

Normalverdier VO2max

Kvinner

Alder						
	20-29	30-39	40-49	50-59	60-69	70-85
Antall	37	63	86	79	59	41
VO2max L/min	2.66 (0.47)	2.54 (0.41)	2.33 (0.42)	2.14 (0.41)	1.94 (0.39)	1.54 (0.27)
VO2max ml/kg/min	40.3 (7.1)	37.6 (7.5)	33.0 (6.4)	30.4 (5.1)	28.7 (6.6)	23.5 (4.1)

Verdier er gjennomsnitt (\pm standardavvik)

Menn

Alder						
	20-29	30-39	40-49	50-59	60-69	70-85
Antall	38	73	91	88	81	23
VO2max L/min	3.91 (0.67)	3.84 (0.55)	3.56 (0.66)	3.14 (0.49)	2.74 (0.48)	2.45 (0.34)
VO2max ml/kg/in	48.6 (9.6)	46.2 (8.5)	42.7 (9.3)	36.8 (6.6)	32.4 (6.4)	30.1 (4.8)

Verdier er gjennomsnitt (\pm standardavvik)

Edvardsen et al., 2013. Reference Values for Cardiorespiratory Response and Fitness on the Treadmill in a 20- to 85-Year-Old Population. *Chest*, 2013; 144(1):214-248. (med tillatelse)