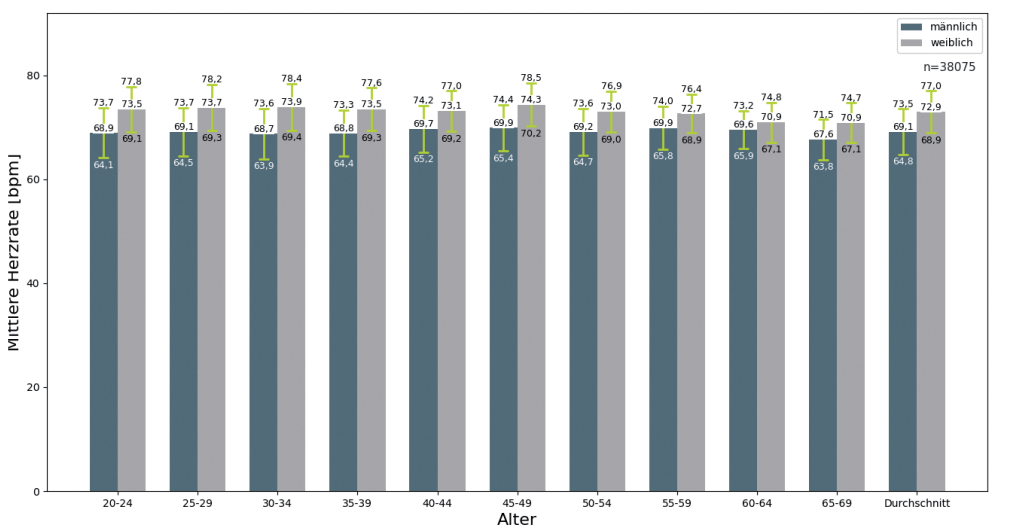

Abb. 4.2 Mittlere Herzrate gesamt Männer und Frauen (Quelle: Autonom Health®, 2021).