

## 5 breaths 10beats 法 心拍数・呼吸数測定 早見表

上段 呼吸数換算 下段 心拍数換算

RR [/min]	[sec./ 5b]	RR [/min]	[sec./ 5b]	RR [/min]	[sec./ 5b]	RR [/min]	[sec./ 5b]	RR [/min]	[sec./ 5b]	RR [/min]	[sec./ 5b]	RR [/min]	[sec./ 5b]	RR [/min]	[sec./ 5b]	RR [/min]	[sec./ 5b]	RR [/min]	[sec./ 5b]
80	3.750	81	3.704	82	3.659	83	3.614	84	3.571	85	3.529	86	3.488	87	3.448	88	3.409	89	3.371
70	4.286	71	4.225	72	4.167	73	4.110	74	4.054	75	4.000	76	3.947	77	3.896	78	3.846	79	3.797
60	5.000	61	4.918	62	4.839	63	4.762	64	4.688	65	4.615	66	4.545	67	4.478	68	4.412	69	4.348
50	6.000	51	5.882	52	5.769	53	5.660	54	5.556	55	5.455	56	5.357	57	5.263	58	5.172	59	5.085
40	7.500	41	7.317	42	7.143	43	6.977	44	6.818	45	6.667	46	6.522	47	6.383	48	6.250	49	6.122
30	10.000	31	9.677	32	9.375	33	9.091	34	8.824	35	8.571	36	8.333	37	8.108	38	7.895	39	7.692
20	15.000	21	14.286	22	13.636	23	13.043	24	12.500	25	12.000	26	11.538	27	11.111	28	10.714	29	10.345
10	30.000	11	27.273	12	25.000	13	23.077	14	21.429	15	20.000	16	18.750	17	17.647	18	16.667	19	15.789

HR [/min]	[sec./ 10b]	HR [/min]	[sec./ 10b]	HR [/min]	[sec./ 10b]	HR [/min]	[sec./ 10b]	HR [/min]	[sec./ 10b]	HR [/min]	[sec./ 10b]	HR [/min]	[sec./ 10b]	HR [/min]	[sec./ 10b]	HR [/min]	[sec./ 10b]	HR [/min]	[sec./ 10b]
220	2.727	221	2.715	222	2.703	223	2.691	224	2.679	225	2.667	226	2.655	227	2.643	228	2.632	229	2.620
210	2.857	211	2.844	212	2.830	213	2.817	214	2.804	215	2.791	216	2.778	217	2.765	218	2.752	219	2.740
200	3.000	201	2.985	202	2.970	203	2.956	204	2.941	205	2.927	206	2.913	207	2.899	208	2.885	209	2.871
190	3.158	191	3.141	192	3.125	193	3.109	194	3.093	195	3.077	196	3.061	197	3.046	198	3.030	199	3.015
180	3.333	181	3.315	182	3.297	183	3.279	184	3.261	185	3.243	186	3.226	187	3.209	188	3.191	189	3.175
170	3.529	171	3.509	172	3.488	173	3.468	174	3.448	175	3.429	176	3.409	177	3.390	178	3.371	179	3.352
160	3.750	161	3.727	162	3.704	163	3.681	164	3.659	165	3.636	166	3.614	167	3.593	168	3.571	169	3.550
150	4.000	151	3.974	152	3.947	153	3.922	154	3.896	155	3.871	156	3.846	157	3.822	158	3.797	159	3.774
140	4.286	141	4.255	142	4.225	143	4.196	144	4.167	145	4.138	146	4.110	147	4.082	148	4.054	149	4.027
130	4.615	131	4.580	132	4.545	133	4.511	134	4.478	135	4.444	136	4.412	137	4.380	138	4.348	139	4.317
120	5.000	121	4.959	122	4.918	123	4.878	124	4.839	125	4.800	126	4.762	127	4.724	128	4.688	129	4.651
110	5.455	111	5.405	112	5.357	113	5.310	114	5.263	115	5.217	116	5.172	117	5.128	118	5.085	119	5.042
100	6.000	101	5.941	102	5.882	103	5.825	104	5.769	105	5.714	106	5.660	107	5.607	108	5.556	109	5.505
90	6.667	91	6.593	92	6.522	93	6.452	94	6.383	95	6.316	96	6.250	97	6.186	98	6.122	99	6.061
80	7.500	81	7.407	82	7.317	83	7.229	84	7.143	85	7.059	86	6.977	87	6.897	88	6.818	89	6.742
70	8.571	71	8.451	72	8.333	73	8.219	74	8.108	75	8.000	76	7.895	77	7.792	78	7.692	79	7.595
60	10.000	61	9.836	62	9.677	63	9.524	64	9.375	65	9.231	66	9.091	67	8.955	68	8.824	69	8.696
50	12.000	51	11.765	52	11.538	53	11.321	54	11.111	55	10.909	56	10.714	57	10.526	58	10.345	59	10.169
40	15.000	41	14.634	42	14.286	43	13.953	44	13.636	45	13.333	46	13.043	47	12.766	48	12.500	49	12.245
30	20.000	31	19.355	32	18.750	33	18.182	34	17.647	35	17.143	36	16.667	37	16.216	38	15.789	39	15.385