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4.98 METs X 3.5 Ml.kg-1.min-1 = 17.4 Ml.kg-1.min-1 X 75kg = 1305 Ml.min-1 1305 Ml.min-1 / 1000 = 1.305 L.min-1 1.305 L.min-1 X 5 Kcals.L O2 = 6.53 Kcals.min-1

-or- 4.98 METs X 3.5 [75 Kg/200] = 6.53 Kcal 1th, 2024

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