

**Certificate Of Health Assessment**


Name	Age	Position	Department
VICTOR HOTMAN LUKMAN SIBUEA	28 yo	SUPERVISOR	-

**COMPANY :**

**INSPEKTINDO SINERGI PERSADA**

**CONCLUSION**

Fit for work to the job described	
Fit with Medical Note (Restriction and/or Limitation)	✓
Unfit for work to the job described	

Date	Doctors Name	Signature
19 September 2017	Anggita Nur Aziza, MD	 <b>MP+</b> PT. KARTIKA BINA MEDIKATAMA

**TO WHOM IT MAY CONCERN**  
*Kepada yang berkepentingan*

This is certify that today Tuesday, 19 September 2017 Medika Plaza Clinic has performed urine drug screening and/or breath alcohol test to :

*Dengan ini menyatakan bahwa, pada hari ini Selasa, 19 September 2017 Medika Plaza Clinic telah melakukan urine drug screening dan/atau breath alcohol test kepada :*

**VICTOR HOTMAN LUKMAN SIBUEA**

With the results are as follows :  
 Dengan hasil sebagai berikut :

<u>Drugs Test</u> <i>Uji Obat</i>	<u>Result</u> <i>Hasil</i>		
<b>URINE DRUGS SCREENING</b>			
- Amphetamine	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Met-Amphetamine	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Cocain	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- THC/Canabis/Marijuana	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Morphine/Opiates	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- P C P/Phencyclidine	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- Barbiturate	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- Benzodiazepin	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Methadone	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A
- Propoxyphene	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- Oxycodone	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- MDMA	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
- 6-MAM	<input type="checkbox"/> Non-Negative	<input type="checkbox"/> Negative	<input checked="" type="checkbox"/> N/A
<b>BREATH ALCOHOL TEST</b>			
- Alcohol	<input type="checkbox"/> Non-Negative	<input checked="" type="checkbox"/> Negative	<input type="checkbox"/> N/A

Jakarta, September 19, 2017

  
**MP+**  
 PT. KARTIKA BINA MEDIKA  
 ( dr. Esther Poerwantoro, Sp.PK )  
 Clinical Patologist

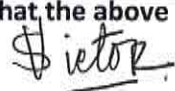
## Medical Screening Questionnaire And Examination Record

Surname: <u>LIBUEA .</u>		Forenames: <u>VICTOR HOJMAN LUIJMAN.</u>		
Address: <u>JL. KARTINI I NO. 14 SEKUPANG , BATAM.</u>		Tel No: <u>0811 8188 974</u>		
Date of Birth: <u>14 JANUARI 1989 .</u>				
GP's Name:				
GP's Address:				
Date of Last Offshore Medical: <u>AGUSTUS 2016</u>		Offshore Occupation/Job Title : <u>SUPERVISOR .</u>		
Emergency Response Role :				
Social / Occupational History		Yes	No	Comments
(1)	Do you smoke? If so, how many per day?	✓		4 - 5
(2)	If an ex-smoker, when did you give up?		✓	
(3)	Average weekly alcohol consumption: state quantity and type.		✓	
(4)	Have you been exposed to any known occupational hazard such as noise, radiation, dusts, asbestos, chemicals or lead?		✓	
(5)	Do you use protective clothing, safety glasses or hearing protection?		✓	
(6)	Have you ever developed any medical condition in connection with your occupation? If so, please give details eg hearing loss/skin condition/wheeze/backache/muscle strain/blood disease?		✓	
(7)	Have you suffered any industrial injury? If so, please give details:		✓	
(8)	Have you ever had any previous audiometric screening? Was this normal? State when and where.		✓	
(9)	Have you ever had any previous lung function screening? Was this normal? State when and where.		✓	
(10)	Have you ever been rejected from employment on medical ground?		✓	
(11)	Have you ever received compensation, or is there any industrial claim pending?		✓	
(12)	Have you ever been medivaced from an offshore installation?		✓	
Examining Physician's comments :				



## Medical Screening Questionnaire And Examination Record (cont'd)

<b>Do you have, or have you been diagnosed as suffering from any of the following?</b> <i>(Please circle and elaborate)</i>			
Please circle and elaborate			
(1) Chest pain/heart pain	Yes	<input checked="" type="radio"/> No	
(2) High blood pressure / stroke	Yes	<input checked="" type="radio"/> No	
(3) Asthma / Epilepsy/Diabetes	Yes	<input checked="" type="radio"/> No	
(4) Peptic ulcer disease	Yes	<input checked="" type="radio"/> No	
(5) Kidney disease (eg stones)	Yes	<input checked="" type="radio"/> No	
(6) Psychiatric disorder (eg anxiety, depression)	Yes	<input checked="" type="radio"/> No	
(7) Tuberculosis	Yes	<input checked="" type="radio"/> No	
(8) Cancer	Yes	<input checked="" type="radio"/> No	
<b>Do any of your immediate family (parents/brothers/sisters) have a history of any of the above conditions? Please specify :</b>			

<b>Do you currently have any of the following?</b>			
(1) Backache/joint or muscular pain	Yes	<input checked="" type="radio"/> No	
(2) Hernia/rupture	Yes	<input checked="" type="radio"/> No	
(3) Visual impairment	Yes	<input checked="" type="radio"/> No	
(4) Perforated eardrum / discharge from ear	Yes	<input checked="" type="radio"/> No	
(5) Recurrent indigestion	Yes	<input checked="" type="radio"/> No	
(6) Jaundice/hepatitis/gall bladder disease	Yes	<input checked="" type="radio"/> No	
(7) Change in bowel habit/diarrhoea	Yes	<input checked="" type="radio"/> No	
(8) Blood in stools/piles/haemorrhoids	Yes	<input checked="" type="radio"/> No	
(9) Shortness of breath/coughing up blood	Yes	<input checked="" type="radio"/> No	
(10) Recurrent bronchitis/pneumonia	Yes	<input checked="" type="radio"/> No	
(11) Blood in urine/kidney complications/stones	Yes	<input checked="" type="radio"/> No	
(12) Headaches/migraine/dizziness	Yes	<input checked="" type="radio"/> No	
<b>Physician's comments :</b>			
<b>I certify that the above information is correct :</b>			
 Signed : <u>VICTOR H. S.</u> ..... [ Employee ]			

*\* Source : Medical Aspects of Fitness for Work Offshore Guidance for Examining Physicians Oil & Gas UK, March 2008*

**Medical Screening Questionnaire And  
 Examination Record (cont'd)**

**Medical Examination**

*To Be Completed By Examining Physician*

<b>Photographic ID :</b>	Passport number :	
	Driver's license number :	
	Other :	

Height	Weight	BMI	BP	Pulse	FEV <sub>1</sub>	FVC	FEV <sub>1</sub> / FVC	Urinalysis		
								Protein	Blood	Glucose
174 cm	88.1 kg	29.05 kg/m <sup>2</sup>	130/80 mmHg	83x/min	3.81 L	4.31 L	88.40%	-	-	-

Vision Distance			Vision Near			Colour		VDU
L	Aided L	Both	L	Aided L	Both	Normal	Abnormal	
20/20						✓		
R	Aided R		R	Aided R				
20/20								


	Normal	Abnormal	Comments
Audiometric Screening	✓		
Substance Abuse Screening	✓		
Stool Culture (Catering Crew)	✓		
<b>Further investigations</b>			
Blood tests		✓	Hypertriglyceridemia, Hyperuricemia increase of ESR count, Increase of SGPT level
Chest X-Ray	✓		
Electrocardiograph (ECG) / Treadmill	✓		
Spirometry	✓		
USG			


\* Source : Medical Aspects of Fitness for Work Offshore Guidance for Examining Physicians Oil & Gas UK, March 2008

**Medical Screening Questionnaire And  
 Examination Record (cont'd)**

	Normal	Abnormal	Comments
1. Eyes/pupils	✓		Decayed and calculus teeth
2. Ear, nose and throat	✓		
3. Teeth		✓	
4. Lungs/chest	✓		
5. Cardiovascular	✓		
6. Abdomen	✓		
7. Hernial orifices	✓		
8. Genitourinary	✓		
9. Musculoskeletal	✓		
10. Skin	✓		
11. Varicose veins	✓		
12. Neurological	✓		
<b>Physician to comment on any abnormalities :</b>			

Certification	Comment/Reason
Fit for offshore work as per Oil & Gas UK guidelines	
Fit for restricted offshore work following discussion with operating company's medical adviser	✓ Need to consult to an Internist for evaluation of hypertriglyceridemia then repeat lipid profile after treatment.
Temporarily unfit for offshore work	
Permanently unfit for offshore work	

Physician's signature : 

Print name :   
 dr. Anisa

Date of examination : 07/05/2017  
 PT. KARTIKA BINA MEDIKAJAMA

\* Source : Medical Aspects of Fitness for Work Offshore Guidance for Examining Physicians Oil & Gas UK, March 2008



## MP BELTWAY CLINIC

Beltway Office Park, Annex Building, Ground Floor  
Jl. TB. Simatupang Kav.41, Jakarta Selatan 12550  
Tlp : (62-21) 808 66 099, Fax : (62-21) 808 66 098  
www.medikaplaza.com

### PATIENT DATA

MedRec.	: 01051796	EMPLOY. STATUS	: Employee
NAME	: VICTOR HOTMAN LUKMAN SIBUEA	BIRTHDATE	: 14 January 1989
EMPLOYEE No.	: 14049	SEX	: Male
JOB TITLE	: SUPERVISOR	STATUS	: Single
COMP. NAME	: INSPEKTINDO SINERGI PERSADA	NASIONALITY	: Indonesia

### SUMMARY

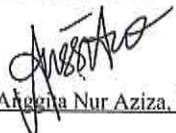
#### MEDICAL FINDING :

1. Hypertrygliceridemia
  2. Hyperuricemia
  3. Increase of SGPT level
  4. Increase of ESR count
  5. Pre hypertension
  6. Overweight
  7. Decayed and calculus teeth
- Your fitness status is fit with medical note :  
Hypertrygliceridemia

#### SUGGESTION :

1. Low fat diet and exercise regularly minimal 3x/week
2. Low purine diet such as meats including organ meats, alcoholic beverages, beans, shrimp, scallops, some vegetables in limited amount such as: spinach, cauliflower, asparagus and mushroom
3. Take a time to rest minimal 8 hours/day
4. Repeat ESR examination 1 month later
5. Consult to an internist for evaluation of hypertrygliceridemia and hyperuricemia
6. Low salt diet and control blood pressure regularly minimal once in 2 weeks
7. Reduce body weight gradually 0.5 Kgs/week, by doing regular exercise (aerobic/jogging), 3-4x/week, 30-45 minutes and reduce high calorie diet until maximal body weight is 75.69 Kgs (present body weight is 88.10 Kgs)
8. See a dentist for dental care minimal once a year or better once in 6 months

#### Responsible Doctor



Angeta Nur Aziza, MD

#### Notes:

If you need the further information or consultation, please contact us via :

Email : - dr.Meiwulandari@medikaplaza.com  
- dr.yosephine@medikaplaza.com  
Telepon Klinik : (62-21) 295 22 610

## OPHTHALMOLOGY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA		Sex : Male	MR : 01051796	Visit : 19/09/2017
Comp.: INSPEKTINDO SINERGI PERSADA			DOB : 14 January 1989	
EXAMINATION		Right	Left	
Reading		-		
Previous Glasses		-	-	
Without Glasses	Distant	20/20	20/20	
	Near	-	-	
Correction	Distant	-	-	
	Near	-	-	
		-		
Tonometry		-	-	
Funduscopy		-	-	
Visual Fields		-		
Colour Blind Test		Normal		

Impression :



## RADIOLOGY DIAGNOSTIC

Name : VICTOR HOTMAN LUKMAN SIBUEA

Sex : Male

MR : 01051796

Visit : 19/09/2017

Comp.: INSPEKTINDO SINERGI PERSADA

DOB : 14 January 1989

### EXAMINATION

### RESULT

THORAX PA

Inadequat inspiration.  
No abnormality seen in both lungs.  
Normal bronchovascular markings in both hili.  
The heart is normal in size and shape.  
The mediastinum is not widened.  
Both sinus and diaphragms are good.  
No evidence of pleural effusion.

Impression

Normal chest.  
No evidence of specific process in both lungs.

**LABORATORY RESULT**

Name : VICTOR HOTMAN LUKMAN SIBUEA		MR : 01051796	Visit : 19/09/2017	#Lab : IN607525678033
Comp.: INSPEKTINDO SINERGI PERSADA		Sex : Male	DOB : 14 January 1989	
EXAMINATION	RESULT	NORMAL RANGE		

**HEMATOLOGI**

ABO/Rh Typing "AB" Rh(+) positive

**Automated Blood Count**

White Blood Cell (WBC)	6.2	3.8 - 11.0
Erythrocyte (RBC)	5.0	4.4 - 5.9
Haemoglobin	14.9	13.2 - 17.3
Hematocrit	43	40 - 52
Thrombocytes	301	150 - 440

**MCV, MCH, MCHC**

MCV	87	80 - 100
MCH	30	26 - 34
MCHC	34.7	32 - 36
ESR	40 *	0 - 10

**Differential Count**

Basophils	1	0 - 1
Eosinophil	5 *	2 - 4
Bands / Stab	2 *	3 - 5
Neutrophils	44 *	50 - 70
Lymphocytes	37	25 - 40
Monocytes	11 *	2 - 8

**BLD CHEMISTRY/LIPID PROFILE**

Total Cholesterol	193	Normal/Desireable: <200 Borderline High: 200-239 High: >=240
HDL Cholesterol	40.0 *	Normal : >40 - <60 Low HDL : <40 Desireable : >=60
LDL Cholesterol	106	Optimal: <100 Near/Above Optimal: 100-129 Borderline High: 130-159 High: 160-189 Very High: >=190
Tryglicerides	233 *	Normal : <150 Borderline High: 150-199 High : 200-499 Very High : >=500

**BLD CHEMISTRY/KIDNEY FUNCTION**

**LABORATORY RESULT**

Name : VICTOR HOTMAN LUKMAN SIBUEA MR : 01051796 Visit : 19/09/2017 #Lab : IN607525678033

Comp.: INSPEKTINDO SINERGI PERSADA Sex : Male DOB : 14 January 1989

EXAMINATION	RESULT	NORMAL RANGE
Ureum	16.0	10.0 - 50.0
Creatinine	0.9	0.6- 1.3
Uric Acid	9.4 *	3.5 - 7.2

**BLD CHEMISTRY/LIVER FUNCTION**

SGOT(AST)	42	13 - 45
SGPT (ALT)	65 *	13 - 50
Alkaline Phosphatase	59	30 - 120
Gamma GT	42	0 - 50

**BLD CHEMISTRY/DIABETES**

Glucose Fasting	97	< 100
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

**Blood Glucose 2 PP**

Blood Sugar 2 Hours PP	123	< 140
Glucose Urine	Negative	Negative
Keton Urine	Negative	Negative

**TOXICOLOGY - DRUGS SCREENING**

Methadone	Negative	Negative
THC/Marijuana	Negative	Negative
Amphetamine	Negative	Negative
Benzodiazepines	Negative	Negative
Opiat	Negative	Negative
Cocain	Negative	Negative
Metamphetamine	Negative	Negative
Alcohol	Negative	Negative

**URINALYSIS****Complete Urine Analysis****Macroscopic**

Color	Yellow	
Turbidity	Clear	Clear
Specific Gravity	1.023	1.000 - 1.030
pH	5.5	4.5 - 8.0
Leucocyte	Negative	Negative
Glucose	Negative	Negative
Nitrit	Negative	Negative
Bilirubin	Negative	Negative
Blood	Negative	Negative



## LABORATORY RESULT

Name : VICTOR HOTMAN LUKMAN SIBUEA      MR : 01051796      Visit : 19/09/2017      #Lab : IN607525678033

Comp.: INSPEKTINDO SINERGI PERSADA      Sex : Male      DOB : 14 January 1989

EXAMINATION	RESULT	NORMAL RANGE
Urobilinogen	Normal	Normal
Protein	Negative	Negative
Keton	Negative	Negative
<b>Microscopic</b>		
RBC	0-1	0 - 1
WBC	0-1	0 - 4
Cylinder	Negative	
Epithels Squamous	0-1	5 - 15
Crystals	Negative	
Bacteria	Negative	Negative
Others	Negative	

### STOOL / RECTAL SWAP

#### Faeces Complete

##### Macroscopic

Color	Brown	
Consistency	Smooth	
Mucus	Negative	Negative
Blood	Negative	Negative
Pus	Negative	Negative
Parasitologi Faeces	Negative	Negative
Lipid	Negative	Negative

##### Microscopic

RBC	0-1	0 - 1
WBC	0-1	0 - 5
Amoeba	Negative	
Ephitels	Positive	Positive
Worm Eggs	Negative	Negative
Yeast	Negative	Negative
Muscle Fiber	Negative	Negative
Others	Negative	Negative

##### Digestive

Amylum	Negative	Negative
Fat	Negative	
Fibers	Positive	Positive

## SPIROMETRY DIAGNOSTIC

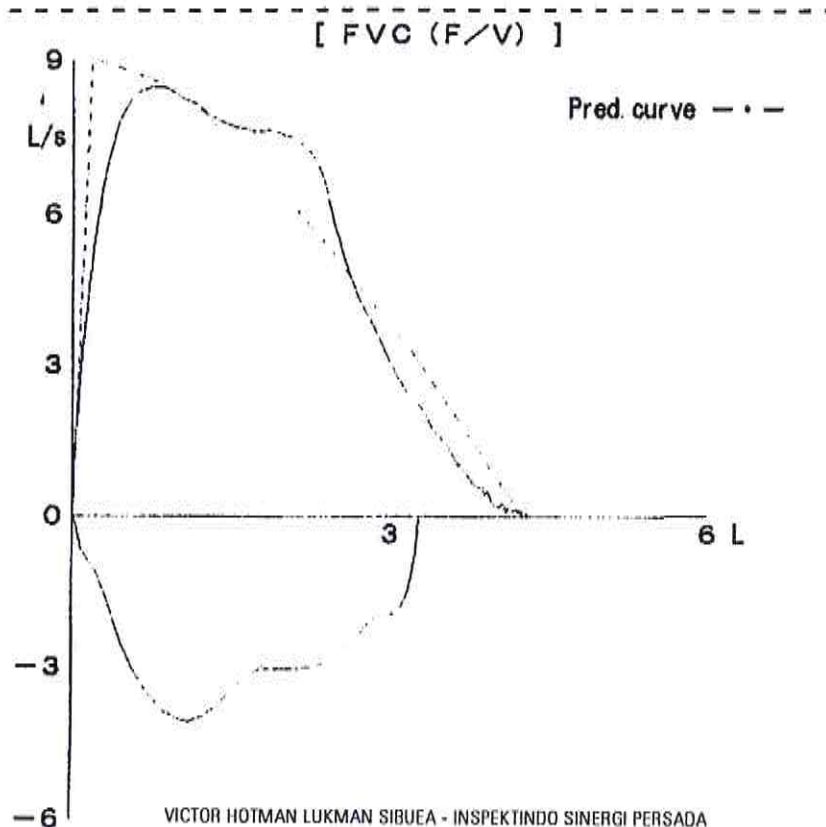
Name : VICTOR HOTMAN LUKMAN SIBUEA	Sex : Male	MR : 01051796	Visit : 19/09/2017
Comp.: INSPEKTINDO SINERGI PERSADA		DOB : 14 January 1989	

EXAMINATION	RESULT
FVC Result	: 4.31 L---> 101.2 %
FEV1 Result	: 3.81 L---> 93.8 %
FEV1/FVC Result	: 88.40 %---> 108.7 %
PEF Result	: 8.46 L/S---> 81.0 %
Indonesian Standart Result	:
Index	:
Spirometry Result	: Normal

Impression : Normal Spirometric Functions

### [ COPD CLASSIFICATION ]

FEV1/FVC : 88.40 %  
 %FEV1.0 : 93.80 %  
 Stage : Normal  
 Recommended treatment by GOLD:



## AUDIOMETRY DIAGNOSTIC

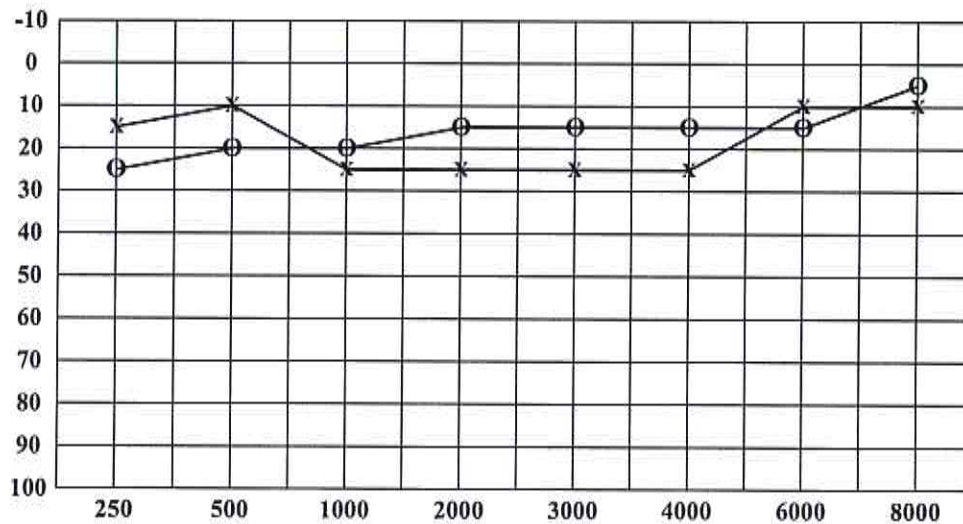
Name : VICTOR HOTMAN LUKMAN SIBUEA      Sex : Male      MR : 01051796      Visit : 19/09/2017

Comp.: INSPEKTINDO SINERGI PERSADA      DOB : 14 January 1989

### RESULT

Left Ear	250	500	1000	2000	3000	4000	6000	8000
AC	15	10	25	25	25	25	10	10
BC	-	-	-	-	-	-	-	-

Right Ear	250	500	1000	2000	3000	4000	6000	8000
AC	25	20	20	15	15	15	15	5
BC	-	-	-	-	-	-	-	-



< : Right Ear (BC)  
 > : Left Ear (BC)  
 O : Right Ear (AC)  
 X : Left Ear (AC)

Conclusion Right Ear : Hearing threshold = 17.5 dB  
 (Within normal limit)

Conclusion Left Ear : Hearing threshold = 21.25 dB  
 (Within normal limit)







Name: TN. VICTOR HOTMAN L  
ID: INSPEKTINDO

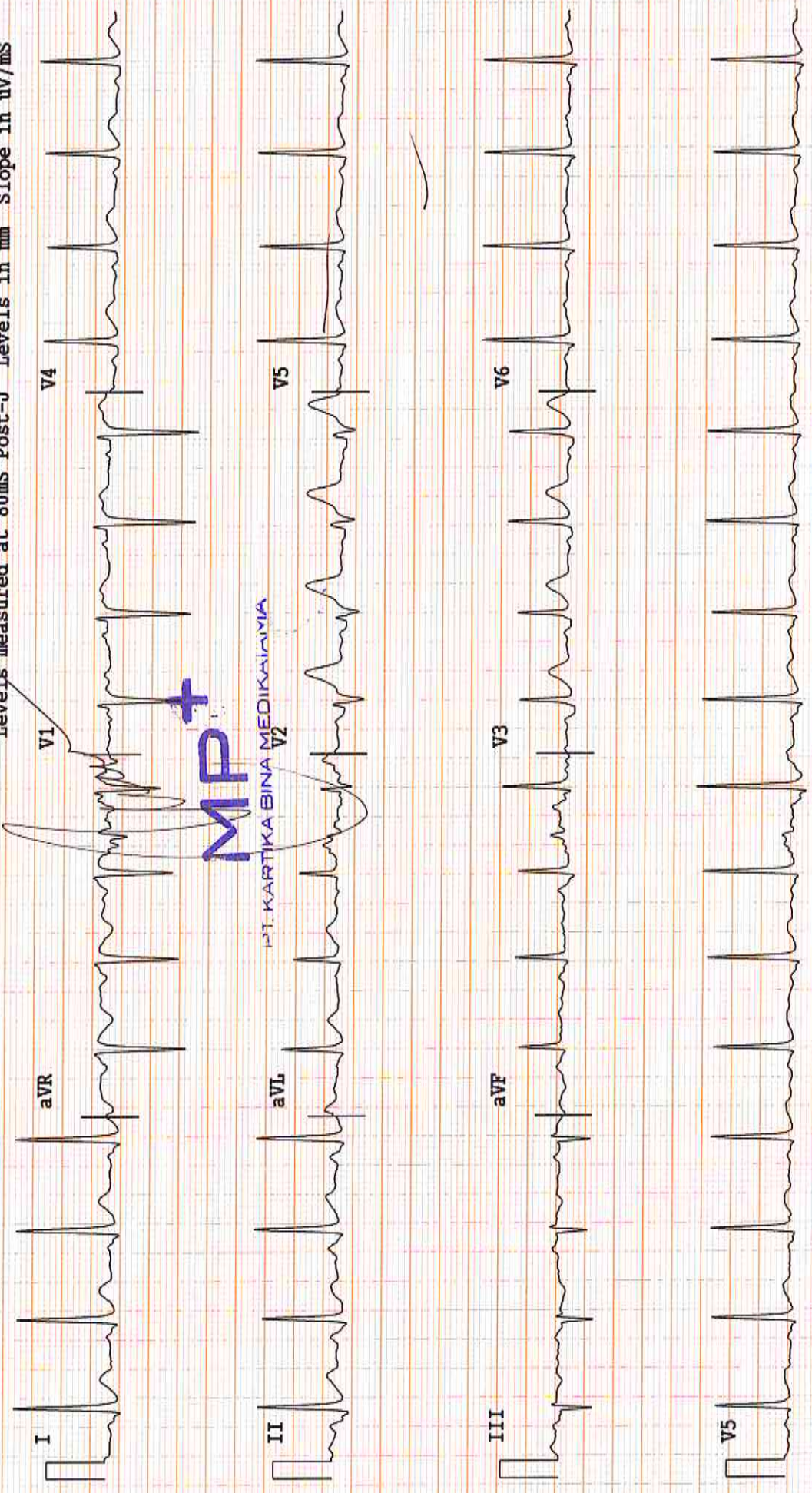
9/19/2017 07:47:

HR: 96  
BP: 130/80  
Age: 28 Years  
Gender: Male  
Race: Oriental  
Height: 174 cm  
Weight: 88 Kg  
Medication(s): No Medication  
Clin. Class: No Medication  
Normal  
Normal  
Department: MEDIKA PLAZA  
Technician: Nr. Niar  
Physician: Dr. Adolf DSJP

Baseline ECG

I	1.3	aVR	-1.0	V1	1.0	V4	1.1
L	1.5	-1.5	0.7	V2	3.4	V5	0.7
S	1.0	-1.5	0.9	V3	2.2	V6	0.3
II	1.0	aVL	0.8	V4	2.2	V5	0.7
L	1.0	0.8	0.9	V5	1.7	V6	0.0
S	1.0	0.9	0.3	V6	0.2	V7	0.3
III	-0.3	aVF	0.3	V7	0.2	V8	0.3
L	-0.4	0.2	0.3	V8	0.2	V9	0.3
S	-0.4	0.2	0.3	V9	0.2	V10	0.3

Levels measured at 80ms Post-J Levels in mm Slope in uV/ms





Name: TN, VICTOR HOTMAN L  
ID: INSPEKTINDO

Worst Case S-T Depression

9/19/2017 07:50:

HR: 133 Phase: Exercise  
BP: 130/80 Exercise Time: 02:50  
RPE: Stage/Time: 1/02:50  
METs: 4.6 Workload: 2.7 kmh 10.0 % grade  
Protocol: Bruce

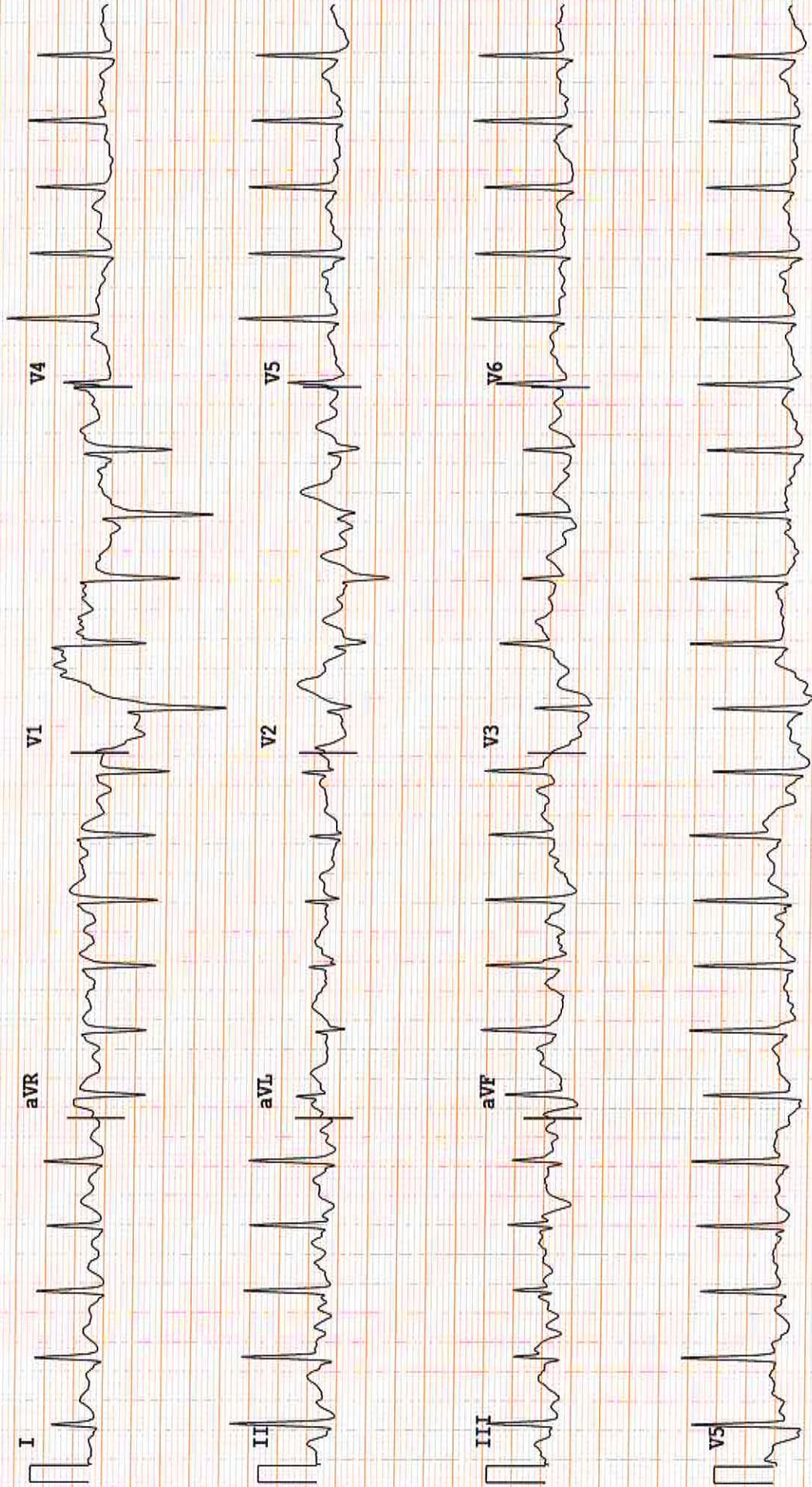
Baseline

Current



III  
L -0.3  
S -0.4  
J+80ms

III  
L -1.6  
S -1.1  
J+80ms





Name: TN. VICTOR HOTMAN I  
ID: INSPEKTINDO

Worst Case S-T Depression

9/19/2017 07:53:

HR: 166 Phase: Exercise  
BP: 140/90 Exercise Time: 05:50  
RPE: Stage/Time: 2/02:50  
METs: 7.0 Workload: 4.0 kmh 12.0 % grade  
Protocol: Bruce

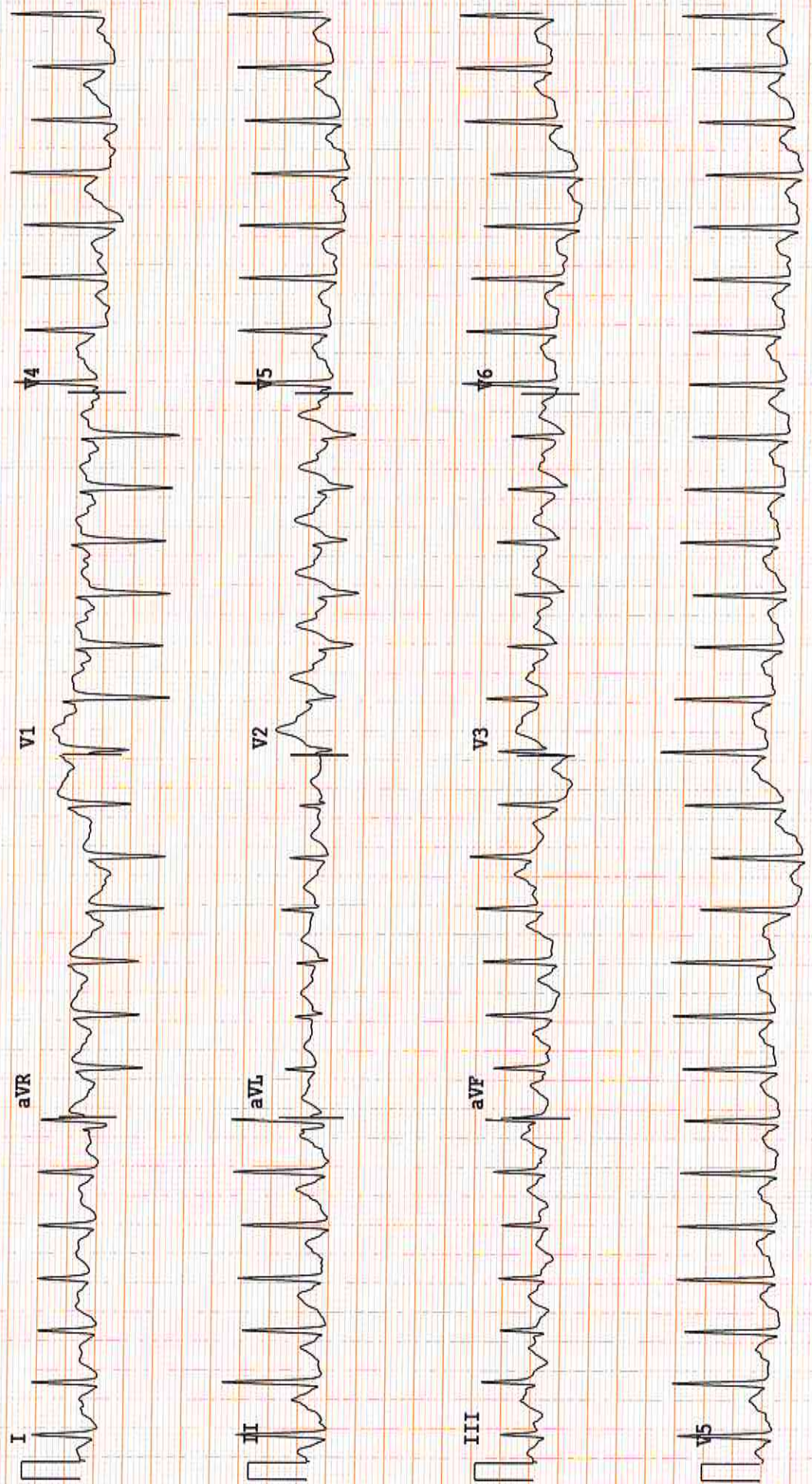
Baseline

Current



III  
L -0.3  
S -0.4  
J+80ms

III  
L -1.9  
S -0.9  
J+80ms





Name: TN. VICTOR HOTMAN L  
ID: INSPEKTINDO

Worst Case S-T Depression

9/19/2017 07:56:

HR: 194  
BP: 150/100  
RPE: 10.0  
METs: 10.0  
Phase: Exercise  
Exercise Time: 08:50  
Stage/Time: 3/02:50  
Workload: 5.4 kmh 13.9 % grade  
Protocol: Bruce

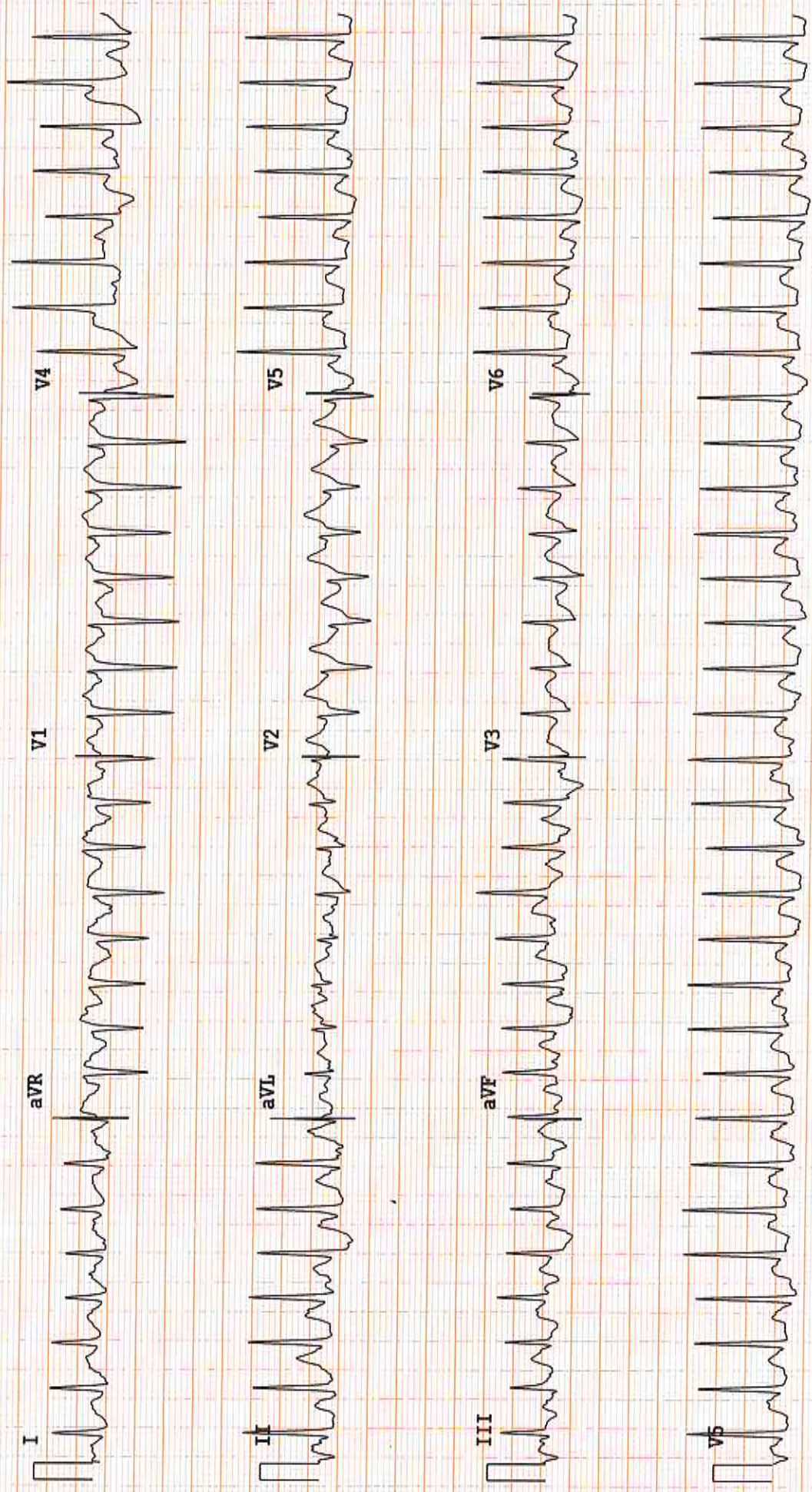
Baseline

Current



III  
L -0.3  
S -0.4  
J+80ms

III  
L -2.5  
S -1.0  
J+80ms





Name: TN, VICTOR HOTMAN L  
ID: INSPEKINDO

Worst Case S-T Depression

9/19/2017 07:57:

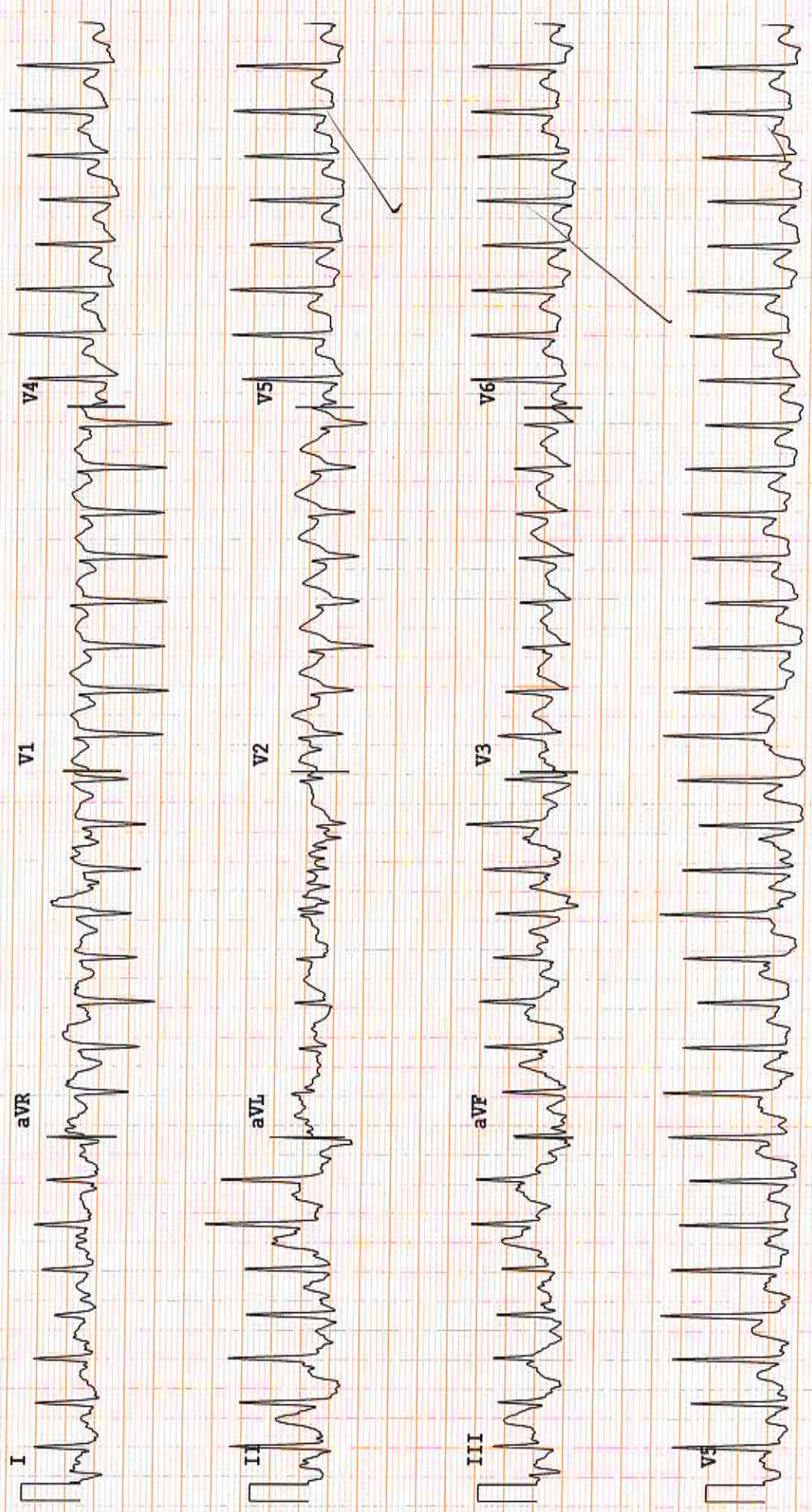
HR: 197  
BP: 150/100  
RPE: 10.3  
METs: 10.3  
Maximum Exercise  
Exercise Time: 09:10  
Stage/Time: 4/00:10  
Workload: 6.7 kmh 15.9 % grade  
Protocol: Bruce



III  
L -0.3  
S -0.4  
J+80ms

III  
L -2.3  
S -0.5  
J+80ms

MAXIMUM EXERCISE ECG





Name: TN. VICTOR HOTMAN L  
 ID: INSPEKTINDO

FINAL REPORT TEST SUMMARY

9/19/2017 07:57:00

**S-T SEGMENT ANALYSIS:**  
 - Lead V5 first exhibit depression exceeding 1 mm. ST depression exceeded 03:20 mins.  
 - 2.6mm maximum depression was exhibited at 00:10 Recovery.

**SUMMARY:**  
 - The Bruce test ran for 09.10 mins. Peak METs was 10.3.  
 - A peak heart rate of 196 bpm was achieved at 09:08 mins in exercise.  
 - 102% of the 192 bpm max was reached.  
 - The peak BP was 150/100 (during Exercise). Baseline was 130/80.

Medication(s): No Medication  
 : No Medication  
 Age: 28 Years  
 Gender: Male  
 Race: Oriental  
 Height: 174 cm  
 Weight: 88 Kg  
 Clin. Class: Normal  
 : Normal  
 Department: MEDIKA PLAZA  
 Technician: Mr. Niar  
 Physician: Dr. Adolf DSJP

TIME	PHASE	KMH	GRADE	HR	BP	RPP	METS	ECTOPIC	RPE	EVENTS	COMMENTS
00:00	Exercise	1.3	0.0	96	130/80	124	1.0				
01:00	Exercise	2.7	10.0	127			1.9				Bruce
02:00	Exercise	2.7	10.0	144	130/80	187	4.1				
03:00	Exercise	2.7	10.0	135	130/80	175	4.6				
04:00	Exercise	4.0	12.0	156			5.6				
05:00	Exercise	4.0	12.0	161	140/90	225	6.8				
06:00	Exercise	4.0	12.0	166	140/90	232	7.0				
07:00	Exercise	5.4	13.9	184			8.3				
08:00	Exercise	5.4	13.9	192	140/90	268	10.0				
09:00	Exercise	5.4	13.9	194	150/100	291	10.0				
09:10	Max Exer.	6.7	15.9	196	150/100	294	10.0				
00:31	Recovery	2.0	0.0	184	150/100	276	7.9				

*[Handwritten Signature]*  
 - gped [unclear] MPT

PT. KARTIKA BINA MEDIKATAMIA