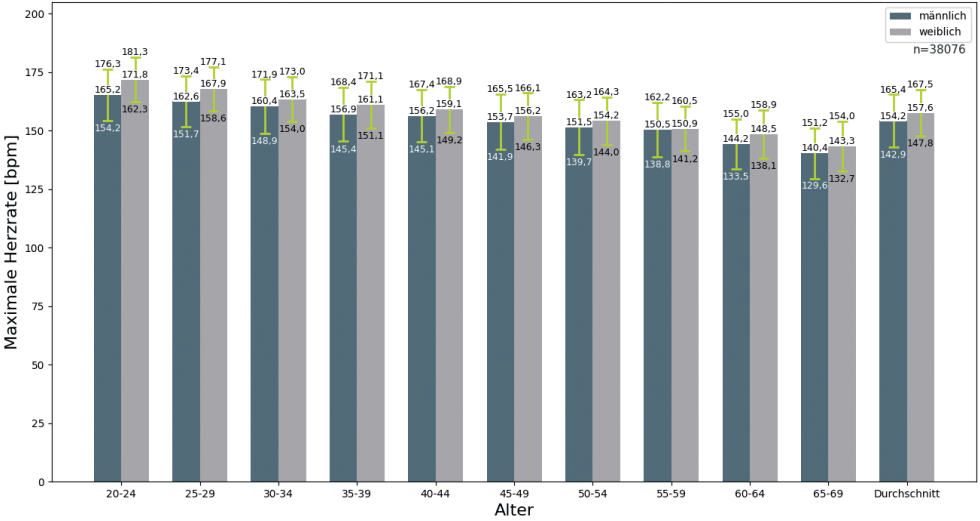

Abb. 4.7 Maximale Herzrate gesamt Männer und Frauen (Quelle: Autonom Health®, 2021).