

# Blutdruck Werte für den Monat **May** 2026

**D. Kratz**

| Datum | Uhrzeit | Systole | Diastole | Puls |
|-------|---------|---------|----------|------|
| 01 R  | 10 :00  | 140     | 83       | 78   |
| 01 L  | 10 :00  | 130     | 81       | 70   |
| 02 R  | 09 :00  | 134     | 85       | 74   |
| 02 L  | 09 :00  | 129     | 80       | 72   |
| 03 R  | 12 :00  | 137     | 76       | 69   |
| 03 L  | 12 :00  | 131     | 83       | 71   |
| 04 R  | 07 :00  | 134     | 83       | 76   |
| 04 L  | 07 :00  | 140     | 88       | 79   |
| 05 R  | 12 :00  | 140     | 84       | 66   |
| 05 L  | 12 :00  | 142     | 91       | 75   |
| 06 R  | 10 :00  | 126     | 83       | 76   |
| 06 L  | 10 :00  | 129     | 77       | 73   |
| 07 R  | 11 :00  | 132     | 78       | 68   |
| 07 L  | 11 :00  | 135     | 92       | 71   |
| 08 R  | 09 :00  | 137     | 88       | 78   |
| 08 L  | 09 :00  | 131     | 78       | 69   |
| 09 R  | 12 :00  | 139     | 88       | 70   |
| 09 L  | 12 :00  | 135     | 86       | 68   |
| 10 R  | 11 :00  | 133     | 89       | 73   |
| 10 L  | 11 :00  | 127     | 78       | 72   |
| 11 R  | 08 :00  | 124     | 89       | 72   |
| 11 L  | 08 :00  | 133     | 93       | 72   |
| 12 R  | 08 :00  | 134     | 85       | 75   |
| 12 L  | 08 :00  | 139     | 89       | 74   |
| 13 R  | 10 :00  | 126     | 89       | 74   |
| 13 L  | 10 :00  | 141     | 90       | 73   |
| 14 R  | 10 :00  | 145     | 87       | 74   |
| 14 L  | 10 :00  | 135     | 81       | 72   |
| 15 R  | 11 :00  | 130     | 85       | 73   |
| 15 L  | 11 :00  | 136     | 83       | 74   |
| 16 R  | 10 :00  | 131     | 82       | 68   |
| 16 L  | 10 :00  | 144     | 87       | 69   |
| 17 R  | 10 :00  | 132     | 82       | 68   |
| 17 L  | 10 :00  | 134     | 76       | 68   |
| 18 R  | 12 :00  | 135     | 84       | 73   |
| 18 L  | 12 :00  | 139     | 84       | 70   |
| 19 R  | 11 :00  | 136     | 90       | 74   |
| 19 L  | 11 :00  | 135     | 89       | 72   |
| 20 R  | 11 :00  | 133     | 85       | 74   |
| 20 L  | 11 :00  | 127     | 79       | 74   |
| 21 R  | 12 :00  | 141     | 87       | 75   |
| 21 L  | 12 :00  | 136     | 87       | 70   |
| 22 R  | 11 :00  | 131     | 78       | 70   |
| 22 L  | 11 :00  | 134     | 82       | 71   |
| 23 R  | 10 :00  | 128     | 82       | 73   |
| 23 L  | 10 :00  | 133     | 85       | 71   |

|             |               |            |           |           |
|-------------|---------------|------------|-----------|-----------|
| <b>24 R</b> | <b>11 :00</b> | <b>125</b> | <b>83</b> | <b>73</b> |
| <b>24 L</b> | <b>11 :00</b> | <b>129</b> | <b>89</b> | <b>74</b> |
| <b>25 R</b> | <b>11 :00</b> | <b>142</b> | <b>89</b> | <b>73</b> |
| <b>25 L</b> | <b>11 :00</b> | <b>131</b> | <b>82</b> | <b>71</b> |
| <b>26 R</b> | <b>09 :00</b> | <b>130</b> | <b>80</b> | <b>68</b> |
| <b>26 L</b> | <b>09 :00</b> | <b>136</b> | <b>72</b> | <b>67</b> |
| <b>27 R</b> | <b>11 :00</b> | <b>140</b> | <b>80</b> | <b>74</b> |
| <b>27 L</b> | <b>11 :00</b> | <b>122</b> | <b>83</b> | <b>69</b> |
| <b>28 R</b> | <b>10 :00</b> | <b>133</b> | <b>78</b> | <b>70</b> |
| <b>28 L</b> | <b>10 :00</b> | <b>135</b> | <b>86</b> | <b>72</b> |
| <b>29 R</b> |               |            |           |           |
| <b>29 L</b> |               |            |           |           |
| <b>30 R</b> | <b>11 :00</b> | <b>143</b> | <b>80</b> | <b>71</b> |
| <b>30 L</b> | <b>11 :00</b> | <b>133</b> | <b>77</b> | <b>72</b> |
| <b>31 R</b> | <b>12 :00</b> | <b>124</b> | <b>86</b> | <b>70</b> |
| <b>31 L</b> | <b>12 :00</b> | <b>130</b> | <b>92</b> | <b>71</b> |