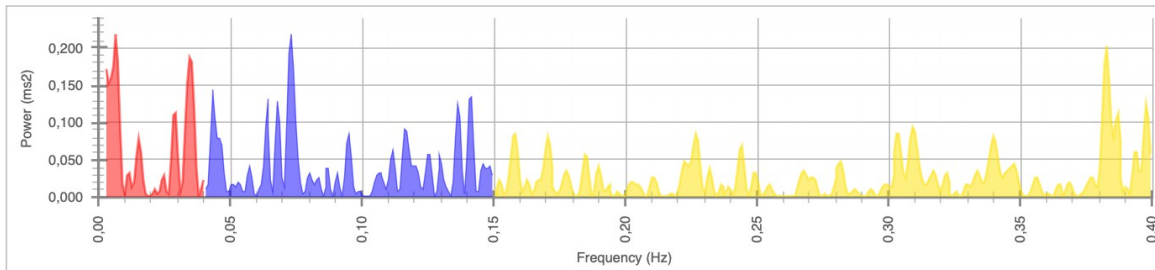
21.03.2021

Sound of Soul

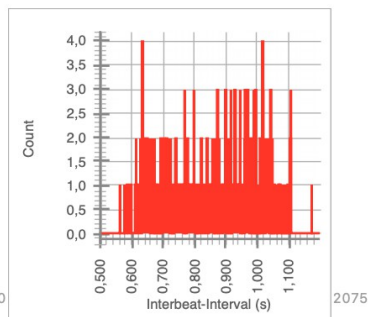
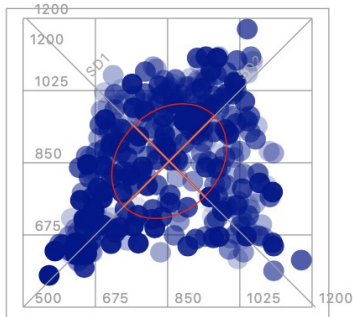
RR Intervals



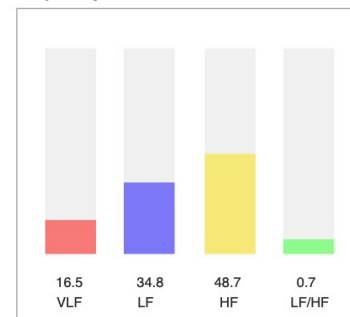
Power Spectrum



Time-Domain Statistics



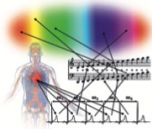
Frequency-Domain Statistics



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



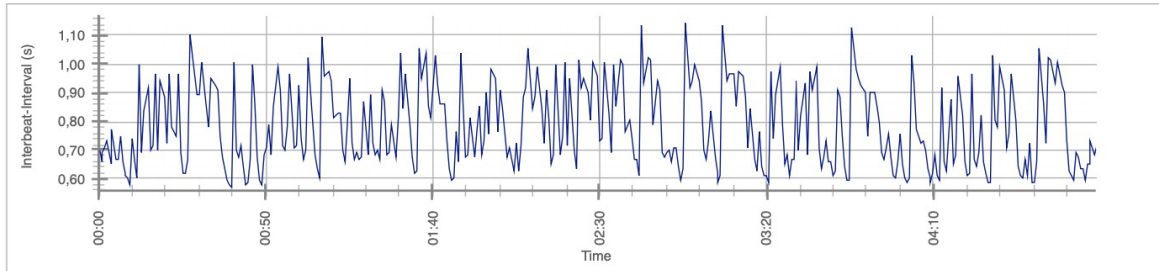
HRV-Analysis Report

Name: W8_7_b_selection_0216-0716

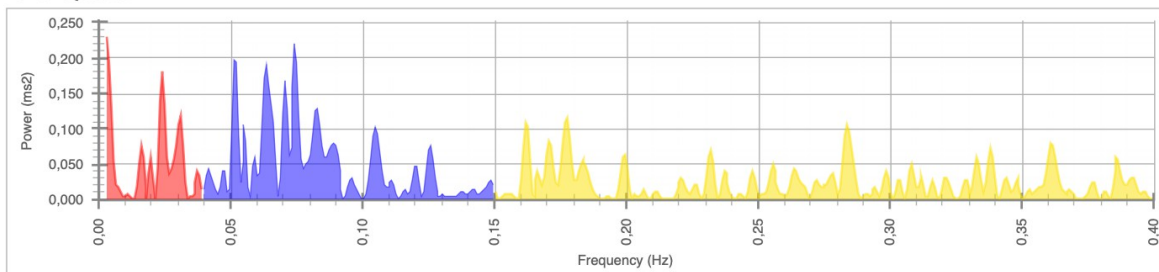
21.03.2021

Sound of Soul

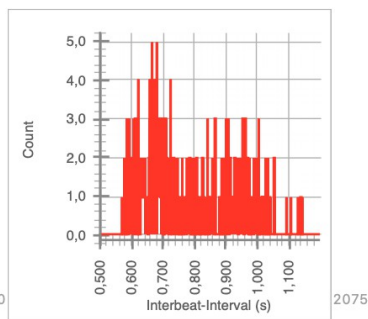
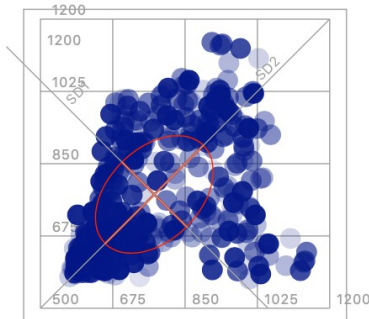
RR Intervals



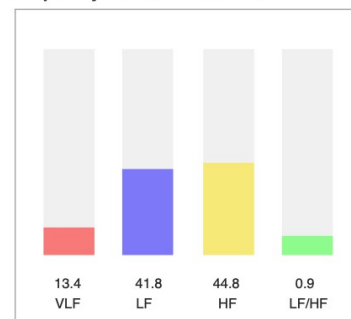
Power Spectrum



Time-Domain Statistics



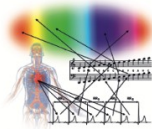
Frequency-Domain Statistics



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-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



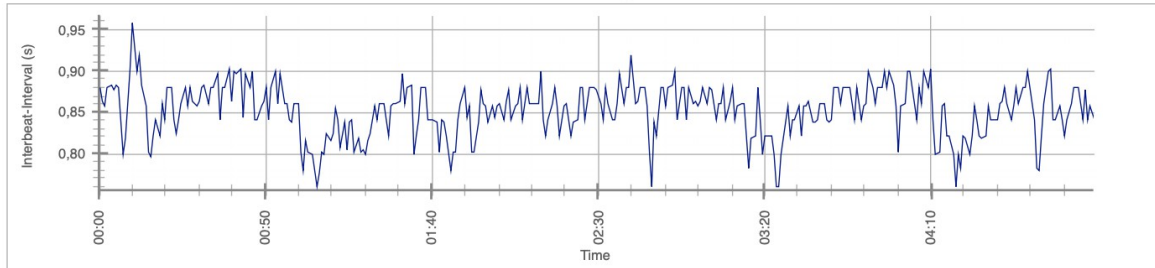
HRV-Analysis Report

Name: W9_45_a_selection_0142-0642

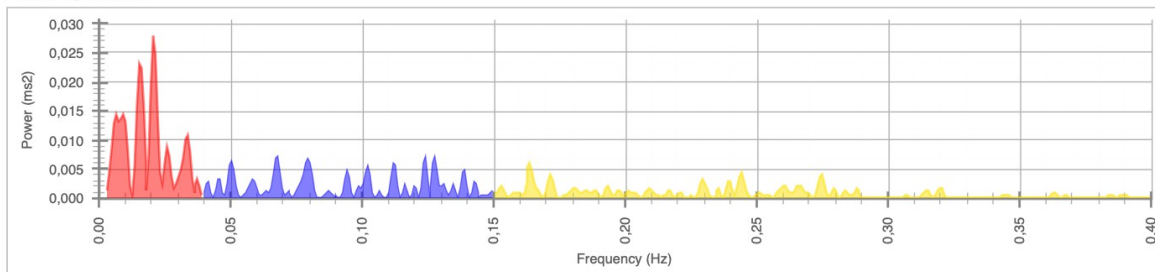
21.03.2021

Sound of Soul

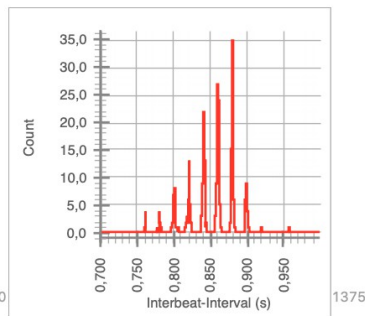
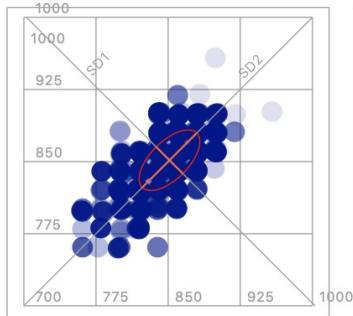
RR Intervals



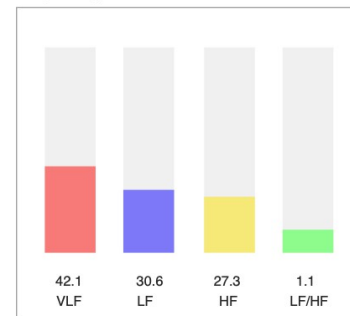
Power Spectrum



Time-Domain Statistics



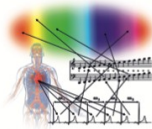
Frequency-Domain Statistics



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	



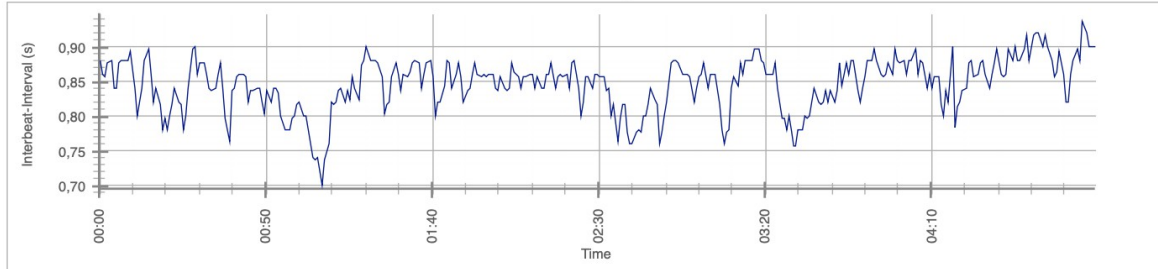
HRV-Analysis Report

Name: W9_45_b_selection_0156-0656

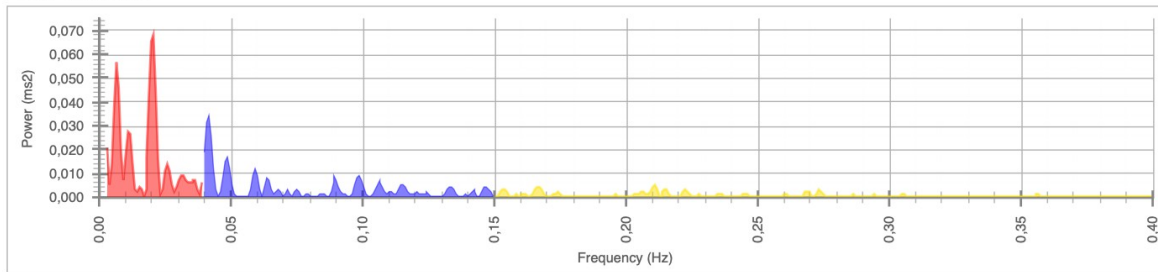
21.03.2021

Sound of Soul

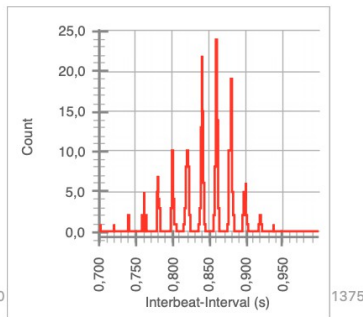
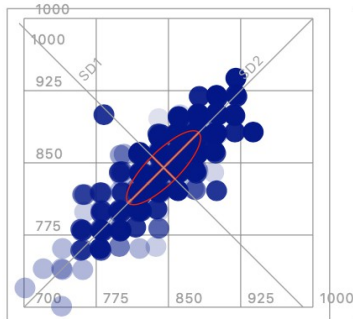
RR Intervals



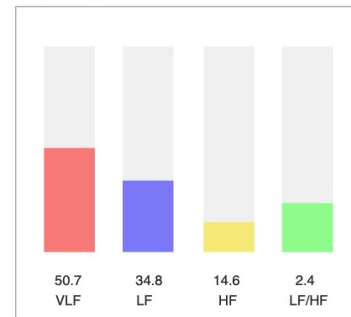
Power Spectrum



Time-Domain Statistics



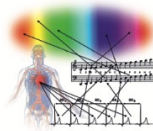
Frequency-Domain Statistics



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



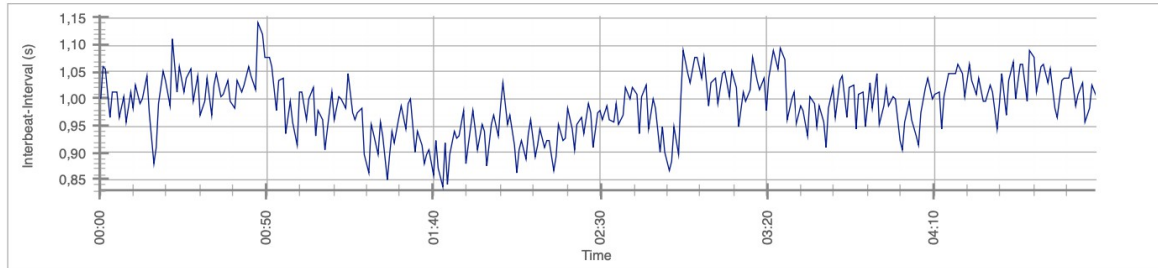
HRV-Analysis Report

Name: W10_44_a_selection_0153-0653

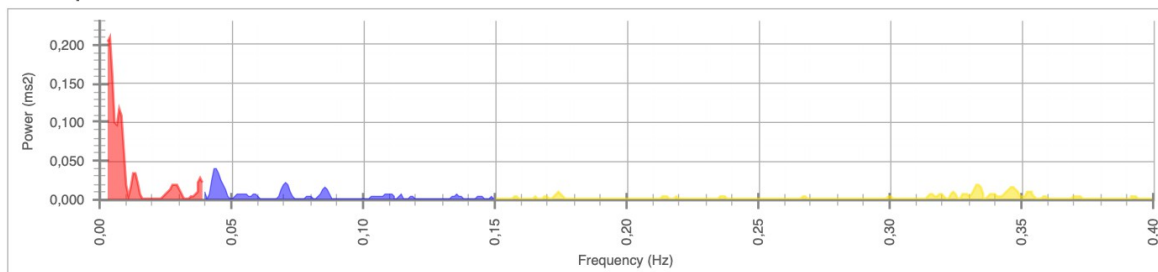
21.03.2021

Sound of Soul

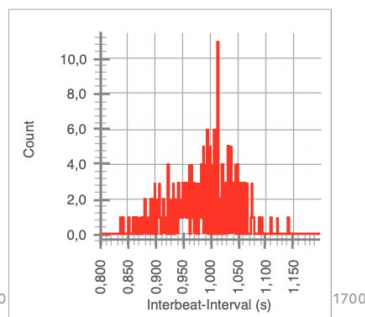
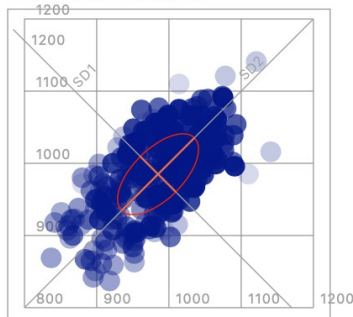
RR Intervals



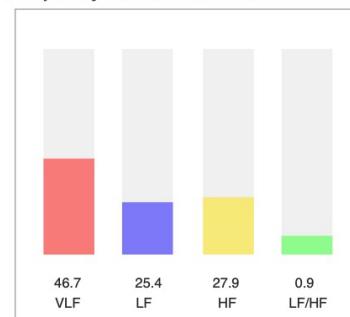
Power Spectrum



Time-Domain Statistics



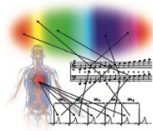
Frequency-Domain Statistics



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 (ms ²)	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



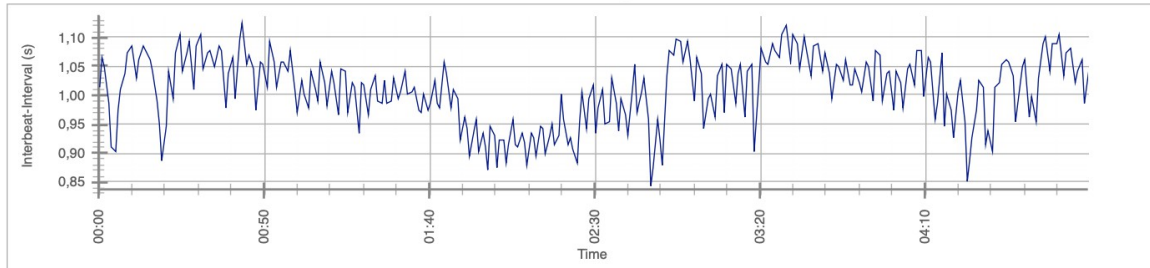
HRV-Analysis Report

Name: W10_44_b_selection_0147-0647

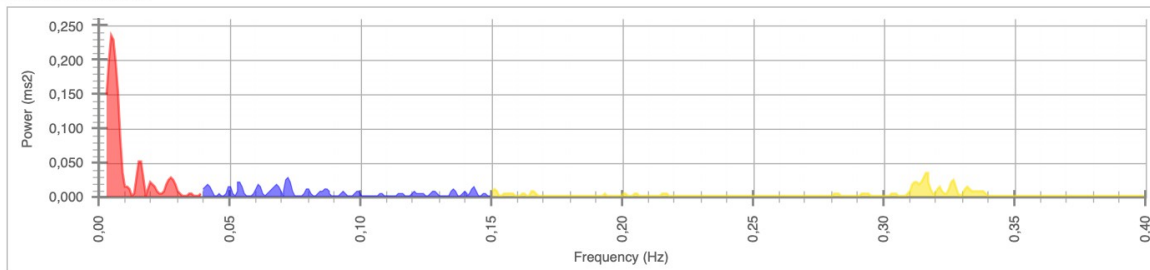
21.03.2021

Sound of Soul

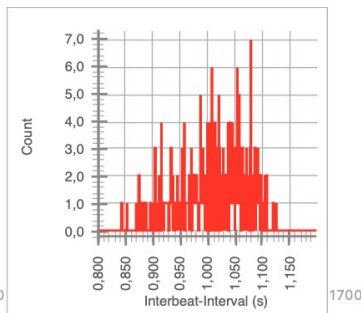
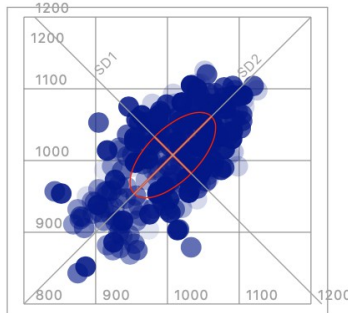
RR Intervals



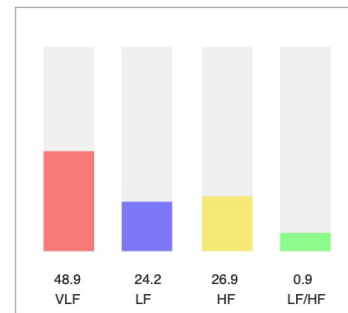
Power Spectrum



Time-Domain Statistics



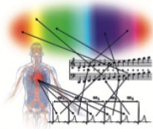
Frequency-Domain Statistics



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-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



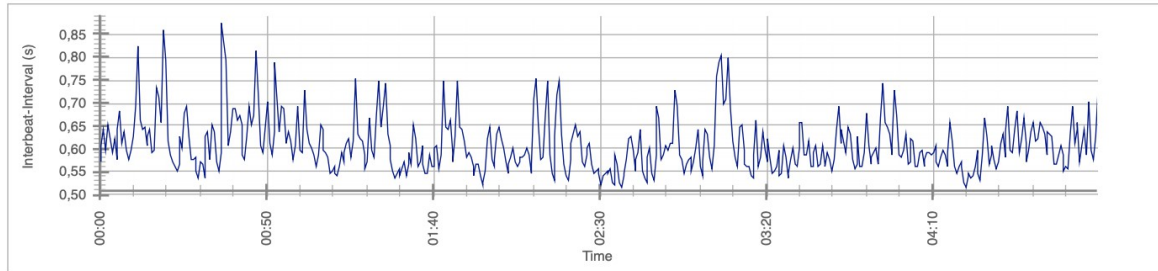
HRV-Analysis Report

Name: W11_6_a_selection_0156-0656

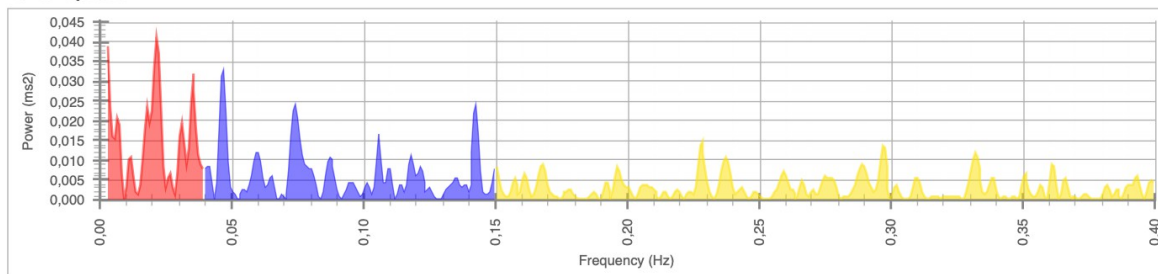
21.03.2021

Sound of Soul

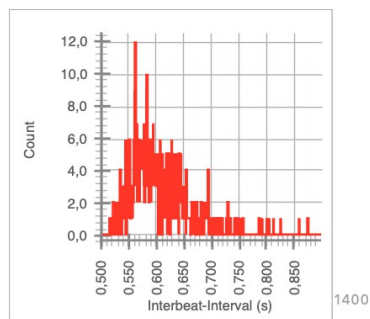
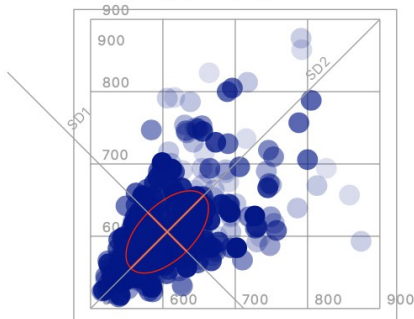
RR Intervals



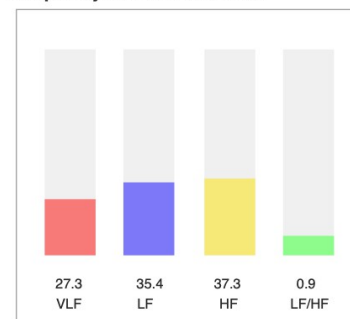
Power Spectrum



Time-Domain Statistics



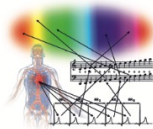
Frequency-Domain Statistics



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-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



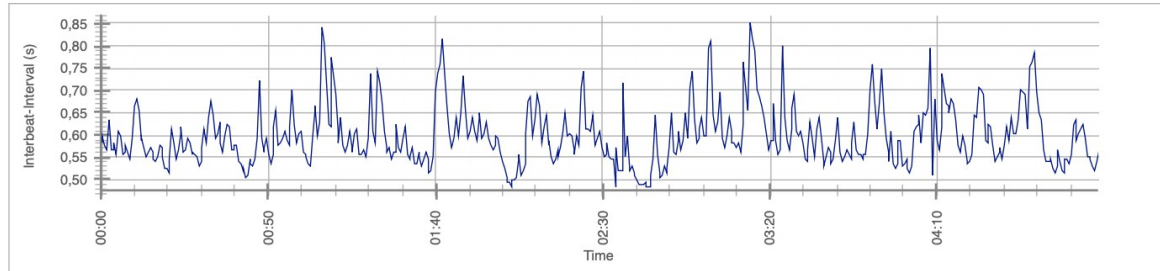
HRV-Analysis Report

Name: W11_6_b_selection_0142-0641

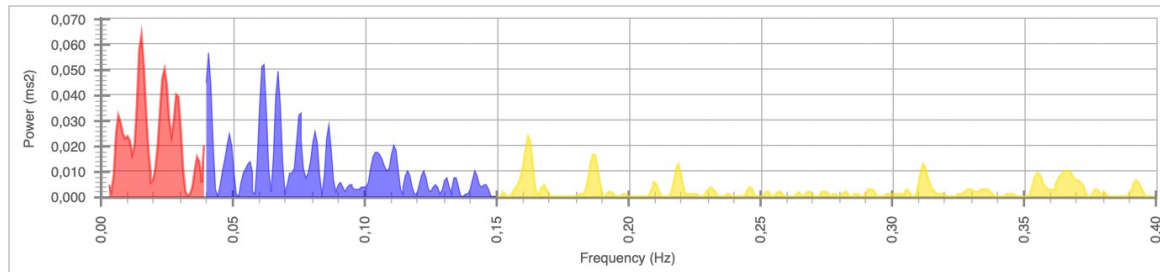
21.03.2021

Sound of Soul

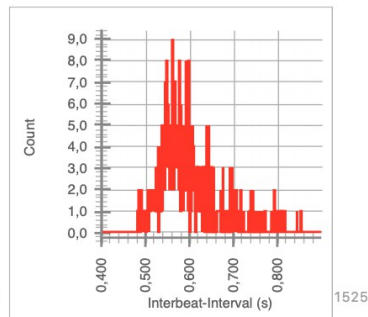
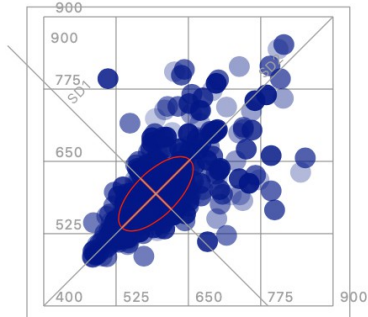
RR Intervals



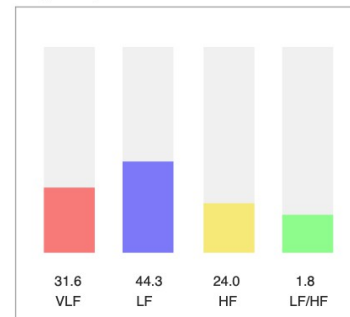
Power Spectrum



Time-Domain Statistics



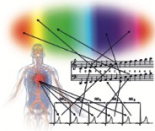
Frequency-Domain Statistics



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-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	



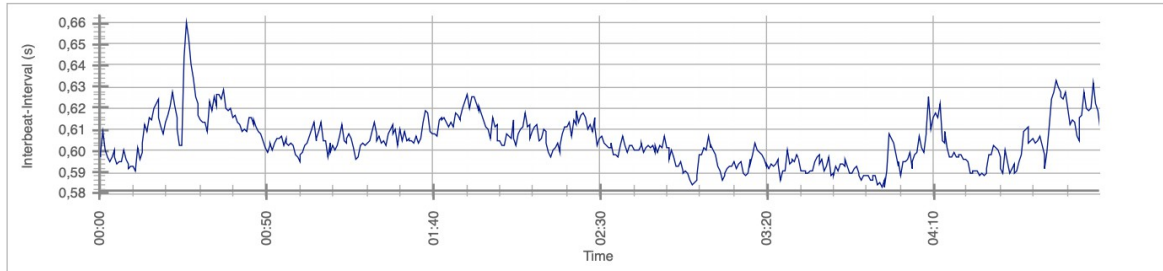
HRV-Analysis Report

Name: W12_55_a_selection_0216-0717

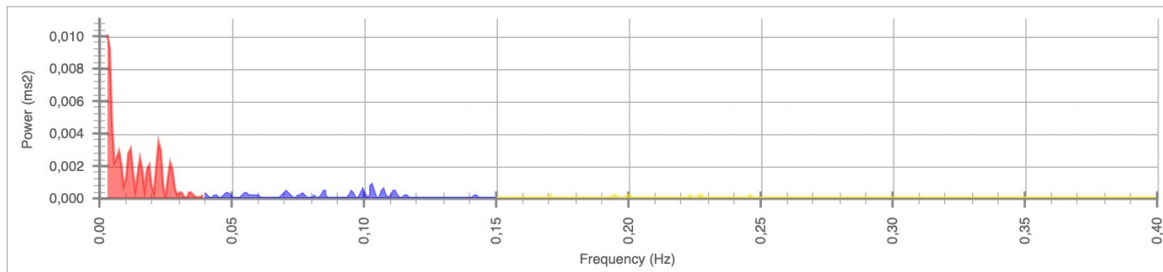
21.03.2021

Sound of Soul

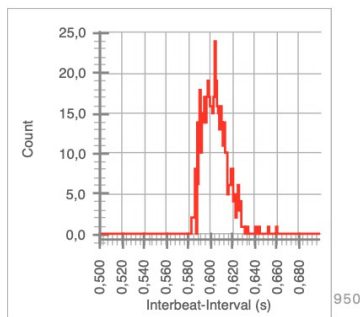
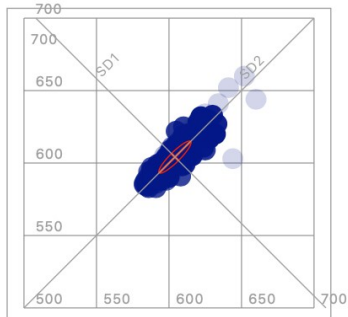
RR Intervals



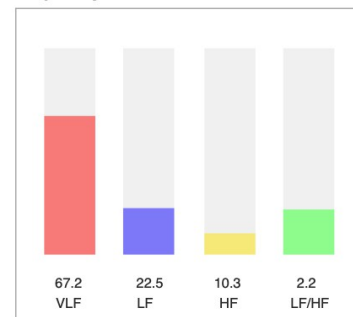
Power Spectrum



Time-Domain Statistics



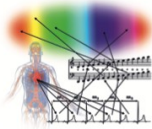
Frequency-Domain Statistics



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 (ms ²)	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



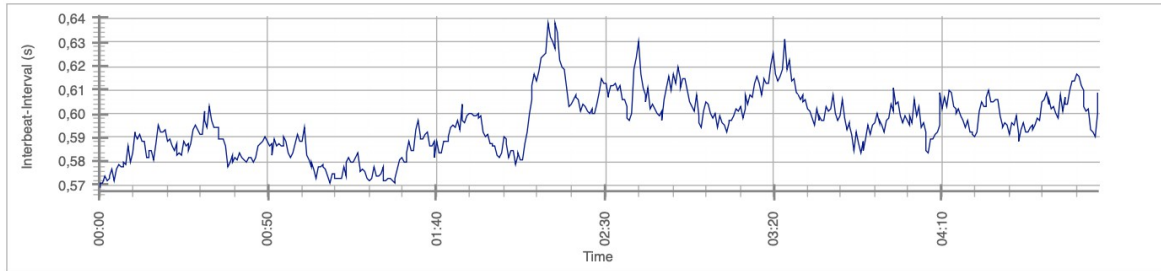
HRV-Analysis Report

Name: W12_55_b_selection_0209-0707

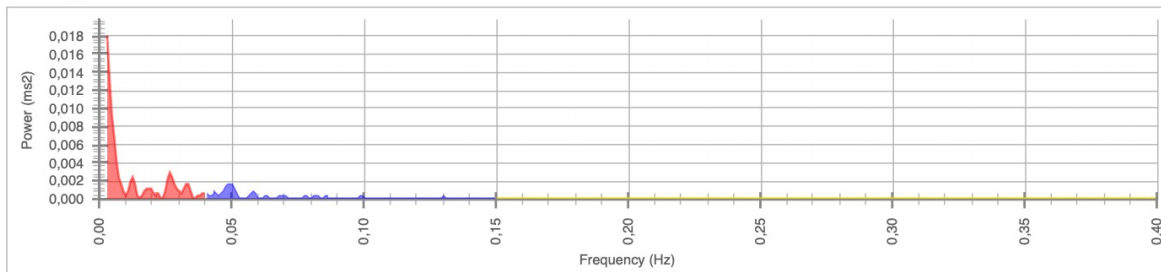
21.03.2021

Sound of Soul

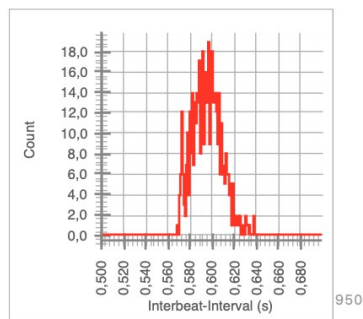
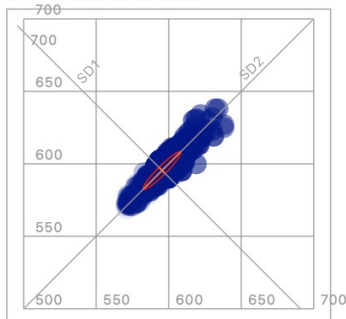
RR Intervals



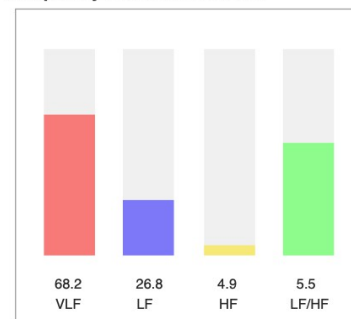
Power Spectrum



Time-Domain Statistics



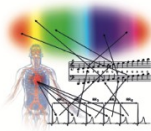
Frequency-Domain Statistics



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-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



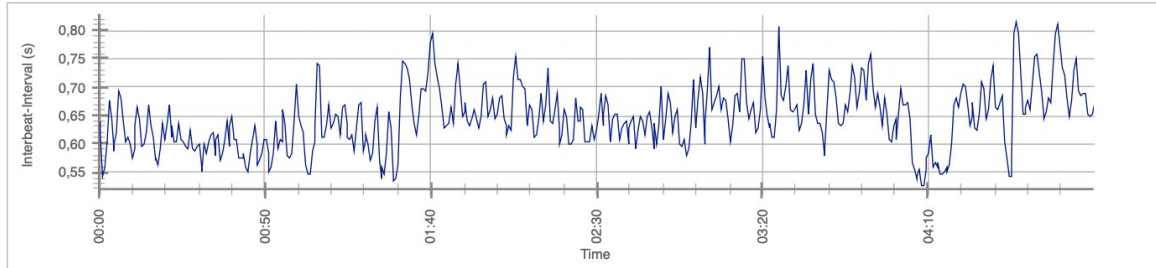
HRV-Analysis Report

Name: W13_10_a_selection_0201-0701

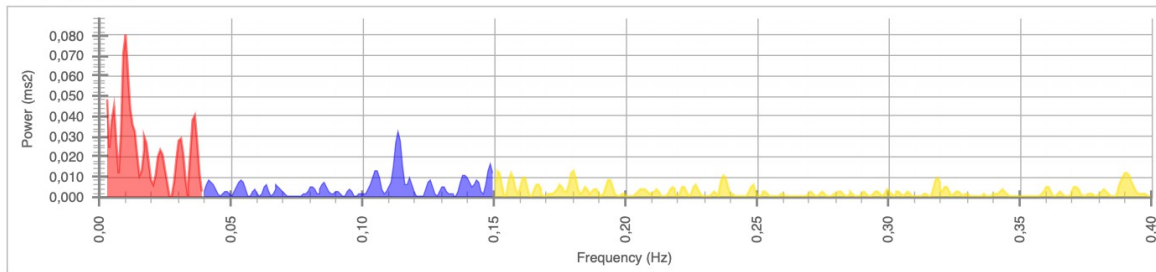
21.03.2021

Sound of Soul

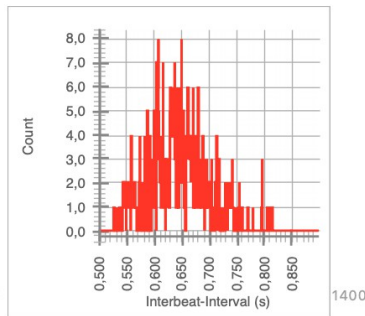
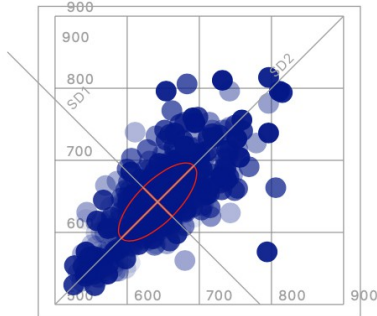
RR Intervals



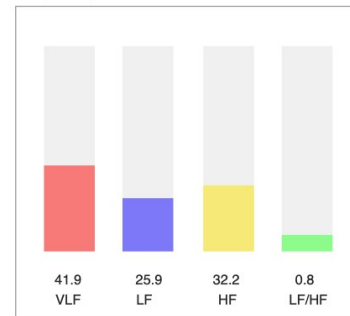
Power Spectrum



Time-Domain Statistics



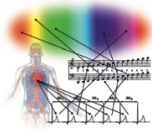
Frequency-Domain Statistics



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	



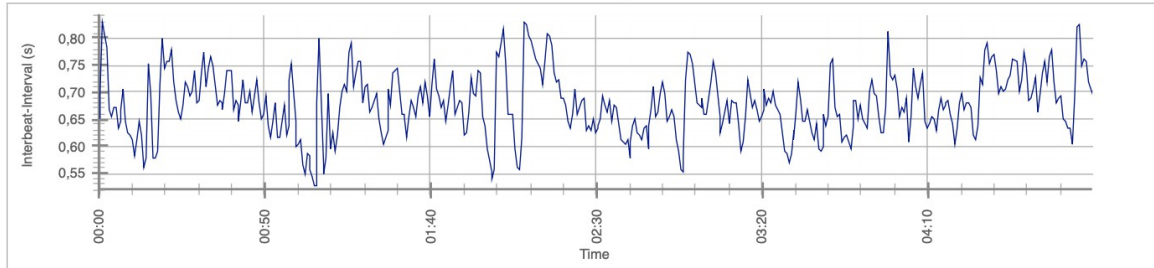
HRV-Analysis Report

Name: W13_10_b_selection_0210-0711

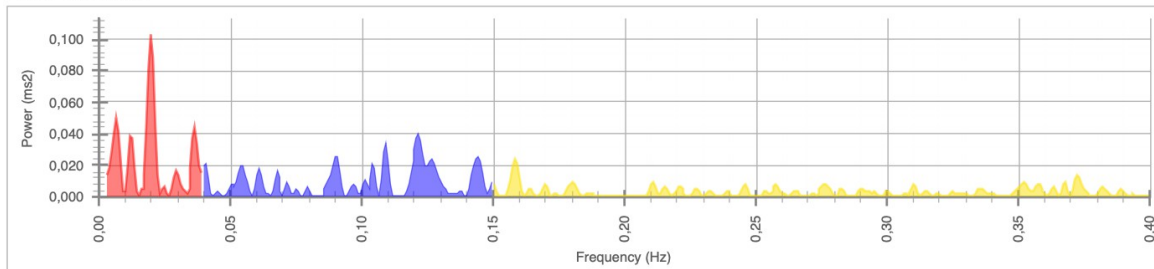
21.03.2021

Sound of Soul

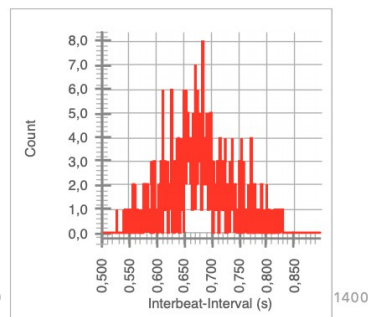
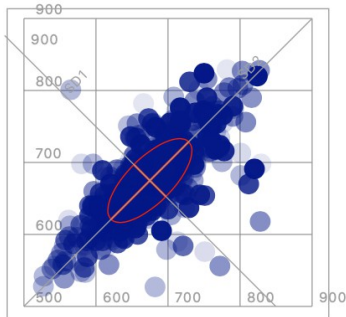
RR Intervals



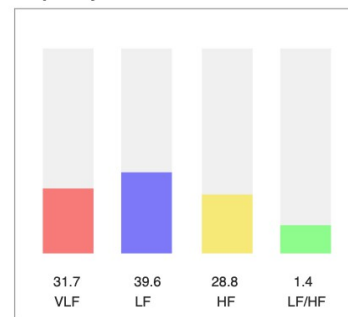
Power Spectrum



Time-Domain Statistics



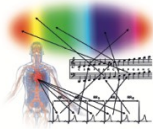
Frequency-Domain Statistics



Mean HR (bpm)	89,4
Mean RR (ms)	674,8
SDNN (ms)	58,3
RMSSD (ms)	44,4
pNN50 (%)	16,0
pNN20 (%)	57,2
pNN10 (%)	77,3
pNN05 (%)	87,4

SD1 (ms)	31,4
SD2 (ms)	76,2
SD1/SD2	1/2,4
VB (ms)	343,8
Stress Index	117,4
CV (%)	8,6

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	



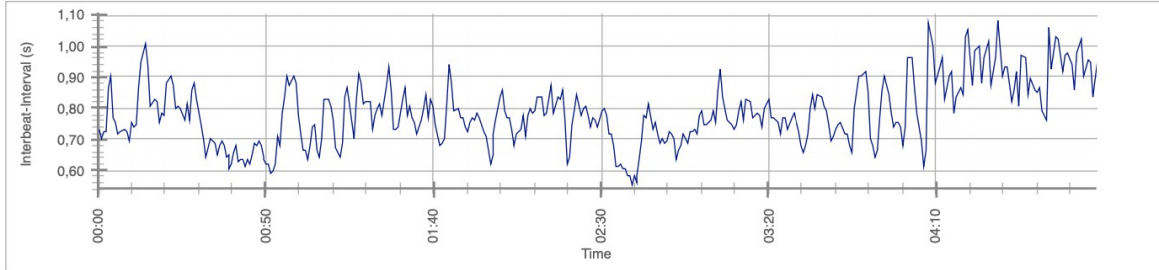
HRV-Analysis Report

Name: W14_17_a_selection_0256-0755

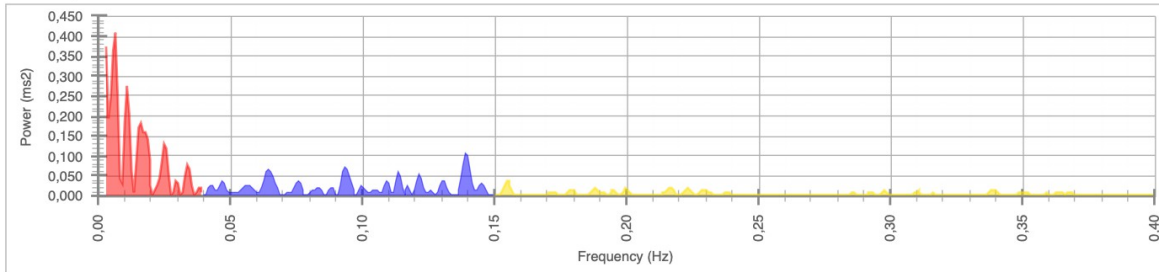
21.03.2021

Sound of Soul

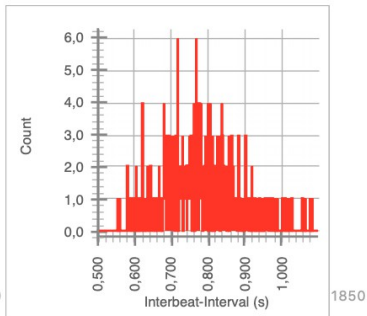
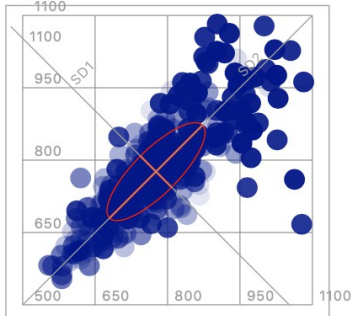
RR Intervals



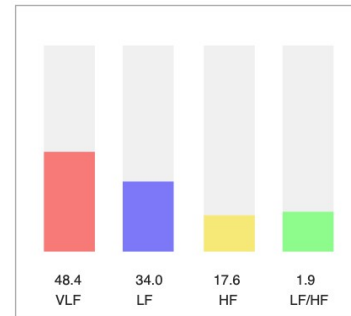
Power Spectrum



Time-Domain Statistics



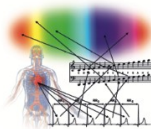
Frequency-Domain Statistics



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

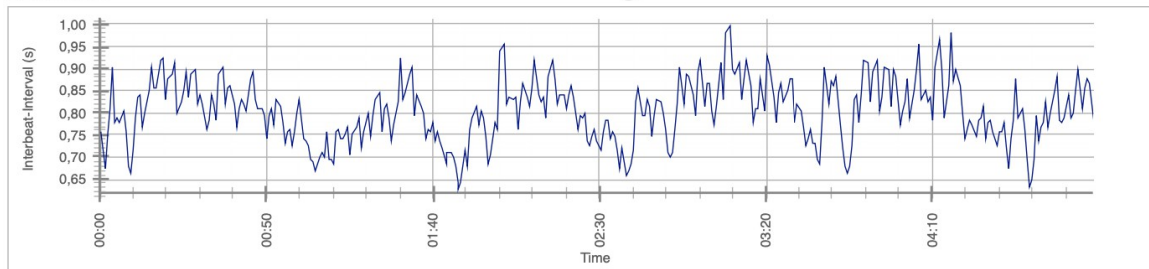
SD1 (ms)	45,6
SD2 (ms)	136,3
SD1/SD2	1/3,0
VB (ms)	539,1
Stress Index	32,7
CV (%)	13,1

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

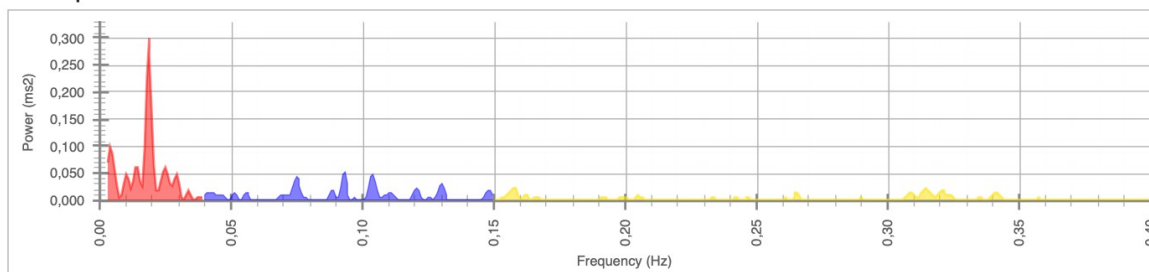


Sound of Soul

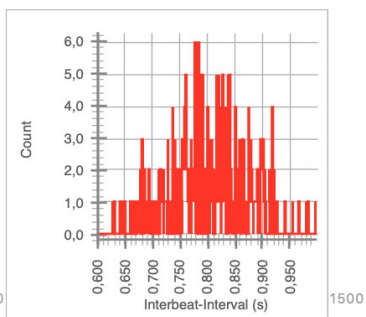
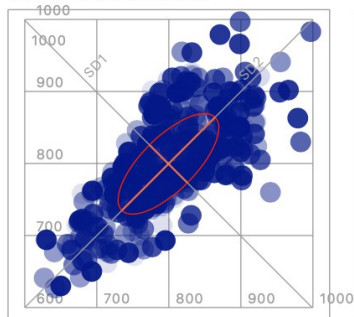
RR Intervals



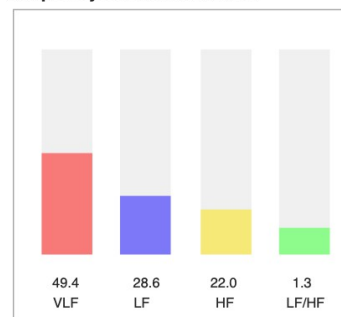
Power Spectrum



Time-Domain Statistics



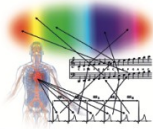
Frequency-Domain Statistics



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

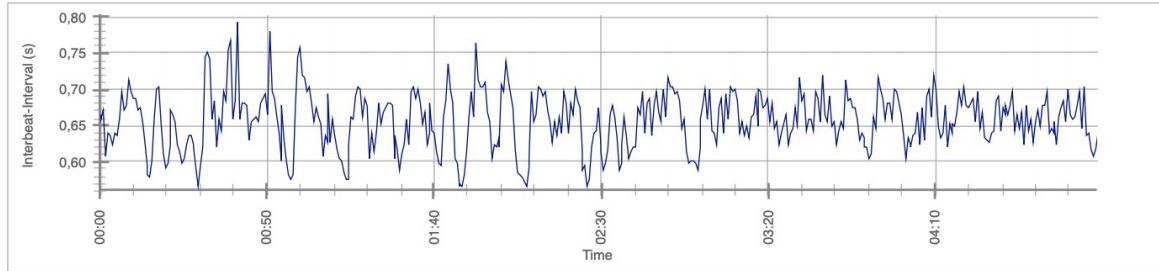
SD1 (ms)	37,1
SD2 (ms)	91,5
SD1/SD2	1/2,5
VB (ms)	406,2
Stress Index	70,9
CV (%)	8,7

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	

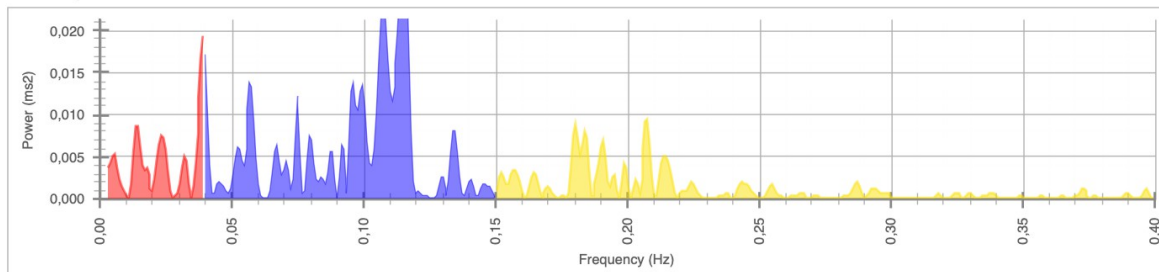


Sound of Soul

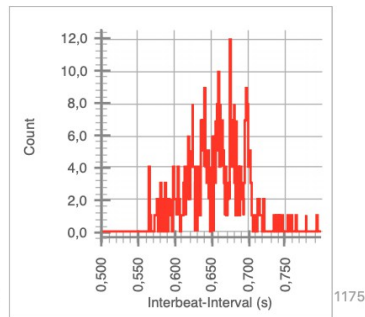
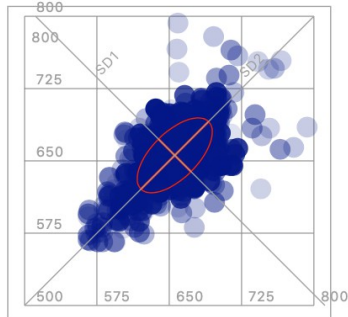
RR Intervals



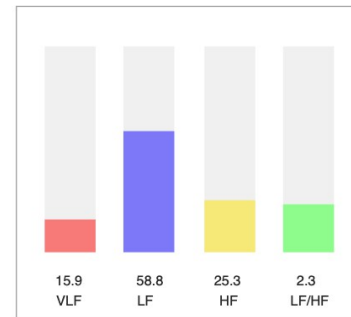
Power Spectrum



Time-Domain Statistics



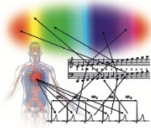
Frequency-Domain Statistics



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	



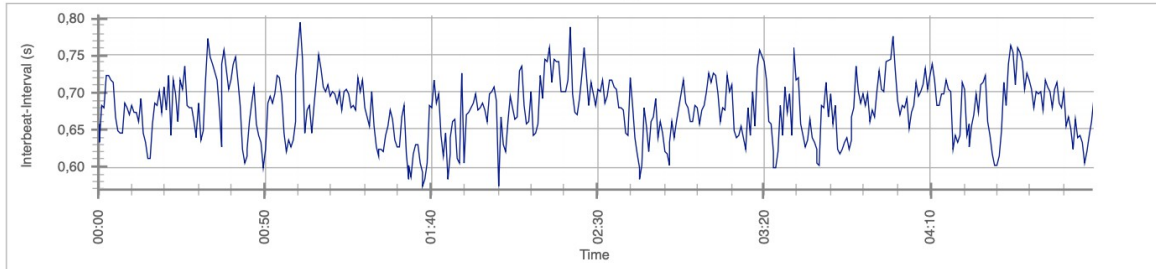
HRV-Analysis Report

Name: W15_23_b_selection_0247-0747

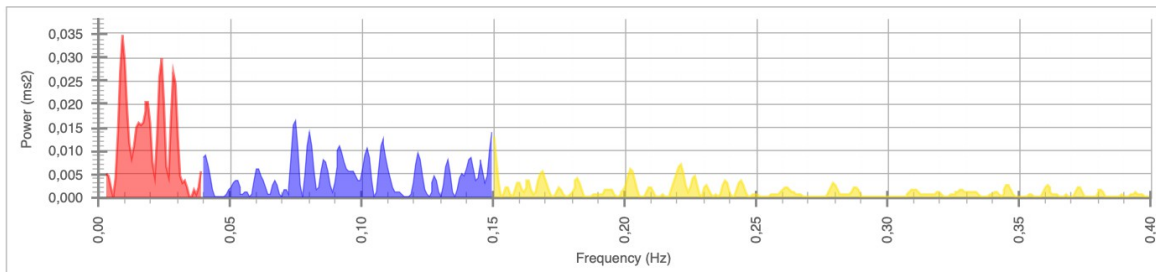
21.03.2021

Sound of Soul

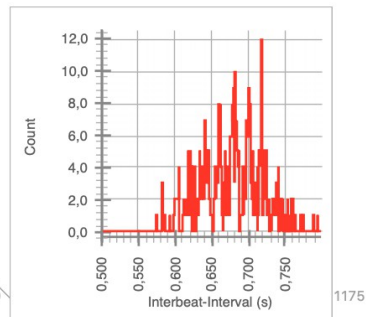
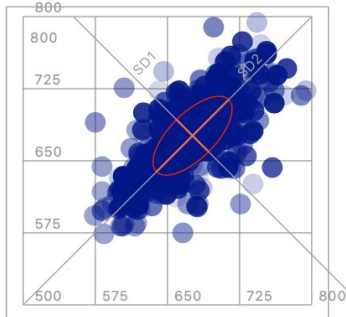
RR Intervals



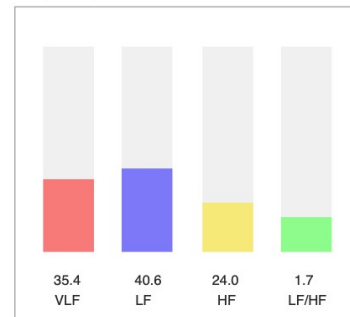
Power Spectrum



Time-Domain Statistics



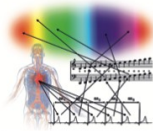
Frequency-Domain Statistics



Mean HR (bpm)	88,9
Mean RR (ms)	676,1
SDNN (ms)	41,1
RMSSD (ms)	33,3
pNN50 (%)	12,4
pNN20 (%)	49,8
pNN10 (%)	74,4
pNN05 (%)	84,8

SD1 (ms)	23,5
SD2 (ms)	53,1
SD1/SD2	1/2,3
VB (ms)	257,8
Stress Index	212,0
CV (%)	6,1

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



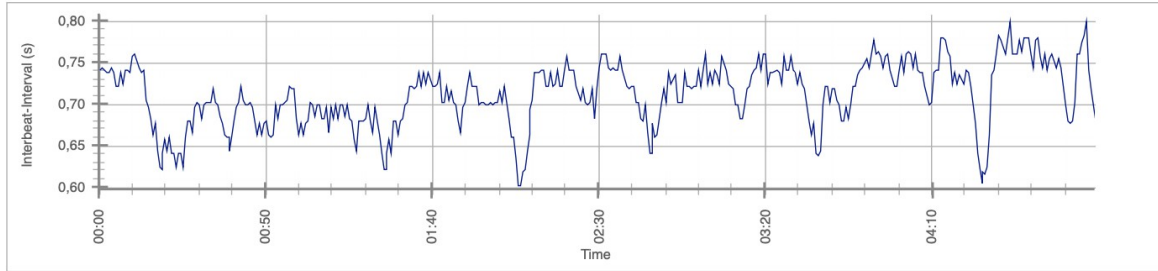
HRV-Analysis Report

Name: W16_16_a_selection_0205-0705

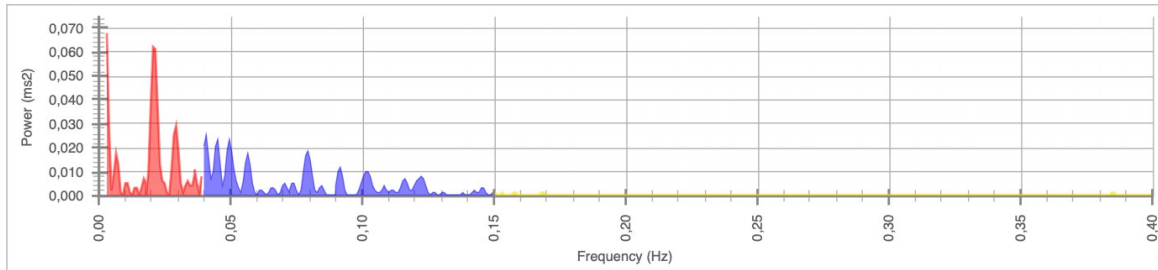
21.03.2021

Sound of Soul

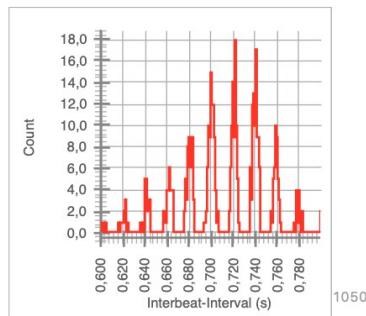
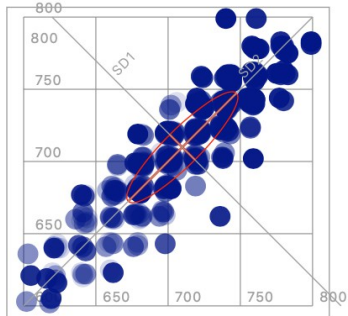
RR Intervals



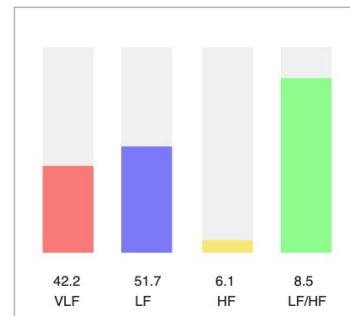
Power Spectrum



Time-Domain Statistics



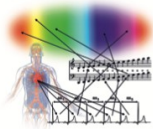
Frequency-Domain Statistics



Mean HR (bpm)	84,5
Mean RR (ms)	709,9
SDNN (ms)	38,5
RMSSD (ms)	17,4
pNN50 (%)	1,0
pNN20 (%)	15,2
pNN10 (%)	63,7
pNN05 (%)	64,6

SD1 (ms)	12,3
SD2 (ms)	52,9
SD1/SD2	1/4.3
VB (ms)	234,4
Stress Index	217,9
CV (%)	5,4

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



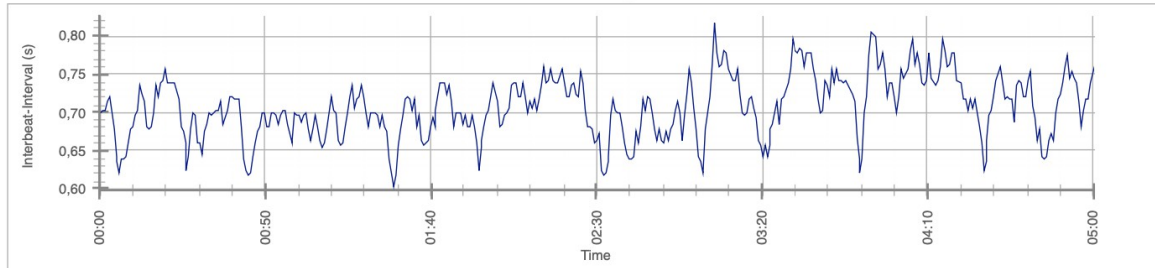
HRV-Analysis Report

Name: W16_16_b_selection_0224-0725

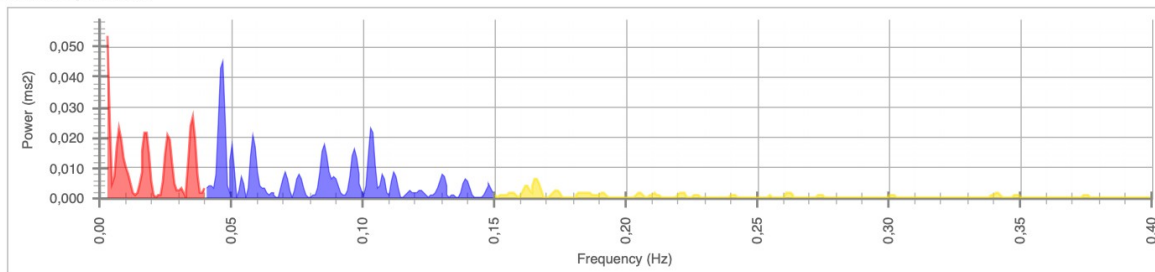
21.03.2021

Sound of Soul

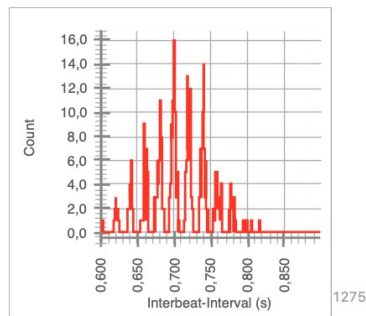
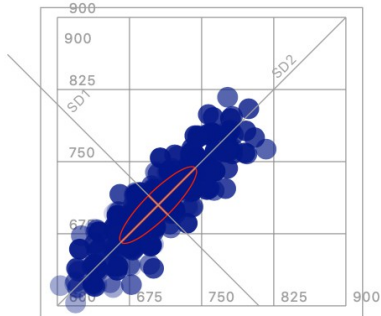
RR Intervals



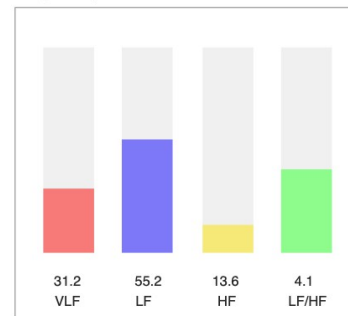
Power Spectrum



Time-Domain Statistics



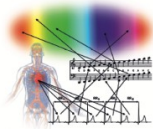
Frequency-Domain Statistics



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-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



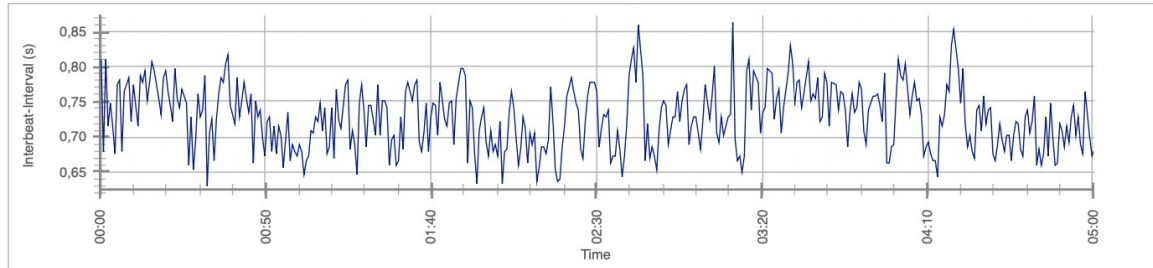
HRV-Analysis Report

Name: W17_47_a_selection_0106-0607

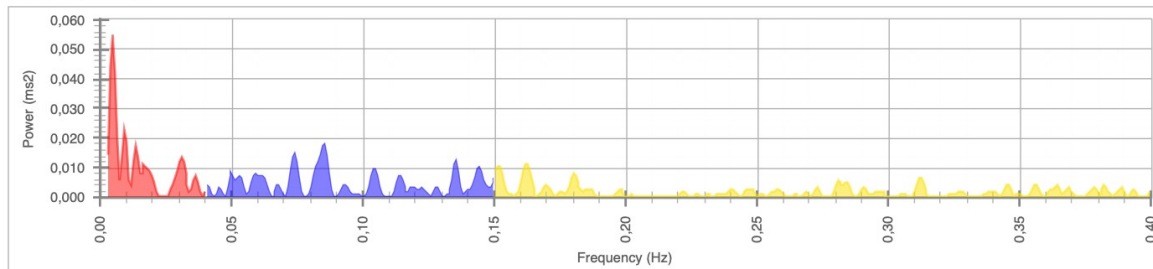
21.03.2021

Sound of Soul

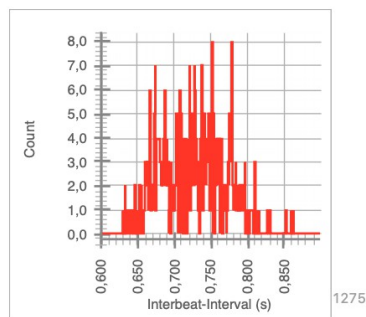
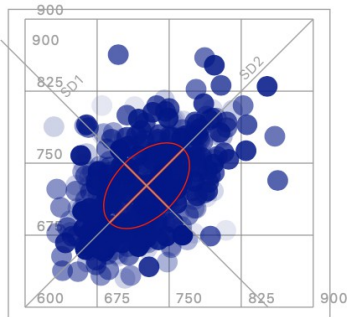
RR Intervals



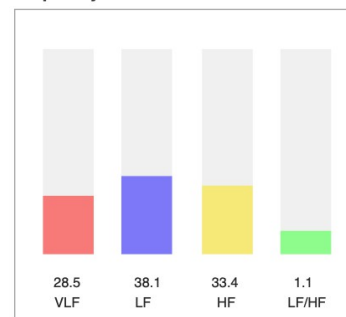
Power Spectrum



Time-Domain Statistics



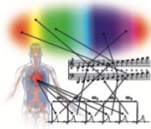
Frequency-Domain Statistics



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	



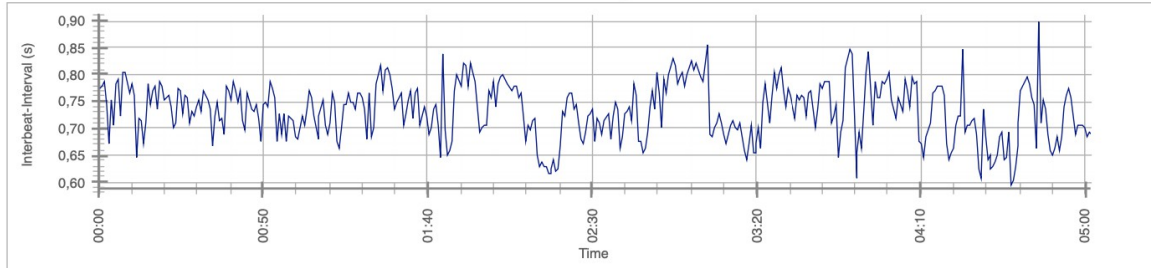
HRV-Analysis Report

Name: W17_47_b_selection_0106-0608

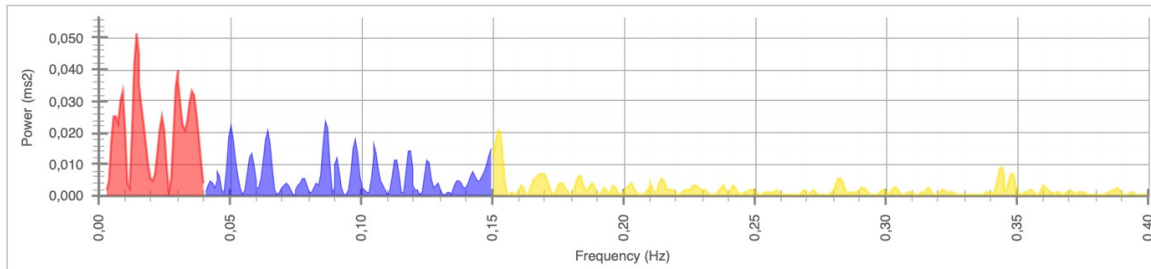
21.03.2021

Sound of Soul

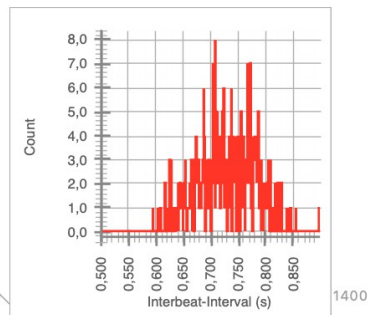
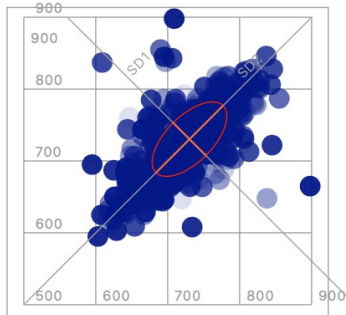
RR Intervals



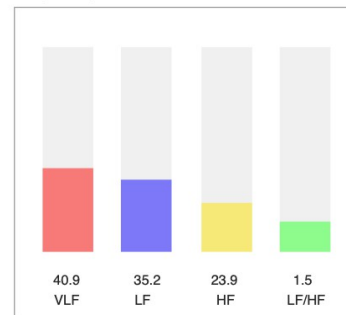
Power Spectrum



Time-Domain Statistics



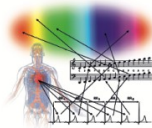
Frequency-Domain Statistics



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 (ms ²)	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



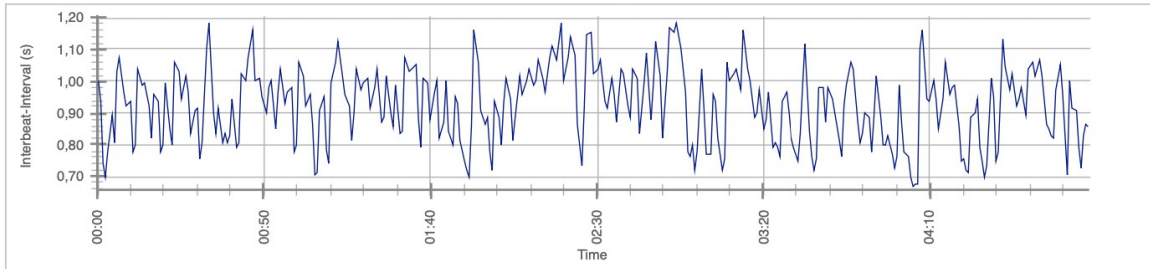
HRV-Analysis Report

Name: W18_16_a_selection_0219-0718

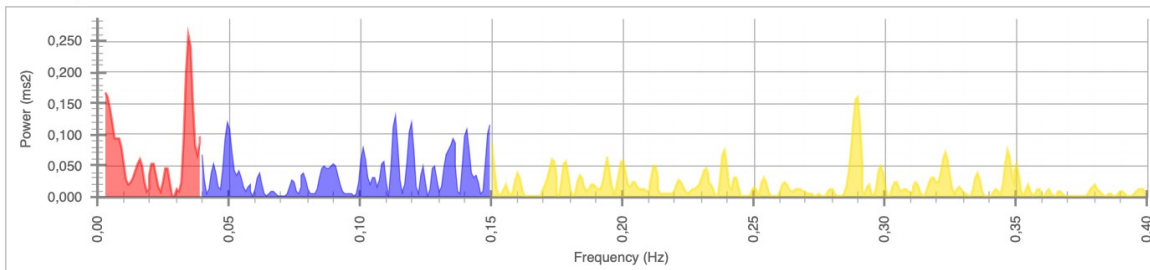
21.03.2021

Sound of Soul

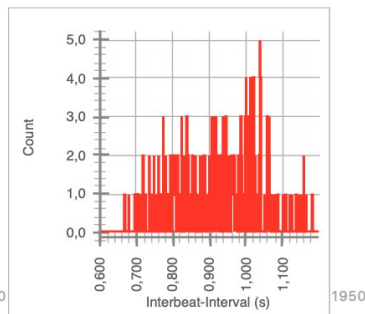
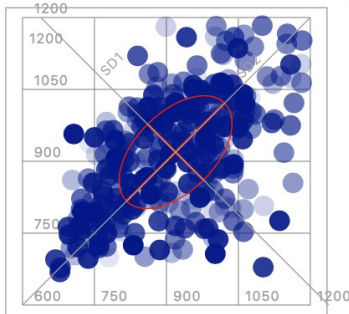
RR Intervals



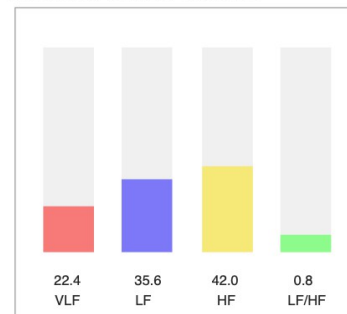
Power Spectrum



Time-Domain Statistics



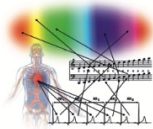
Frequency-Domain Statistics



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



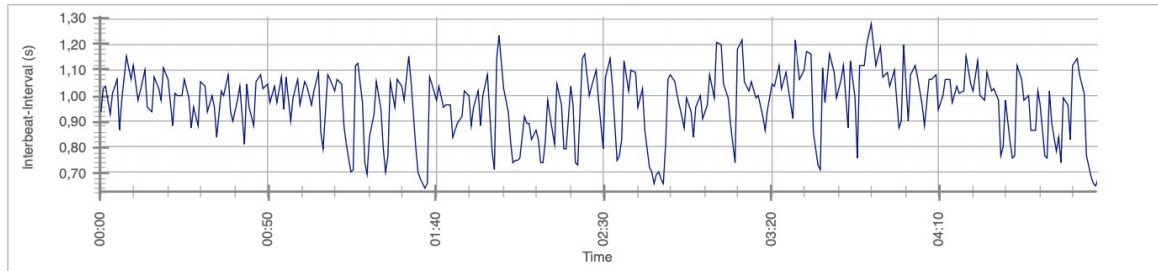
HRV-Analysis Report

Name: W18_16_b_selection_0209-0707

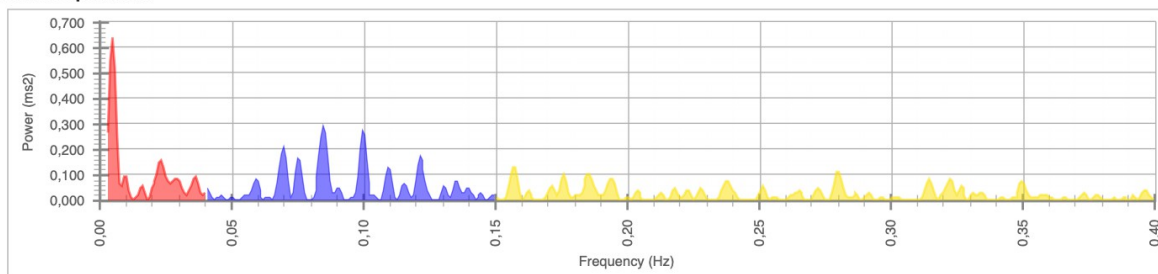
21.03.2021

Sound of Soul

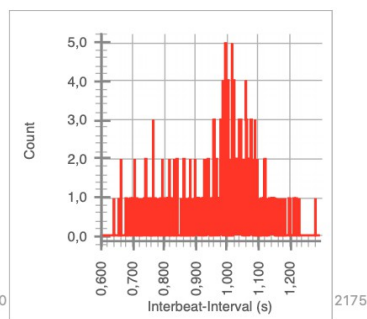
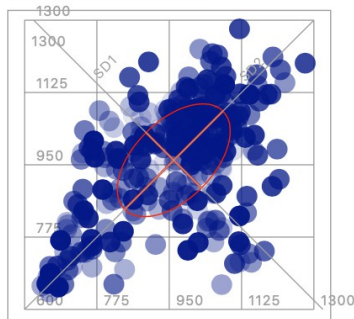
RR Intervals



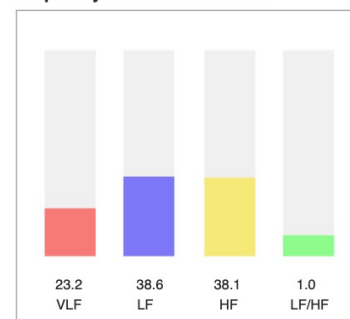
Power Spectrum



Time-Domain Statistics



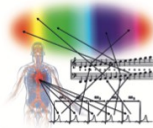
Frequency-Domain Statistics



Mean HR (bpm)	63,7
Mean RR (ms)	961,0
SDNN (ms)	137,0
RMSSD (ms)	134,2
pNN50 (%)	69,3
pNN20 (%)	84,8
pNN10 (%)	91,6
pNN05 (%)	95,8

SD1 (ms)	94,9
SD2 (ms)	168,1
SD1/SD2	1/1.8
VB (ms)	648,4
Stress Index	16,7
CV (%)	14,3

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



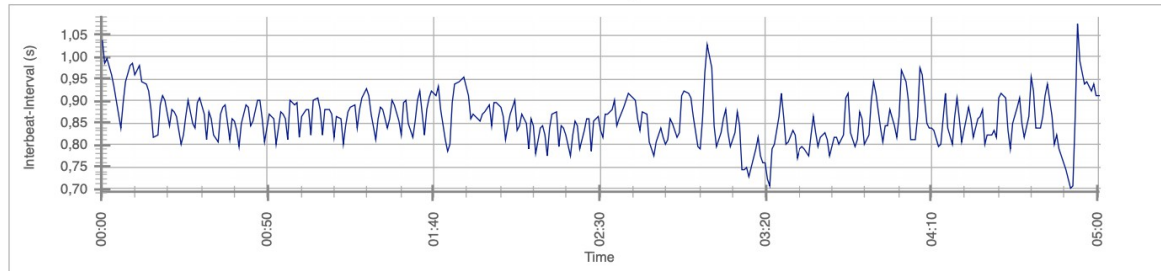
HRV-Analysis Report

Name: W19_19_a_selection_0137-0639

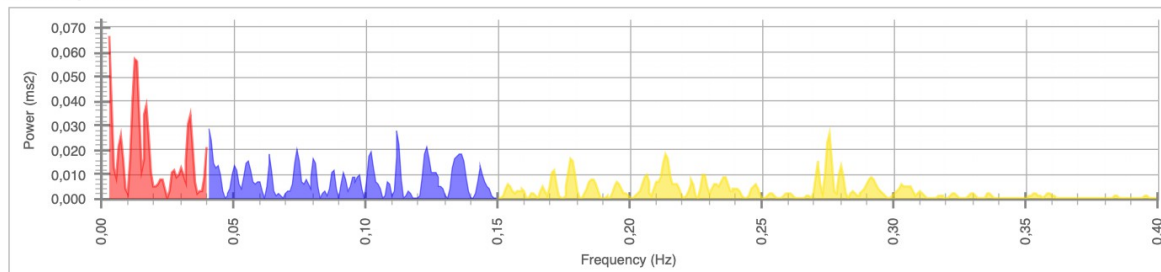
21.03.2021

Sound of Soul

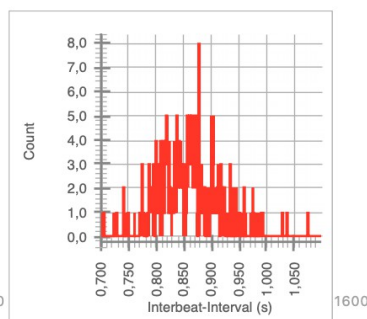
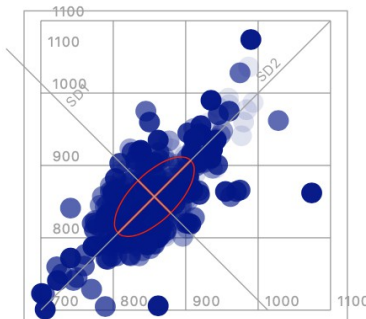
RR Intervals



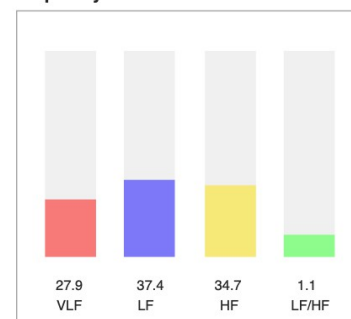
Power Spectrum



Time-Domain Statistics



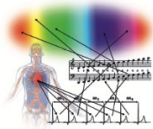
Frequency-Domain Statistics



Mean HR (bpm)	70,1
Mean RR (ms)	856,8
SDNN (ms)	55,4
RMSSD (ms)	44,9
pNN50 (%)	25,9
pNN20 (%)	63,5
pNN10 (%)	81,5
pNN05 (%)	89,2

SD1 (ms)	31,7
SD2 (ms)	71,0
SD1/SD2	1/2,2
VB (ms)	359,4
Stress Index	76,6
CV (%)	6,5

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



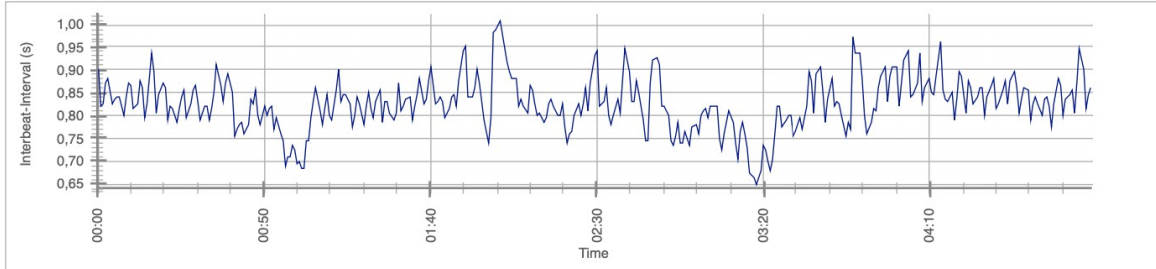
HRV-Analysis Report

Name: W19_19_b_selection_0121-0624

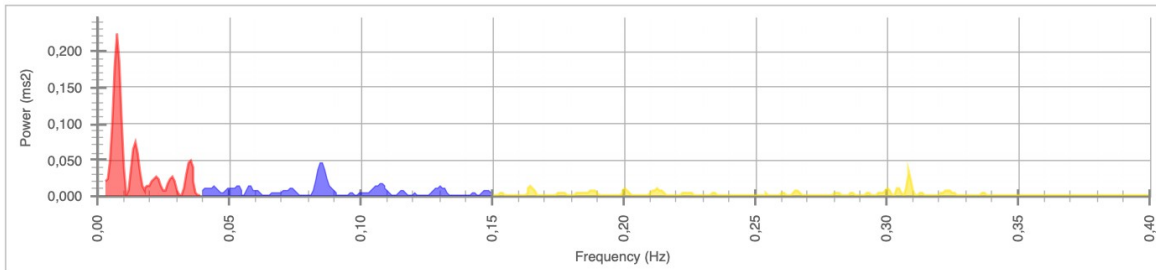
21.03.2021

Sound of Soul

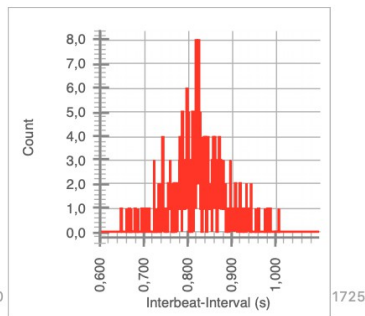
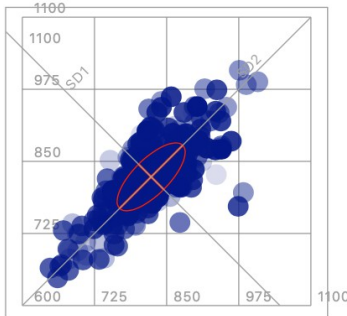
RR Intervals



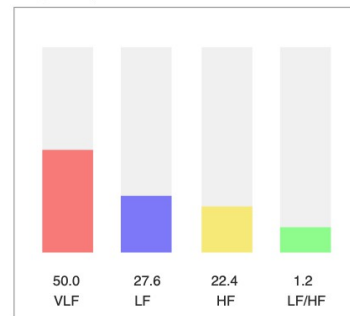
Power Spectrum



Time-Domain Statistics



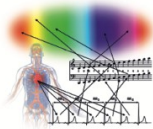
Frequency-Domain Statistics



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-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



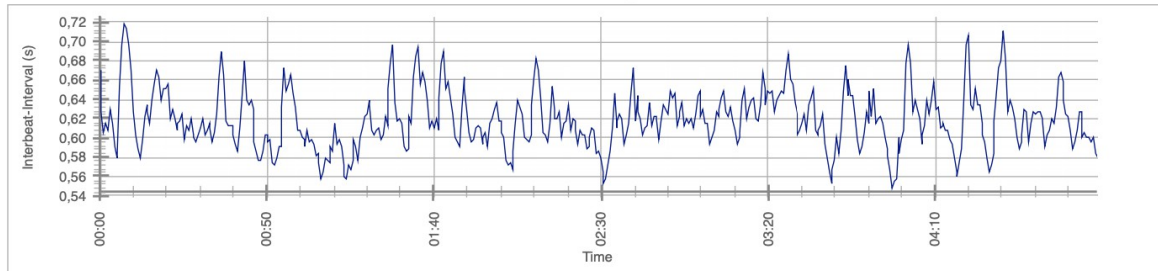
HRV-Analysis Report

Name: W20_13_a_selection_0136-0635

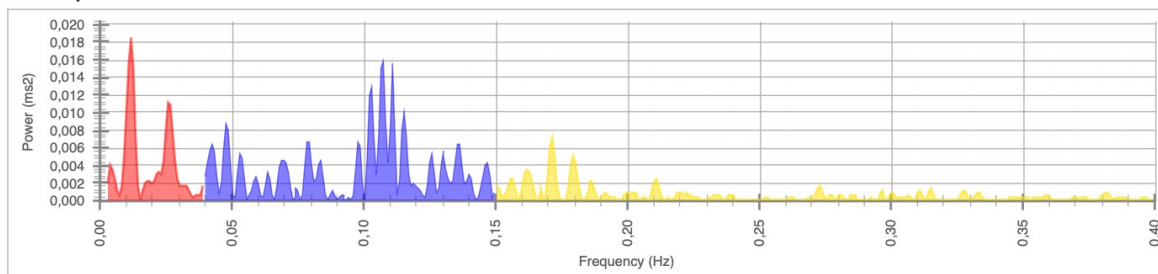
21.03.2021

Sound of Soul

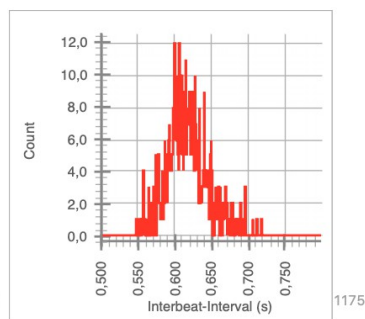
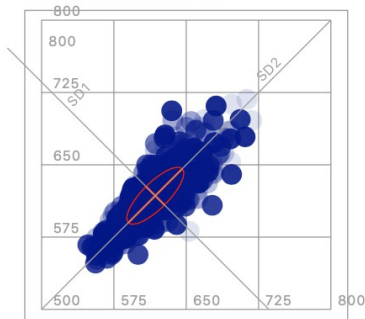
RR Intervals



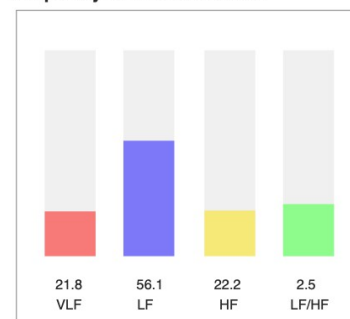
Power Spectrum



Time-Domain Statistics



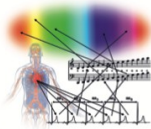
Frequency-Domain Statistics



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



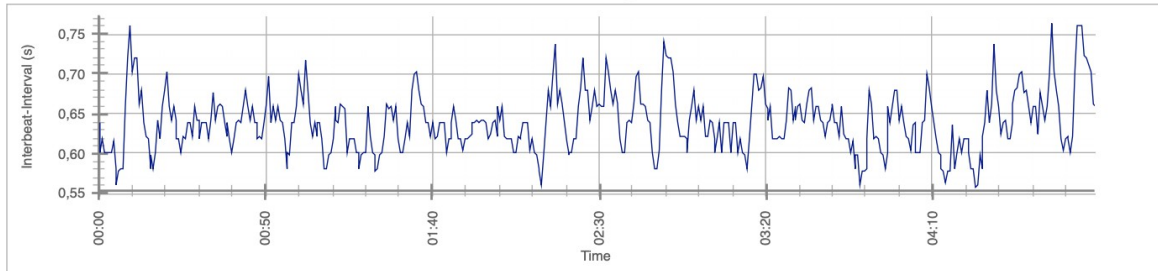
HRV-Analysis Report

Name: W20_13_b_selection_0156-0655

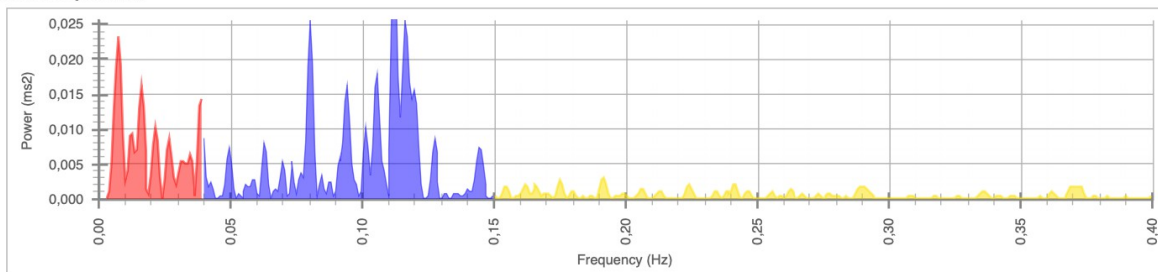
21.03.2021

Sound of Soul

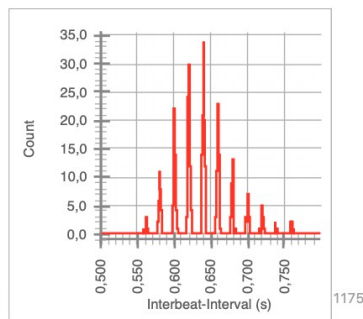
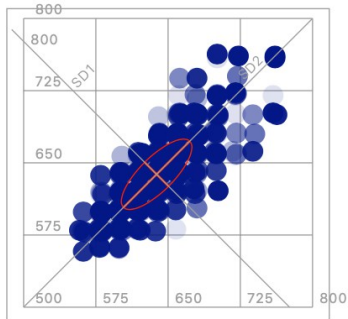
RR Intervals



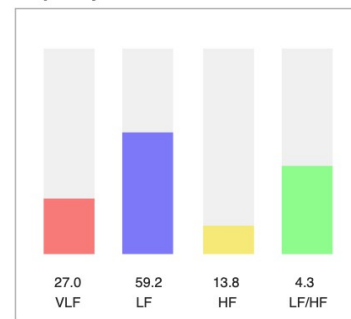
Power Spectrum



Time-Domain Statistics



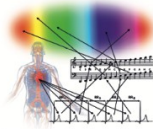
Frequency-Domain Statistics



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-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



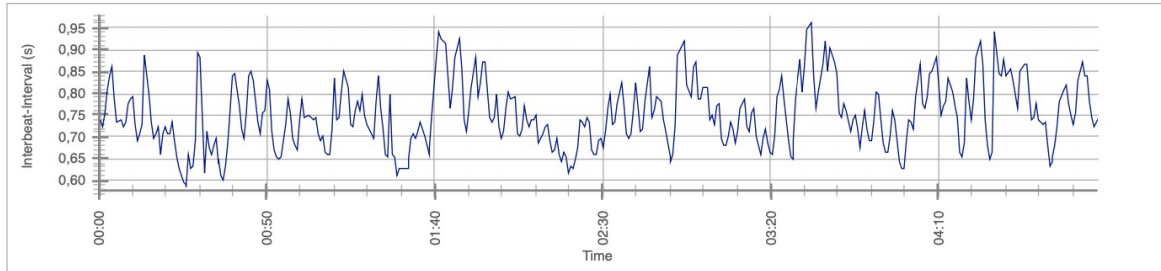
HRV-Analysis Report

Name: W21_14_a_selection_0132-0630

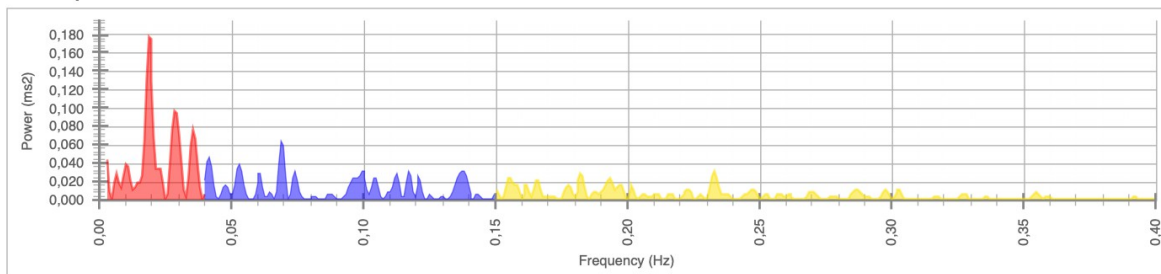
21.03.2021

Sound of Soul

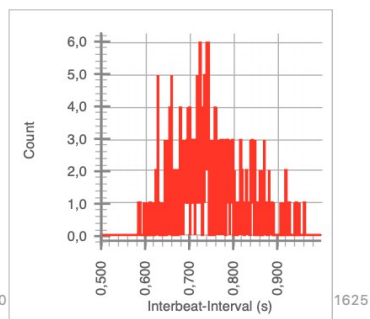
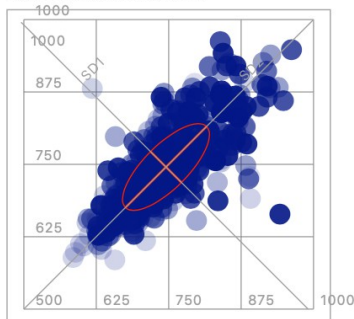
RR Intervals



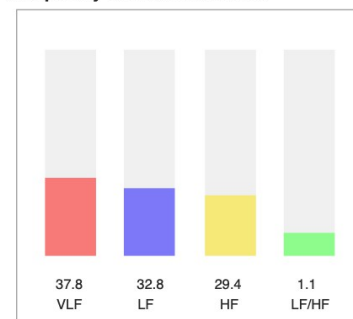
Power Spectrum



Time-Domain Statistics

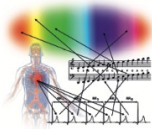


Frequency-Domain Statistics



Mean HR (bpm)	81,1	SD1 (ms)	37,7
Mean RR (ms)	745,3	SD2 (ms)	99,0
SDNN (ms)	74,9	SD1/SD2	1/2,6
RMSSD (ms)	53,3	VB (ms)	421,9
pNN50 (%)	30,6	Stress Index	65,0
pNN20 (%)	64,2	CV (%)	10,1
pNN10 (%)	78,7		
pNN05 (%)	91,0		

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



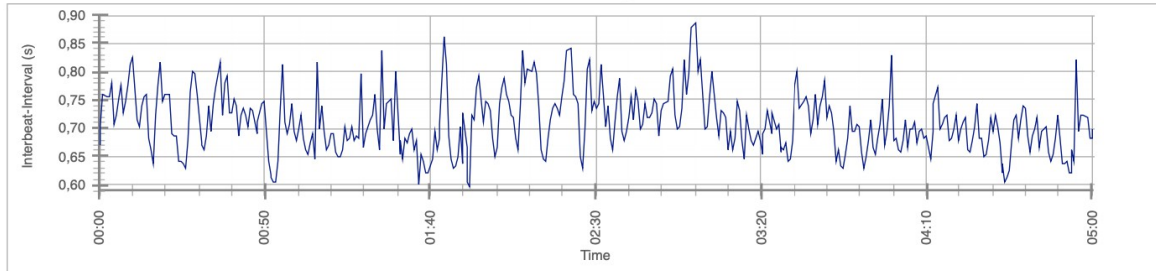
HRV-Analysis Report

Name: W21_14_b_selection_0113-0615

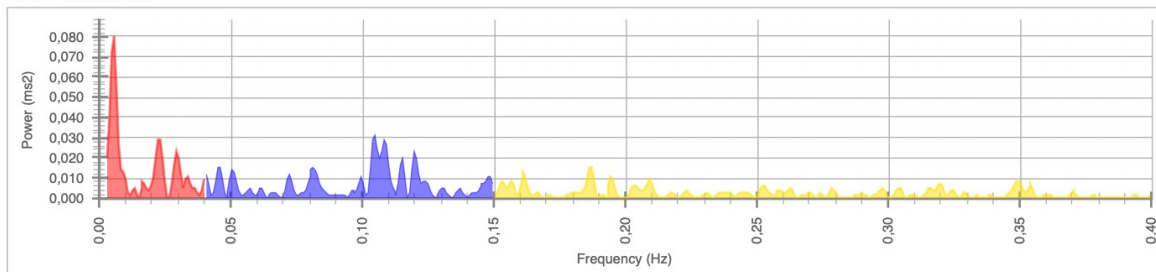
21.03.2021

Sound of Soul

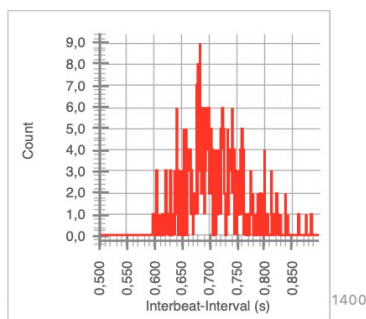
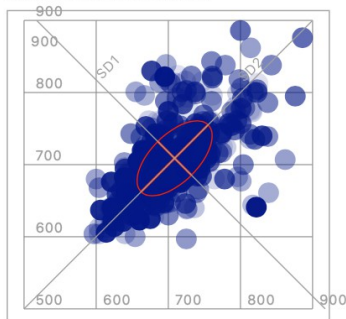
RR Intervals



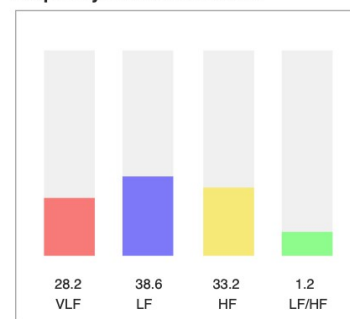
Power Spectrum



Time-Domain Statistics



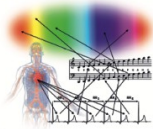
Frequency-Domain Statistics



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



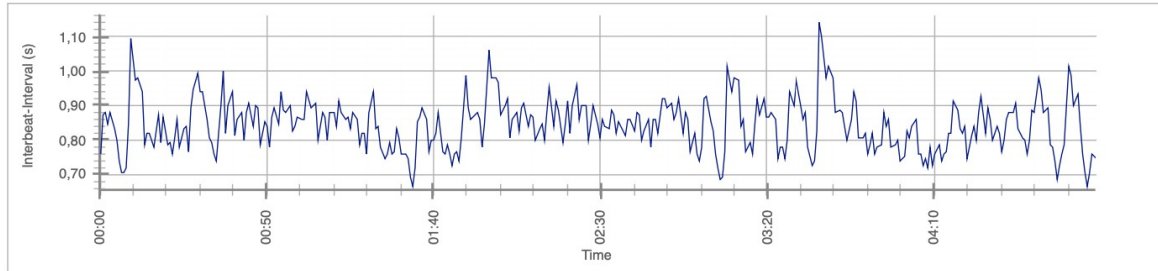
HRV-Analysis Report

Name: W22_15_a_selection_0146-0645

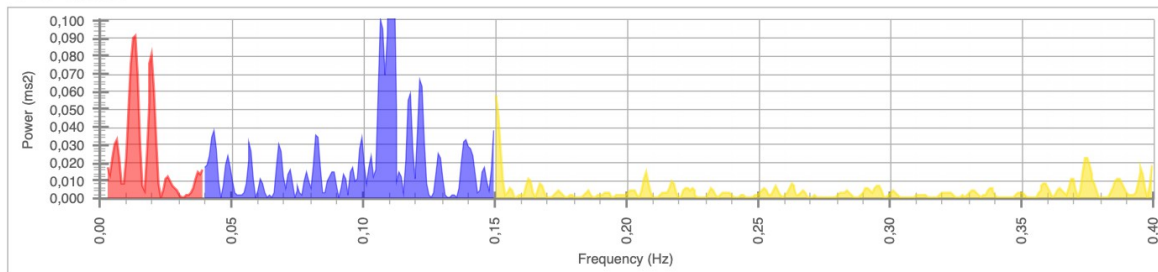
21.03.2021

Sound of Soul

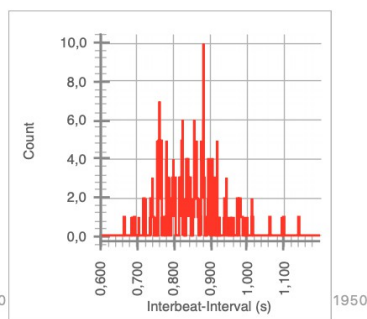
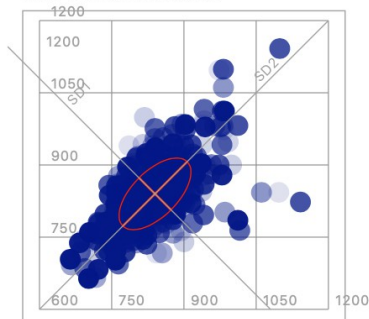
RR Intervals



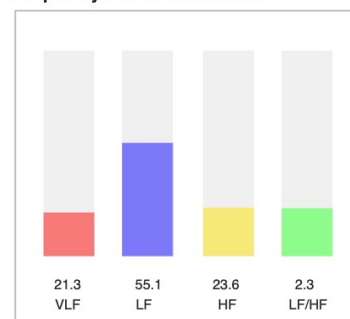
Power Spectrum



Time-Domain Statistics



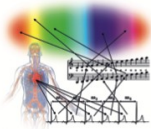
Frequency-Domain Statistics



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



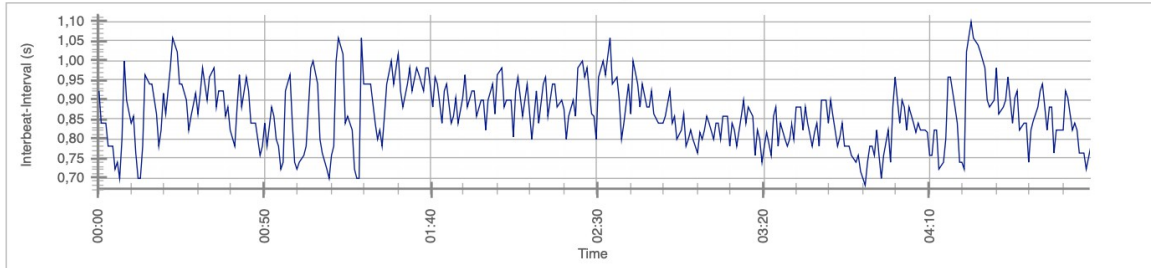
HRV-Analysis Report

Name: W22_15_b_selection_0126-0625

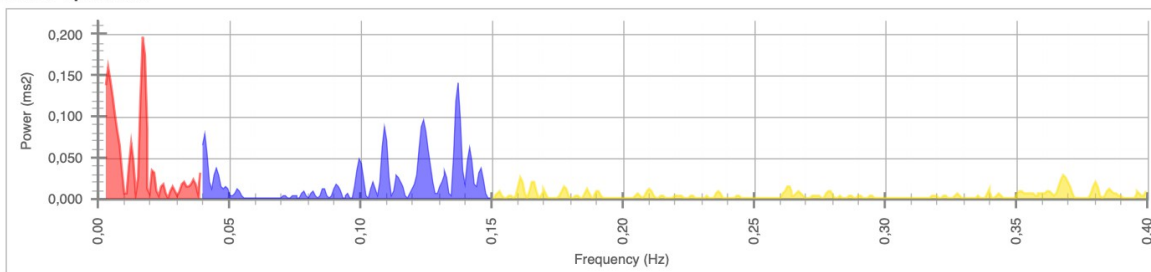
21.03.2021

Sound of Soul

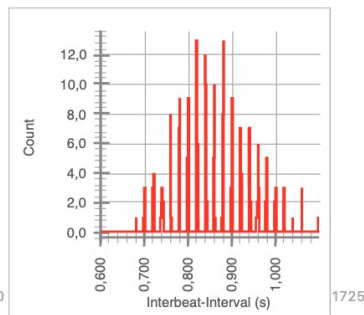
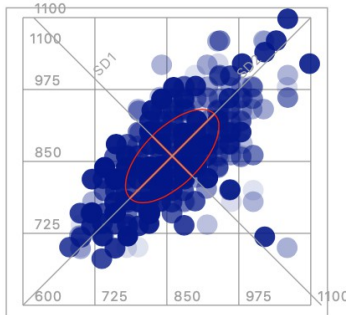
RR Intervals



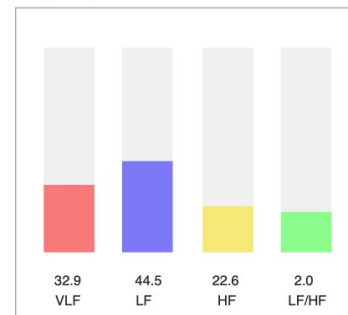
Power Spectrum



Time-Domain Statistics



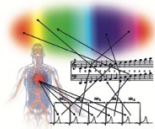
Frequency-Domain Statistics



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 (ms ²)	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	



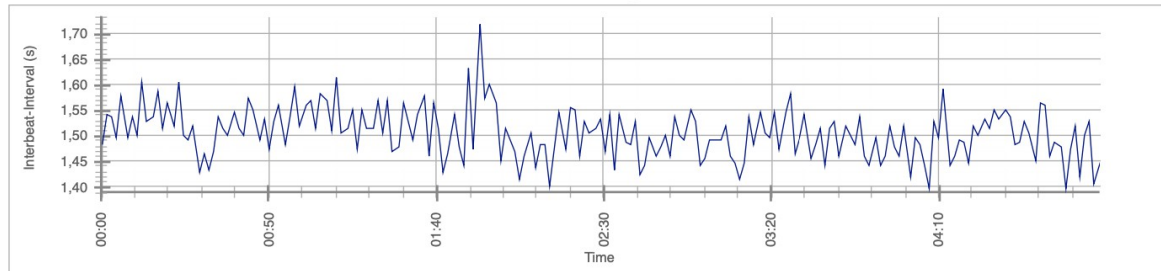
HRV-Analysis Report

Name: W23_42_a_selection_0049-0549

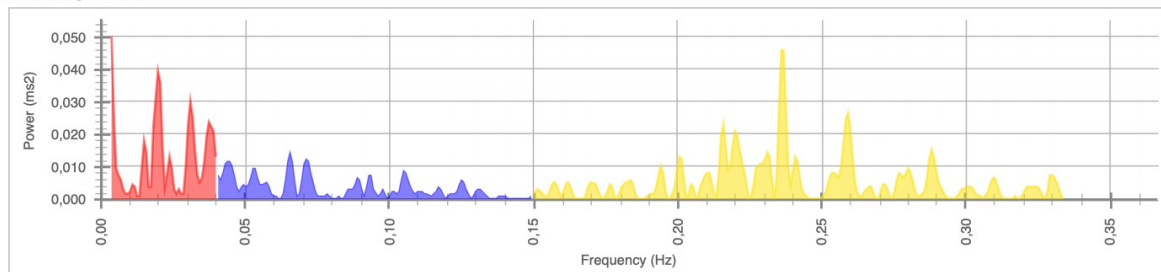
21.03.2021

Sound of Soul

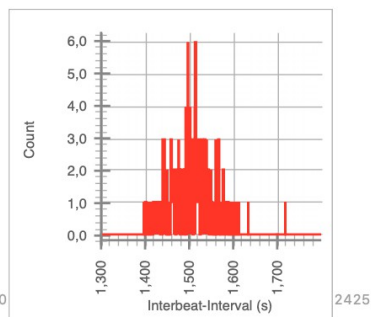
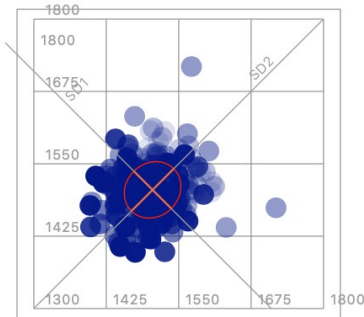
RR Intervals



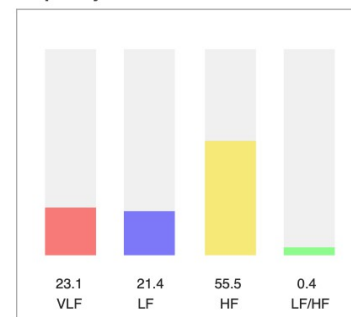
Power Spectrum



Time-Domain Statistics



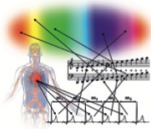
Frequency-Domain Statistics



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



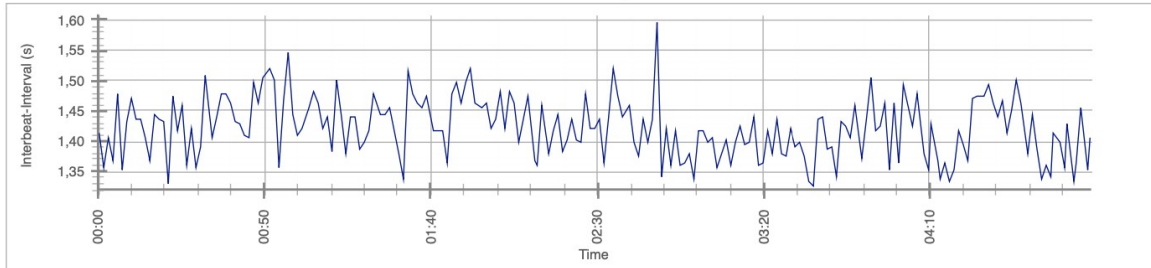
HRV-Analysis Report

Name: W23_42_b_selection_0040-0540

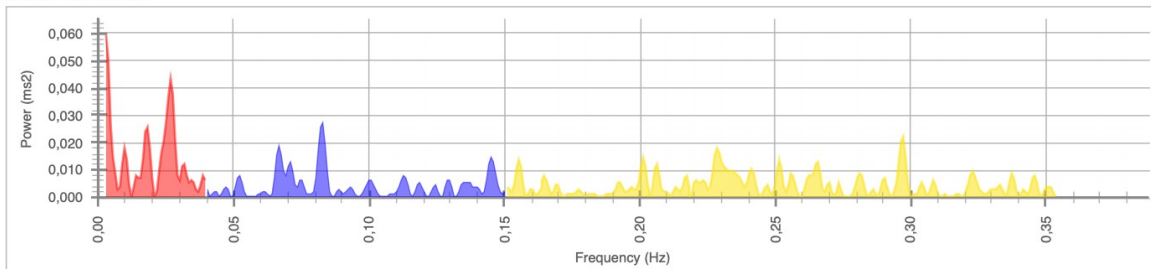
21.03.2021

Sound of Soul

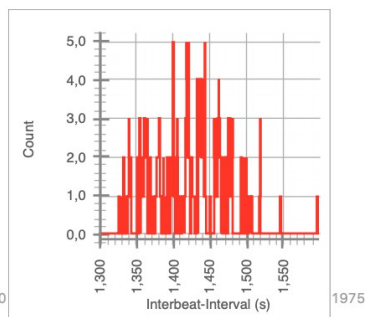
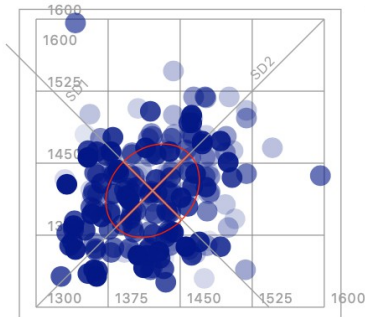
RR Intervals



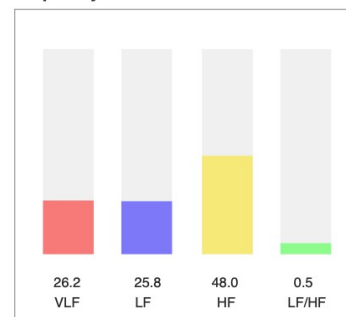
Power Spectrum



Time-Domain Statistics



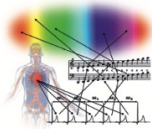
Frequency-Domain Statistics



Mean HR (bpm)	42,1
Mean RR (ms)	1421,3
SDNN (ms)	48,7
RMSSD (ms)	60,5
pNN50 (%)	39,5
pNN20 (%)	73,8
pNN10 (%)	85,7
pNN05 (%)	89,5

SD1 (ms)	42,8
SD2 (ms)	53,9
SD1/SD2	1/1,3
VB (ms)	281,2
Stress Index	63,5
CV (%)	3,4

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	



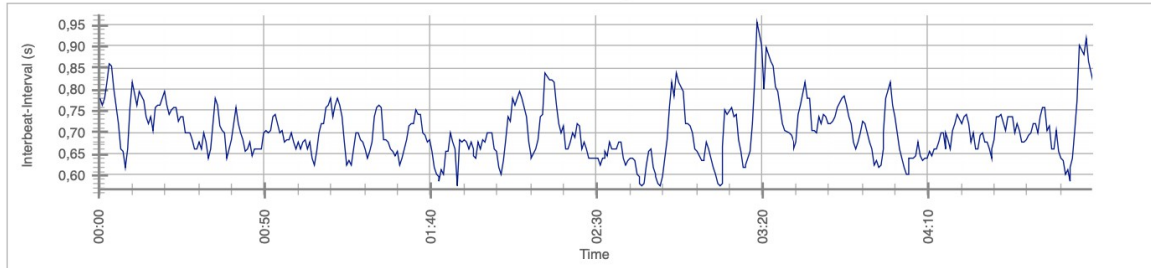
HRV-Analysis Report

Name: W24_15_a_selection_0137-0638

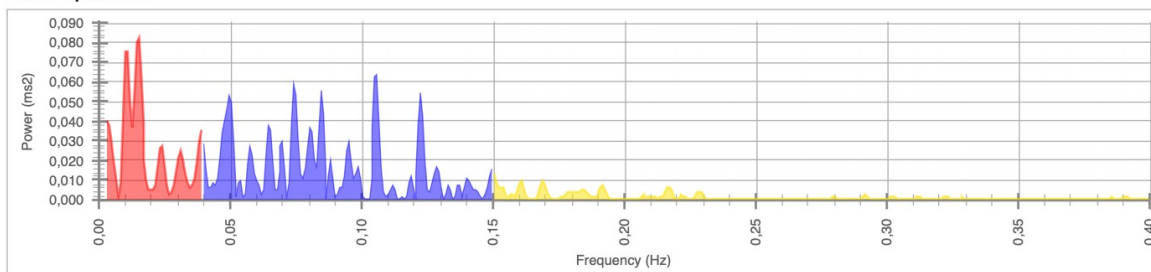
21.03.2021

Sound of Soul

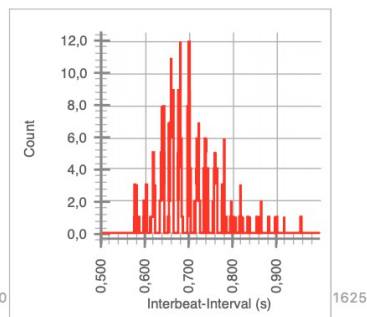
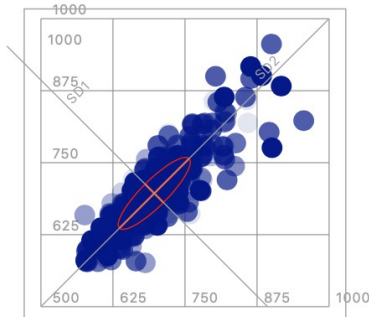
RR Intervals



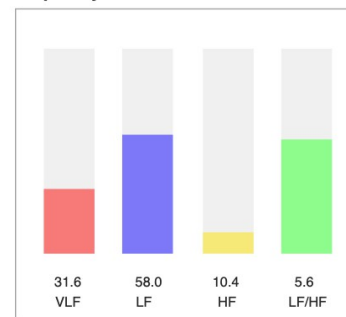
Power Spectrum



Time-Domain Statistics



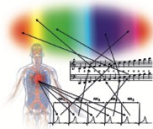
Frequency-Domain Statistics



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	



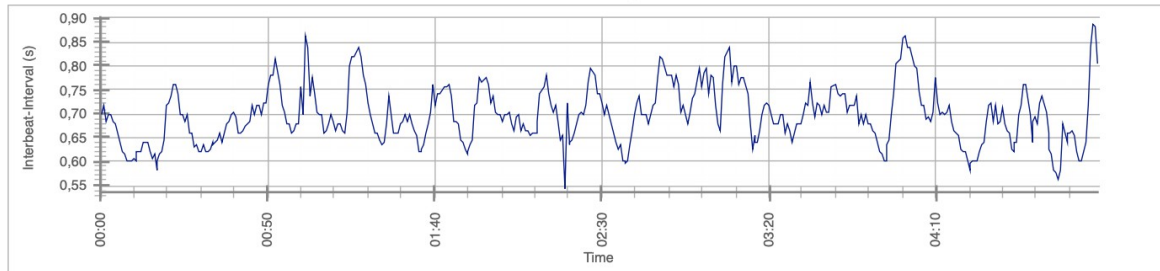
HRV-Analysis Report

Name: W24_15_b_selection_0203-0703

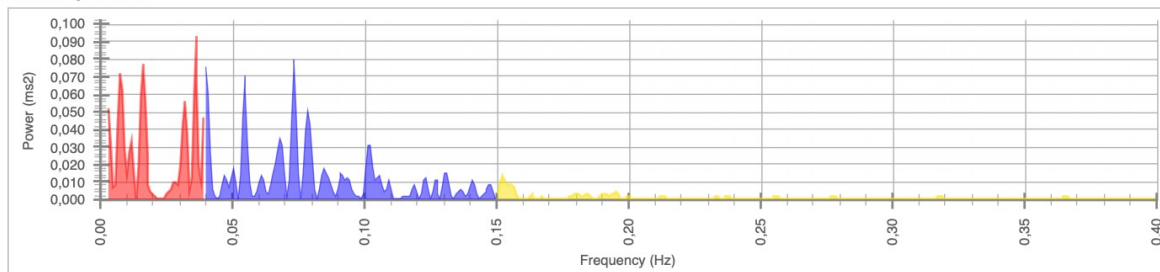
21.03.2021

Sound of Soul

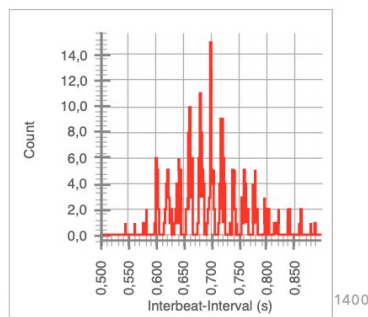
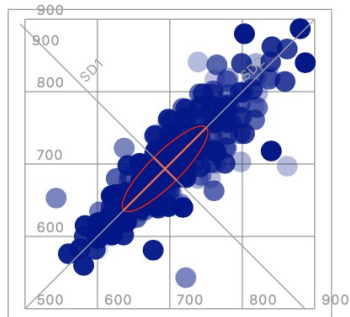
RR Intervals



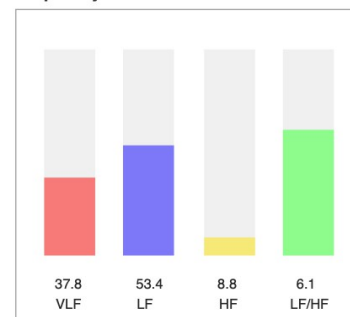
Power Spectrum



Time-Domain Statistics



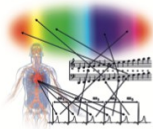
Frequency-Domain Statistics



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



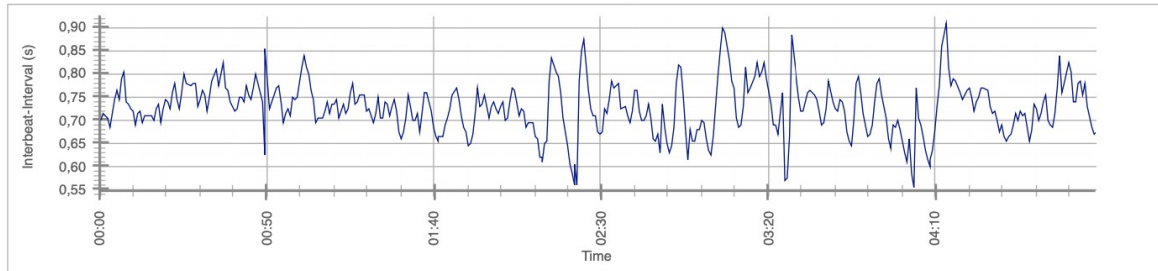
HRV-Analysis Report

Name: W25_34_a_selection_0208-0707

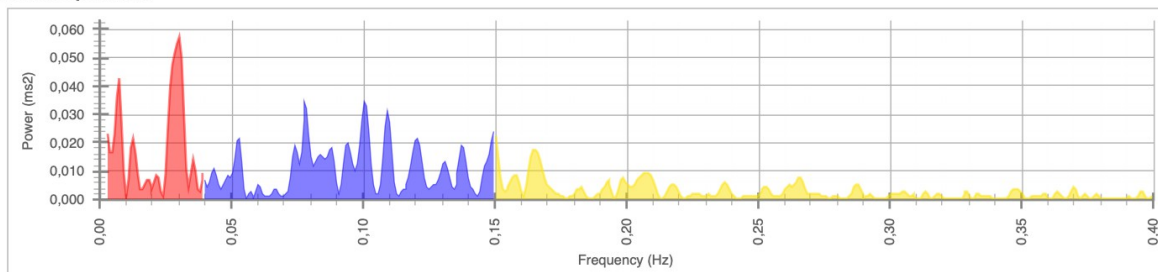
21.03.2021

Sound of Soul

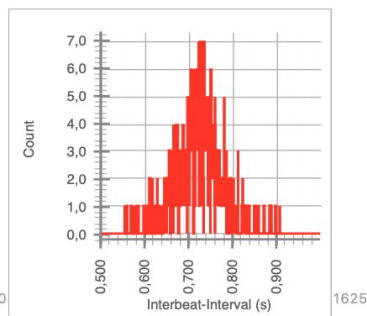
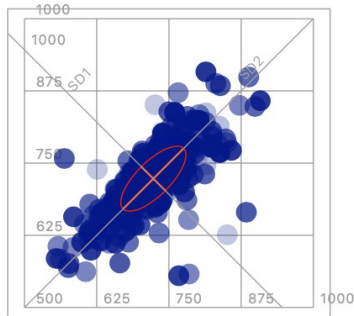
RR Intervals



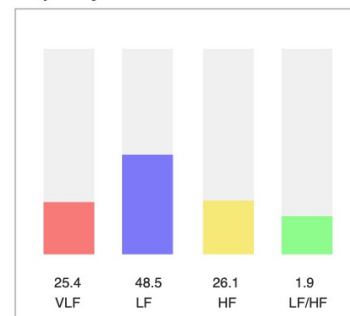
Power Spectrum



Time-Domain Statistics



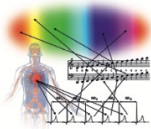
Frequency-Domain Statistics



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



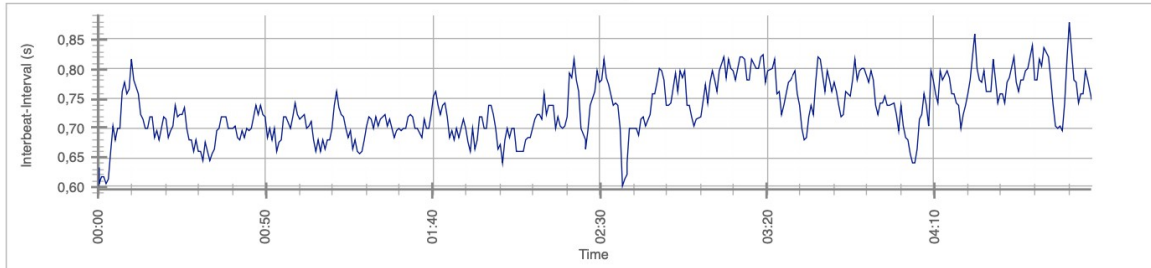
HRV-Analysis Report

Name: W25_34_b_selection_0208-0705

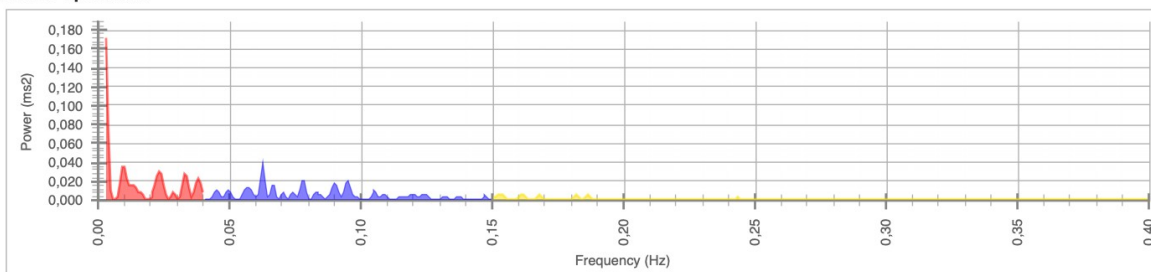
21.03.2021

Sound of Soul

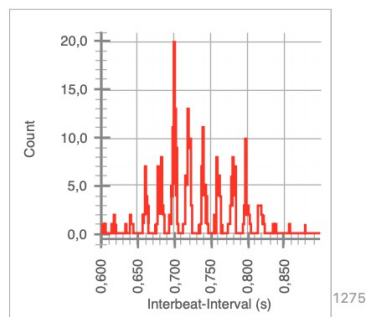
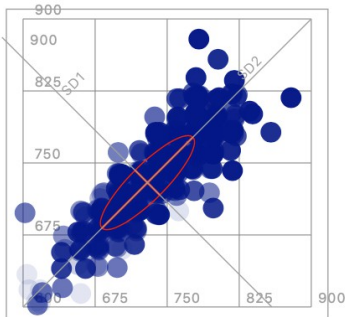
RR Intervals



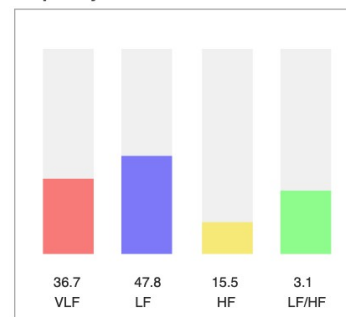
Power Spectrum



Time-Domain Statistics



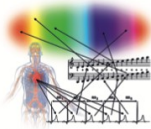
Frequency-Domain Statistics



Mean HR (bpm)	82,4
Mean RR (ms)	729,5
SDNN (ms)	49,1
RMSSD (ms)	25,7
pNN50 (%)	4,9
pNN20 (%)	35,9
pNN10 (%)	71,5
pNN05 (%)	75,7

SD1 (ms)	18,2
SD2 (ms)	66,8
SD1/SD2	1/3,7
VB (ms)	312,5
Stress Index	120,6
CV (%)	6,7

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



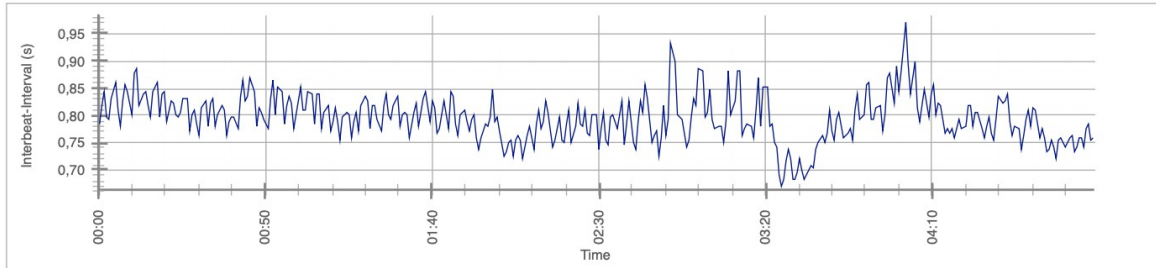
HRV-Analysis Report

Name: W26_18_a_selection_0210-0709

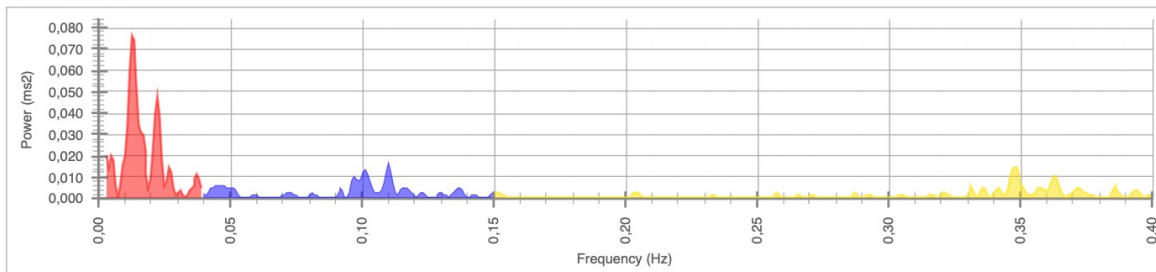
21.03.2021

Sound of Soul

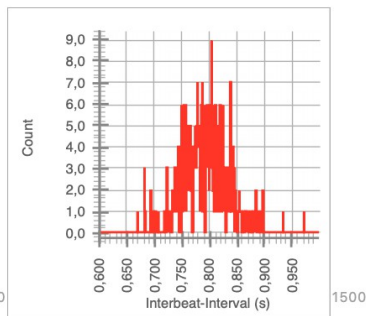
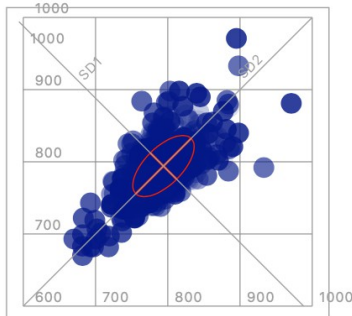
RR Intervals



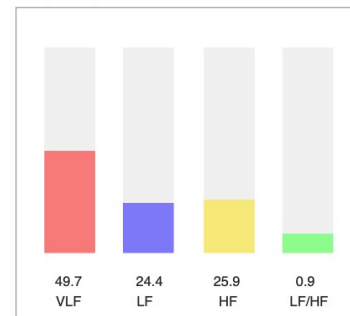
Power Spectrum



Time-Domain Statistics



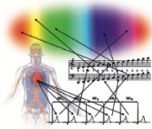
Frequency-Domain Statistics



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



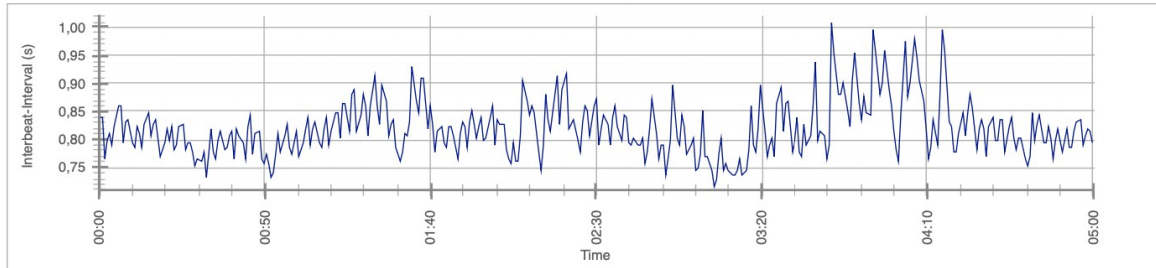
HRV-Analysis Report

Name: W26_18_b_selection_0153-0654

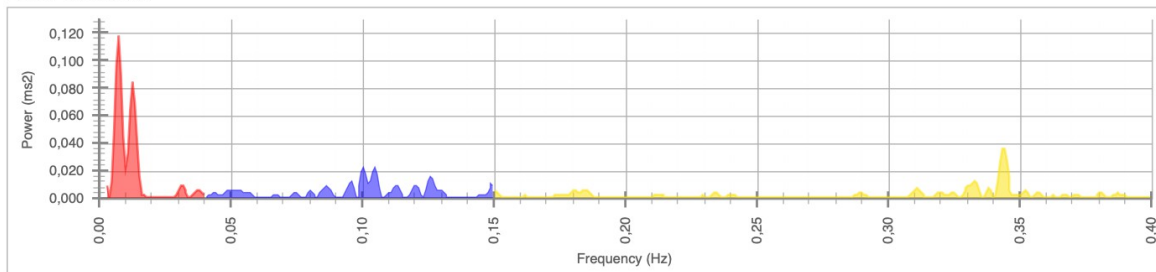
21.03.2021

Sound of Soul

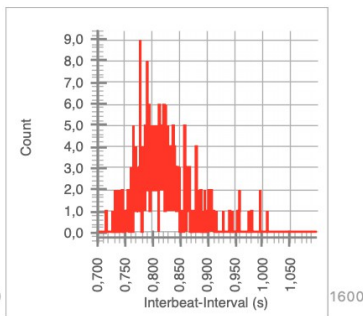
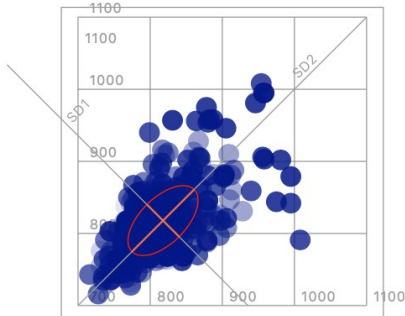
RR Intervals



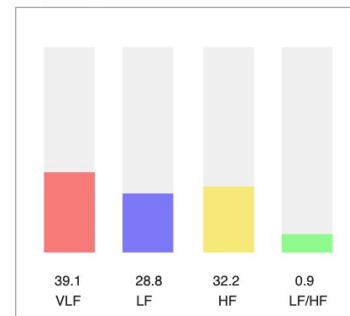
Power Spectrum



Time-Domain Statistics



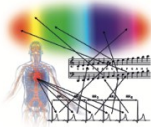
Frequency-Domain Statistics



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	



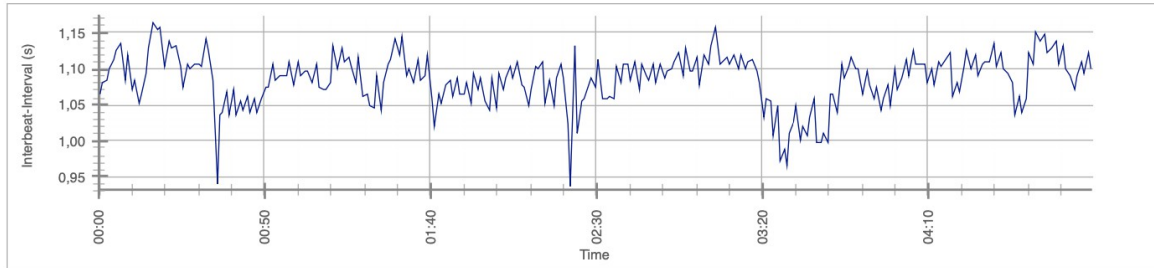
HRV-Analysis Report

Name: W27_39_a_selection_0328-0829

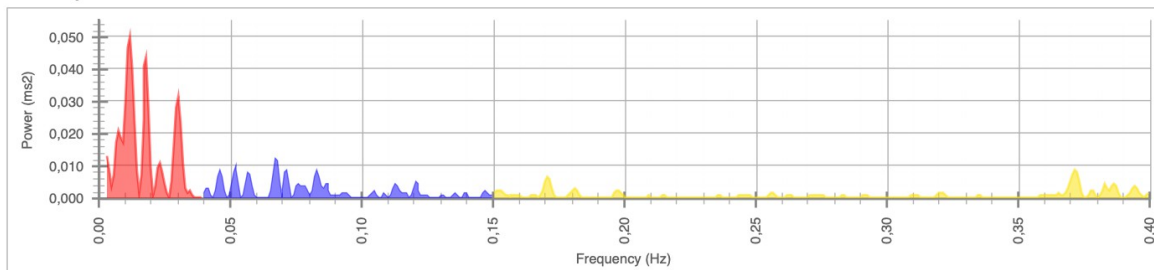
21.03.2021

Sound of Soul

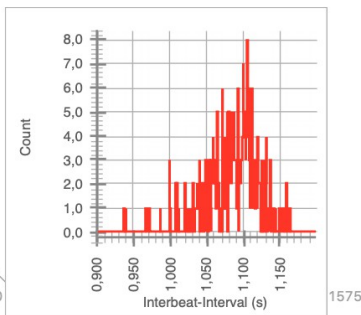
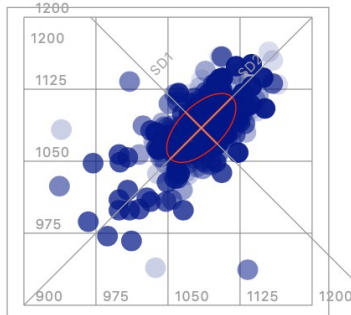
RR Intervals



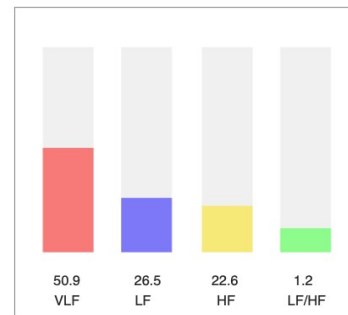
Power Spectrum



Time-Domain Statistics



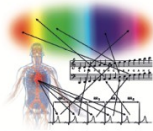
Frequency-Domain Statistics



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	



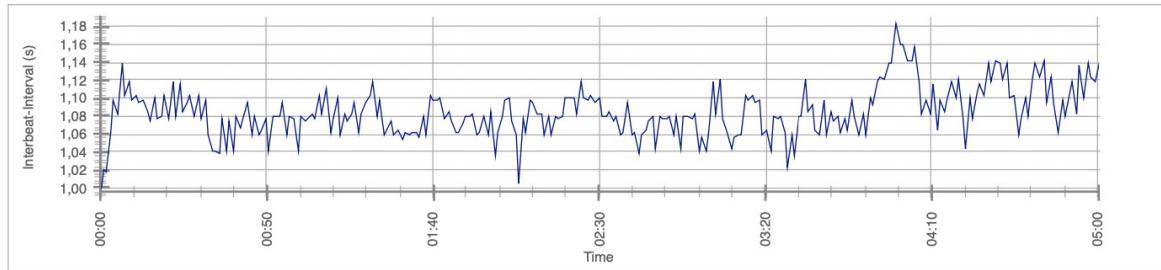
HRV-Analysis Report

Name: W27_39_b_selection_0325-0827

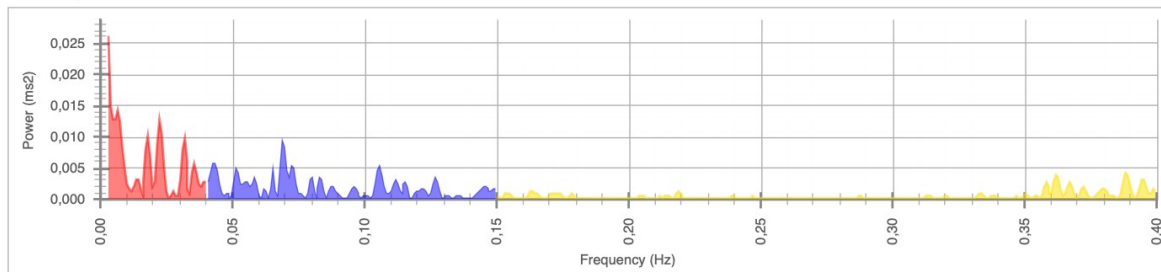
21.03.2021

Sound of Soul

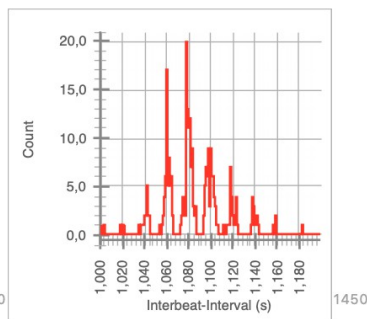
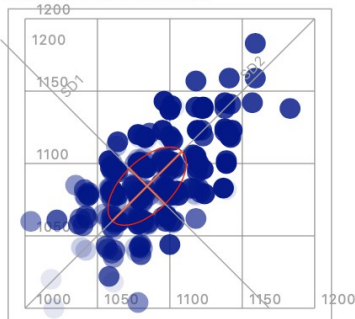
RR Intervals



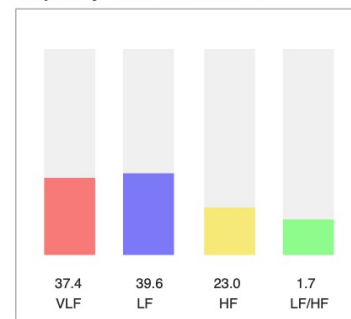
Power Spectrum



Time-Domain Statistics



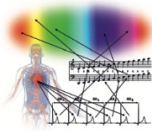
Frequency-Domain Statistics



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



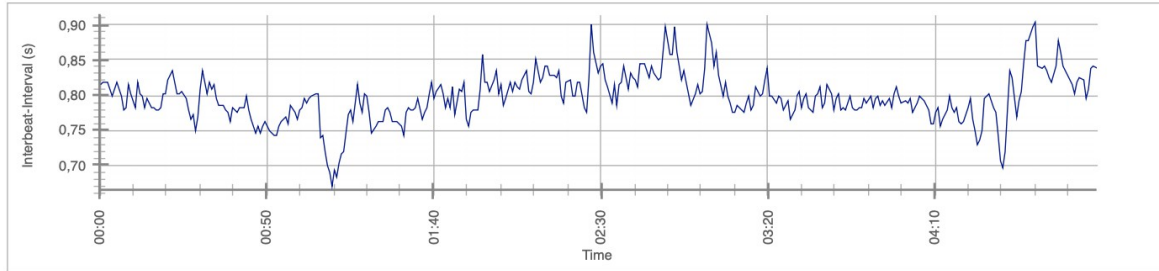
HRV-Analysis Report

Name: W28_72_a_selection_0103-0603

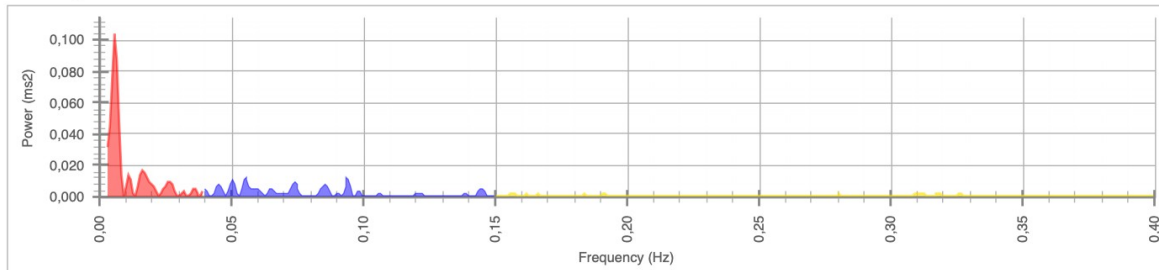
21.03.2021

Sound of Soul

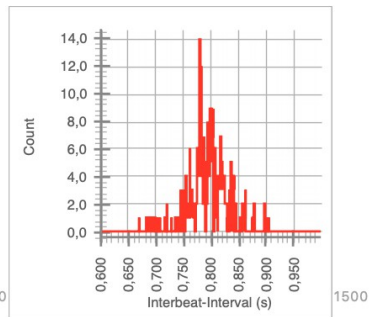
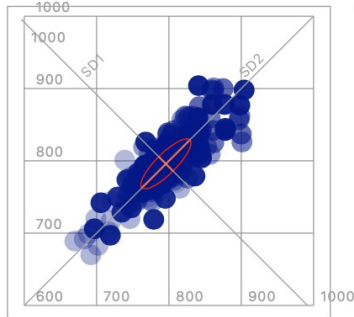
RR Intervals



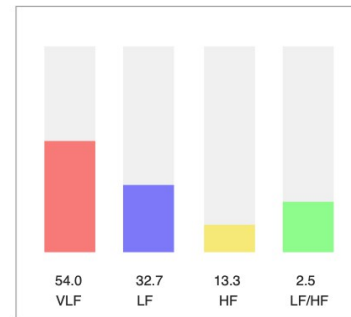
Power Spectrum



Time-Domain Statistics



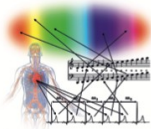
Frequency-Domain Statistics



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



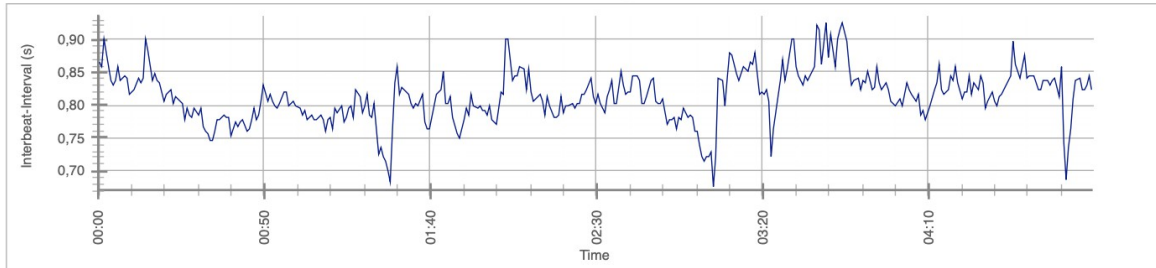
HRV-Analysis Report

Name: W28_72_b_selection_0113-0614

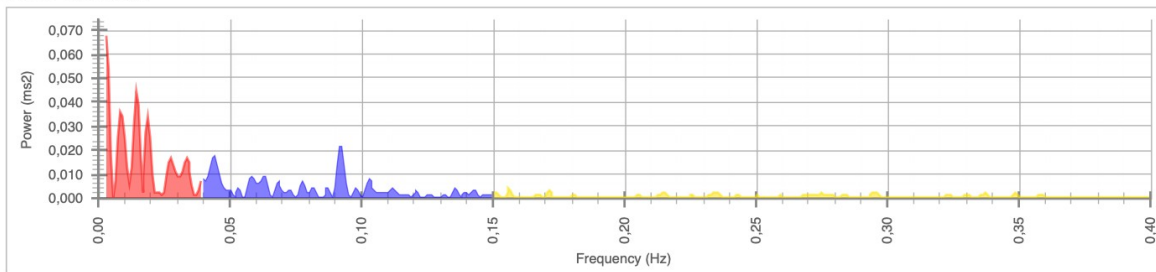
21.03.2021

Sound of Soul

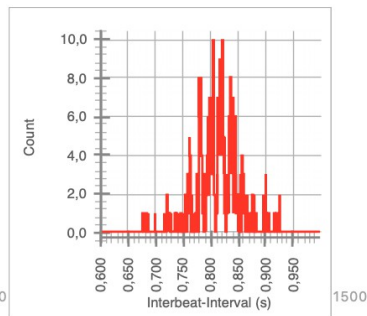
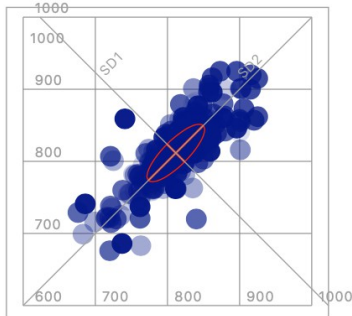
RR Intervals



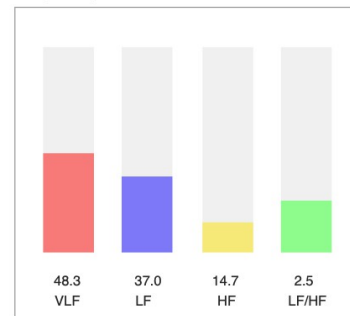
Power Spectrum



Time-Domain Statistics



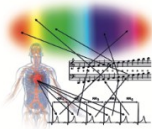
Frequency-Domain Statistics



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-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



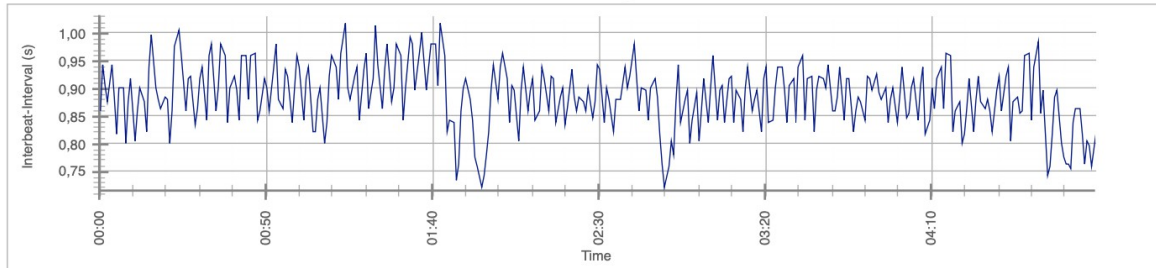
HRV-Analysis Report

Name: W29_19_a_selection_0151-0651

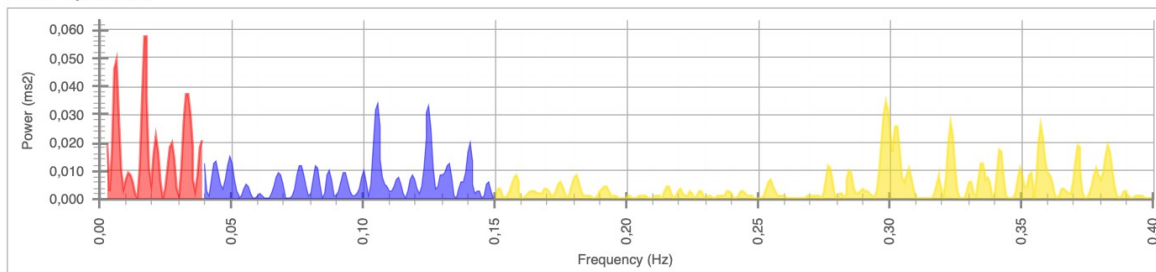
21.03.2021

Sound of Soul

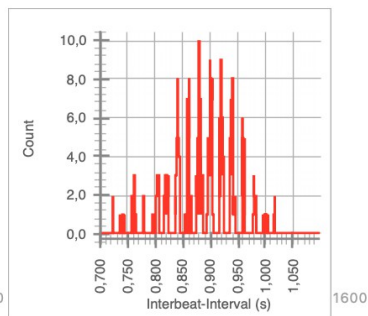
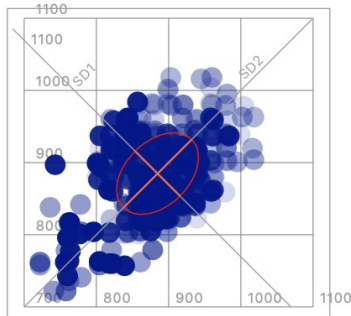
RR Intervals



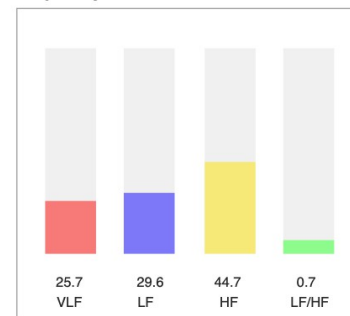
Power Spectrum



Time-Domain Statistics



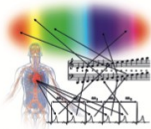
Frequency-Domain Statistics



Mean HR (bpm)	67,9
Mean RR (ms)	884,7
SDNN (ms)	56,5
RMSSD (ms)	62,1
pNN50 (%)	50,3
pNN20 (%)	79,0
pNN10 (%)	89,9
pNN05 (%)	92,3

SD1 (ms)	43,9
SD2 (ms)	66,7
SD1/SD2	1/1,5
VB (ms)	335,9
Stress Index	69,9
CV (%)	6,4

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



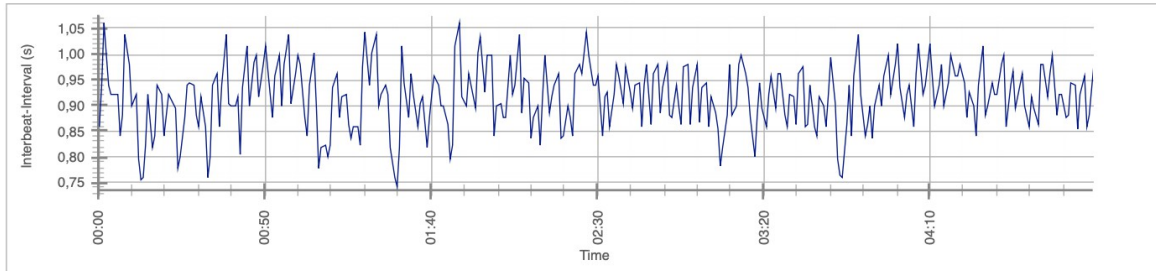
HRV-Analysis Report

Name: W29_19_b_selection_0244-0744

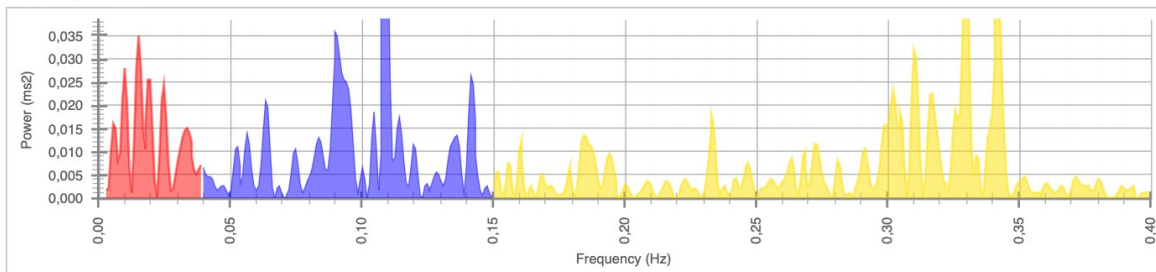
21.03.2021

Sound of Soul

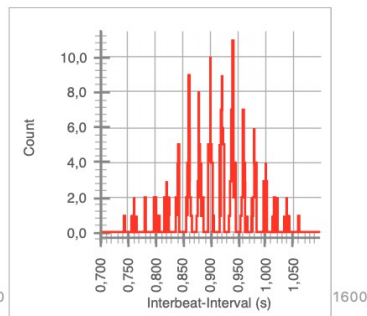
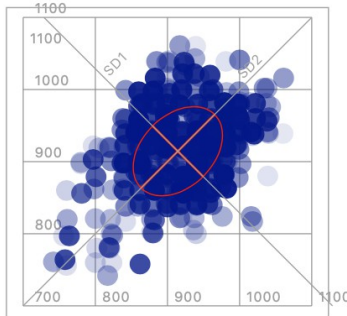
RR Intervals



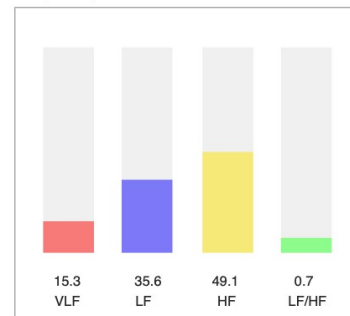
Power Spectrum



Time-Domain Statistics



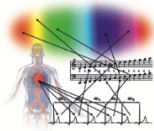
Frequency-Domain Statistics



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	



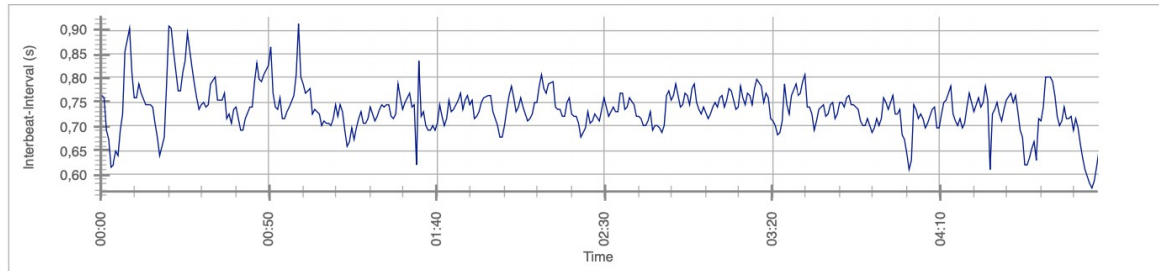
HRV-Analysis Report

Name: W30_35_a_selection_0155-0652

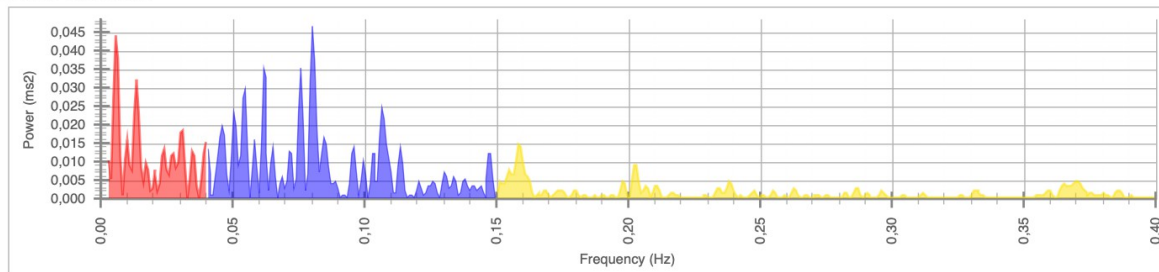
21.03.2021

Sound of Soul

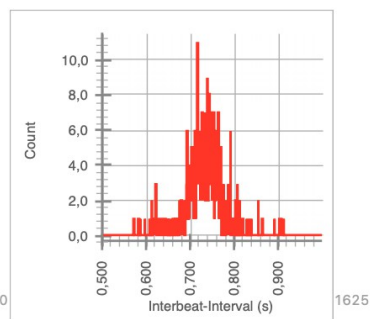
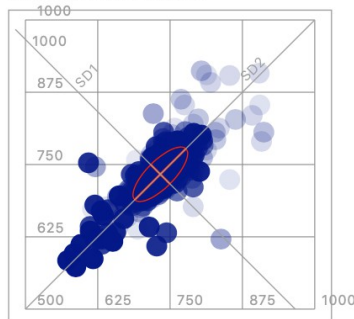
RR Intervals



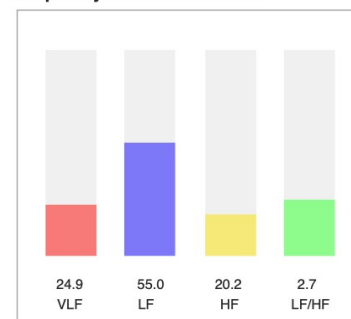
Power Spectrum



Time-Domain Statistics



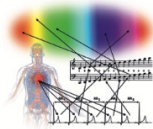
Frequency-Domain Statistics



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-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



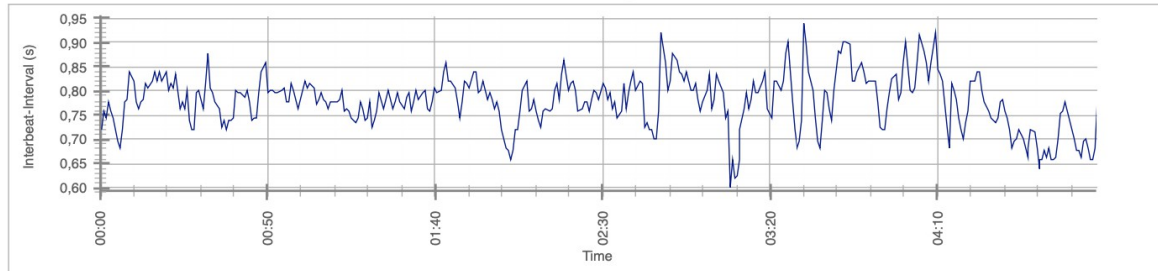
HRV-Analysis Report

Name: W30_35_b_selection_0150-0648

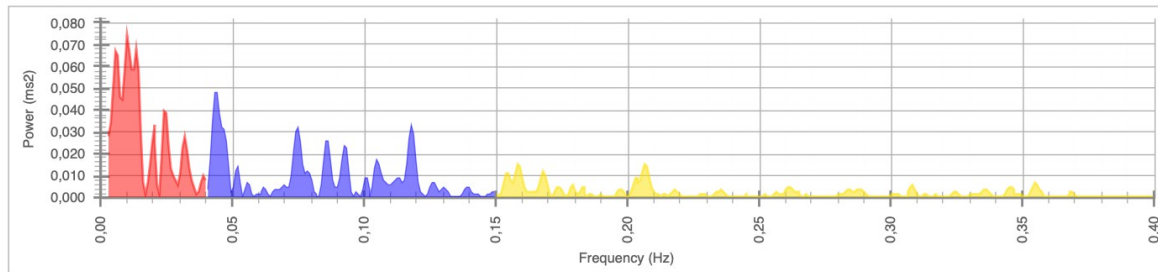
21.03.2021

Sound of Soul

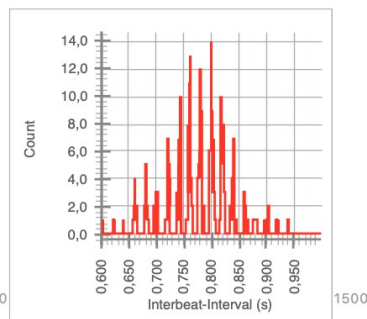
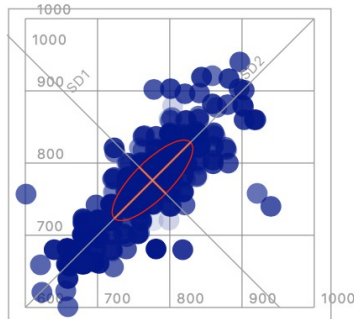
RR Intervals



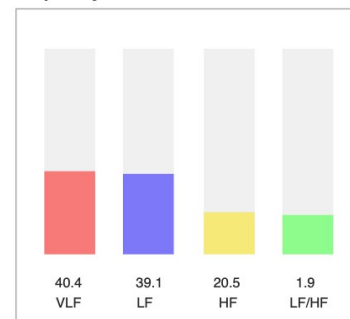
Power Spectrum



Time-Domain Statistics



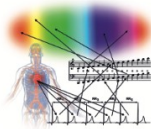
Frequency-Domain Statistics



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



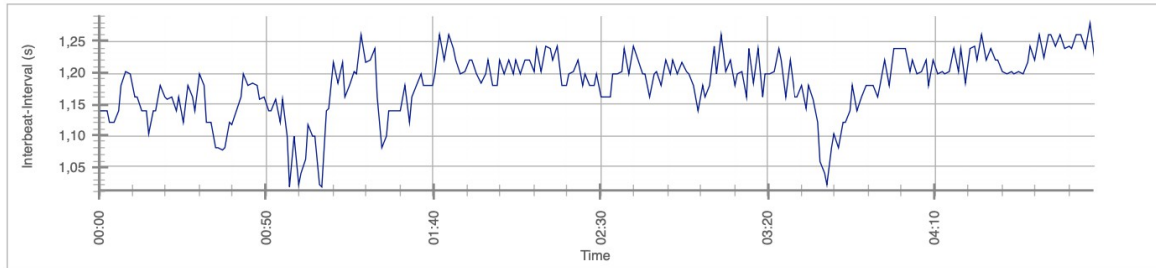
HRV-Analysis Report

Name: W31_50_a_selection_0127-0625

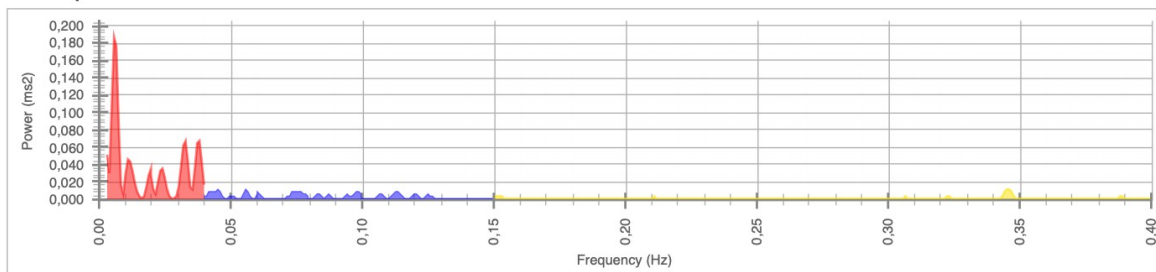
21.03.2021

Sound of Soul

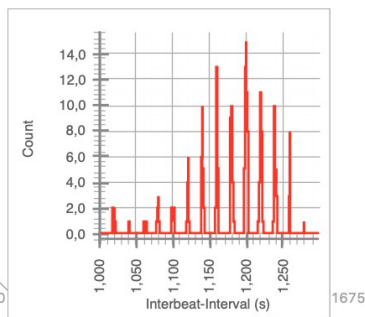
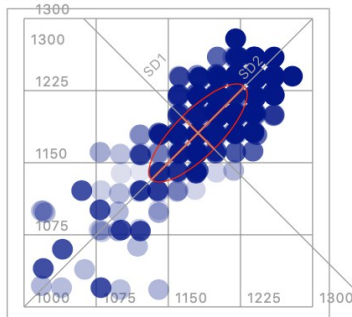
RR Intervals



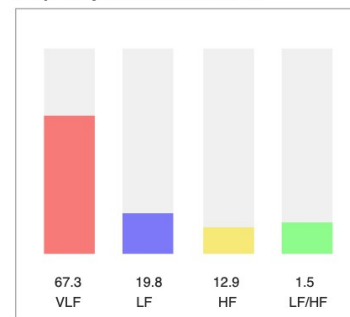
Power Spectrum



Time-Domain Statistics



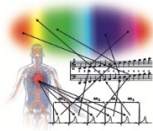
Frequency-Domain Statistics



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	



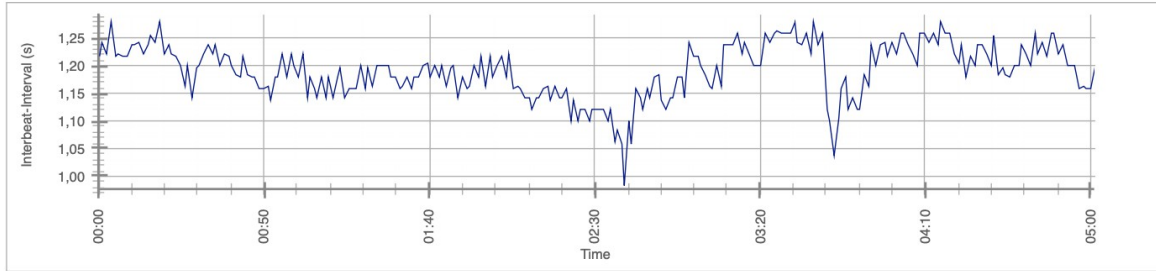
HRV-Analysis Report

Name: W31_50_b_selection_0205-0708

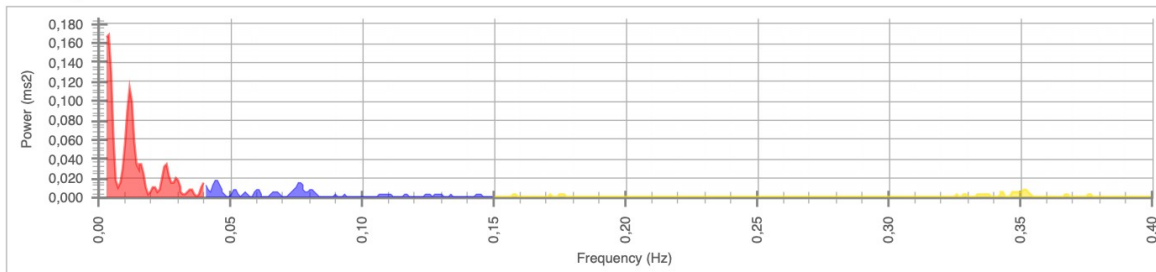
21.03.2021

Sound of Soul

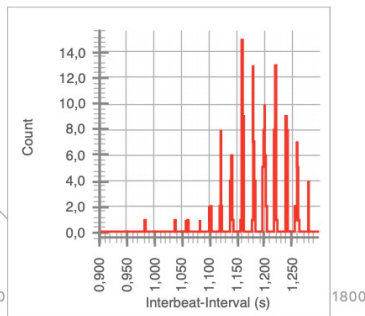
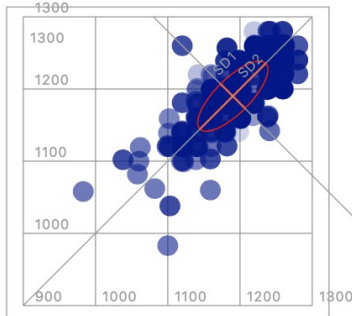
RR Intervals



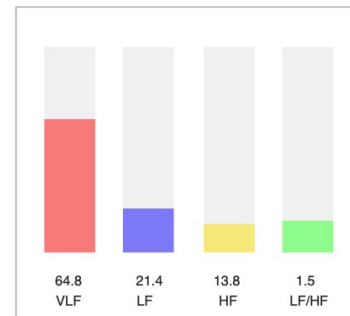
Power Spectrum



Time-Domain Statistics



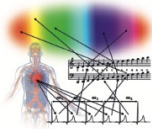
Frequency-Domain Statistics



Mean HR (bpm)	50,4
Mean RR (ms)	1190,0
SDNN (ms)	48,6
RMSSD (ms)	33,8
pNN50 (%)	12,6
pNN20 (%)	51,8
pNN10 (%)	75,1
pNN05 (%)	75,1

SD1 (ms)	23,9
SD2 (ms)	64,5
SD1/SD2	1/2.7
VB (ms)	281,2
Stress Index	78,5
CV (%)	4,1

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



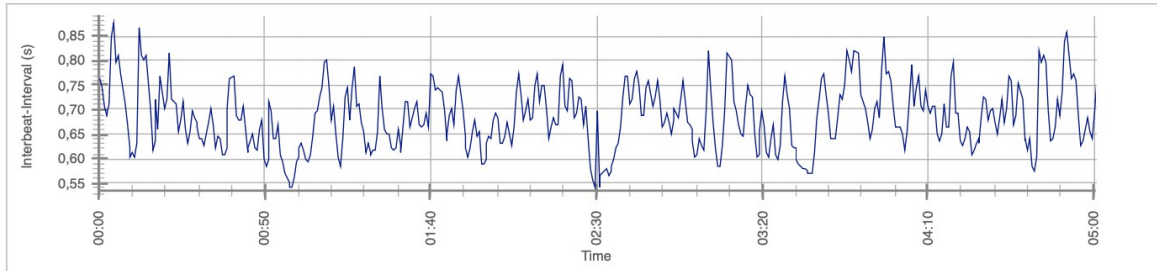
HRV-Analysis Report

Name: W32_12_a_selection_0034-0535

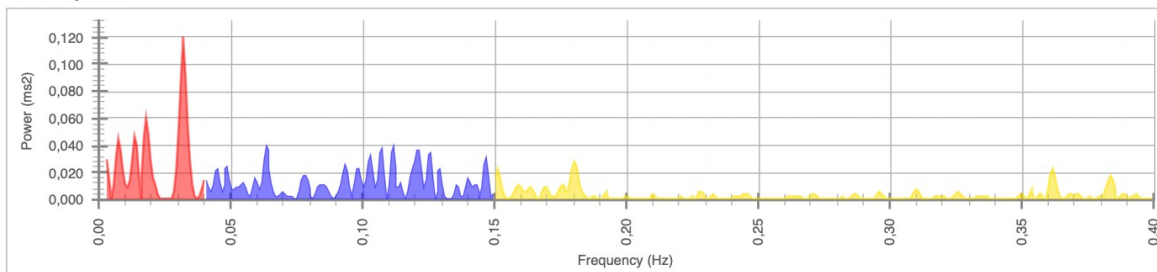
21.03.2021

Sound of Soul

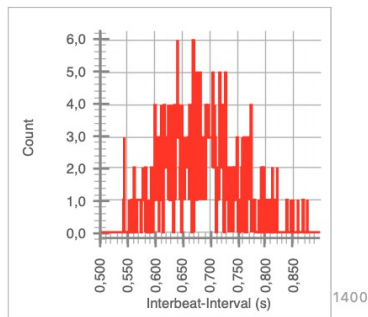
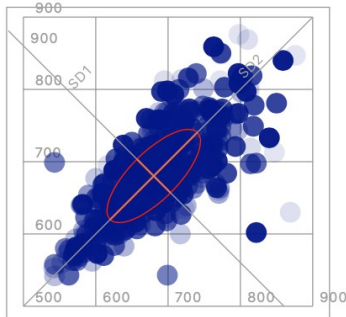
RR Intervals



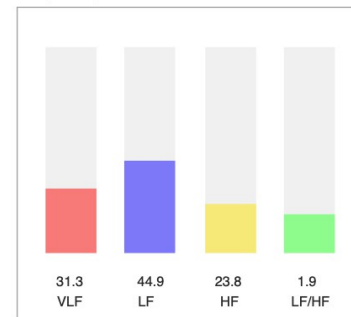
Power Spectrum



Time-Domain Statistics



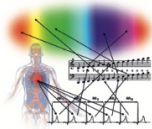
Frequency-Domain Statistics



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



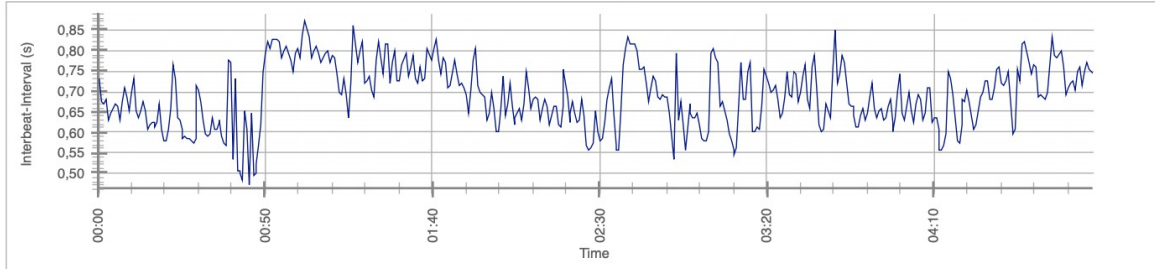
HRV-Analysis Report

Name: W32_12_b_selection_0116-0614

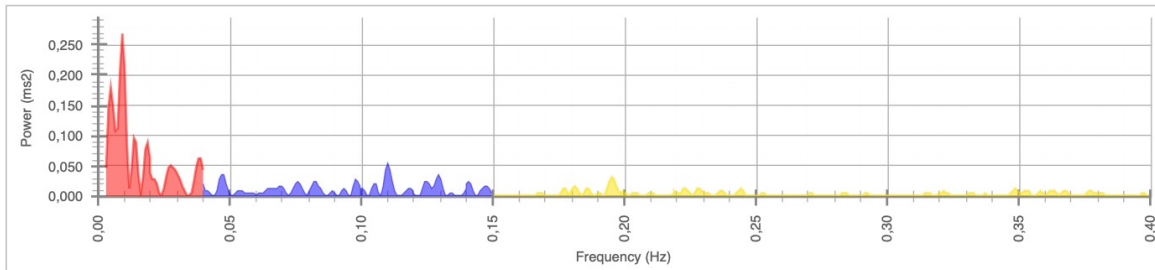
21.03.2021

Sound of Soul

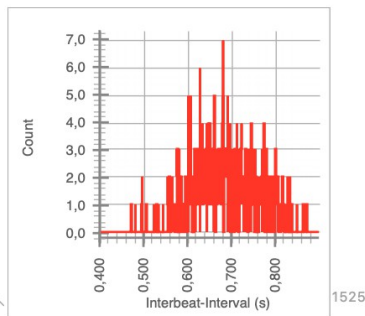
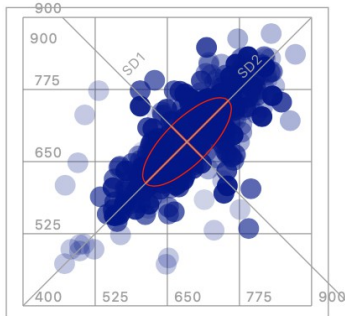
RR Intervals



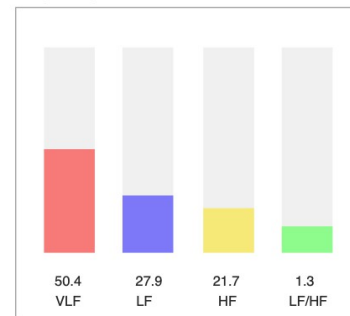
Power Spectrum



Time-Domain Statistics



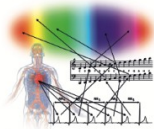
Frequency-Domain Statistics



Mean HR (bpm)	88,6
Mean RR (ms)	684,1
SDNN (ms)	76,7
RMSSD (ms)	54,5
pNN50 (%)	23,9
pNN20 (%)	60,2
pNN10 (%)	76,6
pNN05 (%)	86,0

SD1 (ms)	38,5
SD2 (ms)	101,3
SD1/SD2	1/2,6
VB (ms)	437,5
Stress Index	62,3
CV (%)	11,2

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



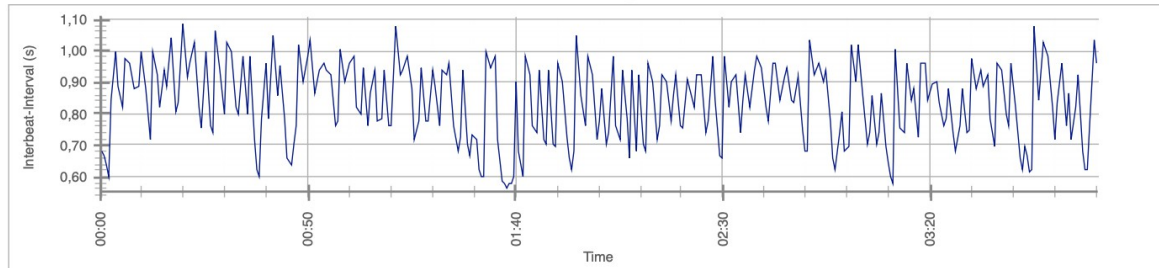
HRV-Analysis Report

Name: W33_8_a_selection_0046-0447

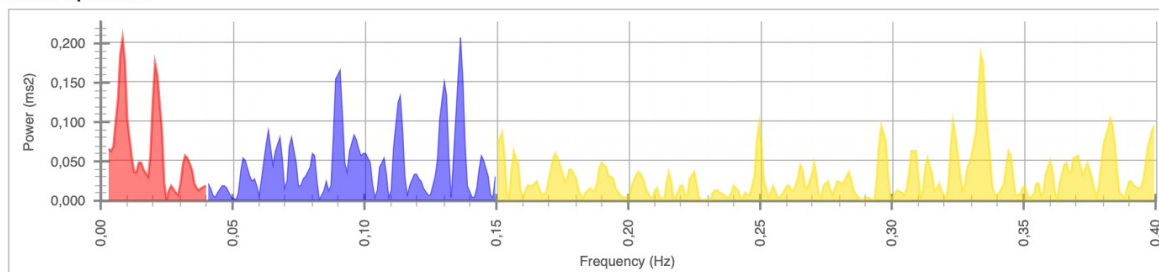
21.03.2021

Sound of Soul

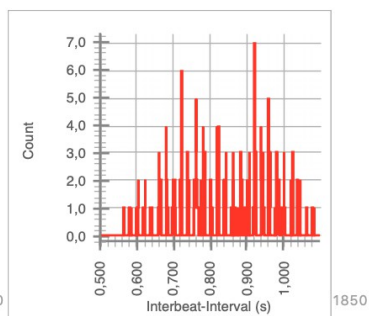
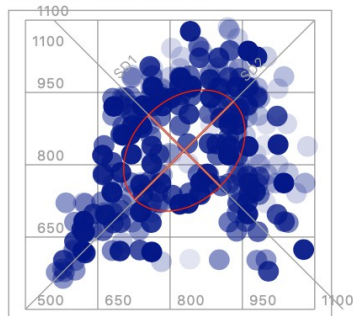
RR Intervals



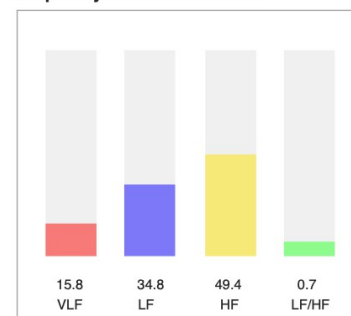
Power Spectrum



Time-Domain Statistics

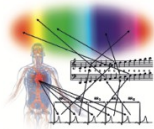


Frequency-Domain Statistics



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 (ms ²)	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



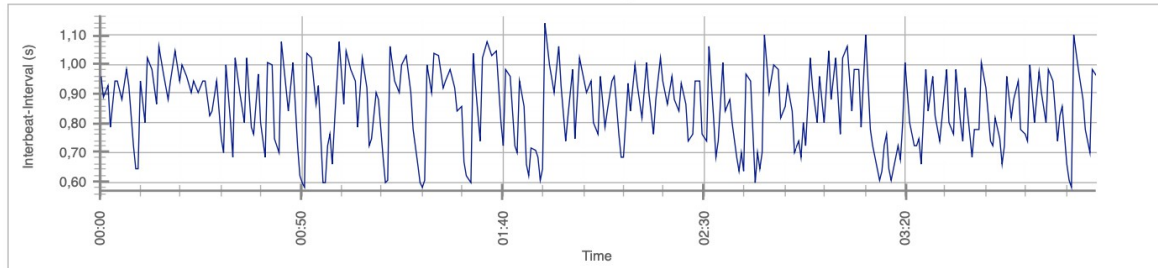
HRV-Analysis Report

Name: W33_8_b_selection_0056-0505

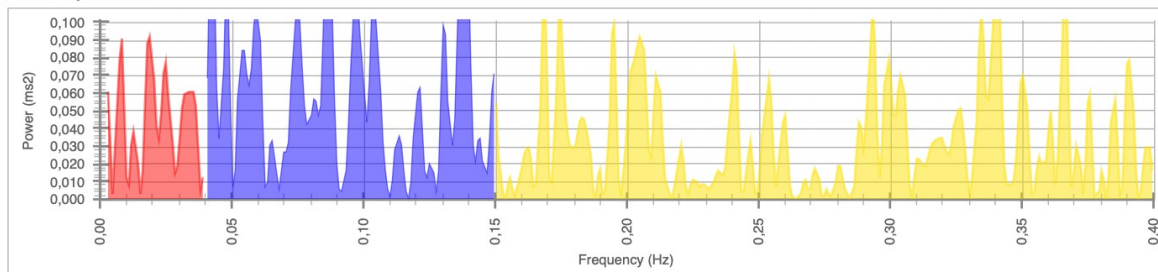
21.03.2021

Sound of Soul

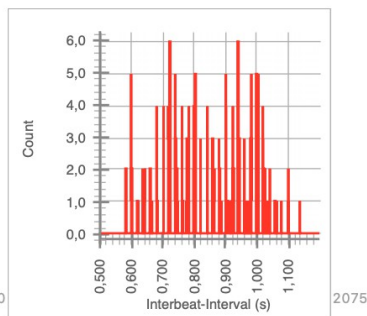
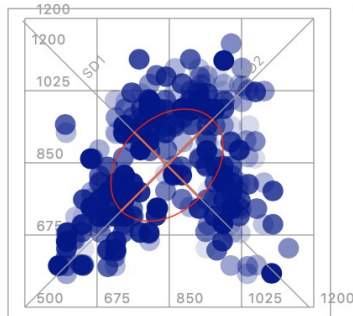
RR Intervals



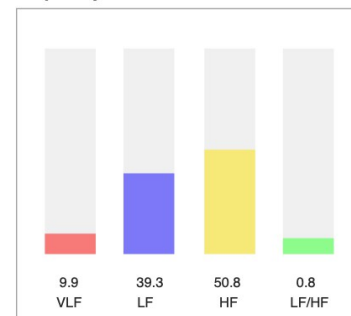
Power Spectrum



Time-Domain Statistics



Frequency-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-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. Vergleich HRV-WERTE männlich

HRV – WERTE VERGLEICH männlich

	meanHR	meanFR	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	ratioSD1SD2	VB	stressIndex	CV	powerVLF	powerLF	powerHF	powerTotal	relativeVLF	relativeLF	relativeHF	ratioLHF	recordID	Punkte/16
7x	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	0.7M7 7 b selection 0027-0518		
7Sinus	100.4	600.8	52.7	71.6	24.7	61.6	80.9	90.3	50.6	54.4	0.8	375.0	155.1	8.8	189.4	464.9	836.4	1490.8	12.7	31.2	56.1	0.6M7 7 a selection 0058-0557		
7Verbesserung	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	16	
8x	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	3.1M8 14 a selection 0116-0614		
8Sinus	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	2.4M8 14 b selection 0124-0623		
8Verbesserung	1	1	0	1	1	1	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	1	8	
9x	95.5	827.8	25.4	16.0	0.4	19.1	50.6	71.4	11.3	34.1	0.3	203.1	548.5	4.0	189.0	229.1	157.7	585.8	34.0	38.1	26.9	1.5M9 31 a selection 0124-0623		
9Sinus	93.9	838.2	31.5	17.7	0.9	20.1	45.8	71.7	12.5	42.8	0.3	242.2	311.3	4.9	348.8	350.3	149.2	848.4	41.1	41.3	17.6	2.3M9 31 b selection 0141-0640		
9Verbesserung	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	1	0	1	1	1	1	0	13	
11x	95.5	833.2	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	0.9M11 7 b selection 0221-0720		
11Sinus	93.1	850.3	69.3	89.8	60.9	83.2	91.6	95.5	63.5	74.3	0.8	351.6	73.8	10.7	465.6	702.2	1213.5	2381.4	19.6	28.5	51.0	0.6M11 7 a selection 0202-0703		
11Verbesserung	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14	
12x	77.3	775.5	30.2	16.2	0.5	17.9	55.1	78.2	11.5	41.1	0.3	242.2	291.8	3.9	609.6	182.1	59.9	851.5	71.6	21.4	7.0	3.0M12 53 b selection 0206-0705		
12Sinus	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	3.3M12 53 a selection 0157-0658		
12Verbesserung	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0	14	
13x	91.6	855.1	27.9	18.7	0.2	17.1	62.7	62.7	13.2	37.2	0.4	195.3	271.2	4.3	370.8	198.8	114.2	686.8	54.4	28.8	16.6	1.7M13 15 a selection 0152-0652		
13Sinus	92.1	862.1	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	30.8	56.8	12.3	4.6M13 15 b selection 0205-0706		
13Verbesserung	0	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	0	12	
14x	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	4.5M14 64 a selection 0151-0650		
14Sinus	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	2.3M14 64 b selection 0228-0727		
14Verbesserung	1.0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	15	
16x	65.5	918.7	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	59.8	20.6	2.6M16 15 b selection 0137-0636		
16Sinus	64.9	928.1	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	2.3M16 15 a selection 0120-0620		
16Verbesserung	1.0	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14	
17x	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	16.8	24.0	59.2	0.4M17 16 b selection 0139-0636		
17Sinus	70.7	868.8	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	46.8	41.8	1.1M17 16 a selection 0147-0645		
17Verbesserung	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	0	0	0	0	0	0	2
19x	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	788.3	1274.7	220.8	2284.8	34.5	55.8	9.7	5.8M19 46 a selection 0225-0724		
19Sinus	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	512.8	1566.1	207.1	2285.8	22.4	68.5	9.1	7.6M19 46 b selection 0231-0731		
19Verbesserung	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	0	1	1	1	0	0	6
20x	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	1.10M20 33 b selection 0229-0728		
20Sinus	73.6	818.6	70.0	62.1	60.4	81.1	82.5	43.8	88.5	88.5	0.5	406.2	79.5	8.5	1109.2	1336.2	1189.7	3635.1	30.5	36.8	32.7	1.10M20 33 a selection 0413-0914		
20Verbesserung	0	1	1	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	0	0	13
21x	90.3	872.2	88.0	109.8	42.3	73.2	85.6	89.7	77.6	97.1	0.8	460.9	83.2	13.1	380.1	1510.6	2960.9	4861.6	8.0	31.1	60.9	0.5M21 4 a selection 0048-0457		
21Sinus	91.1	866.6	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	0.5M21 4 b selection 0220-0729		
21Verbesserung	0	1	1	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
22x	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	3.8	7.9M22 35 a selection 0156-0655		
22Sinus	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	8.0M22 35 b selection 0210-0710		
22Verbesserung	1	1	0	1	0	1	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
23x	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	18.3	61.0	0.3M23 10 a selection 0142-0643		
23Sinus	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	0.3M23 10 b selection 0219-0718		
23Verbesserung	1	1	0	1	0	1	1	1	1	0	1	1	0	0	1	1	1	1	0	0	0	0	0	10
24x	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	2.8M24 33 b selection 0126-0625		
24Sinus	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	1.6M24 33 a selection 0059-0555		
24Verbesserung	0	0	0	1	1	1	0	0	1	0	0	0	0	0	0	0	0	1	1	1	1	1	1	7
25x	79.1	758.7	42.7	20.4	1.8	26.0	58.5	76.3	14.4	58.5	0.2	286.9	198.9	5.6	686.1	934.0	162.8	1791.8	38.8	52.1	9.1	5.7M25 48 b selection 0141-0640		
25Sinus	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	8.8M25 48 a selection 0147-0643		
25Verbesserung	1	1	0	0	0	0	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	4
Gesamt 20 ausgewertet																								
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
Sinus	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. Vergleich HRV-WERTE weiblich

HRV - WERTE VERGLEICH weiblich																		Von 16					
	meanHR	meanSD	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	rMSD1SD2	VB	stressIndex	CV	powerLF	powerLF	powerHF	powerTotal	ratioVLF	ratioVLF	ratioVLF	ratioLFHF	recordID
1X	75.1	797.3	28.4	17.1	0.6	22.7	48.7	73.1	12.1	38.2	0.2	187.5	203.2	3.6	269.8	363.8	136.0	759.4	34.2	47.8	17.8	2.7W1 45 a selection 0034-0441	
1Sinus	71.3	840.3	35.9	20.9	1.6	33.6	58.6	78.2	14.8	48.3	0.2	218.8	182.9	4.3	583.1	421.7	264.6	1238.4	44.8	34.1	21.4	1.6W1 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	1.0	1.0	1.0	1.0	1.0	1.0	1.0
2X	91.5	860.0	66.5	45.1	19.5	53.0	75.1	85.5	31.9	88.5	0.2	328.1	81.4	10.1	921.8	2107.9	977.8	4007.7	22.0	52.8	24.4	2.2W2 10 a selection 0035-0419	
2Sinus	89.9	872.2	71.5	45.2	15.5	46.8	69.0	81.3	32.0	95.8	0.2	382.8	97.8	10.6	1388.7	2249.9	794.5	4403.2	30.8	51.1	18.0	2.8W2 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	1.0	1.0	0.0	0.0	1.0	0.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0
3X	71.2	845.8	50.6	33.4	12.4	47.9	71.8	83.1	23.6	67.5	0.2	328.1	91.8	6.0	844.7	1096.9	425.4	2367.0	36.7	46.8	18.8	2.6W3 41 b selection 0102-0603	
3Sinus	74.2	811.3	60.0	35.1	11.1	50.3	74.1	85.9	24.8	80.5	0.2	328.1	84.1	7.4	1281.7	1609.9	382.9	3284.5	38.8	49.8	11.1	4.4W3 41 a selection 0111-0612	
Verbesserung	0.0	1.0	1.0	0.0	1.0	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	1.0	0.0	0.0
4X	79.0	758.8	46.4	32.9	10.4	47.0	71.5	82.1	23.3	61.2	0.2	296.9	137.6	6.1	870.8	830.0	427.0	1927.9	34.8	43.1	22.2	1.9W4 37 b selection 0112-0614	
4Sinus	76.6	784.7	54.0	33.7	10.8	51.2	73.5	88.2	23.8	72.6	0.2	320.3	85.3	6.9	1218.8	991.4	463.8	2674.1	45.6	37.1	17.8	2.1W4 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	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0
5X	79.3	755.2	28.4	18.7	1.0	21.7	53.5	77.0	13.2	37.8	0.2	218.8	212.3	3.8	284.0	349.2	133.7	766.9	37.0	45.5	17.4	2.6W5 70 a selection 0127-0627	
5Sinus	80.9	742.2	44.6	23.7	2.7	28.3	56.6	77.7	16.8	60.8	0.2	265.6	150.9	6.0	518.3	1126.8	183.2	1828.4	28.4	61.8	10.0	6.2W5 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	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0
6X	65.9	913.0	70.6	52.4	24.2	62.9	81.9	91.4	37.1	92.7	0.2	367.2	54.3	7.7	2875.8	912.7	687.5	4476.0	64.2	20.4	15.4	1.3W6 47 a selection 0106-0605	
6Sinus	65.2	920.7	56.9	36.1	16.0	54.0	71.8	85.3	25.5	75.7	0.2	343.8	79.6	6.2	1531.8	1204.4	383.3	3119.5	48.1	38.8	12.2	3.1W6 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	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
7X	77.2	777.8	44.8	28.8	9.7	46.5	67.9	83.3	20.3	59.9	0.2	273.4	144.5	5.8	883.2	882.1	413.7	1919.3	32.5	46.0	21.8	2.1W7 41 b selection 0214-0712	
7Sinus	77.3	778.0	53.2	31.0	9.4	50.0	71.1	83.6	21.9	72.0	0.2	296.9	110.6	6.8	1188.3	1164.1	435.6	2798.0	42.8	41.8	15.8	2.7W7 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	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0
9X	71.0	844.2	38.5	23.8	4.0	29.4	66.7	67.5	16.8	51.7	0.2	281.2	182.3	4.6	885.2	477.3	200.3	1373.2	50.7	34.8	14.8	2.4W9 45 b selection 0156-0656	
9Sinus	70.4	851.2	31.5	27.7	6.8	43.3	71.5	72.9	19.6	40.0	0.2	218.8	203.0	3.7	385.6	280.7	249.9	916.1	42.1	30.8	27.3	1.1W9 45 a selection 0142-0642	
Verbesserung	1.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	1.0	1.0
10X	60.9	984.2	58.0	49.0	33.3	74.3	89.4	94.1	34.6	71.2	0.2	343.8	81.5	5.7	1247.8	680.3	745.3	2673.4	48.7	25.4	27.8	0.9W10 44 a selection 0153-0653	
10Sinus	59.6	1007.2	59.6	51.0	33.7	76.4	85.9	93.3	36.0	76.2	0.2	328.1	58.5	5.9	1820.1	800.9	889.2	3310.2	48.8	24.0	28.8	0.9W10 44 b selection 0147-0647	
Verbesserung	1.0	1.0	1.0	1.0	1.0	0.0	0.0	1.0	1.0	1.0	1.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0
11X	101.9	888.2	64.3	52.9	23.7	55.6	73.5	88.6	37.4	82.9	0.2	398.4	118.4	10.8	1060.2	1471.0	797.6	3319.0	31.8	44.3	24.0	1.8W11 6 b selection 0142-0641	
11Sinus	99.6	868.2	57.1	53.4	28.3	62.6	80.6	92.3	37.8	71.1	0.2	296.9	160.0	9.4	840.8	832.2	876.4	2349.2	27.8	35.4	37.8	0.9W11 6 a selection 0156-0656	
Verbesserung	1.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
12X	100.7	586.2	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	88.2	26.8	4.8	5.5W12 55 b selection 0209-0707	
12Sinus	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	83.5	21.3	9.7	94.5	67.2	22.5	10.3	2.2W12 55 a selection 0216-0717	
Verbesserung	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	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	1.0	1.0
14X	78.4	778.1	101.8	64.5	35.4	68.0	82.3	90.1	45.8	136.3	0.2	539.1	32.7	13.1	4134.8	2903.9	1503.3	8541.8	48.4	34.0	17.8	1.9W14 17 a selection 0256-0755	
14Sinus	75.4	789.2	69.9	52.5	32.2	71.6	87.9	93.6	37.1	91.5	0.2	406.2	70.9	8.7	2288.3	1324.0	1017.1	4630.4	49.4	28.6	22.0	1.3W14 17 b selection 0202-0706	
Verbesserung	1.0	0.0	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	0.0	0.0	0.0	0.0	1.0	1.0	1.0
15X	91.6	665.7	38.9	33.7	12.5	50.1	74.3	85.5	23.8	49.6	0.2	265.6	248.6	5.9	208.2	762.9	327.5	1296.7	15.8	58.8	25.3	2.3W15 23 a selection 0155-0654	
15Sinus	88.9	678.1	41.1	33.3	12.4	49.8	74.4	84.8	23.5	53.1	0.2	257.8	212.0	6.1	333.1	612.0	361.0	1506.1	35.4	40.8	24.0	1.7W15 23 b selection 0247-0747	
Verbesserung	1.0	1.0	0.0	0.0	0.0	1.0	0.0	0.0	1.0	1.0	1.0	0.0	1.0	1.0	1.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
16X	84.5	708.8	38.5	17.4	1.0	15.2	63.7	64.6	12.3	52.9	0.2	234.4	217.9	5.4	811.2	625.5	73.7	1210.4	42.2	51.7	8.1	8.5W16 16 a selection 0205-0705	
16Sinus	85.2	704.8	40.0	19.9	1.4	25.8	66.7	74.2	14.1	54.7	0.2	250.0	194.0	5.7	830.0	759.8	186.9	1376.5	31.2	55.2	13.8	4.1W16 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	1.0	1.0	1.0	1.0	1.0	1.0	1.0
17X	82.4	730.3	51.9	45.4	16.9	54.7	77.2	89.6	32.1	65.9	0.2	320.3	114.9	7.1	882.8	821.7	557.2	2331.7	40.8	35.2	23.8	1.5W17 47 b selection 0106-0608	
17Sinus	82.7	728.5	44.8	45.9	25.7	65.9	84.3	90.8	32.5	54.1	0.2	273.4	130.0	6.2	854.4	607.8	533.7	1595.9	28.8	38.1	33.4	1.1W17 47 a selection 0106-0607	
Verbesserung	0.0	0.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	1.0
18X	66.2	919.2	117.8	116.7	62.7	87.3	94.4	97.5	82.5	144.6	0.2	554.7	17.3	12.8	2355.1	4663.4	5497.1	13095.6	22.4	35.8	42.0	0.8W18 16 a selection 0219-0718	
18Sinus	63.7	951.0	137.0	134.2	89.3	84.8	91.6	95.8	94.9	168.1	0.2	648.4	16.7	14.3	4155.2	7375.2	7275.1	19085.7	23.2	38.8	38.1	1.0W18 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	1.0	1.0	1.0	1.0	1.0	1.0	0.0	0.0
19X	73.1	823.2	59.0	43.6	23.4	63.9	83.2	90.1	30.8	77.4	0.2	406.2	97.4	7.2	1880.0	933.7	758.9	3383.3					

HRV - WERTE VERGLEICH weiblich

	meanHR	meanRR	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	ratioSD1SD2	VB	stressindex	CV	powerLF	powerLF	powerHF	powerTotal	relativeVLF	relativeLF	relativeHF	ratioLFHF	recordID	Von 16
20X	97,2	617,6	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	
20Sinus	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	324,8	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
21X	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	846,6	887,2	762,5	2296,3	28,2	38,6	33,2	1,2	W21_14 b selection 0113-0615	
21Sinus	81,1	745,2	74,9	53,3	30,6	64,2	78,7	91,0	37,7	99,0	0,6	421,9	65,0	10,1	1927,4	1670,7	1496,3	5094,1	37,8	32,8	29,6	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
22X	71,8	869,8	74,7	66,3	42,5	75,5	85,4	91,5	46,9	94,5	0,6	421,9	52,4	8,9	1076,8	2788,9	1194,0	5058,2	21,8	55,1	23,6	2,3	W22_15 a selection 0146-0645	
22Sinus	70,3	869,8	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	32,8	44,6	22,8	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
23X	39,7	1504,8	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	
23Sinus	42,1	1421,2	48,7	60,5	39,5	73,8	85,7	89,5	42,8	53,9	0,8	281,2	63,5	3,4	576,8	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
24X	86,9	683,2	59,2	31,0	9,3	36,4	66,6	72,6	22,0	80,6	0,3	382,8	114,8	8,5	1184,4	1689,1	277,0	3160,5	37,8	53,0	8,8	6,1	W24_15 b selection 0203-0703	
24Sinus	86,5	686,7	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
25X	83,3	729,8	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	26,4	48,0	26,1	1,9	W25_34 a selection 0208-0707	
25Sinus	82,4	729,8	49,1	25,7	4,9	35,9	71,5	75,7	18,2	66,8	0,3	312,3	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
26X	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	25,8	0,9	W26_18 a selection 0210-0709	
26Sinus	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	1,2	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
27X	55,3	1084,2	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	
27Sinus	55,2	1084,2	36,0	32,8	7,6	50,7	77,9	87,0	23,2	45,3	0,5	265,6	143,6	3,3	624,8	325,5	277,5	1228,0	50,8	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
28X	75,3	795,8	34,7	19,8	2,4	25,6	56,3	77,1	14,0	46,9	0,5	273,4	215,6	4,4	594,8	359,3	146,6	1100,2	54,0	32,7	13,3	2,5	W28_72 a selection 0103-0603	
28Sinus	74,0	811,8	40,0	24,4	4,6	28,7	55,6	77,0	17,2	53,7	0,5	289,1	156,5	4,9	666,8	510,7	202,3	1379,7	48,8	37,0	14,7	2,5	W28_72 b selection 0113-0614	
Verbesserung	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	1,0				0,0		13,0
29X	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	
29Sinus	65,8	914,2	61,9	70,0	53,5	81,3	90,2	91,4	49,5	72,0	0,7	359,4	75,2	6,8	576,0	1333,4	1840,4	3748,7	15,5	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
31X	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	
31Sinus	50,8	1180,2	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	12,8	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
32X	88,8	680,0	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	31,8	44,8	23,8	1,9	W32_12 a selection 0034-0535	
32Sinus	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	2782,1	1527,7	1187,9	5477,7	50,4	27,8	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
33X	72,8	844,9	136,0	158,2	74,7	90,8	95,9	96,2	111,8	156,3	0,7	578,1	18,6	16,1	1818,8	6406,1	8287,6	16312,5	9,9	39,3	50,8	0,8	W33_8 b selection 0056-0505	
33Verbesserung	73,9	829,2	126,1	148,5	72,1	88,3	93,4	95,5	105,0	143,6	0,7	554,7	20,9	15,2	2248,5	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 30 ausgewertet																								
	meanHR	meanRR	SDNN	RMSSD	pNN50	pNN20	pNN10	pNN05	SD1	SD2	ratioSD1SD2	VB	stressindex	CV	powerLF	powerLF	powerHF	powerTotal	relativeVLF	relativeLF	relativeHF	ratioLFHF	recordID	durchschnittl.
GeDummy	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
Sinus	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 Signifikanz Berechnungen

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. Gruppenvergleichstest Kreuztabelle/Chi2-Test

Exakter Test nach Fischer zweiseitig gerechnet

Untersuchung auf signifikanter Unterschied zwischen männlich – weiblich

Summary

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

Sex x MeanHR

		MeanHR		Gesamt
		,00	1,00	
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 x SDNN

		SDNN		Gesamt
		,00	1,00	
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 x RMSSD

			RMSSD		Gesamt
			,00	1,00	
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 x pNN50

			pNN50		Gesamt
			,00	1,00	
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 x pNN20

			pNN20		Gesamt
			,00	1,00	
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	,754	,380
Likelihood-Quotient	,40	1	,526		
Exakter Test nach Fisher					
Kontinuitätskorrektur	,10	1	,753		
Zusammenhangstest linear-mit-linear	,39	1	,533		
N der gültigen Fälle	50				

Sex x pNN10

			pNN10		Gesamt
			,00	1,00	
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	1,000	,570
Likelihood-Quotient	,01	1	,903		
Exakter Test nach Fisher					
Kontinuitätskorrektur	,00	1	1,000		
Zusammenhangstest linear-mit-linear	,01	1	,904		
N der gültigen Fälle	50				

Sex x pNN05

			pNN05		Gesamt
			,00	1,00	
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 x SD1

			SD1		Gesamt
			,00	1,00	
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 x SD2

			SD2		Gesamt
			,00	1,00	
Sex männlich	Beobachtete Häufigkeit	9	11	20	
	Row %	45,0%	55,0%	100,0%	
	Column %	50,0%	34,4%	40,0%	
weiblich	Total %	18,0%	22,0%	40,0%	
	Beobachtete Häufigkeit	9	21	30	
	Row %	30,0%	70,0%	100,0%	
Gesamt	Column %	50,0%	65,6%	60,0%	
	Total %	18,0%	42,0%	60,0%	
	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	,370	,217
Likelihood-Quotient	1,16	1	,281		
Exakter Test nach Fisher					
Kontinuitätskorrektur	,61	1	,434		
Zusammenhangstest linear-mit-linear	1,15	1	,284		
N der gültigen Fälle	50				

Sex x VB

			VB		Gesamt
			,00	1,00	
Sex männlich	Beobachtete Häufigkeit	12	8	20	
	Row %	60,0%	40,0%	100,0%	
	Column %	50,0%	30,8%	40,0%	
weiblich	Total %	24,0%	16,0%	40,0%	
	Beobachtete Häufigkeit	12	18	30	
	Row %	40,0%	60,0%	100,0%	
Gesamt	Column %	50,0%	69,2%	60,0%	
	Total %	24,0%	36,0%	60,0%	
	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	,248	,136
Likelihood-Quotient	1,93	1	,164		
Exakter Test nach Fisher					
Kontinuitätskorrektur	1,21	1	,272		
Zusammenhangstest linear-mit-linear	1,88	1	,170		
N der gültigen Fälle	50				

Sex x Stressindex

			Stressindex		Gesamt
			,00	1,00	
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	,556	,339
Likelihood-Quotient	,53	1	,468		
Exakter Test nach Fisher					
Kontinuitätskorrektur	,18	1	,674		
Zusammenhangstest linear-mit-linear	,51	1	,475		
N der gültigen Fälle	50				

Sex x CV

			CV		Gesamt
			,00	1,00	
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	,763	,472
Likelihood-Quotient	,14	1	,711		
Exakter Test nach Fisher					
Kontinuitätskorrektur	,00	1	,951		
Zusammenhangstest linear-mit-linear	,14	1	,713		
N der gültigen Fälle	50				

Sex x powerLF

			powerLF		Gesamt
			,00	1,00	
Sex männlich	Beobachtete Häufigkeit	5	15	20	
	Row %	25,0%	75,0%	100,0%	
	Column %	33,3%	42,9%	40,0%	
weiblich	Total %	10,0%	30,0%	40,0%	
	Beobachtete Häufigkeit	10	20	30	
	Row %	33,3%	66,7%	100,0%	
Gesamt	Column %	66,7%	57,1%	60,0%	
	Total %	20,0%	40,0%	60,0%	
	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	,754	,380
Likelihood-Quotient	,40	1	,526		
Exakter Test nach Fisher					
Kontinuitätskorrektur	,10	1	,753		
Zusammenhangstest linear-mit-linear	,39	1	,533		
N der gültigen Fälle	50				

Sex x powerHF

			powerHF		Gesamt
			,00	1,00	
Sex männlich	Beobachtete Häufigkeit	9	11	20	
	Row %	45,0%	55,0%	100,0%	
	Column %	50,0%	34,4%	40,0%	
weiblich	Total %	18,0%	22,0%	40,0%	
	Beobachtete Häufigkeit	9	21	30	
	Row %	30,0%	70,0%	100,0%	
Gesamt	Column %	50,0%	65,6%	60,0%	
	Total %	18,0%	42,0%	60,0%	
	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	,370	,217
Likelihood-Quotient	1,16	1	,281		
Exakter Test nach Fisher					
Kontinuitätskorrektur	,61	1	,434		
Zusammenhangstest linear-mit-linear	1,15	1	,284		
N der gültigen Fälle	50				

Sex x powerTotal

			powerTotal		Gesamt
			,00	1,00	
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 x ratioLFHF

			ratioLFHF		Gesamt
			,00	1,00	
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				