**Tabellen:**

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| **Tabelle 3** |  |  |  |  |
| Ergebnisse der klinischen Untersuchuchungen |  |  |  |  |
|  | Start | Mitte | Ende | p-Wert |
| KG (kg) | 84,6 |  | 84 | >0,05 |
| BMI | 27,27 |  | 27,49 | >0,05 |
| Ergometrie /Watt) | 91,67 |  | 132,5 | <0,05 |
| LVEF % | 44,1 | 53 | 56,6 | <0,05 |
| Blutdruck (syst.; mm Hg) | 128,5 | 120,1 | 115 | <0,05 |
| Wellness-Index | 1,64 |  | 6,82 |  |
| 6MWD (m) | 553,8 | 565,6 | 595.6 | >0,05 |
|  |  |  |  |  |
| Laborwerte |  |  |  |  |
| NT-pro BNP (pk/ml) | 553,38 | 510 | 408,6 | >0,05 |
| Ges.cholesterin (mg/dl) | 173,4 | 170,1 | 164,6 | >0,05 |
| LDL-Cholesterin (mg/dl) | 100,4 | 97,6 | 92,7 | >0,05 |
| HDL-Cholesterin (mg/dl) | 54,5 | 48,9 | 51,1 | >0,05 |
| Triglyceride (mg/dl) | 84,6 | 101,5 | 100,7 | >0,05 |

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| **Tabelle 4** |  |  |  |  |  |
| Trainingsergebnisse |  |  |  |  |  |
| kumulierte Daten |  |  |  |  |  |
| Distanz (km)  | 1734,30 (1750 – 3359) |  |  |  |  |
| Dauer  | 151h (8-23h) |  |  |  |  |
| Geschwindigkeit (km/h)  | 19,8 (18,62-21,47) |  |  |  |  |
| Herzfrequenz (/min)  | 94,4 (83-126) |  |  |  |  |
| Tretleistung (Watt)  | 59,5 (49-87) |  |  |  |  |
| Motorleistung (Watt)  | 68,1 (52,1-89,2) |  |  |  |  |
|  |  |  |  |  |  |
| Trainingsdaten | Phase I | Phase II | Phase III | Phase IV | p-Wert |
| Trainingspuls %Max | 60 | 60 | 70 | 70 |  |
| Distanzen (km) | 20 | 30 | 40 | 50 |  |
| Dauer (min) | 60 | 90 | 120 | 150 |  |
| BORG | 11,5 | 10,5 | 11 | 11 |  |
| BORG AVG | 11,25 | 11,25 | 11,25 | 11,25 |  |
| BORG HOME AVG | 11,18 | 11,18 | 11,18 | 11,18 |  |
| Tretleistung (Watt) | 61,1 |  |  | 68,5 | >0,05 |
| Motorleistung (Watt) | 77 |  |  | 81 | >0,05 |
| AVG Herzfrequenz /min | 83,6 |  |  | 80,2 | >0,05 |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | Start | Mitte | Ende | p-Wert |  |
| Trainingsgblutdruck S | 123 | 109 | 110 | <0.05 |  |
| Trainingsgblutdruck D | 73 | 69 | 69 | <0,05 |  |

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| **Tabelle 5** |  |  |  |  |
| **Signifikanzen** |  |  |  |  |
|  | Start | Mitte | Ende | p |
| Ergometrie /Watt) | 91,67 |  | 132,5 | **<0,05** |
| LVEF % | 44,1 | 53 | 56,6 | **<0,05** |
| Blutdruck (syst.; mm Hg) | 128,5 | 120,1 | 115 | **<0,05** |
| Trainingsgblutdruck S | 123 | 109 | 110 | **<0.05** |
| Trainingsgblutdruck D | 73 | 69 | 69 | **<0,05** |
|  |  |  |  |  |
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|  |  |  |  |  |
| **fehlende Signifikanzen - Trends** |  |  |  | p |
| KG (kg) | 84,6 |  | 84 | >0,05 |
| BMI | 27,27 |  | 27,49 | >0,05 |
| 6MWD (m) | 553,8 | 565,6 | 595.6 | >0,05 |
| NT-pro BNP (pk/ml) | 553,38 | 510 | 408,6 | >0,05 |
| Ges.cholesterin (mg/dl) | 173,4 | 170,1 | 164,6 | >0,05 |
| LDL-Cholesterin (mg/dl) | 100,4 | 97,6 | 92,7 | >0,05 |
| HDL-Cholesterin (mg/dl) | 54,5 | 48,9 | 51,1 | >0,05 |
| Triglyceride (mg/dl) | 84,6 | 101,5 | 100,7 | >0,05 |
| Tretleistung (Watt) | 61,1 |  | 68,5 | >0,05 |
| Motorleistung (Watt) | 77 |  | 81 | >0,05 |
| AVG Herzfrequenz /min | 83,6 |  | 80,2 | >0,05 |
|  |  |  |  |  |

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| **Tabelle 6****Tabelle 7** |
| **Med Therapie** | **Anzahl** |  | **Diagnosen** | **Anzahl** |
| Betablocker | 10 |  | Dil Kardiomyopathie | 5 |
| Statine | 8 |  | KKH-Kardiomyopathie | 5 |
| Diuretika | 6 |  | Hypertonie | 3 |
| ACE-Hemmer | 6 |  | COPD | 2 |
| Aldosteronhemmer | 5 |  |  |  |
| Thrombocytenhemmer | 4 |  |  |  |
| Antikoagulation (NOAK) | 2 |  |  |  |
| AT1-Blocker | 2 |  |  |  |
| Entresto® | 1 |  |  |  |
| Ca-Blocker | 1 |  |  |  |