

2016

Essen / Trinken			
Zeit:	19:52 - 20:20	Total Power: 3.653 msec ² (+32% Tag Ø)	Mittlere HR gesamt: 71,79 BpM (0% Tag Ø)
Dauer:	00:28	VLF: 1.450 msec ² (40%) (+26% Tag Ø)	Minimale Herzrate: 57,47 BpM
Ernährung:	6,90	LF: 1.678 msec ² (46%) (+48% Tag Ø)	Maximale Herzrate: 91,32 BpM
		HF: 198 msec ² (5%) (+15% Tag Ø)	pNN50: 6,93 % (+72% Tag Ø)

Essen / Trinken			
Zeit:	12:00 - 12:25	Total Power: 2.205 msec ² (-20% Tag Ø)	Mittlere HR gesamt: 83,53 BpM (+16% Tag Ø)
Dauer:	00:25	VLF: 940 msec ² (43%) (-19% Tag Ø)	Minimale Herzrate: 66,01 BpM
Ernährung:	2,71	LF: 758 msec ² (34%) (-33% Tag Ø)	Maximale Herzrate: 110,70 BpM
		HF: 97 msec ² (4%) (-44% Tag Ø)	pNN50: 1,38 % (-66% Tag Ø)

2018

Essen / Trinken			
Zeit:	20:15 - 21:10	Total Power: 2.058 msec ² (-7% Tag Ø)	Mittlere HR gesamt: 76,72 BpM (-4% Tag Ø)
Dauer:	00:55	VLF: 791 msec ² (38%) (0% Tag Ø)	Minimale Herzrate: 58,71 BpM
Ernährung:	4,40	LF: 863 msec ² (42%) (-15% Tag Ø)	Maximale Herzrate: 101,35 BpM
		HF: 83 msec ² (4%) (-39% Tag Ø)	pNN50: 1,79 % (-11% Tag Ø)

Essen / Trinken			
Zeit:	11:30 - 12:15	Total Power: 1.971 msec ² (-11% Tag Ø)	Mittlere HR gesamt: 85,79 BpM (+8% Tag Ø)
Dauer:	00:45	VLF: 626 msec ² (32%) (-21% Tag Ø)	Minimale Herzrate: 65,15 BpM
Ernährung:	4,22	LF: 843 msec ² (43%) (-17% Tag Ø)	Maximale Herzrate: 121,21 BpM
		HF: 100 msec ² (5%) (-27% Tag Ø)	pNN50: 1,23 % (-39% Tag Ø)

2022

Essen / Trinken			
Zeit:	19:30 - 20:00	Total Power: 1.449 msec ² (-29% Tag Ø)	Mittlere HR gesamt: 78,16 BpM (+1% Tag Ø)
Dauer:	00:30	VLF: 532 msec ² (37%) (-27% Tag Ø)	Minimale Herzrate: 64,79 BpM
Ernährung:	5,97	LF: 591 msec ² (41%) (-37% Tag Ø)	Maximale Herzrate: 100,67 BpM
		HF: 131 msec ² (9%) (-9% Tag Ø)	pNN50: 1,57 % (-31% Tag Ø)

Essen / Trinken

Zeit:	13:00 - 13:30	Total Power: 1.463 msec ² (-28% Tag Ø)	Mittlere HR gesamt: 92,98 BpM (+21% Tag Ø)
Dauer:	00:30	VLF: 420 msec ² (29%) (-42% Tag Ø)	Minimale Herzrate: 71,77 BpM
Ernährung:	2,58	LF: 608 msec ² (42%) (-35% Tag Ø)	Maximale Herzrate: 121,95 BpM
		HF: 114 msec ² (8%) (-21% Tag Ø)	pNN50: 0,96 % (-58% Tag Ø)

2024

Essen / Trinken

Zeit:	12:12 - 13:00	Total Power: 1.592 msec ² (-18% Tag Ø)	Mittlere HR gesamt: 81,90 BpM (+11% Tag Ø)
Dauer:	00:48	VLF: 733 msec ² (46%) (-12% Tag Ø)	Minimale Herzrate: 61,29 BpM
Ernährung:	2,73	LF: 396 msec ² (25%) (-41% Tag Ø)	Maximale Herzrate: 108,30 BpM
		HF: 89 msec ² (6%) (-45% Tag Ø)	pNN50: 1,36 % (-46% Tag Ø)

Essen / Trinken

Zeit:	06:30 - 07:00	Total Power: 1.969 msec ² (+2% Tag Ø)	Mittlere HR gesamt: 71,47 BpM (-3% Tag Ø)
Dauer:	00:30	VLF: 917 msec ² (47%) (+10% Tag Ø)	Minimale Herzrate: 58,94 BpM
Ernährung:	7,55	LF: 666 msec ² (34%) (-2% Tag Ø)	Maximale Herzrate: 88,24 BpM
		HF: 114 msec ² (6%) (-30% Tag Ø)	pNN50: 1,91 % (-25% Tag Ø)

Essen / Trinken

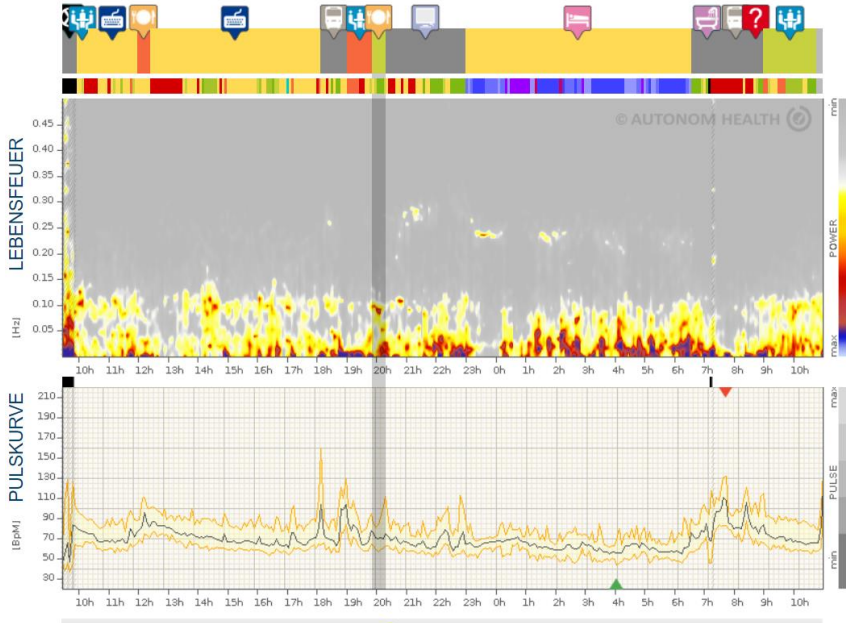
Zeit:	19:25 - 19:45	Total Power: 1.128 msec ² (-42% Tag Ø)	Mittlere HR gesamt: 78,83 BpM (+6% Tag Ø)
Dauer:	00:20	VLF: 458 msec ² (41%) (-45% Tag Ø)	Minimale Herzrate: 64,52 BpM
Ernährung:	4,02	LF: 295 msec ² (26%) (-56% Tag Ø)	Maximale Herzrate: 99,50 BpM
		HF: 72 msec ² (6%) (-56% Tag Ø)	pNN50: 0,32 % (-87% Tag Ø)

Essen / Trinken

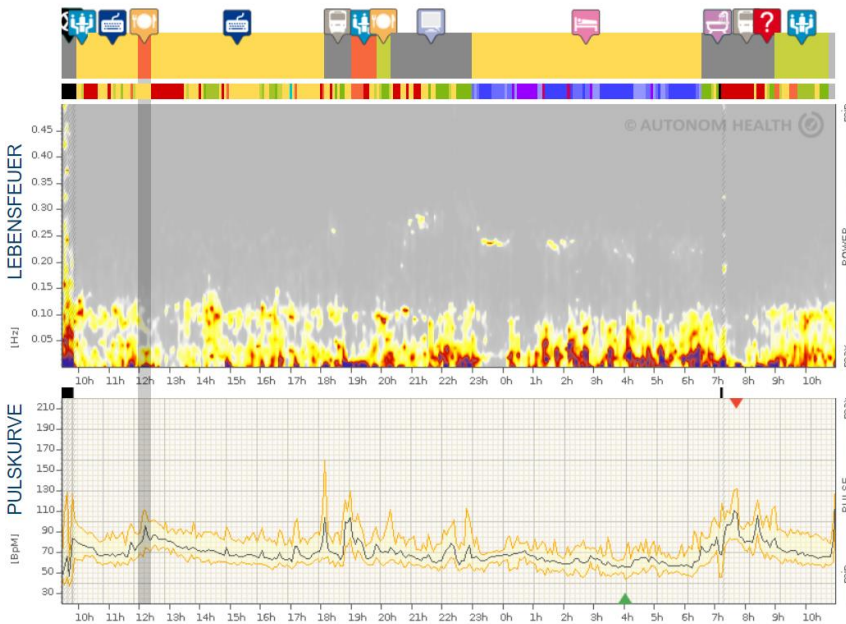
Zeit:	11:56 - 12:47	Total Power: 1.558 msec ² (-19% Tag Ø)	Mittlere HR gesamt: 86,69 BpM (+17% Tag Ø)
Dauer:	00:51	VLF: 554 msec ² (36%) (-33% Tag Ø)	Minimale Herzrate: 66,37 BpM
Ernährung:	3,18	LF: 468 msec ² (30%) (-31% Tag Ø)	Maximale Herzrate: 118,81 BpM
		HF: 100 msec ² (6%) (-38% Tag Ø)	pNN50: 0,89 % (-65% Tag Ø)

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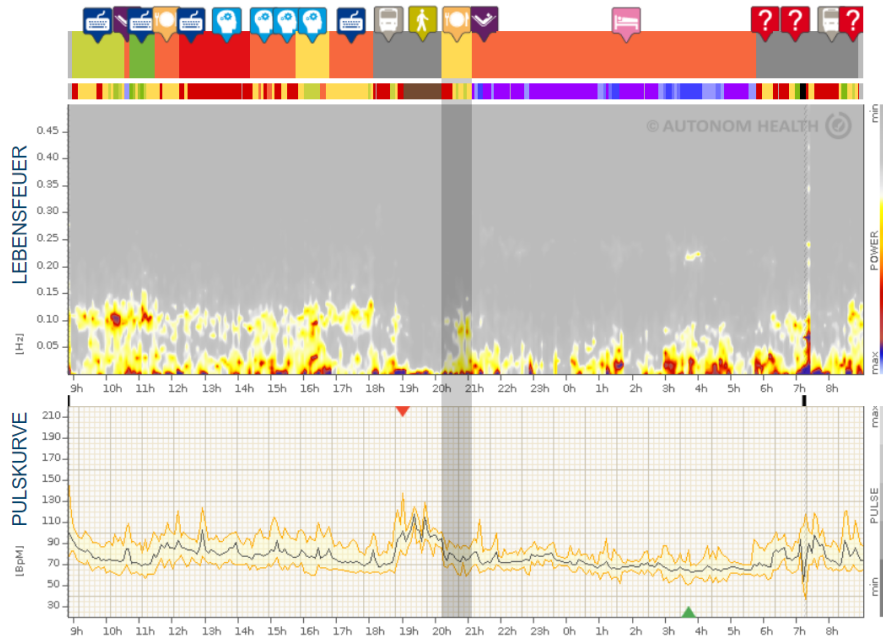


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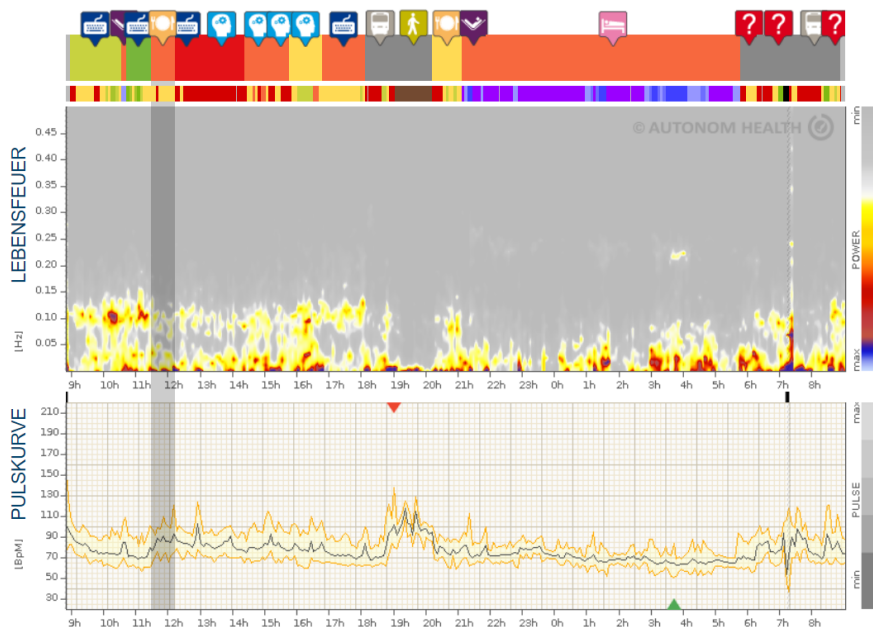


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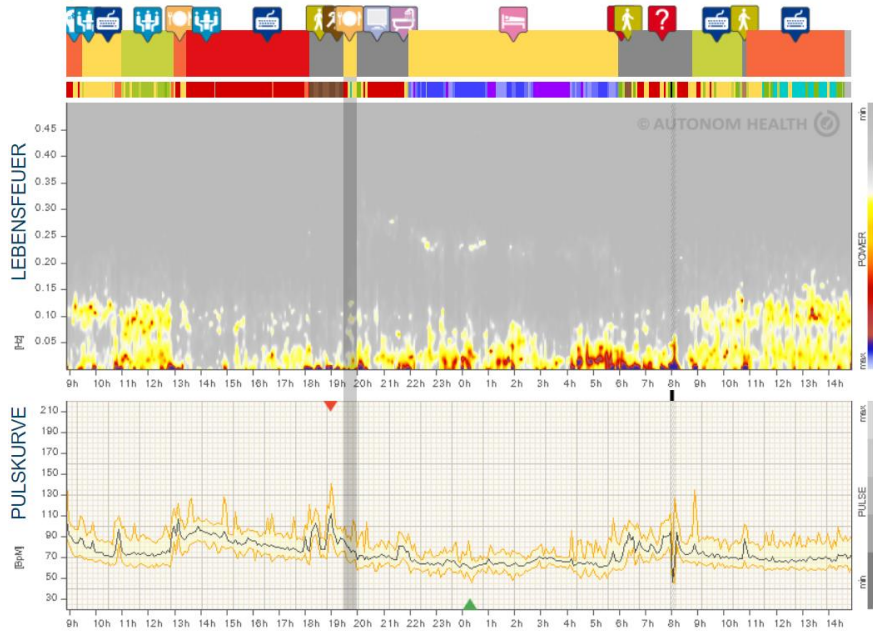


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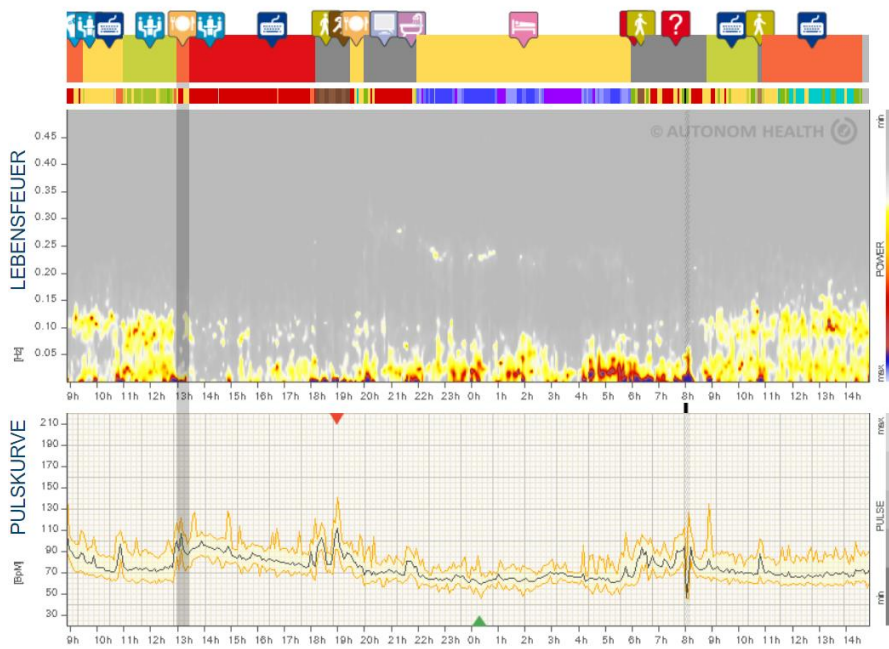
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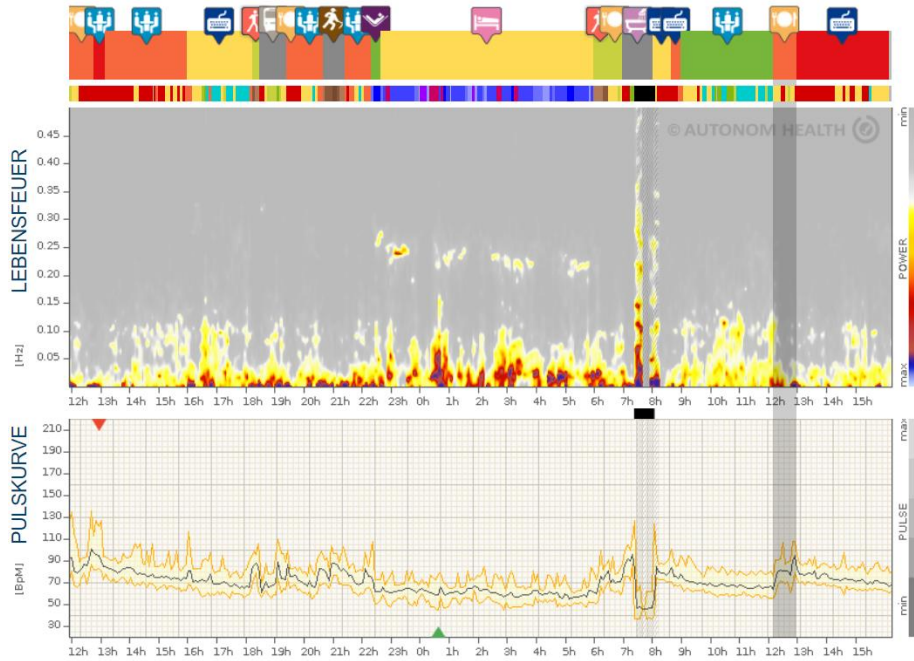
Notiz: MP + übersiedeln für MA Dialog



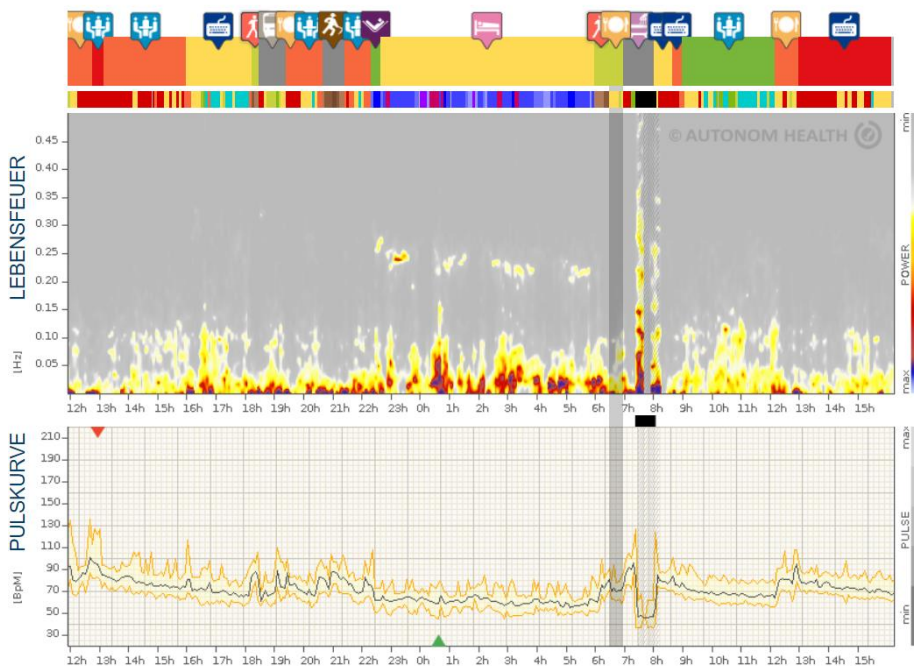
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Notiz: "Mittagspause" >> meine Annahme daher: Essen/Trinken

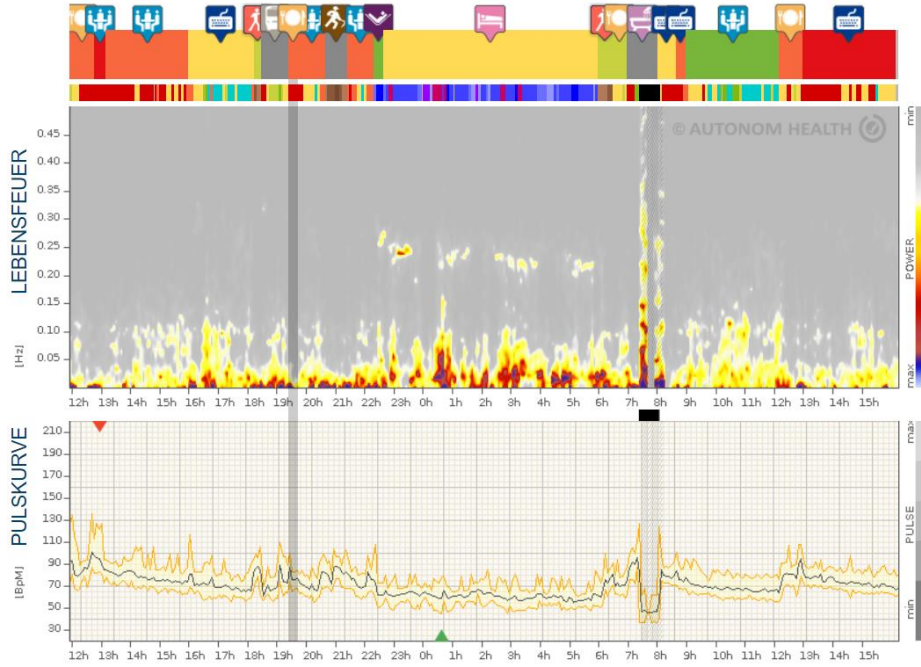


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