Click to verify



Heart rate and pace are two of the most common metrics runners use to determine how hard theyre working, but often, theyll use one or the other. By using the two is easier than you think. Aerobic decoupling Decoupling simply means two things separating from each other. In the case of aerobic decoupling, these two things are your heart rate should remain relatively steady. If youre very fit (perhaps youre in the latter stages of a training block), your heart rate should remain steady as your pace increases at least, to a point. When one of those two variables begins to deviate from the other, they are decoupling. This means either your heart rate is staying the same as your pace declines. Lets unpack what those changes mean: Increased heart rate with increased speedWhen your heart rate increases dramatically relative to your increase in pace. In other words, it is much harder for you to run at that pace. In other words, it is much harder for you to run at that pace. thats what training is for. When you look at your data after your run, you can see where your heart rate increased or your pace declined), which is the point at which you became inefficient. The goal of your training should be to run longer at that pace before you reach that point. For example, if youre training for a 10K with a goal time of 50 minutes, you need to be able to run 5:00/km for 50 minutes. If you can only maintain that pace for 30 minutes before you reach the point of inefficiency, thats your starting point for your workouts. Heart rate stays high as pace declines. If you can only maintain that pace for 30 minutes before you reach the point of inefficiency. that youre not yet efficient at that pace. That being said, there are a few other factors that could affect how quickly your heart rate comes down, which will make your heart work harder even at a slower pace. Dehydration causes you to have a lower volume of blood circulating through your body, which means your heart rate or pace is slower than running on flat ground. Heart rate, even though your pace is slower than running on flat ground. Heart rate and pace stay consistentIf you dont see any significant changes (less than five per cent deviance) in your heart rate or pace, that is an indicator that you are running efficiently at that pace. This is ideal when youre doing an easy run, but wont help you see any big performance gains in workouts. If you see this happen in a workout, take it as permission to increase the pace. For example, lets say you do a 30-minute tempo run at the beginning of your training cycle, and you notice your heart rate beginning to jump after about 20 minutes. You continue training, and a few weeks later, you do the same 30-minute tempo again at the same pace but this time, your heart rate stays consistent. When you do that workout again in another couple of weeks, you can increase your pace and challenge yourself a bit more. Eventually, your heart rate and pace will decouple again, so thats your new goal. Heart rate, pace and performanceKnowing your pace is crucial for determining what your goal time should be in a race, and your heart rate is an excellent way to gauge effort. By putting the two together, you can get a good picture of how fit you are, and what you need to work on so you can improve performance and smash your running goals. What is the difference between pace and rate? See a translationHide translationReport copyright infringementBy Maham Liagat & Urooj Arif Updated on April 1, 2024 Rate refers to the quantitative measurement of one quantity relative to another, while pace measures the speed of progress, especially in steps or distance over time. Rate is a measurement that expresses the quantity of one thing in comparison to a unit of another thing, such as speed at which someone or something moves, or with which an activity progresses, often used in the context of running or walking, measured in time per distance unit, like minutes per mile.Rates are used in various contexts, from finance (interest rates) to work (rate of production), indicating the relationship between different quantities. Whereas pace is more commonly associated with physical movement and is a crucial measure in athletics, tracking how fast a distance is covered. While rate can apply to any scenario where there is a ratio of two different units (e.g., population growth rate per year), pace is specifically concerned with time and distance. This makes pace a subset of rates, focusing on speed and movement efficiency. In many sports, the concept of pace is crucial for strategy, as athletes must manage their speed over a distance to optimize performance. Rate, however, can encompass broader applications, including non-physical processes, such as the rate of data transfer in technology. Rate and pace also differ in their implications. A rate can indicate productivity or efficiency in a broad range of activities, from work output to energy consumption. Pace, however, is more often associated with endurance, stamina, and the ability to maintain a certain speed over time, typically steps or distance. Varied (e.g., mph, tasks/hour)Time per distance (e.g., minutes per mile)Broad (finance, work, science)Mostly physical movement or speedCalculating efficiency or productivityManaging speed in physical activitiesMeasurement of one quantity per unit of another. The interest rate of 5% per annum indicates how much interest you earn on savings over a year. Speed of movement or progress, especially in walking or running. She maintained a steady pace of 8 minutes per mile throughout the marathon. Used to express speed, efficiency, or frequency. The rate at which the water flows through this pipe is 10 gallons per minute. Reflects the consistency or variability of speed over distance. His pace varied significantly during the race, starting fast, then slowing, and speeding up again at the end.Refers to the level or degree of something. The rate of satisfaction among our customers is very high. Can be adjusted according to strategy or endurance. The team decided to start at a slower pace to conserve energy for a strong finish. Can be adjusted according to strategy or endurance. The team decided to start at a slower pace to conserve energy for a strong finish. Can be adjusted according to strategy or endurance. The team decided to start at a slower pace to conserve energy for a strong finish. Can be adjusted according to strategy or endurance. The team decided to start at a slower pace to conserve energy for a strong finish. rate for parking downtown is \$5 per hour.Can indicate the tempo or speed of an activity beyond physical movement. The project's pace has picked up now that we're approaching the deadline. Indicates a statistical occurrence over time. The crime rate in the city has decreased by 10% this year. Used to describe the speed of work or progress in a task.We need to increase our pace if we want to meet our quarterly goals.A quantity measured with respect to a nother measured quantity rate of speed of 60 miles an hour. A single step taken when walking, running, or movingHe's an aggressive player with plenty of paceThe ring road allows traffic to flow at a remarkably fast paceThe cost per unit of a commodity or serviceWalk at a steady speed, especially without a particular destination and as an expression of anxiety or annoyanceWe paced up and down in exasperationShe had been pacing the roomA charge or payment calculated in relation to a particular sum or quantityMove or develop (something) at a particular rate or speedOur fast-paced daily livesThe action), used to express polite disagreement or contradictionNarrative history, pace some theorists, is by no means deadOften rates Chiefly British A locally assessed property tax. A step made in walking; a stride. To place in a particular class, rank, or gradeRated the bonds at junk level. A unit of length equal to 30 inches (0.76 meter). To specify the performance limits of, especially according to a standard scaleThis fuse is rated at 50 amperes. The fishing line is rated for 30 pounds. The modern version of the Roman pace, measuring five English feet. Also called geometric pace. To regard or consider as having a certain value for purposes of taxation. Five Roman feet or 58.1 English inches, measured from the point at which the heel of one foot is raised to the point at which it is set down again after an intervening step by the other foot. To set a rate for (goods to be shipped). The rate of speed at which a person, animal, or group walks or runs. (Informal) To merit or deservePeople that rate special treatment. An idea that rate of speed at which a person, animal, or group walks or runs. activity or movement proceeds. To be ranked in a particular classA wine that rates highly in my book. A gait of a horse in which both feet on one side are lifted and put down together. To walk or stride back and forth acrossPaced the floor nervously. To measure (a space) by counting the number of steps) in so measuring a space. The proportional relationship between one amount, value etc. and another. At the height of his powers, he was producing pictures at the rate of four a year. To set or regulate the rate of speed for (a race or a competitor in a race). The car was speeding down here at a hell of a rate. To lead (one's team or teammates) with a good performancePaced her team to a victory with 18 points. The relative speed of change or progress. The rate of production at the factory is skyrocketing. To advance or develop (something) for a particular purpose or at a particular ratePaced the lectures so as not to overwhelm the students. The price of (an individual) thing; cost. He asked quite a rate to take me to the airport. To train (a horse) in a particular gait, especially the pace. A set price or charge for all examples of a given case, commodity, service etc.Postal rates here are low.To walk with long deliberate steps. A wage calculated in relation to a unit of time. We pay an hourly rate of between \$10 \$15 per hour depending on qualifications and experience. To go at the pace. Used of a horse or rider. Any of various taxes, especially those levied by a local authority. I hardly have enough left every month to pay the rates. With the permission of; with deference to. Used to express polite or ironically polite disagreement have not, pace my detractors, entered into any secret negotiations. (nautical) A class into which ships were assigned based on condition, size etc.; by extension, rank. This textbook is first-rate. (obsolete) Established portion or measure; fixed allowance; ration. A step taken with the foot. (obsolete) Order; arrangement. The distance covered in a step (or sometimes two), either vaguely or according to various specific set measurements. Even at the duel, standing 10 paces apart, he could have satisfied Aarons honor. I have perambulated your field, and estimate its perimeter to be 219 paces.(obsolete) Ratification; approval.(horology) The gain or loss of a timepiece in a unit of time.Daily rate; etc.A manner of walking, running or dancing; the rate or style of how someone moves with their feet.(transitive) To assign or be assigned a particular rank or level.She is rated fourth in the country.Any of various gaits of a horse, specifically a 2-beat, lateral gait.(transitive) To evaluate or estimate the value of They rate his talents highly.Speed or velocity in general.(transitive) To deserve; to be worth. The view here hardly rates a mention in the travel guide. (collective) A group of donkeys. (transitive) To determine the limits of safe functioning for a machine or electrical device. The transformer is rated at 10 watts. (obsolete) Passage, route. To like; to think highly of. The customers don't rate the new burgers. (obsolete) A passage through difficult terrain; a mountain pass or route vulnerable to ambush etc. (intransitive) To have position (in a certain class). She rates among the most excellent chefs in the world. He rates as the best cyclist in the country. (obsolete) An aisle in a church. (intransitive) To have position (in a certain class). have value or standing. This last performance of hers didn't rate very high with the judges. (cricket) Describing a bowler who bowls fast balls. To ascertain the exact rate of the gain or loss of (a chronometer) as compared with true time. To walk back and forth in a small distance. (transitive) To berate, scold. To set the speed in a race. enTo chide with vehemence; to scold; to censure violently; to berate.Go, rate thy minions, proud, insulting boy! Conscience is a check to beginners in sin, reclaiming them for it. To set a certain estimate on; to value at a certain price or degree. To rate a man by the nature of his companions is a rule frequent indeed, but not infallible. You seem not high enough your joys to rate a seaman; to from the heel of one foot to the heel of the other; - used as a unit in measuring distances; as, he advanced fifty paces. Manner of stepping or moving; gait; walk; as, the walk, trot, canter, gallop, and amble are paces of the horse; a swaggering pace; a quick pace. To-morrow, and to-morrow military schools of riding a variety of paces are taught. To be set or considered in a class; to have rank; as, the ship rates as a ship of the line. Specifically, a kind of fast amble; a rack. Established portion or measure; fixed allowance. The one right feeble through the evil rate of food which in her duress she had found. Any single movement, step, or procedure. The first pace necessary for his majesty to make is to fall into confidence with Spain. That which is established as a measure or criterion; degree; standard; rank; proportion; ratio; as, a slow rate of movement; rate of interest is the ratio of the interest is the what it is nowadays. In this did his holiness and godliness appear above the rate, nor come up soon enough. A broad step or platform; any part of a floor slightly raised above the rest, as around an altar, or at the upper end of a hall. Valuation; price fixed with relation to a standard; cost; charge; as, high or low rates of transportation. They come at dear rates from Japan. A device in a loom, to maintain tension on the warp in pacing the web. A tax or sum assessed by authority on property for public use, according to its income or value; esp., in England, a local tax; as, parish rates; town rates. The rate of progress of any process or activity; as, the students ran at a rapid pace; the plants grew at a remarkable pace. Thus sat they all around in seemly rate; bourly rate; bourly rate; etc. To move quickly by lifting the legs on the same side together, as a horse; to amble with rapidity; to rack. The order or class to which a war vessel belongs, determined according to its size, armament, etc.; as, first rate, second rate, etc. Amount of a charge or payment relative to some basis; A 10-minute phone call at that rate would cost \$5To walk over with measured tread; to move slowly over or upon; as, the guard paces his round. A magnitude or frequency relative to a time unit; They traveled at a rate of 55 miles per hourThe rate of change was faster than expectedTo measure by steps or paces; as, to pace out the distance. The relative speed of progress or change; The pace of events accelerated To develop, guide, or control the pace; to break in. If you can, pace your wisdomIn that good path that I would wish it go. Assign a rank or rating to; How would you rank these students? The restaurant is rated highly in the food guideThe rate of moving (especially walking or running)Be worthy of or have a certain rating; The distance covered by a step; He stepped off ten paces from the old tree and began to digHow would you rate his chances to become President? Gold was rated highly among the RomansThe relative speed of progress or change; The distance covered by a step; He stepped off ten paces from the old tree and began to digHow would you rate his chances to become President? some repeating eventA unit of length equal to 3 feet; defined as 91.44 centimeters; originally taken to be the average length of a strideWalk with slow or fast paces; He paced up and down the hallMeasure (distance divided by time to get speed.Yes, pace can be considered a specific type of rate where the units are in terms of time and distance.Pace refers to the speed at which someone or something moves, usually measured in time per distance, like minutes per mile.A rate is a measurement that shows the amount of one thing in comparison to a unit of another, such as kilometers per hour or dollars per unit.Rate is used in a wide array of contexts (e.g., financial, scientific), while pace specifically pertains to the speed of movement or progress.Pace is fundamentally about the time it takes to cover a specified distance.It helps athletes to strategize and allocate their energy throughout a race or event for optimal performance. An example is the fuel efficiency of a car, expressed in miles per gallon. Yes, it can also refer to the tempo of work or progress in tasks, not just physical movement. Pace is crucial in sports to manage and optimize speed over a distance for better performance and strategy.Rates like interest rate is a financial rate indicating the percentage of principal earned or paid over a certain period.In the context of workflow or project management, yes, pace can indicate how quickly tasks are being completed.Yes, while rate can be expressed in various units depending on the context, pace is more specifically expressed in terms of time over distance.Menu vs. CatalogueExternal vs. Outside Urooj is a skilled content writer at Ask Difference, known for her exceptional ability to simplify complex topics into engaging and informative content. With a passion for research and a flair for clear, concise writing, she consistently delivers articles that resonate with our diverse audience. Rate as a noun is a step taken with the foot. Part of speech: nounDefinition: An amount measured in relation to another amount. A pricee as a noun is a step taken with the foot. or fee determined in relation to a particular scale or standard. A price per unit for a service or product. The relative speed of change or progress. A measure of the event for every thousand or hundred thousand people in the total population considered. Wages calculated in relation to a unit of time. A level of quality. Part of speech: verbDefinition: To assign or be assigned a particular rank or level. To determine the limits of safe functioning for a machine or electrical device. (chiefly) To evaluate a property's value for the purposes of local taxation. To like; to think highly of. To have position (in a certain class). To have value or standing. To berate. Example sentence: If the rate of expansion one second after the Big Bang had been smaller by even one part in a hundred thousand million, it would have recollapsed before it reached its present size. On the other hand, if it had been greater by a part in a million, the universe would have expanded too rapidly for stars and planets to form. Part of speech: nounDefinition: A step taken with the foot. An English Customary Unit of distance measuring approximately five feet. Speed or velocity. A measure of the hardness of a pitch and of the tendency of a cricket ball to maintain its speed after bouncing. For ground forces, the speed of a column or element regulated to maintain a prescribed average speed. A 2-beat, lateral gait of a horse. The collective noun for donkeys. Easter. Part of speech: verbDefinition: Walk to and fro in a small space. Set the speed in a race.Measure by walking.Part of speech: adjectiveDefinition: Describing a bowler who bowls fast balls. Example sentences: 1. If we consume our foreign currency reserve at this rate, it will be all gone in five years.2. We can never catch up with them if we walk at this speed of 70 mph. 1. Is speed acceptable in this sentence?2. Is pace acceptable? What's the difference between these three words? A good dictionary or thesaurus will give you detailed explanations. In common speech, the terms are often used interchangeably. speed is the distance an object travels during a unit of time; velocity is the distance an object travels in a specified direction during a unit of time pace, rate the relative speed of progress or change; 1. Is speed acceptable in this sentence? No.2. Is pace acceptable? Yes.3. Is speed ok? Yes, but it sounds a little awkward.4. Is rate acceptable? No. Hi This is the difference according to the Cambridge online dictionary. RateIf the situation stays as it is: "At this rate it will take us hours". Pace The speed at which someone or something moves, or with which something happens or changes: "She quickened her pace". Speed How fast something happens: "He put on a sudden burst of speed". This is the link:dictionary.cambridge.org Hi, I looked up "speed" in Longman Dictionary of Contemporay English, one explanation of speed is "the rate at which something happens or is done", and the example is "At that time, cities were growing at breakneck speed". So I think in the first sentence of the first post, rate can e replaced by "speed". Pace and speed are two terms often used interchangeably, but they have distinct meanings in different contexts. Pace refers to the rate at which something is done or achieved, often associated with consistency and endurance. It is commonly used in sports to describe an athlete's ability to maintain a steady rhythm or tempo throughout a race or game. On the other hand, speed refers to the rate at which something moves or happens, emphasizing quickness and efficiency. It is often used to describe how fast an object or person can cover a distance or complete a task. While both pace and speed involve the concept of time, pace focuses more on the manner and consistency of movement, two terms that often come up are "pace" and "speed." While they may seem similar, they have distinct attributes that set them apart. In this article, we will delve into the differences between pace and speed, exploring their definitions, applications, and implications. By the end, you will have a clear understanding of these terms and how they relate to various aspects of life. Defining PacePace refers to the rate at which someone or something moves, typically measured in terms of time per unit distance. It is often associated with activities that involve endurance, such as running, cycling, or hiking. In these contexts, pace is commonly expressed as minutes per mile or kilometers per hour. For example, a runner might aim to maintain a pace of 8 minutes per mile during a marathon. However, pace is not limited to physical activities. It can also be used to describe the rhythm or tempo of an event or situation. For instance, in a conversation, someone might say, "The pace of the meeting was slow," indicating that the discussion progressed slowly or lacked energy. In this sense, pace encompasses the overall speed and flow of an experience.Understanding SpeedSpeed, on the other hand, refers to the rate at which an object covers distance, typically measured in units of distance per unit of time. It is a fundamental concept in physics and is often associated with concepts like velocity and acceleration. Speed is commonly expressed in miles per hour, kilometers per hour, or meters per second. Unlike pace, which is more subjective and context-dependent, speed is an objective measure of how fast something is moving. It is often used in scientific experiments, engineers need to consider its top speed to ensure it meets safety standards and performance expectations. Applications in Sports but they are applied differently depending on the context. In endurance sports like long-distance running or cycling, athletes focus on maintaining a consistent pace throughout the race. This allows them to manage their energy levels and avoid burning out too guickly. Runners often use GPS watches or other devices to track their pace and ensure they stay on target. On the other hand, speed is more relevant in sports that require short bursts of energy or guick movements, such as sprinting or tennis. In these cases, athletes aim to maximize their speed to gain an advantage over their opponents. Speed training drills, agility exercises, and reaction time improvement techniques are commonly employed to enhance an athlete's quickness and explosiveness. Implications in Daily LifeWhile pace and speed are often associated with physical activities, their implications extend beyond the realm of sports. In our daily lives, we encounter situations where understanding the difference between the two can be valuable. For example, when managing time, it is essential to consider the pace at which we work to ensure productivity and avoid burnout. other hand, speed can be crucial in time-sensitive situations or emergencies. For instance, medical professionals need to act quickly in critical situations to save lives. Similarly, in the business world, being able to respond promptly to market changes or customer demands can give companies a competitive edge. efficiency and effectiveness in these scenarios. ConclusionIn conclusion, pace and speed are two distinct attributes that have different applications. Pace refers to the rate at which someone or something moves, often associated with endurance activities and the overall flow of an experience. On the other hand, speed is the objective measure of how fast an object covers distance, commonly used in scientific, engineering, and time-sensitive contexts. Understanding the differences between pace and speed allows us to navigate various aspects of life more effectively. Whether it's managing our energy levels during a marathon, improving our reaction time in sports, or making timely decisions in our daily lives, recognizing the appropriate attribute to focus on can lead to better outcomes. So, next time you find yourself in a situation that requires movement or decision-making, consider whether pace or speed is the key to success. issues. Oncheon-ro 45, Yuseong Prugio City unit. 208. Yuseong-qu, DaejeonTerms of ServicePrivacy PolicyRefund Policyver. 3.0.283 | RedKiwi 2025 Definition: (n.) A single movement from one foot to the heel of the other; -- used as a unit in measuring distances; as, he advanced fifty paces. (n.) Manner of stepping or moving; gait; a footpace. (n.) A slow gait; a any part of a floor slightly raised above the rest, as around an altar, or at the upper end of a hall. (n.) A device in a loom, to maintain tension on the warp in pacing the web. (v. i.) To go; to walk; specifically, to move with regular or measured steps. (v. i.) To proceed; to pass on. (v. i.) To move quickly by lifting the legs on the same side together, as a horse; to amble with rapidity; to rack. (v. i.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or paces; as, to pace a piece of ground. (v. t.) To measure by steps or pace a piece of ground. (v. t.) To measure by steps or pace a piece of ground. (v. t.) To measure by steps or pace a piece of ground. (v. t.) To measure by steps or pace a piece of ground. (v. t.) To measure by steps or pace a piece of ground. (v. t. stage 24 chick embryo, a paced increase in heart rate reduces stroke volume, presumably by rate-dependent decrease in passive filling. (2) But not only did it post a larger loss than expected, Amazon also projected 7% to 18% revenue growth over the busiest shopping period of the year, a far cry from the 20%-plus pace that had convinced investors to overlook its persistent lack of profit in the past. (3) All 3 drugs increased the basic cycle length of pacing at which VT was induced and the cycle time of the resulting VT. (4) George Osborne said the 146,000 fall in joblessness marked "another step on the road to full employment" but Labour and the Trades Union Congress (TUC) seized on news that earnings were failing to keep pace with prices. (5) Rapid right ventricular pacing increased the extent and degree of dyskinesia of the left ventricular pacing was related to the severity of asynchrony rather than the direction of the ventricular depolarization or change in regional myocardial tension. (7) Propafenone depressed the spontaneous heart rate and prolonged the postatrial pacing when APD had stabilized was not significant for an inter-train pause exceeding 8 seconds. (9) Twelve patients (group 1), all with coronary artery disease, produced myocardial lactate during pacing. (10) During rapid pacing at 600, 500, 400, 350, 300, and 250 msec cycle lengths, mixed venous oxygen saturation decreased as cycle length decreased. (11) Electrophysiological findings in the patients with LQTS showed no characteristic findings, but only mild abnormalities with functional atrioventricular conduction disturbance on programmed atrial pacing. (12) For this purpose, the fastest alternating forefinger extensions and the fastest alternating forefinger extensions and the fastest alternating forefinger movements were tested. ventricular pacing with excellent long-term results. (14) Advocates would point to the influence Giggs maintains in the United midfield developing a more creative game from a central role to compensate for the loss of his once blistering pace. (15) Use of sunglasses that block all ultraviolet radiation and severely attenuate high-energy visible radiation will slow the pace of ocular deterioration and delay the onset of age-related disease, thereby reducing its prevalence. (16) The reasons are often financial, but can also be a desire for a change of pace or new experiences. (17) Our strains of Saccharomyces cerevisiae are isochromosomal and isomitochondrial due to all of them have originated from one haploid pace XII of Sacch. (18) The effect of programmed electrical stimulation on the first post-pacing interval was determined during sustained ventricular tachycardia and, following its spontaneous termination during an episode when ectopic activity could only be induced by pacing. (19) In tests on 13 cells pacing at a 200 mua drain without recharging, the simulated mean duration of pacing before total discharge was 4.8 years. (20) To eliminate pacing stimulus afterpotential and detect an evoked response, a hardware feedback circuit and a software template matching algorithm were used to produce a triphasic charge-balanced pacing pulse. Definition: (v. t. & i.) To chide with vehemence; to scold; to censure violently. (n.) Established portion or measure; fixed allowance. (n.) That which is established as a measure or criterion; degree; standard; rank; proportion; ratio; as, a slow rate of interest is the ratio of the interest to the principal, per annum. (n.) Valuation; price fixed with relation to a standard; cost; charge; as, high or low rates of transportation. (n.) A tax or sum assessed by authority on property for public use, according to its income or value; esp., in England, a local tax; as, parish rates; town rates. (n.) Order; arrangement. (n.) Ratification; approval. (n.) The gain or loss of a timepiece in a unit of time; as, daily rate; hourly rate; etc. (n.) The order or class to which a war vessel belongs, determined according to its size, armament, etc.; as, first rate, second rate, etc. (v. t.) To set a certain estimate on; to value at a certain price or degree. (v. t.) To assess for the payment of a rate or tax. (v. t.) To settle the relative scale, rank, position, amount, value, or quality of; as, to rate a ship; to rate higher rate taxpayers. (2) There was appreciable variation in toothbrush wear among subjects, some reducing their brush to a poor state in 2 weeks whereas with others the brush was rated as "good" after 10 weeks. (3) Spectral analysis of spontaneous heart rate fluctuations, a powerful noninvasive tool for quantifying autonomic nervous system activity, was assessed in Xenopus Laevis, intact or spinalized, at different temperatures and by use of pharmacological tools. (4) Propranolol resulted in a significantly lower mean hourly, mean 24 h and minimum heart rate. (5) The proportion of motile spermatozoa decreased with time at the same rate when samples were prepared in either HEPES or phosphate buffers. (6) A study of factors influencing genetic counseling attendance rate has been conducted in the Bouches-du-Rhne area, in the south of France. (7) In this article we report the survival and morbidity rates for all live-born infants weighing 501 to 1000 gram at birth and born to residents of a defined geographic region from 1977 to 1980 (n = 255) compared with 1981 to 1984 (n = 266). (8) Life expectancy and the infant mortality rate are considered more useful from an operational perspective and for comparisons than is the crude death rate because they are not influenced by age structure. (9) Heart rate (HR), pulmonary ventilation (VO2), carbon dioxide production (VCO2), and respiratory quotient (RQ) were measured. (10) By combined histologic and cytologic examinations, the overall diagnostic rate was raised to 87.7%. (11) In contrast to previous reports, these tumours were more malignant than osteosarcomas and showed a five-year survival rate of only 4-2 per cent. (12) A progressively more precise approach to identifying affected individuals involves measuring body weight and height, then energy intake (or expenditure) and finally the basal metabolic rate (BMR). (13) The second amino acid residue influences not only the rate of reaction but also the extent of formation of the Amadori rearrangement, the ketoamine. (14) Increased infusion flow rate did not increase the limiting frequency. (15) The main finding of this study is that diabetic adolescents with a high erythrocyte Na, Li countertransport fluxes. (16) This clinical improvement was also associated with a decrease of erythrocyte sedimentation rate (p less than 0.001), decrease of C-reactive protein (p less than 0.0001) and with improvement of anaemia (p less than 0.0001) and with improvement of anaemia (p less than 0.0001) and with improvement of anaemia (p less than 0.001). (17) This difference is probably secondary to the difference is probably secondary to the different rates of delivery of furosemide into urine. (18) Under blood preservation conditions the difference of the rates of ATPproduction and -consumption is the most important factor for a high ATP-level over long periods. (19) There is no evidence that health-maintenance organizations reduce admission rates across the board. (20) Male sex, age under 19 or over 45, few social supports, and a history of previous suicide attempts are all factors associated with increased suicide rates.

Pace vs rate. Pace=rating.