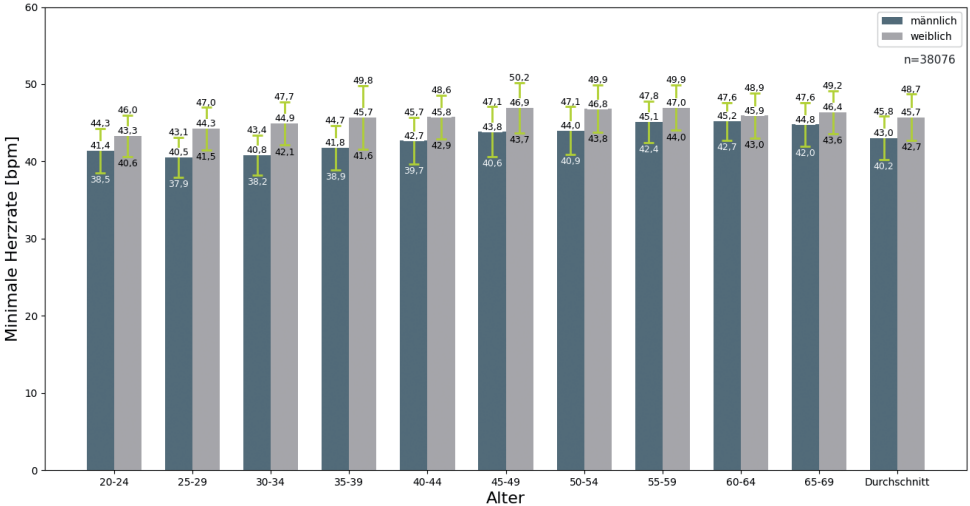

Abb. 4.6 Minimale Herzrate gesamt Männer und Frauen (Quelle: Autonom Health®, 2021).