



Mr. HITESH KARKAR (36 /M)

UHID : AHIL.0000843448

AHC No : AHILAH193561

Date : 17/02/2023

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Namaste Mr. HITESH KARKAR,

Thank you for choosing Apollo ProHealth, India's first AI-powered health management program, curated to help you make positive health shifts. Being healthy is about making smart choices, and you have taken the first step with this program. We are privileged to be your healthcare partner. Your health is our priority.

We are with you on your path to wellness by:

Predicting your risk: Artificial Intelligence-powered predictive risk scores are generated, based on your personal, medical, and family history and detailed multi-organ evaluation of your body through diagnostic and imaging tests.

Preventing onset or progress of chronic lifestyle diseases: Your Health Mentor is available to help you understand your physician's recommendations and helping you handle any concerns (complimentary service up to one year)

Overcoming barriers to your wellbeing: Your Health Mentor will help you set your health goals and guide you with tips to stay on track. We will also, digitally remind you to proactively prioritize your health.

Through this report, you will be able to understand your overall health status, your health goals and the recommendations for your path to wellness. Your Health Report will include the following:

- Your medical history and physical examination reports
- Results from your diagnostic and imaging tests
- AI powered health risk scores
- Your physician's impression and recommendations regarding your overall health
- Your personalized path to wellness, including your follow-up assessments and vaccinations

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

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We have reviewed the results of the tests and have identified some areas for you to act on. We believe that with focus and targeted interventions, you can be healthier and happier.



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You can visit your proHealth physician in person at this center, or you can book a virtual consultation for review via www.apollo247.com or through the Apollo 24*7 mobile app. You can avail 30% discount on additional tests and follow-up tests at Apollo Hospitals within one week. You may call your Health Mentor on 04048492633 or email at prohealthcare@apollohospitals.com

Stay Healthy and happy! 😊
Apollo ProHealth Care team

Disclaimer: The services offered in the program may vary depending on any prior mutual agreements between guests and the facility/unit.

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Date : 17/02/2023



Address : KUDASAN, GANDHINAGAR, GANDHI NAGAR, GUJARAT, INDIA

UHID : AHIL.0000843448

Examined by : Dr. SHASHIKANT NIGAM

AHC No : AHILAH193561

MEDIWHEEL-FULL BODY CHK-BELOW40-MALE



Chief Complaints

For Annual health checkup

No specific complaints

Present Known illness

No history of - Diabetes mellitus, Hypertension, Dyslipidemia, Thyroid disorder, Heart disease, Stroke



Drug Allergy

NO KNOWN ALLERGY :17/02/2023



Systemic Review

Cardiovascular system : - Nil Significant

Respiratory system : - Nil Significant

Oral and dental : - Nil Significant

Gastrointestinal system : - Nil Significant

Genitourinary system : - Nil Significant

Gynaec history : - Nil Significant

Central nervous system : - Nil Significant

Eyes : - Nil Significant

ENT : - Nil Significant

Musculoskeletal system :

Spine and joints
- Nil Significant

General symptoms : - Nil Significant



Past medical history

Do you have any allergies? - No

Allergies - Nil

Past medical history - nil significant



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Covid 19 - Yes

- 2021

Post detection (3 Weeks) - No

Hospitalization for Covid 19 - No

Surgical history

Surgical history - Nil

Personal history

Ethnicity - Indian Asian

Marital status - Married

No. of children - 2

Male - 2

Diet - Vegetarian

Alcohol - does not consume alcohol

Smoking - No

Chews tobacco - No

Physical activity - Active

Family history

Father - alive

Mother - alive

Brothers - 1

Diabetes - mother

Hypertension - mother

Coronary artery disease - none

Cancer - father

Type - BLOOD

Physical Examination

General

General appearance - normal

Build - normal

Height - 163



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Weight - 58.6

BMI - 22.06

Pallor - No

Oedema - no



Cardiovascular system

Heart rate (Per minute) - 70

Rhythm - Regular

Systolic(mm of Hg) - 130

Diastolic(mm of Hg) - 80

- B.P. Sitting

Heart sounds - S1S2+

Respiratory system

Breath sounds - Normal vesicular breath sounds



Abdomen

Organomegaly - No

Tenderness - No

Printed By : MUKTA S ADALTI

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URINE FOR ROUTINE EXAMINATION

Urinalysis, is the physical, chemical and microscopic examination of the urine and is one of the most common methods of medical diagnosis. It is used to detect markers of diabetes, kidney disease, infection etc.

Test Name	Result	Unit	Level	Range
Volume	30	mL		
Specific Gravity	1.010			
Colour:	Pale-Yellow			
Transparency:	Clear			
pH	6.5			
Protein :	Nil			
Sugar:	Nil			
Blood:	Negative			
Ketone	Absent			
Bile Pigments:	Absent			
Urobilinogen	Nil	E.U./dL		
Nitrite	Negative			
Pus Cells	1-2 /h.p.f			0-5
RBC	Nil	/hpf		0-5/hpf
Epithelial Cells	Occassional			
Casts:	Absent			
Crystals:	Absent			

COMPLETE BLOOD COUNT WITH ESR

Test Name	Result	Unit	Level	Range
Hemoglobin (Photometric Measurement)	15.8	gm%	●	13.0-17.0
Packed cell volume(Calculated)	47	%	●	40-50
RBC COUNT (Impedance)	5.68	Million/ul	●	4.5-5.9
MCV (From RBC Histogram)	82.7	fl	●	80-100
MCH(Calculated)	27.87	pg	●	27-32
MCHC(Calculated)	33.7	%	●	31-36
RDW(Calculated)	13.6	%	●	11.5-14.5
WBC Count (Impedance)	5472	/cu mm	●	4000-11000

● Within Normal Range
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 ● Out of Range

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Neutrophils	50	%	●	40-75
Lymphocytes	38	%	●	20-40
Monocytes	08	%	●	2-10
Eosinophils	04	%	●	01-06
Basophils	00	%	●	0-1
Platelet Count (Impedance)	200900	/cu mm	●	150000-450000
MPV (Calculated)	8.2	fl	●	7-11
ERYTHROCYTE SEDIMENTATION RATE (ESR) (Automated/ optic-electronic)	02	mm/1st hr	●	0-15

URINE GLUCOSE(FASTING)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

URINE GLUCOSE(POST PRANDIAL)

Test Name	Result	Unit	Level	Range
Urine Glucose (Post Prandial)	Nil			

BLOOD GROUPING AND TYPING (ABO and Rh)

Test Name	Result	Unit	Level	Range
BLOOD GROUP:	B Positive			

LFT (LIVER FUNCTION TEST)

Liver function tests(LFT), are groups of clinical biochemistry blood assays that give information about the state of a patient's liver. These tests can be used to detect the presence of liver disease, distinguish among different types of liver disorders, gauge the extent of known liver damage, and follow the response to treatment.

Test Name	Result	Unit	Level	Range
ALT(SGPT) - SERUM / PLASMA	28	U/L	●	0-50
ALKALINE PHOSPHATASE - SERUM/PLASMA	91	U/L	●	Adult(Male): 40 - 129
AST (SGOT) - SERUM	25	U/L	●	> 1 year Male : <40
Total Bilirubin	0.499	mg/dL	●	0.300-1.200
Direct Bilirubin	0.184	mg/dL	●	Upto 0.3 mg/dl

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Indirect Bilirubin

0.315

mg/dL



1 Day \leq 5.1 mg/dL
 2 Days \leq 7.2 mg/dL
 3-5 Days \leq 10.3 mg/dL
 6-7 Days \leq 8.4 mg/dL
 8-9 Days \leq 6.5 mg/dL
 10-11 Days \leq 4.6 mg/dL
 12-13 Days \leq 2.7 mg/dL
 14 Days - 9 Years 0.2-0.8 mg/dL
 10-19 Years 0.2-1.1 mg/dL
 \geq 20 Years 0.2-1.2 mg/dL

CREATININE - SERUM / PLASMA

Test Name	Result	Unit	Level	Range
CREATININE - SERUM / PLASMA	1.13	mg/dL		Adult Male: 0.6 - 1.3

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Test Name	Result	Unit	Level	Range
GGTP: GAMMA GLUTAMYL TRANSPEPTIDASE - SERUM	14	U/L		Male : 10 - 71 Female : 6 - 42

GLUCOSE - SERUM / PLASMA (FASTING)

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Fasting)	108 *	mg/dL		70 - 100 : Normal 100 - 125 : Impaired Glucose Tolerance \geq 126 : Diabetes Mellitus

GLUCOSE - SERUM / PLASMA (POST PRANDIAL) - PPBS

Test Name	Result	Unit	Level	Range
Glucose - Plasma (Post Prandial)	144 *	mg/dL		70-140

GLYCOSYLATED HEMOGLOBIN (HBA1C) - WHOLE BLOOD

Test Name	Result	Unit	Level	Range
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Within Normal Range



Borderline High/Low



Out of Range



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Glycosylated Hemoglobin (HbA1c)

5.7

%



Normal < 5.7

%Increased risk for Diabetes 5.7 - 6.4%

Diabetes >= 6.5%

Monitoring criteria for Diabetes Mellitus
<7.0 : Well Controlled Diabetes
7.1 – 8.0 : Unsatisfactory Control
> 8.0 : Poor Control & Needs Immediate Treatment

Estimated Average Glucose.

116.89

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Test Name	Result	Unit	Level	Range
PROTEIN TOTAL - SERUM / PLASMA	7.1	g/dL	●	6.00-8.00
PROTEIN TOTAL - SERUM / PLASMA	7.1	g/dL	●	6.00-8.00
ALBUMIN - SERUM	4.61	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
ALBUMIN - SERUM	4.61	g/dL	●	Adult(18 - 60 Yr): 3.5 - 5.2
Globulin-Serum/Plasma	2.49		●	2.20-4.20
Globulin-Serum/Plasma	2.49		●	2.20-4.20
A/G ratio	1.85		●	1.00-2.00
A/G ratio	1.85		●	1.00-2.00

THYROID PROFILE (T3,T4 AND TSH)

Test Name	Result	Unit	Level	Range
TOTAL T3: TRI IODOTHYRONINE - SERUM	1.9	nmol/L	●	Adults(20-120 Yrs): 1.2 - 3.1 Pregnant Female : First Trimester : 1.61 - 3.53 Second Trimester : 1.98 - 4.02 Third Trimester : 2.07 - 4.02
TOTAL T4: THYROXINE - SERUM	79	nmol/L	●	Adults(20-100 Yrs):66 - 181 Pregnant Female : First Trimester : 94.3 - 190 Second Trimester : 102 - 207 Third Trimester : 89 - 202
TSH: THYROID STIMULATING HORMONE - SERUM	2.95	µIU/mL	●	14-120 years : 0.27 - 4.20



Within Normal Range



Borderline High/Low



Out of Range



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URIC ACID - SERUM

Uric acid is a product of the metabolic breakdown of purine. High blood concentrations of uric acid can lead to gout. It is also associated with other medical conditions including diabetes and the formation of kidney stones.

Test Name	Result	Unit	Level	Range
URIC ACID - SERUM	6.0	mg/dL	●	Male : 3.4-7.0 Female : 2.4-5.7

BUN (BLOOD UREA NITROGEN)

Test Name	Result	Unit	Level	Range
BUN (BLOOD UREA NITROGEN)	10	mg/dL	●	6-20
UREA - SERUM / PLASMA	21	mg/dL	●	15 - 50

LIPID PROFILE - SERUM

Test Name	Result	Unit	Level	Range
Total Cholesterol	213 *	mg/dl	●	0 - 200 : Desirable 200 - 240 : Borderline High 240 - 280 : High > 280 : Very High
Triglycerides - Serum	119	mg/dL	●	0-150
HDL CHOLESTEROL - SERUM / PLASMA (Direct Enzymatic Colorimetric)	46 *	mg/dL	●	< 40 : Major risk factor for heart disease 40 - 59 : The higher The better. >=60 : Considered protective against heart disease
LDL Cholesterol (Direct LDL)	159 *	mg/dL	●	100 : Optimal 100-129 : Near Optimal 130-159 : Borderline High 160-189 : High >=190 : Very High
VLDL CHOLESTEROL	24		●	< 40 mg/dl
C/H RATIO	5 *		●	0-4.5

X-RAY CHEST PA

X-ray imaging creates pictures of the inside of your body. Chest X-ray can reveal abnormalities in the lungs, the heart, and bones that sometimes cannot be detected by examination.

NORMAL STUDY.

● Within Normal Range ● Borderline High/Low ● Out of Range



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Investigations Not Done / Not Yet Reported

Haematology

STOOL ROUTINE

CARDIOLOGY

ECHO/TMT

ECG



Within Normal Range



Borderline High/Low



Out of Range

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Executive Summary



- .BODY WEIGHT 58.6 KG, IDEAL BODY WEIGHT 50-60 KG
- .IMPAIRED GLUCOSE TOLERANCE
- .DYSLIPIDEMIA
- .ECG - NORMAL
- . TMT — TEST IS NEGATIVE , EXERCISE TIME 8:39 ,WORKLOAD 10.1 METS
- .USG ABDOMEN - NO SIGNIFICANT ABNORMALITY
- .CHEST X-RAY - NORMAL
- .VISION - NORMAL
- .DENTAL - AS PER DOCTOR ADVICE

Wellness Prescription

Advice On Diet :-



- BALANCED DIET
- LOW FAT DIET
- LOW CARBOHYDRATE DIET

Advice On Physical Activity :-



- REGULAR 30 MINUTES WALK FOR HEALTH AND 60 MINUTES FOR WEIGHT REDUCTION
- PRACTICE YOGA AND MEDITATION
- MAINTAIN WEIGHT BETWEEN 50-60 KG

Printed By : MUKTA S ADALTI

Casual Consultancy

Feb 21 2023
Dr. SHASHIKANT NIGAM

AHC Physician / Consultant Internal Medicine

Dr. Shashikant Nigam
MBBS, MD (Gen. Med.)
Consultant Internal Medicine
Apollo Hospitals International Ltd., Gandhinagar,
Gujarat-382426, INDIA, Regd. No.: G-21961

Note :- The Health Check-up examinations and routine investigations have certain limitations and may not be able to detect all the diseases. Any new or persisting symptoms should be brought to the attention of the Consulting Physician. Additional tests, consultations and follow up may be required in some cases.

AHIL.0000843448

Mr. HITESH
KARKAR

OPTH

36 Year(s) / Male

EXAMINATION RECORDS

Name :



Date : 17/2/23

UHID :

Distance Vision :

Right Eye - 6/6

Left Eye - 6/6

(aided) 6/6

B Gent tear
e/d
NS (BE)

Near Vision :

Right Eye : NG

Left Eye : NG

APLN.TN - Right Eye

14

Left Eye -

12

mmHg

Both Eye - Colour Vision

Normal

Both Eye - Anterior Segment Examinations -

WNL

Both Eye Posterior Segment Examinations -

WNL

Dr. Jagrati Sinha
MS (Ophthalmology)
Jr. Consultant
Apollo Hospitals International Ltd. Gurgaon
Gurgaon-122428, INDIA. Regd. No. G48792

Doctor's Signature

Ophthalmologist Name

XXXXXXXXXXXX

MR HILESH KARKAR

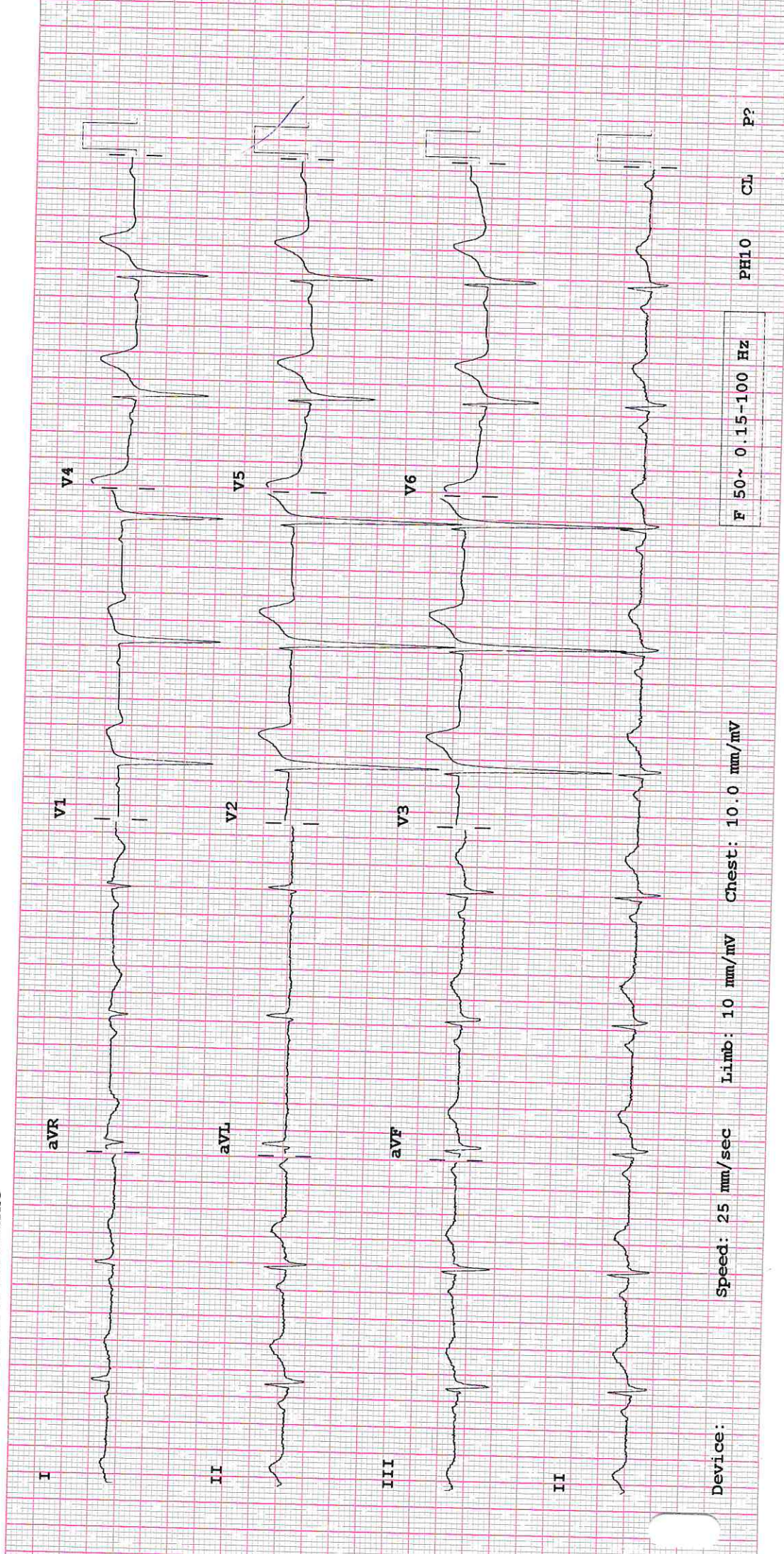
17-Feb-23 8:33:32 AM

Rate 65

PR 159
QRSD 105
QT 435
QTc 453

--AXIS--
P 64
QRS -22
T 62

12 Lead; Standard Placement



Device: Speed: 25 mm/sec Limb: 10 mm/mV Chest: 10.0 mm/mV

F 50~ 0.15-100 HZ


PH10 CL P?



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Radiology

Patient Details : Mr. HITESH KARKAR | Male | 36Yr 2Mth 20Days
UHID : AHIL.0000843448 **Patient Location:** AHC
Patient Identifier: AHILAH193561 
DRN : 123021563 **Completed on :** 17-FEB-2023 08:44
Ref Doctor : DR. SHASHIKANT NIGAM

X-RAY CHEST PA

FINDINGS :

Lung fields are clear.
 Cardio thoracic ratio is normal.
 Both costophrenic angles are clear.
 Curves of diaphragm are well delineated.
 Bony thorax shows no significant abnormality.

IMPRESSION
NORMAL STUDY.

--- END OF THE REPORT ---



Dr. HARSH S VYAS
 DNB Resident

Reported on: 17-Feb-2023 14:29

Printed By: 1075754

Reported By: 717876

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DEPARTMENT OF RADIOLOGY AND IMAGING SCIENCES

Patient Details : Mr. HITESH KARKAR | Male | 36Yr 2Mth 20Days

UHID : AHIL.0000843448

Patient Location: AHC

Patient Identifier: AHILAH193561



DRN : 223008762

Completed on : 17-FEB-2023 09:36

Ref Doctor : DR. SHASHIKANT NIGAM

USG WHOLE ABDOMEN

FINDINGS :

Liver appears normal in size and shows uniform normal echotexture. No evidence of focal or diffuse pathology seen. Intra and extra hepatic biliary radicles are not dilated. Portal vein is normal in calibre. Intrahepatic portal radicles appear normal.

Gall bladder appears normal with no evidence of calculus. Wall thickness appears normal. No evidence of pericholecystic collection.

Head, body and tail of pancreas appear normal in size and echotexture. No focal lesions identified. Pancreatic duct appears normal in caliber.

Spleen measures 8 cms and shows uniform echotexture.

Both kidneys are normal in size and show normal echopattern with good corticomedullary differentiation. Cortical outlines appear smooth. No evidence of calculi. Pelvicalyceal system on both sides appear normal.

No evidence of ascites or lymphadenopathy.

Urinary bladder is normal in contour and outline. Wall thickness appears normal. No evidence of any intraluminal pathology seen.

Uterus is normal in size and echopattern.

IMPRESSION :

NO ABNORMALITY DETECTED.

Requested on : 17-Feb-2023 14:29

Printed By : 1075754

Reported By : 717876

Page 1 of 2

For Enquiry/Appointments Contact +91 76988 15003 / +91 79 66701880

Apollo Hospitals International Limited
Plot No.-1A, Bhat, GIDC, Gandhinagar, Gujarat - 382428, India.
Phone : +91 79 66701800 | Fax No. : +91 79 66701843
E-mail : info@apolloahd.com | www.ahmedabad.apollohospitals.com

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19, Bishop Gardens, R.A. Puram, Chennai - 600 025
CIN No. : U85110TN1997PLC039016 | GSTin : 24AAABCA4150H225
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The Emergency Specialist



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A. HITESH KARKAR

AHIL.0000843448

AHILAH193561

USG WHOLE ABDOMEN

--- END OF THE REPORT ---

V. Patel

M.C. VAIBHAVI PATEL

Created on: 17-Feb-2023 14:29

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DENTISTRY

Name :

Date : 17/02/23 Unit No. :

Occupation :

Ref. Physician :

Age : Sex : Male Female

Copies to :

DENTAL RECORD

ALLERGIES : - N/A -

PAIN : Score (0-10) 0 Location : Character :

DENTAL CLEANING HABIT

<input checked="" type="checkbox"/> Once	<input type="checkbox"/> Twice	<input type="checkbox"/> Occasionally
<input checked="" type="checkbox"/> Brush	<input type="checkbox"/> Finger	<input type="checkbox"/> Stick
<input checked="" type="checkbox"/> Tooth Paste	<input type="checkbox"/> Powder	<input type="checkbox"/> Any other
		<input type="checkbox"/> Any other

DO THE GUMS BLEED WHEN YOU BRUSH YOUR TEETH? Yes No

ARE YOUR TEETH SENSITIVE TO HEAT / COLD? Yes No

ORAL HYGIENE Good Fair Poor

ORAL TISSUE EXAMINATION	PERIODONTAL EXAMINATION	OCCLUSION																																																																																
NORMAL FINDINGS IN DISEASE Lips : Cheeks : Tongue : Floor of the mouth : Palate : Tonsillar Area : Any other : <u>NA</u>	<table border="1"> <thead> <tr> <th></th> <th>MILD</th> <th>MOD</th> <th>SEV</th> </tr> </thead> <tbody> <tr> <td>Gingivitis</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Calculus</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Recession</td> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Periodontal Pockets</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Attrition</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Erosion</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Mobility</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>		MILD	MOD	SEV	Gingivitis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calculus	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Recession	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Periodontal Pockets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Erosion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mobility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<table border="1"> <thead> <tr> <th>CLASS</th> <th>I</th> <th>II</th> <th>III</th> </tr> </thead> <tbody> <tr> <td>CROSSBITE</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Hypoplasia</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Impaction</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Non-vital</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Fracture</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Abcess</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Ulcers</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Caries</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Missing Teeth</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Supernumerary</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Others</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	CLASS	I	II	III	CROSSBITE				Hypoplasia				Impaction				Non-vital				Fracture				Abcess				Ulcers				Caries				Missing Teeth				Supernumerary				Others			
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PRESENT COMPLAINT : Roots decay

PRE-MEDICAL HISTORY: DM HTN Thyroid Acidity Pregnancy
 Anticoagulant Under Drug Therapy

- N/A -

Visit: 17-Feb-2023 9:50:07

36years 163cm Asian 58kg Male

Total Exercise time: 8:39
 Max HR 163bpm 88% of max predicted 184bpm
 Max BP: 160/80
 Maximum workload: 10.1METS

Reason for Termination: Patient fatigue
 Comments: TEST IS NEGATIVE FOR INDUCIBLE ISCHEMIA AT HIGH WORKLOAD. NORMAL HR AND NORMAL BP RESPONSE. NO ANGINA / ARRHYTHMIA DURING TEST. NO SIGNIFICANT ST-T CHANGES SEEN DURING EXERCISE AND RECOVERY. TEST TERMINATED DUE TO THR ACHIEVED. GOOD EFFORT TOLERANCE.

Referred by: DR.SAMEER DANI, MHC
 Test ind:

25.0 mm/s
 10.0 mm/mV
 100hz

Phase Name	Stage Name	Time in Stage	Speed (mph)	Grade (%)	WorkLoad (METS)	HR (bpm)	BP (mmHg)	RPP (x100)
PRETEST	SUPINE	0:30	** * *	** * *	1.0	68		
EXERCISE	STANDING	0:34	1.7	2.0	1.4	74	130/80	96
	STAGE 1	3:00	1.7	10.0	4.6	128	140/80	172
	STAGE 2	3:00	2.5	12.0	7.0	148	150/80	222
	STAGE 3	2:39	3.4	14.0	10.1	162	160/80	259
RECOVERY	RECOVERY	3:02	** * *	** * *	1.0	99	140/80	139