

## Blutdruck Werte für den Monat Januar 2019

**D. Kratz**

| Datum | Uhrzeit | Systole | Diastole | Puls |
|-------|---------|---------|----------|------|
| 01 R  | 11 :00  | 134     | 85       | 64   |
| 01 L  | 11 :00  | 134     | 84       | 66   |
| 02 R  | 11 :00  | 133     | 86       | 68   |
| 02 L  | 11 :00  | 143     | 84       | 70   |
| 03 R  | 09 :00  | 132     | 84       | 64   |
| 03 L  | 09 :00  | 135     | 81       | 64   |
| 04 R  | 12 :00  | 140     | 86       | 67   |
| 04 L  | 12 :00  | 134     | 88       | 69   |
| 05 R  | 12 :00  | 143     | 90       | 69   |
| 05 L  | 12 :00  | 153     | 92       | 74   |
| 06 R  | 12 :00  | 143     | 84       | 66   |
| 06 L  | 12 :00  | 131     | 80       | 66   |
| 07 R  | 10 :00  | 128     | 86       | 67   |
| 07 L  | 10 :00  | 134     | 83       | 71   |
| 08 R  | 09 :00  | 130     | 86       | 66   |
| 08 L  | 09 :00  | 129     | 89       | 70   |
| 09 R  | 08 :00  | 144     | 89       | 74   |
| 09 L  | 08 :00  | 126     | 86       | 68   |
| 10 R  | 12 :00  | 143     | 89       | 73   |
| 10 L  | 12 :00  | 134     | 89       | 71   |
| 11 R  | 11 :00  | 134     | 84       | 67   |
| 11 L  | 11 :00  | 130     | 86       | 69   |
| 12 R  | 10 :00  | 129     | 86       | 66   |
| 12 L  | 10 :00  | 131     | 86       | 66   |
| 13 R  | 09 :00  | 127     | 82       | 64   |
| 13 L  | 09 :00  | 126     | 84       | 64   |
| 14 R  | 11 :00  | 132     | 83       | 66   |
| 14 L  | 11 :00  | 141     | 89       | 74   |
| 15 R  | 09 :00  | 136     | 88       | 74   |
| 15 L  | 09 :00  | 125     | 82       | 71   |
| 19 R  | 12 :00  | 143     | 94       | 85   |
| 19 L  | 12 :00  | 140     | 71       | 69   |
| 20 R  | 14 :00  | 139     | 86       | 76   |
| 20 L  | 14 :00  | 132     | 84       | 73   |
| 21 R  | 10 :00  | 133     | 84       | 67   |
| 21 L  | 10 :00  | 127     | 80       | 66   |
| 22 R  | 09 :00  | 139     | 86       | 66   |
| 22 L  | 09 :00  | 132     | 85       | 66   |
| 23 R  | 11 :00  | 136     | 87       | 67   |
| 23 L  | 11 :00  | 134     | 86       | 70   |
| 24 R  | 12 :00  | 127     | 89       | 68   |
| 24 L  | 12 :00  | 131     | 86       | 67   |
| 25 R  | 10 :00  | 138     | 85       | 70   |
| 25 L  | 10 :00  | 142     | 83       | 68   |
| 26 R  | 11 :00  | 130     | 85       | 70   |
| 26 L  | 11 :00  | 135     | 84       | 70   |

|             |               |            |           |           |
|-------------|---------------|------------|-----------|-----------|
| <b>27 R</b> | <b>12 :00</b> | <b>135</b> | <b>86</b> | <b>68</b> |
| <b>27 L</b> | <b>12 :00</b> | <b>130</b> | <b>86</b> | <b>72</b> |
| <b>28 R</b> | <b>11 :00</b> | <b>123</b> | <b>86</b> | <b>72</b> |
| <b>28 L</b> | <b>11 :00</b> | <b>127</b> | <b>83</b> | <b>71</b> |
| <b>29 R</b> | <b>13 :00</b> | <b>142</b> | <b>87</b> | <b>72</b> |
| <b>29 L</b> | <b>13 :00</b> | <b>134</b> | <b>86</b> | <b>71</b> |
| <b>30 R</b> | <b>08 :00</b> | <b>124</b> | <b>87</b> | <b>67</b> |
| <b>30 L</b> | <b>08 :00</b> | <b>130</b> | <b>80</b> | <b>66</b> |
| <b>31 R</b> | <b>12 :00</b> | <b>140</b> | <b>92</b> | <b>75</b> |
| <b>31 L</b> | <b>12 :00</b> | <b>133</b> | <b>82</b> | <b>73</b> |