

h/p/cosmos sports & medical / germany  
http://www.h-p-cosmos.com  
mailto:email@h-p-cosmos.com  
2 km UKK Walk Test  
Serial Number: 30000080134  
Date: 04.09.2009  
Time: 23:12

Name: \_\_\_\_\_

Comments: \_\_\_\_\_

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Entered Data:

Sex:	male	
Age:	23 years	
Body Weight:	63 kg	
Body Height:	165 cm	BMI: 23

Measured Data:

2 km Walking Time:	18 minutes / 39 seconds
Heart Rate at end of test:	103 beats per minute

Calculated Data:

Your UKK Fitness Index: 90

Interpretation:

< 70: Considerably below average fitness  
70 - 89: Slightly below average fitness  
90 - 110: Average fitness  
111 - 130: Slightly above average fitness  
> 130: Considerably above average fitness

UKK Institute Exercise Recommendation:

(Please first consult your doctor to confirm this recommendation)

90 - 110: Increasing your current amount of exercise  
would be good for you  
Frequency of exercise: daily or almost daily  
Duration of exercise: altogether at least half an hour  
a day  
Intensity: moderate exercise, e.g. walking  
and jogging  
Target heart rate zone: 68 - 80 % of maximum heart rate  
(max. heart rate = 220 minus age)

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Exercise/Test Report

Serial Number: 30000080134

Date: 04.09.2009

Time: 22:49

Mode: Test Profile No.: 1 2km UKK Test

Name: \_\_\_\_\_

Comments: \_\_\_\_\_

Time hh:mm:ss	Distance km	Speed km/h	Elevation %	Heart Rate 1/min	_____
00:00:00	0.000	0.6	0.0	68	_____
00:01:00	0.088	6.5	0.0	102	_____
00:02:00	0.196	6.5	0.0	98	_____
00:03:00	0.305	6.5	0.0	100	_____
00:04:00	0.413	6.5	0.0	106	_____
00:05:00	0.521	6.5	0.0	105	_____
00:06:00	0.629	6.5	0.0	106	_____
00:07:00	0.738	6.5	0.0	104	_____
00:08:00	0.846	6.5	0.0	107	_____
00:09:00	0.954	6.5	0.0	106	_____
00:10:00	1.062	6.5	0.0	104	_____
00:11:00	1.171	6.5	0.0	107	_____
00:12:00	1.279	6.5	0.0	103	_____
00:13:00	1.387	6.5	0.0	102	_____
00:14:00	1.495	6.5	0.0	100	_____
00:15:00	1.604	6.5	0.0	99	_____
00:16:00	1.712	6.5	0.0	106	_____
00:17:00	1.820	6.5	0.0	107	_____
00:18:00	1.928	6.5	0.0	102	_____
00:19:00	2.027	3.1	0.0	92	_____
00:20:00	2.072	2.7	0.0	71	_____
00:21:00	2.117	2.7	0.0	76	_____
00:22:00	2.162	2.7	0.0	75	_____
00:23:00	2.208	2.7	0.0	78	_____
00:23:00	2.208	2.7	0.0	78	_____