Index description / Index-Beschreibung

Index name in exported .csv file	Index name in app (ENG)	Index-Name in App (GER)
Overall Readiness	**Overall Readiness**	**Allgemeine Bereitschaft**
index-OverallReadiness	Overall Readiness	Allgemeine Bereitschaft
index-GenesisHr	Resting Heart Rate	Ruheherzfrequenz
index-index-GenesisAnaerobicDevelopment	Z6 – Anaerobic development	Anaerobe Entwicklung
index-GenesisAnaerobicMaintenance	Z5 – Anaerobic maintenance	Anaerobe Aufrechterhaltung
index-GenesisAerobicDevelopment	Z4 – Aerobic development	Aerobe Entwicklung
index-GenesisAerobicMaintenance	Z3 – Aerobic maintenance	Aerobe Aufrechterhaltung
index-GenesisRecoveryStimulation	Z2 - Recovery stimulation	Erholungsstimulation
index-GenesisRecuperation	Z1 - Recuperation	Rekuperation
Central Nervous System	**Central Nervous System**	**Zentrales Nervensystem**
index-GenesisCNSReadiness	System Readiness	Bereitschaft (Gesamt)
index-CNSLevelOfActivation	DC Potential	DC-Potential
Cardiac System	**Cardiac System**	**Kardiales System**
index-CardiacReadiness	System Readiness	Bereitschaft (Gesamt)
index-GenesisRecoveryPattern	Recovery Pattern	Erholungsmuster
index-GenesisAdaptationReservesGrade	Adaptation reserves	Adaptationsreserven
index-GenesisHr	Resting Heart Rate	Ruhefrequenz
index-GenesisCardiacStress	Stress	Stress
Cardiac System – HRV1	**Cardiac System – HRV1**	**Kardiales System – HRV1**
index-GenesisCRI	Parasympathetic activity (s)	Parasympathische Aktivität (s)
index-GenesisAMO	Sympathetic activity (%)	Sympathische Aktivität (%)
index-GenesisTi	Level of tension (r.u.)	Niveau der Anspannung (r.u.)
index-GenesisAB	Aperiodic influences (s)	Aperiodische Einflüsse (s)
index-GenesisddSigmaBWave	Aspirate waves (r.u.)	Aspirationswellen (r.u.)
index-GenesisSDNN	SDNN (ms)	SDNN (ms)
index-GenesisSDSD	SDSD (ms)	SDSD (ms)
index-GenesisRMSSD	RMSSD (ms)	RMSSD (ms)
index-GenesisTotalPower	Total power (ms²)	Total power (ms²)
index-GenesisLFdifHF	LF/HF	LF/HF
index-GenesisHF	HF (ms²)	HF (ms²)
index-GenesisHFNorm	HF n.u. (n.u.)	HF normiert (n.u.)
index-GenesisLF	LF (ms²)	LF (ms²)
index-GenesisLFNorm	LF n.u. (n.u.)	LF normiert (n.u.)
Energy Supply System	**Energy Supply System**	**Energiebereitstellungssystem**
index-GenesisMRIGrade	System Readiness	Bereitschaft (Gesamt)
index-GenesisMRI	MRI	Metabolischer Index
index-GenesisASI	Aerobic Readiness	Aerobe Bereitschaft
index-GenesisANSI	Anaerobic Readiness	Anaerobe Bereitschaft