

# Hack Yourself or the power of personal data

STM Innovations Seminar  
Central Hall Westminster London

Adriana Lukas  
London Quantified Self group



Ask AltaVista's spiders. Or enter a few words as: Search For:  All Pages  Images  Video  AudioSearch tips  
Get more results

Example: Where can I find information about the hobby pyrotechnics?

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## DIRECTORY

- Automotive
- Business & Finance
- Computers & Internet
- Health & Fitness
- Hobbies & Interests
- Home & Family
- Media & Entertainment
- People & Chat
- Reference & Education
- Shopping & Services
- Sports & Fitness
- Sports & Recreation
- Travel & Vacations

## OTHER TOOLS

- ▶ AltaVista Dictionary
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- ▶ AT Tools & Desktop
- ▶ Industrial Connections
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- ▶ Win a **FREE** visit of art in the Capitol Rotunda  
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- ▶ Get **FREE** Net access AND unlimited time online!
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## Viewsonic 15" TFT Display

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## Compaq AERO PDA

Shopping.com Price: \$379.95 You **Save:**

Click for more Ultra Shopping

## NEWS BY ARCHIVES.com

- ▶ Long Beach Palmetto's Park Minutes
- ▶ Bill Chamberlain Dies
- ▶ No Decision From Top Court on Gay
- ▶ Review: Comedy Film Still in Question

Click Here

## TRY THESE SEARCHES...

music - gardening - science - health - entertainment

## OUR SPONSORS

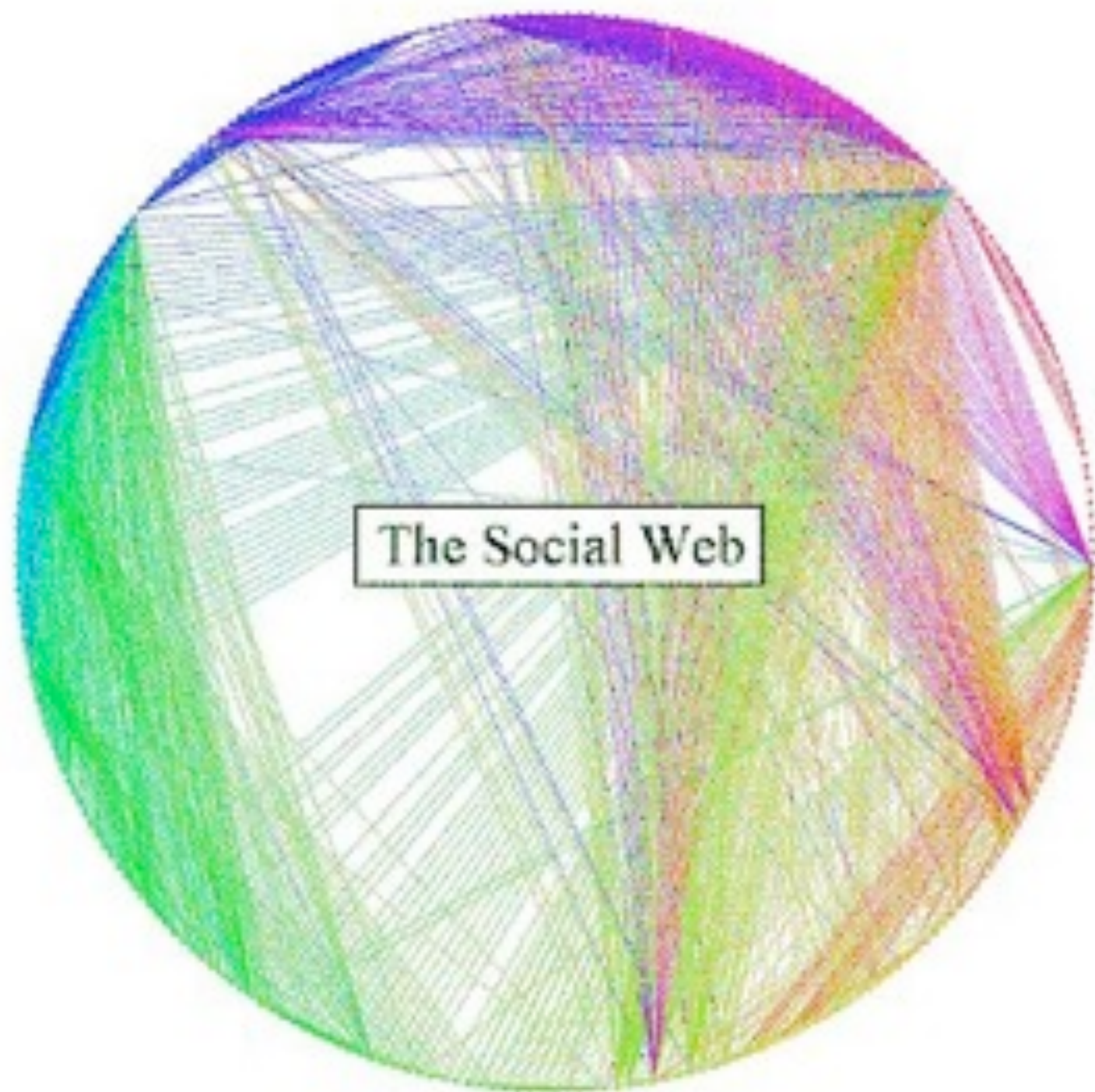
- ▶ 25% OFF Retail - FreshFood.com!
- ▶ Shop for your pet at PETMART.com
- ▶ Strong.com, quality goods for your home
- ▶ eBay.com, the world's largest marketplace!

## ALTAVISTA INFORMATION

- ▶ Introduction
- ▶ About AltaVista
- ▶ Job Openings
- ▶ Press Room

# GEEK

A binary lifestyle





2001: A VIRTUAL SPACE ODYSSEY

BLOG

a Good Thing



# The London Quantified Self Meetup Group

[Home](#)[Members](#)[Sponsors](#)[Photos](#)[Pages](#)[Discussions ▾](#)[More ▾](#)[Join us!](#)

## London, United Kingdom

Founded Jul 9, 2008

Self-Quantifiers	666
Group reviews	23
Upcoming Meetups	1
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Our calendar	
Follow us	

### We're about

Quantified Self - Cognitive Science -  
New Technology - Education &  
Technology - Neuroscience - Science

The London Quantified Self meetup (#QSelfUK) is modeled on the Bay Area Quantified Self Show & Tell meetings started in 2008 by Gary Wolf and Kevin Kelly in the Bay Area. Your host for the London meetup are a team composed of Adriana Lukas (@adriana872), David Bradshaw and Denis Harscoat (@harscoat). Write us with your recommendations, tips, and observations.

This is a regular show and tell for people who take advantage of various personal self-tracking tools and methods to gain more knowledge about themselves, others and the world around them. Come share what you are doing and learn from others. Topics include, but are not limited to:

- Self-experimentation
- Behavior monitoring
- Lifelogging, lifecaching, lifestreaming
- Location tracking
- Digitizing body info
- Biometric data
- Psychological self-assessments
- Medical self-diagnostics
- Personal genome sequencing

The Quantified Self blog: <http://www.quantifiedself.org>

Bay Area Quantified Self Meetup: <http://www.meetup.com/quantifiedself>

Boston Quantified Self Meetup: <http://www.meetup.com/bostonQS>

The QS Ning site: <http://quantifiedself.ning.com>

Personal informatics and tools by Ian Li: <http://personalinformatics.org/>

Gary Wolf: <http://www.aether.com>

Kevin Kelly: <http://www.kk.org>



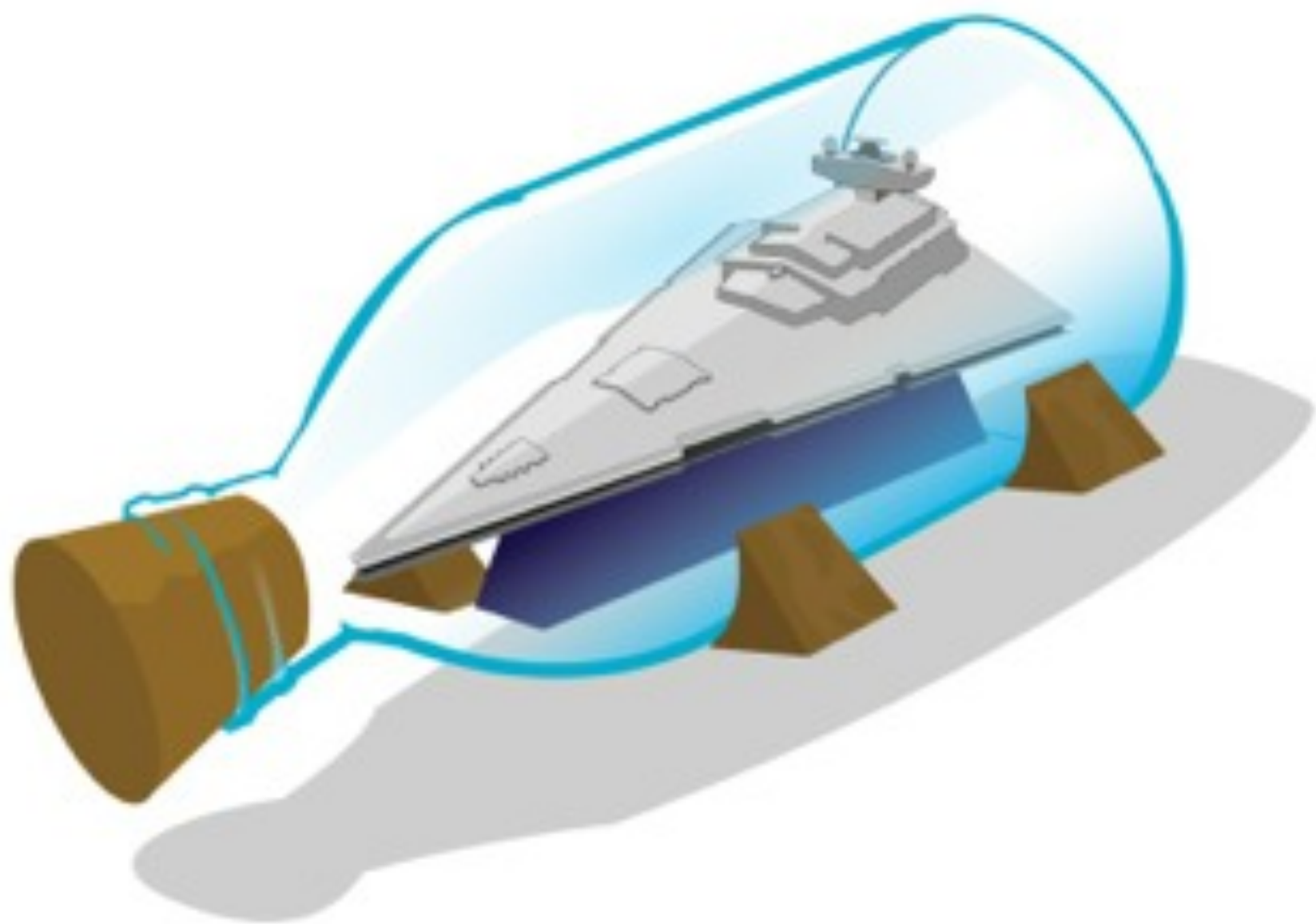
experiment

no  
permission asked

demand driven



demand  
supplying itself

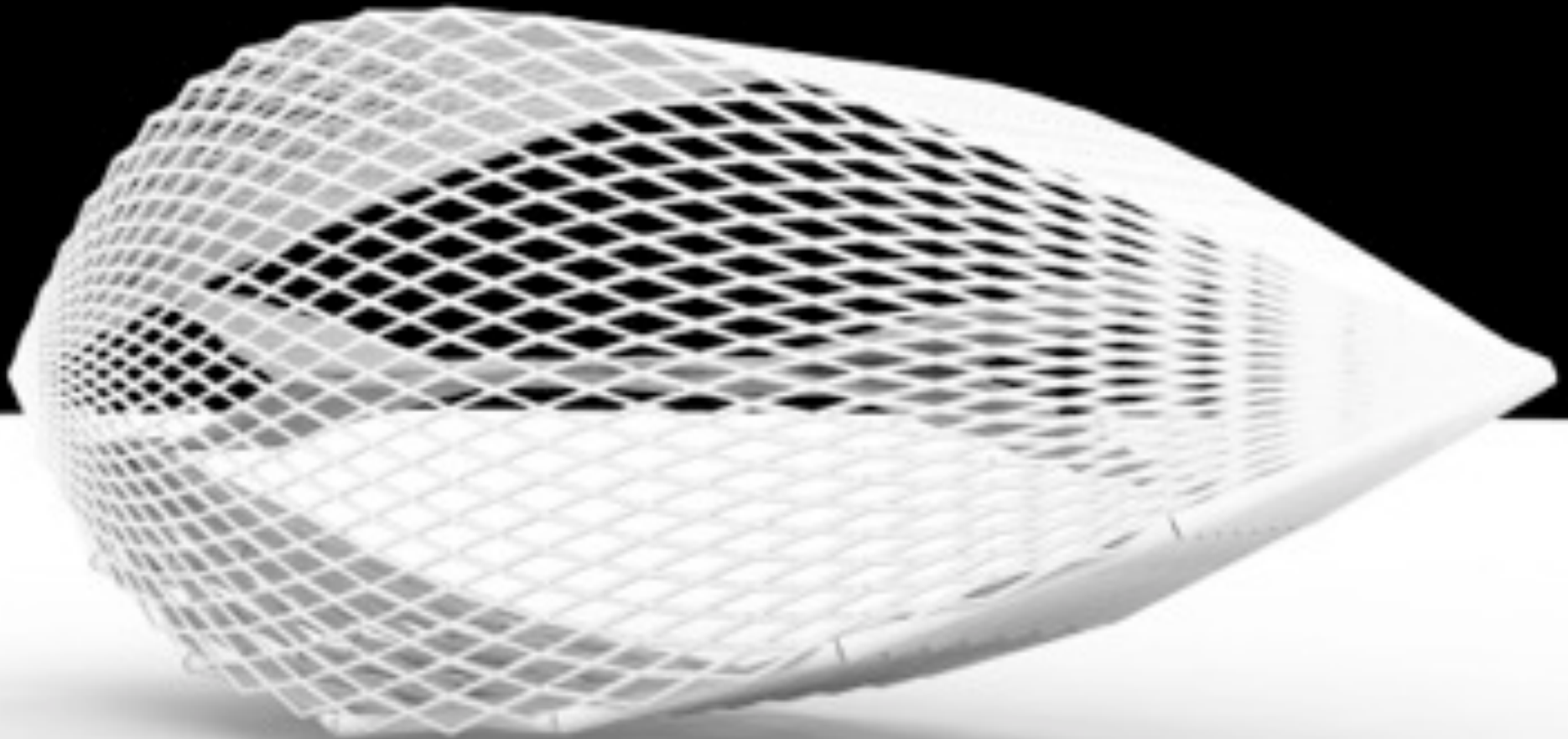






**MIND THE GAP**

data gathering



*Gentlemen, the struggle to  
change human behaviour is over. Behold:  
the perfect marriage of carrot and stick.*

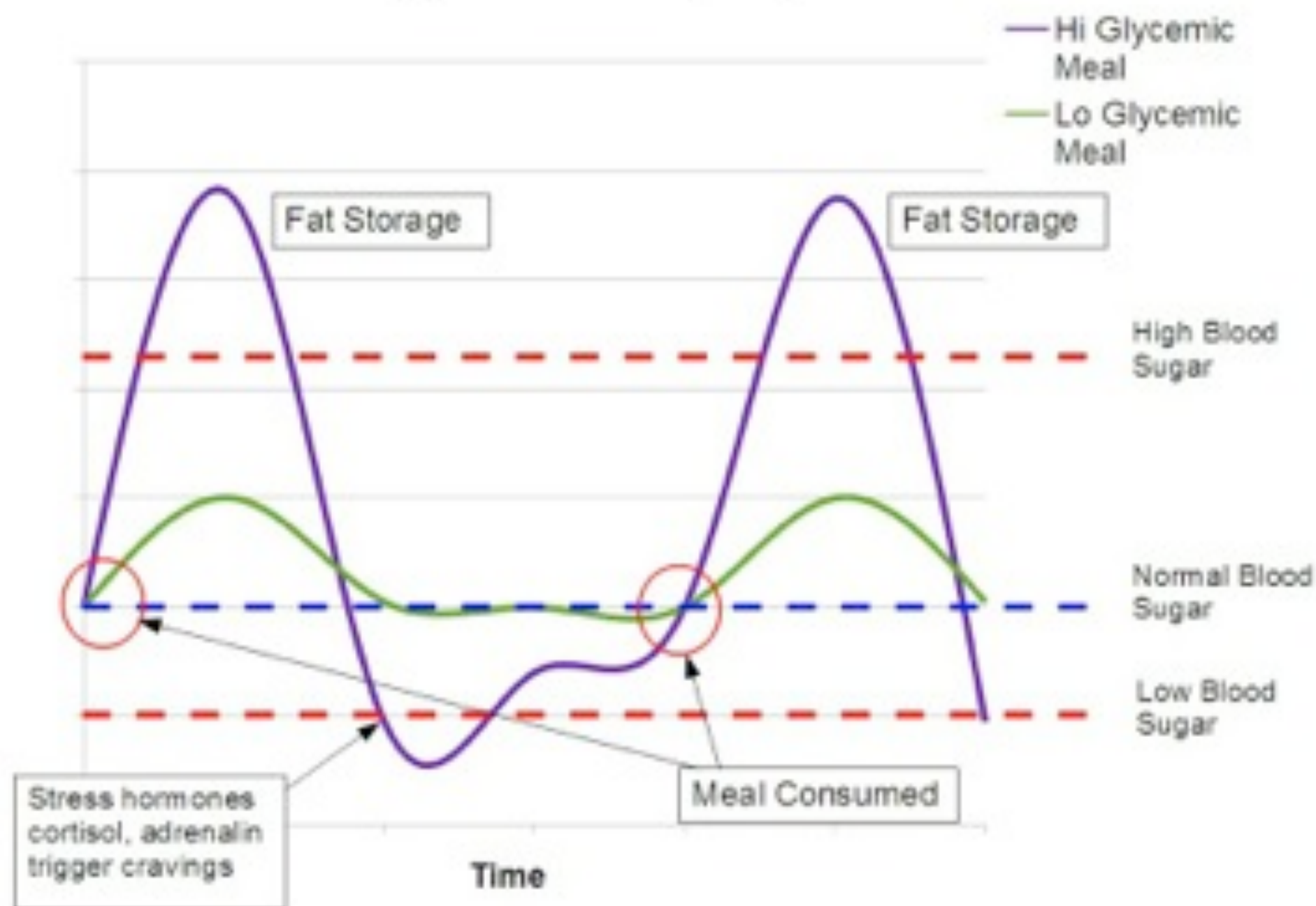


self-hacking





## The Blood Sugar Fat Storage Cycle

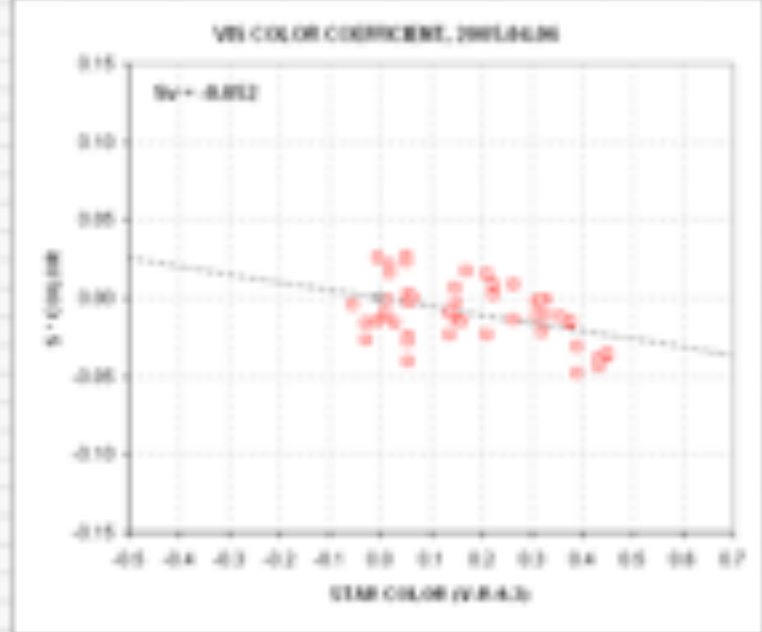
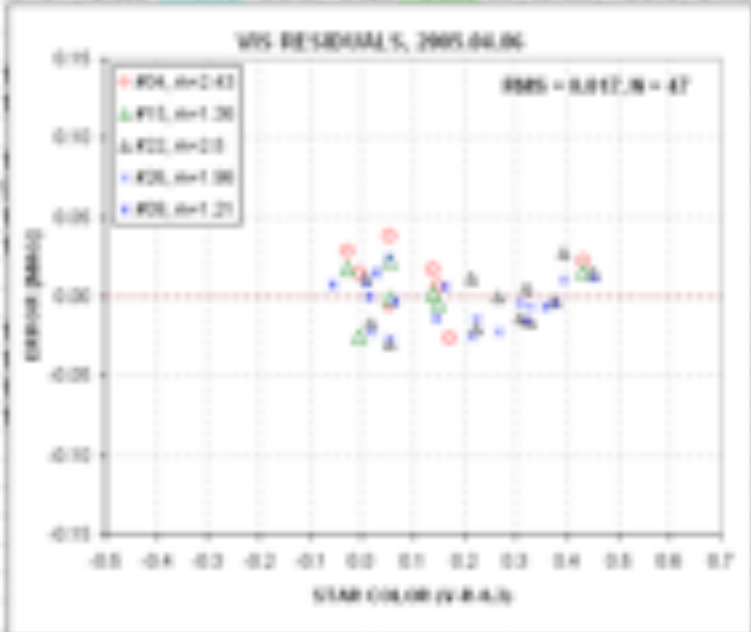
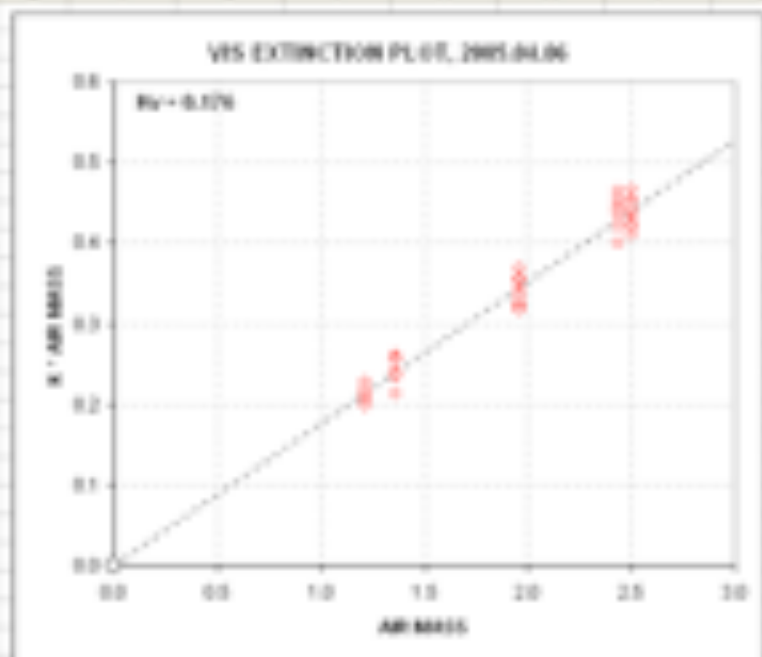






Technology

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	SME	S496	S497		VIS		17.019																		
2					Z=	19.574	Adjust this for zero mag							Suggested Z	19.576										
3					K=	0.176	Extinction depth (can be any value)							Aug off	0.038										
4					S=	-0.052	Color of star (value for)	0.30						RMS off	0.017										
5					W=	0.00	Color of star & zenith extinction (slope)																		
6													0.67												
7				Star	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	
8	g	r	m	r	mag	mag	mag	mag	mag	Fv	B-V	V-R	V-R	V-R	V-R	V-R	V-R	V-R	V-R	V-R	V-R	V-R	V-R	V-R	
9																									
10																									
11	90%	E2v90			EA2042																				
12	10	0.970	2.43	1	11.975	11.207	10.773	10.374	14368	0.768	0.434	0.138	0.017	11.234	0.017	0.444	-0.024								
13	10	0.970	2.43	2	12.207	11.666	11.308	10.976	9274	0.622	0.367	0.066	0.038	11.703	0.038	0.466	-0.041								
14	10	0.970	2.43	3	12.12	11.33			12908	0.790	0.330	0.160	0.017	11.337	0.017	0.434	-0.014								
15	10	0.970	2.43	4	12.964	12.362	12.885	11.668	5080	0.622	0.367	0.066	0.017	12.367	-0.066	0.432	0.002								
16	10	0.970	2.43	5	10.181	9.735	9.416	9.136	67122	0.476	0.269	-0.029	0.017	9.734	0.029	0.466	-0.027								
17	10	0.970	2.43	6	14.31	13.63	13.251	12.698		0.673	0.383	0.084	0.017												
18	10	0.970	2.43	7	14.17	12.89	12.873	11.300	3003	1.287	0.613	0.434	0.017	12.368	0.022	0.449	-0.044								
19	10	0.970	2.43	8	12.69	11.94				0.790	0.330	0.160	0.017												
20	10	0.970	2.43	9	13.01	12.24				0.770	0.240	0.138	0.017												
21	10	0.970	2.43	10	14.510	13.858	13.454	13.131		0.652	0.364	0.072	0.017												
22	10	0.970	2.43	11	13.615	12.630	12.096	11.699		0.985	0.634	0.261	0.017												
23	10	0.970	2.43	12	15.234	14.404	13.843	13.540	795	0.830	0.461	0.173	0.017	14.378	-0.028	0.432	0.017								
24	10	0.970	2.43	13	14.032	13.464	13.161	12.690	1779	0.518	0.323	-0.066	0.017	13.499	0.025	0.443	-0.015								
25																									
26	95%	E3v95			EA2042																				
27	10	0.964	1.36	1	11.975	11.207																			
28	10	0.964	1.36	2	12.207	11.666																			
29	10	0.964	1.36	3	12.12	11.33																			
30	10	0.964	1.36	4	12.964	12.362																			
31	10	0.964	1.36	5	10.181	9.735																			
32	10	0.964	1.36	6	14.31	13.63																			
33	10	0.964	1.36	7	14.17	12.89																			
34	10	0.964	1.36	8	12.69	11.94																			
35	10	0.964	1.36	9	13.01	12.24																			
36	10	0.964	1.36	10	14.510	13.858																			
37	10	0.964	1.36	11	13.615	12.630																			
38	10	0.964	1.36	12	15.234	14.404																			
39	10	0.964	1.36	13	14.032	13.464																			
40																									
41	82%	E1v82			EA1529																				
42	10	0.975	2.60	1	8.083	7.603																			
43	10	0.975	2.60	2	13.985	11.647																			
44	10	0.975	2.60	3	13.640	12.919																			
45	10	0.975	2.60	4	15.702	14.910																			
46	10	0.975	2.60	5	13.984	12.284																			
47	10	0.975	2.60	6	12.690	11.676																			
48	10	0.975	2.60	7	12.11	11.04																			



**boring!**





Available on the iPhone

**App Store**



# Withings

Becoming Databetic

USING DATA TO IMPROVE MY DIABETES CONTROL





fitbit



zeo



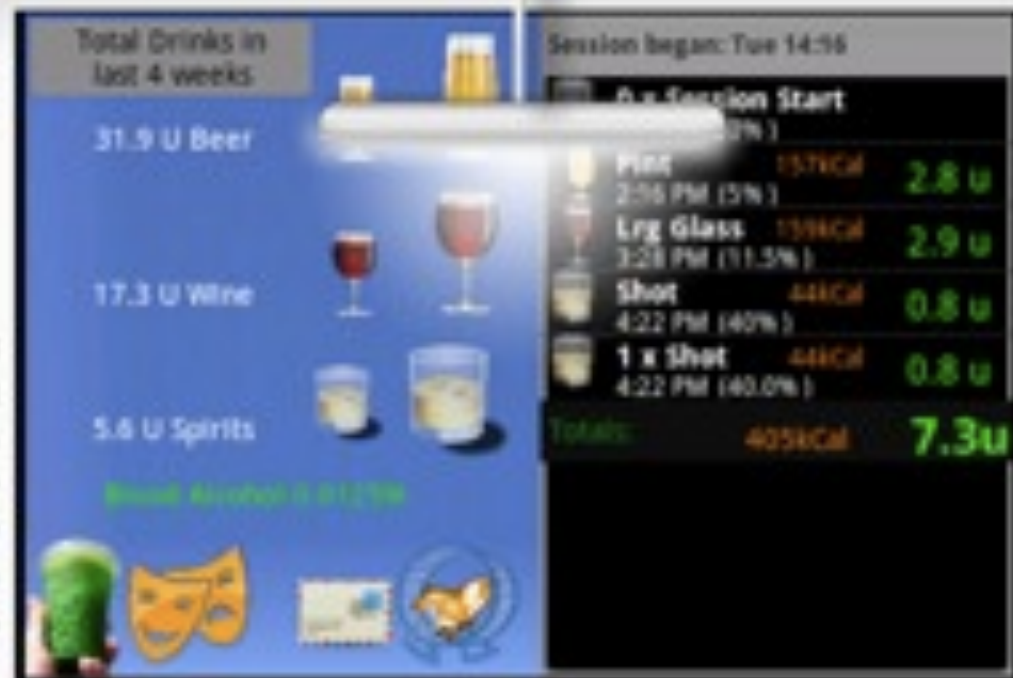
NIKE+ FUEL BAND



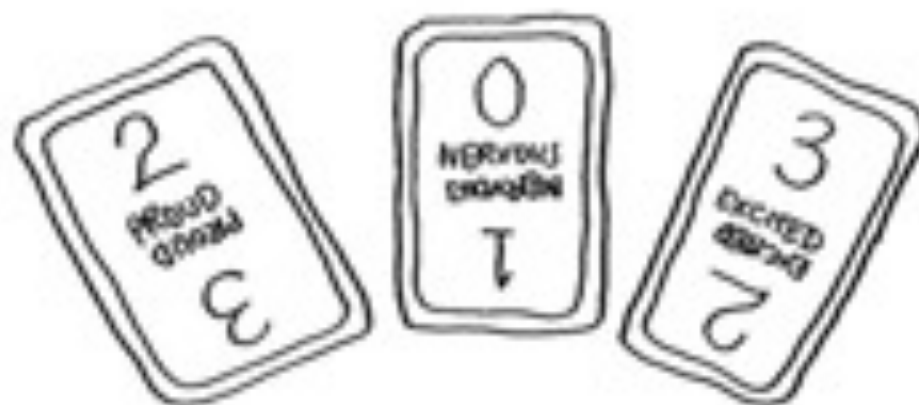


## Boozeryzer is an Android app that tracks your alcohol consumption and how it affects you...

The Boozeryzer is a free app that aims to discover exactly how alcohol is affecting you. The app lets you track your consumption, how you feel about it and includes a set of games to test you scientifically. The games measure your coordination, your reaction times, your memory and even your emotions. This data is anonymously and securely collected on our site and used to see how different people are differently affected by alcohol. It is a research project but also aims to be useful to you.



- 1 **Measure** your mood every day using an online card game.



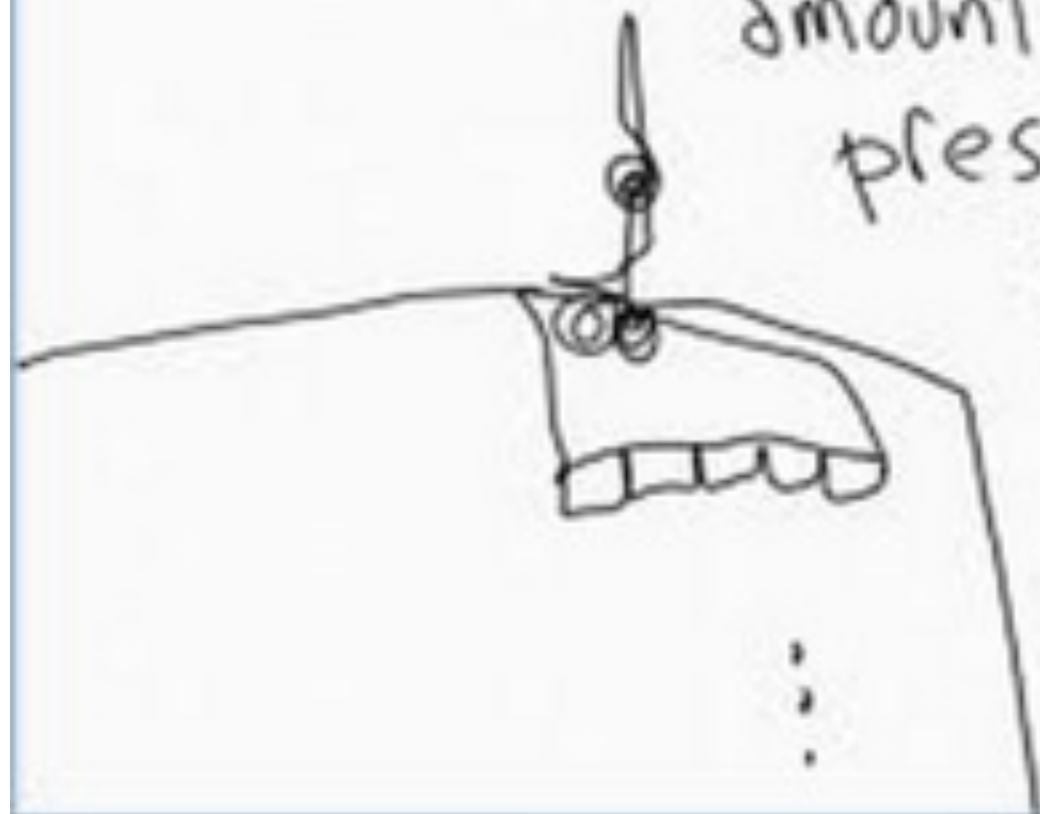
*Gentlemen, the struggle to  
change human behaviour is over. Behold:  
the perfect marriage of carrot and stick.*



twitter

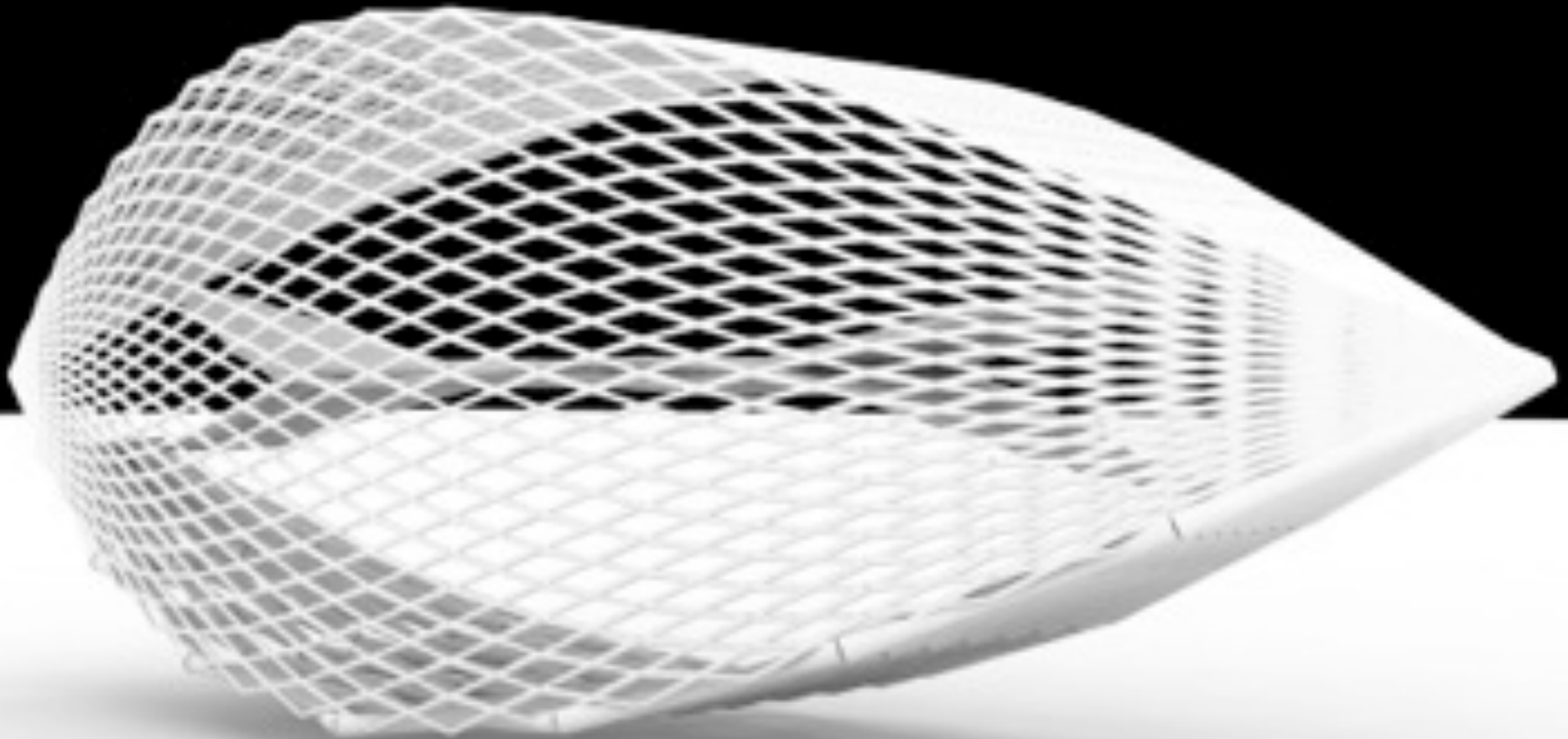
insert logos of G+,  
Facebook,  
HealthRally, Stickk,  
GymPact

I feel this inordinate  
amount of social  
pressure to be  
a bastard.



ohugh

# observation & correlation



autonomy of the  
individual





# Personal Data

## PERSONAL RECORDS

Name

Home Address

Business Address

Identity Card No.

Expiry Date

Passport No.

Expiry Date

Driving License

Expiry Date

Income Tax No.

Car Registration

Other

## BANK ACCOUNTS

Bank

Account No

Bank

Account No



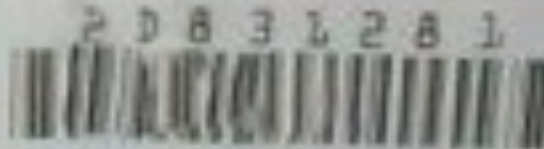
dreamstime.com

three types of  
personal data

3

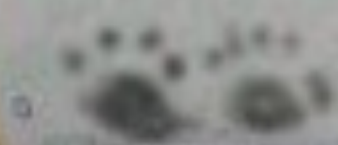
**ENDORSEMENTS AND LIMITATIONS**

The amount is valid for all countries except where indicated subject to any and all applicable regulatory provisions to be issued.



**MENTIONS ET RESTRICTIONS**

Le montant est valide pour tous les pays sauf indication contraire, sous réserve des dispositions réglementaires applicables à être émis.



Signature of owner / Signature du titulaire



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CANADA



Card Type: Account / Compte **CLASS** Product No. / No. de produit **GT007712**

529

**VEGA**

**CANADIENNE / CANADIENNE**

**07 OCT / OCT 99**

**F EDMONTON CAN**

**07 MAR / MARS 06 EDMONTON**

**07 MAR / MARS 11**



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GT007712X3CAN7811262M1103078#####D6

data about you

data within  
systems



Facebook Like

Wall Info Resources Stories Facebook Live Press

Facebook Don't just watch the U.S. election results, be part of the conversation during a Live Town Hall starting at 7 pm EDT Tuesday from NBC News and Facebook. Ask your own questions, answer surveys and make your friends to watch with you at <http://fb.com/townhall>. Check out U.S. Politics on Facebook and ABC News for more details. 4 hours ago · Comment · Like

44 people like this

See all 113 comments

Create an Ad

Connect With More Friends



Show the Facebook experience with more of your friends. Use our single mode

Add to My Page's Favorites

Suggest to Friends

Only people you agree to share updates with can see your posts and connect with you.

Like us to stay updated on new products, announcements and stories. Keep our blog at <http://blog.facebook.com/>

Information

Founded February 4, 2004

44 Friends Like This

4 of 42 Friends See all



Monica Simpson, Andrea Bellone, Crystal Herold



Shane Hall, John Bellini, Julie DeThorne

44,343,084 People Like This



Twitter

@twitter San Francisco, CA Always wondering what's happening. <http://tw.tl/twitter.com>

Follow

Test follow twitter in your camera app/ios

Tweets Favorites Following Followers Lists

twitter Twitter Connect with experts from the UK like [@201110expert](http://twitter.com/201110expert) in this week's Twitter Q&As [blog.uk.twitter.com/201110expert](http://blog.uk.twitter.com/201110expert) 4 hrs

twitter Twitter Share a photo via text message [blog.twitter.com/2011/08/share](http://blog.twitter.com/2011/08/share) 2 hrs

twitter Twitter Twitter is now available in five new languages: Hindi, Tagalog, Malay and both Traditional and Simplified Chinese. [blog.twitter.com/2011/08/new](http://blog.twitter.com/2011/08/new) 11 hrs

twitter Twitter Did you know every NFL team is on Twitter? Find & follow them, along with some of your favorite players [twitter.com/condemns\\_to\\_fot](http://twitter.com/condemns_to_fot) [NFL.Lackoff](http://NFL.Lackoff) 4 hrs

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Curious how Twitter uses Twitter?

Discover who @twitter follows

About @twitter

1,204 Tweets 671 Following 4,242,290 Followers 66,078 Lists

Recent images



**social (web) data**

data accessible  
to you





facebook

You Tube

facebook

SOCIAL MEDIA  
In Business

data generated  
by you

Day

Week

Month

Year



Sep 27 - Oct 03, 2012



## Activity

46560 steps taken

67% of goal of 70,000

21.03 miles traveled

60% of goal of 35.00

## Time active (excluding sleep)

Sedentary  
↑ 88.5Fairly active  
↑ 5.9Lightly active  
↑ 3.7Very active  
↑ 1.9

## Cals In vs Out



Calories burned



Calories eaten



## Know where you stand

Tracks weight and more.  
Uploads info automatically  
into your dashboard.[Learn more](#)

## Devices

[Settings](#)

### Fitbit Zip

Synced today at 10:26AM

Battery level High

## Top Badges

[My Achievements](#)[See all badges](#)

## Friends

Rankings based on 7 day step total



You

46,560

1

# Your Sleep

[ZQ Breakdown](#) [My Sleep History](#) [Sleep Graph](#) [Trends](#) [Cause and Effect](#)

Wednesday, Jun 17, 2009

ZQ  
**75**

Total Z  
**6:28**

Bed Time  
12:37 am

Rise Time  
7:05 am



Morning Feel  
**3**

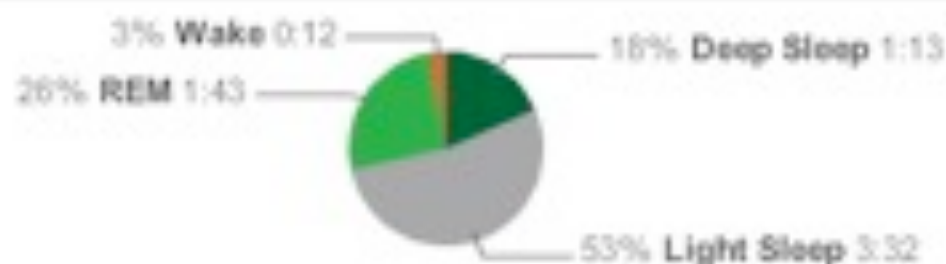
Day Feel  
**7**

Sleep Staker  
**5**

Click on any note for additional information.

Total Z: 6 hr 27 min

Time to Z: 0 hr 8 min



Why are these numbers different than the sleep graph above?

View/Edit  
Journal Entry  
for this day

meta-data

**implicit**

Access Type [ ? ] (Browser, mobile, POP3, etc.)	Location (IP address) [ ? ]	Date/Time (Displayed in your time zone)
Browser	* Italy (2.117.217.214)	23:08 (0 minutes ago)
Browser	* Italy (2.117.217.214)	22:01 (1 hour ago)
Mobile	Italy (2.117.217.214)	21:30 (1.5 hours ago)
Browser	* Italy (2.117.217.214)	17:54 (5 hours ago)
Mobile	Italy (2.117.217.214)	17:49 (5 hours ago)
Authorized Application (www.tripit.com) <a href="#">show details</a>	United States (12.129.29.81)	16:40 (6 hours ago)
Mobile	Italy (2.117.217.214)	15:46 (7 hours ago)
Mobile	Italy (2.117.217.214)	11:00 (12 hours ago)
Browser	* Italy (2.117.217.214)	10:36 (12 hours ago)
Authorized Application (www.tripit.com) <a href="#">show details</a>	United States (12.129.29.81)	10:28 (12 hours ago)

## Daily Traffic

■ Received  
■ Sent



not always  
accessible





*Gentlemen, the struggle to  
change human behaviour is over. Behold:  
the perfect marriage of carrot and stick.*





Change photo

London, United Kingdom

Founded Jul 9, 2010

About us...

Self-Quantifiers	836
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Our calendar	

# Welcome to Quantified Self London!

+ SCHEDULE A NEW MEETUP

Upcoming 1

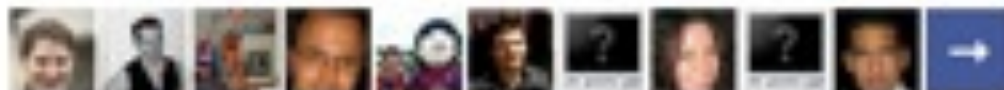
Past

Calendar

## Quantified Self London Show&Tell #14

Google Campus

4-5 BONHILL STREET LONDON EC2A 4BX, London (map)



A London QS group meetup consists of Show & Tell where people present or simply talk for 10-15 mins about their experience and experiments with self-tracking.... [LEARN MORE](#)

Hosted by: [Adriana](#) ( founder and organiser)

Mon Dec 17

6:30 PM

[I'M ATTENDING](#)

135 attending

1 waiting

0 comments

800+

diverse  
backgrounds

self-hacking

constant flow of  
new people

open & exportable  
data



[Benchmark](#)[Food Report](#)[Activity Report](#)[Sleep Report](#)[Trainer](#)[Export](#)

### Export your data



Your data belongs to you. Download your Fitbit data as an [XLS](#) file (Microsoft Excel) or [CSV](#) which can be opened by many free and standard applications.

#### Time period

- 4 The week
- 1 The month
- 1 Last week
- 1 Last month
- 1 Custom

Start:

End:

#### Data

- Sleep
- Steps
- Activity
- Weight

#### File format

## Take your data with you

Premium Membership allows you to export your Fitbit data as an XLS or CSV file, which you can use however you like.

**BUY PREMIUM NOW**  
€39.99/yr

[Learn more about premium](#)


[ericblue / Perl-FitBit-API](#)
[Star](#) 23 [Fork](#) 3

Code

Network

Pull Requests 1

Issues 1

Graphs

Provides an OO API for fetching fitness data from fitbit.com. Currently there is no official API, however data is retrieved using XML feeds that populate the flash-based charts. — [Read more](#)

<http://eric-blue.com/projects/fitbit/>
 Clone in Mac

 ZIP

 HTTP

 or Read-Only

<https://github.com/ericblue/Perl-FitBit-API.git>
 Read-Only access

 branch: **master**

Files

Commits

Branches 0

Tags 0

Downloads

 Latest commit to the **master** branch
Merge with **genehack**
 **ericblue** authored 2 years ago

 commit: 76668c9126

## Perl-FitBit-API /

name	age	message	history
 <a href="#">conf</a>	2 years ago	Import from personal CVS repo [ericblue]	
 <a href="#">is</a>	2 years ago	Merge with genehack [ericblue]	
 <a href="#">log</a>	2 years ago	Merge with genehack [ericblue]	
 <a href="#">script</a>	2 years ago	Merge with genehack [ericblue]	
 <a href="#">t</a>	2 years ago	very minimal config test [genehack]	
 <a href="#">.gitignore</a>	2 years ago	remove log file from source control [genehack]	
 <a href="#">LICENSE</a>	2 years ago	first commit [ericblue]	
 <a href="#">Makefile.PL</a>	2 years ago	add initial draft of a Makefile.PL [genehack]	
 <a href="#">README</a>	2 years ago	Created README from PODHTML version [ericblue]	



# Quantified Self

self knowledge through numbers

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Search

← Tracking our interactions :: measuring attention, socializing, and our environment.

Ernesto Ramirez: Quantified Self on a Budget →

## FitBit + Google Spreadsheets = Awesome

Posted on July 12, 2011 by Ernesto Ramirez

On February 11th [FitBit](#) released their API into the wild and let developers get to work. Since then there have been some very neat integrations. One of the best uses of the API is the open source script that enables users to download their data into google spreadsheets. Developed by John McLaughlin, this script gives everyone the ability to get their historical data from FitBit and play with visualizations and analytics. Even someone without any programming experience can start creating very neat dynamic charts and graphs in under 30 minutes. For example I created the the following charts in just a few minutes (click images for interactive versions):

api





FB

FBME

GOOD

\$138.97

\$143.70



Your Facebook data is worth:

\$138.97



share



tweet

Mouse over your profile info to see how many times more or less valuable than an average user each attribute makes you – a multiple of **2.00** makes you twice as valuable, while a multiple of **0.50** makes you half as valuable (also see **Our algorithm** below):





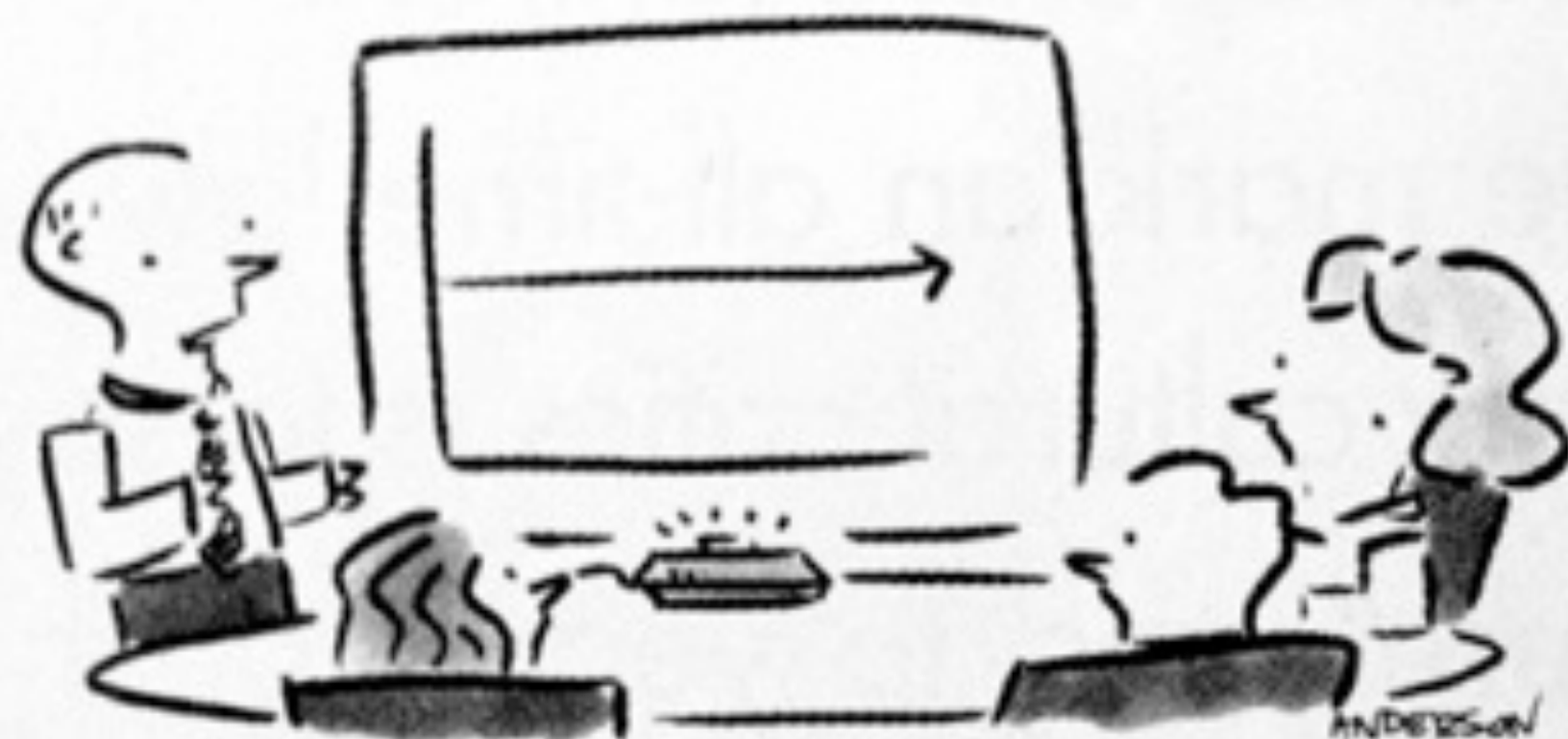




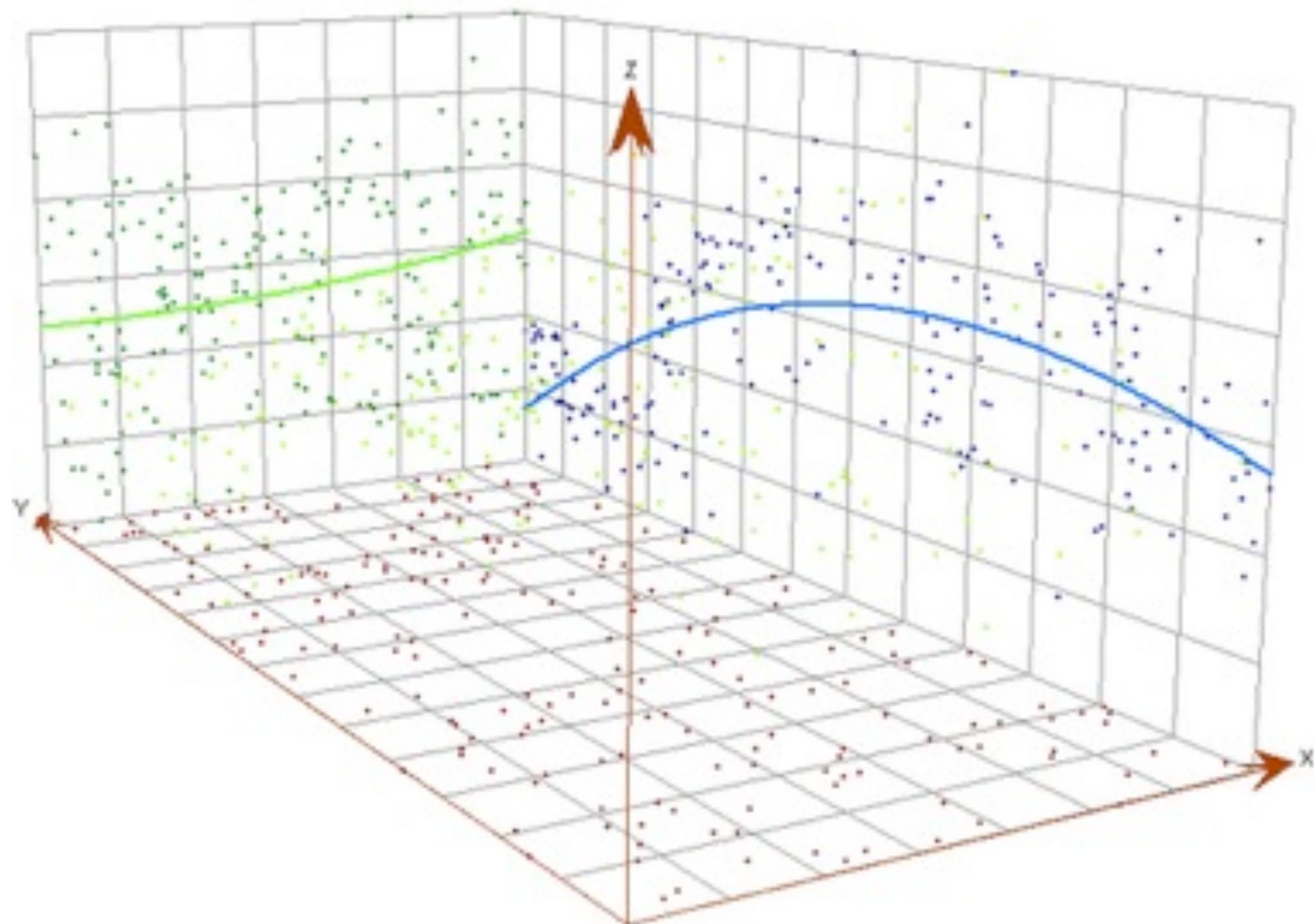
interpret

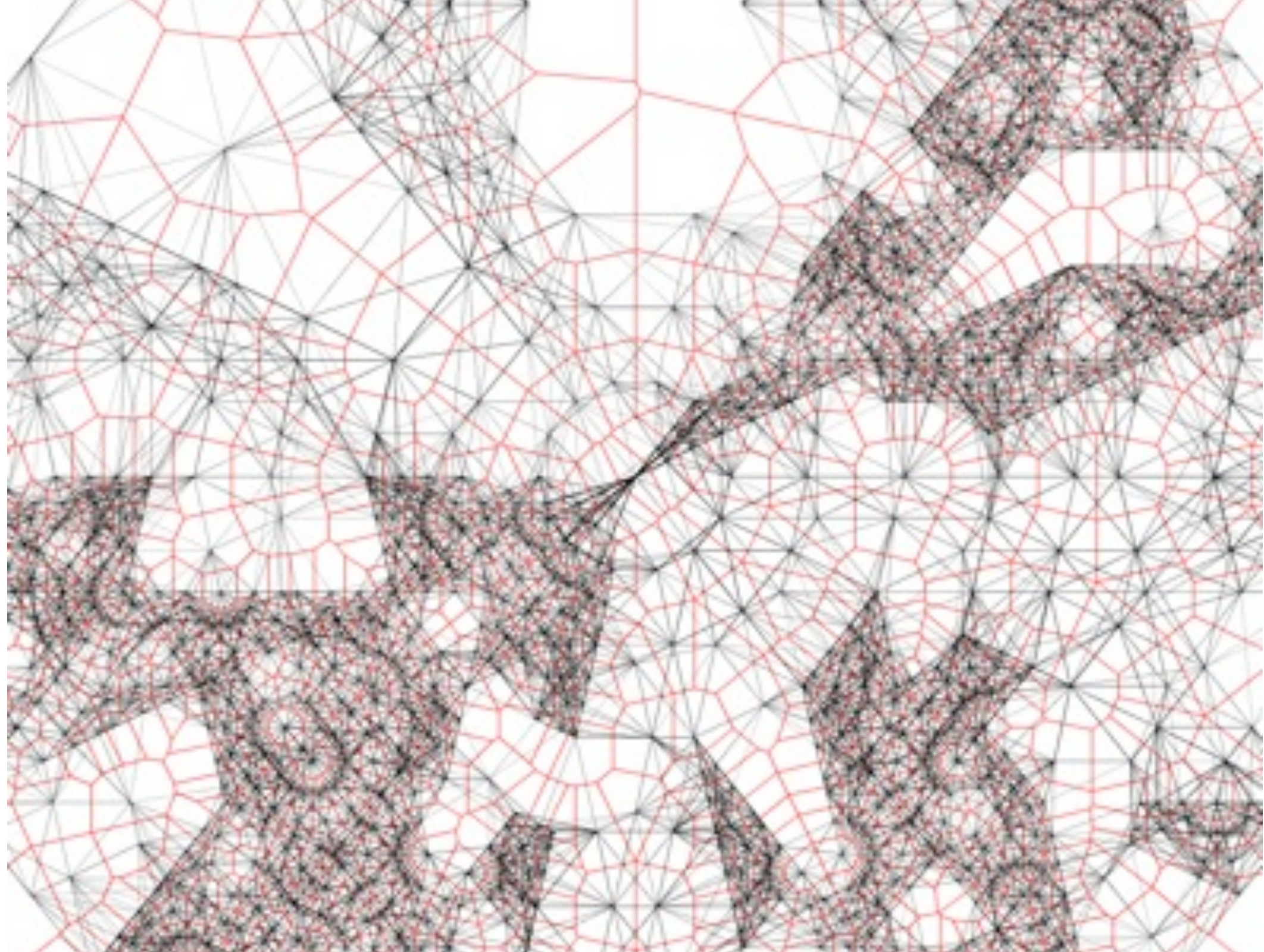
mine it better





"After closer investigation, it's become clear that we need to enter more than one value."





different formats

different calibration



data lock-in



patientslikeme™



Data



twitter

Data

Data



flickr™

Data

Withings

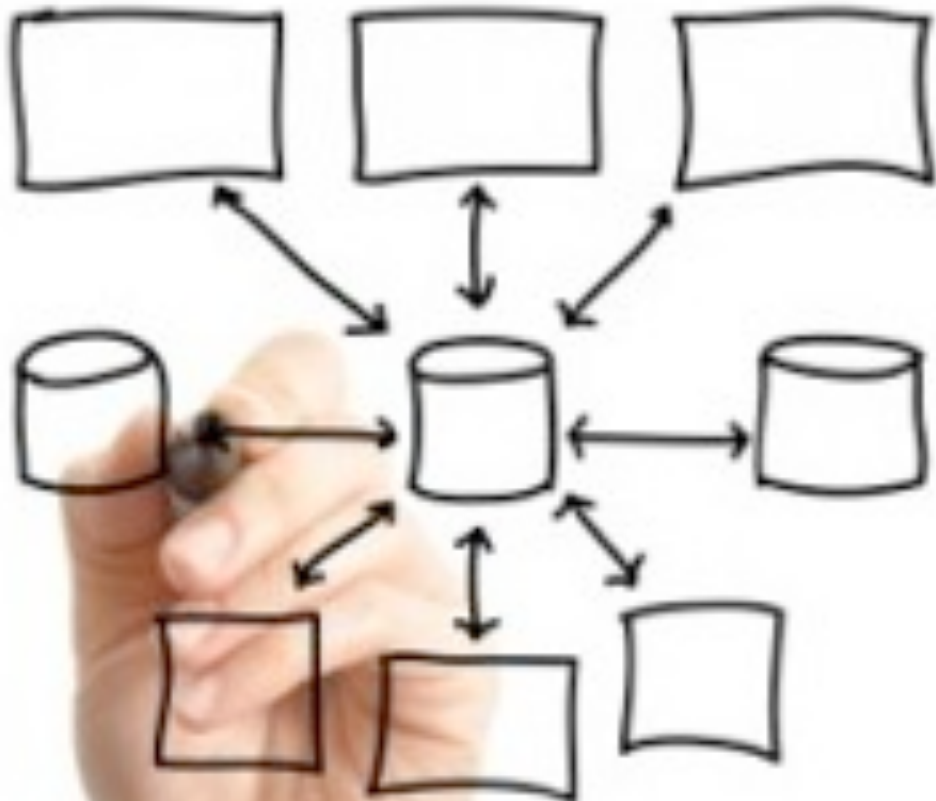


advanced analysis

on your terms

hard to interpret









**ON AIR**

A 3D rendered sign with a red face and white text that reads "ON AIR". The sign is rectangular with rounded corners and is mounted on a metallic silver-colored base. The background is a solid blue color. The sign is illuminated from below, creating a soft glow. The text is in a bold, sans-serif font.



data silo + lock-in



{P} THE  
LOCKER PROJECT

---

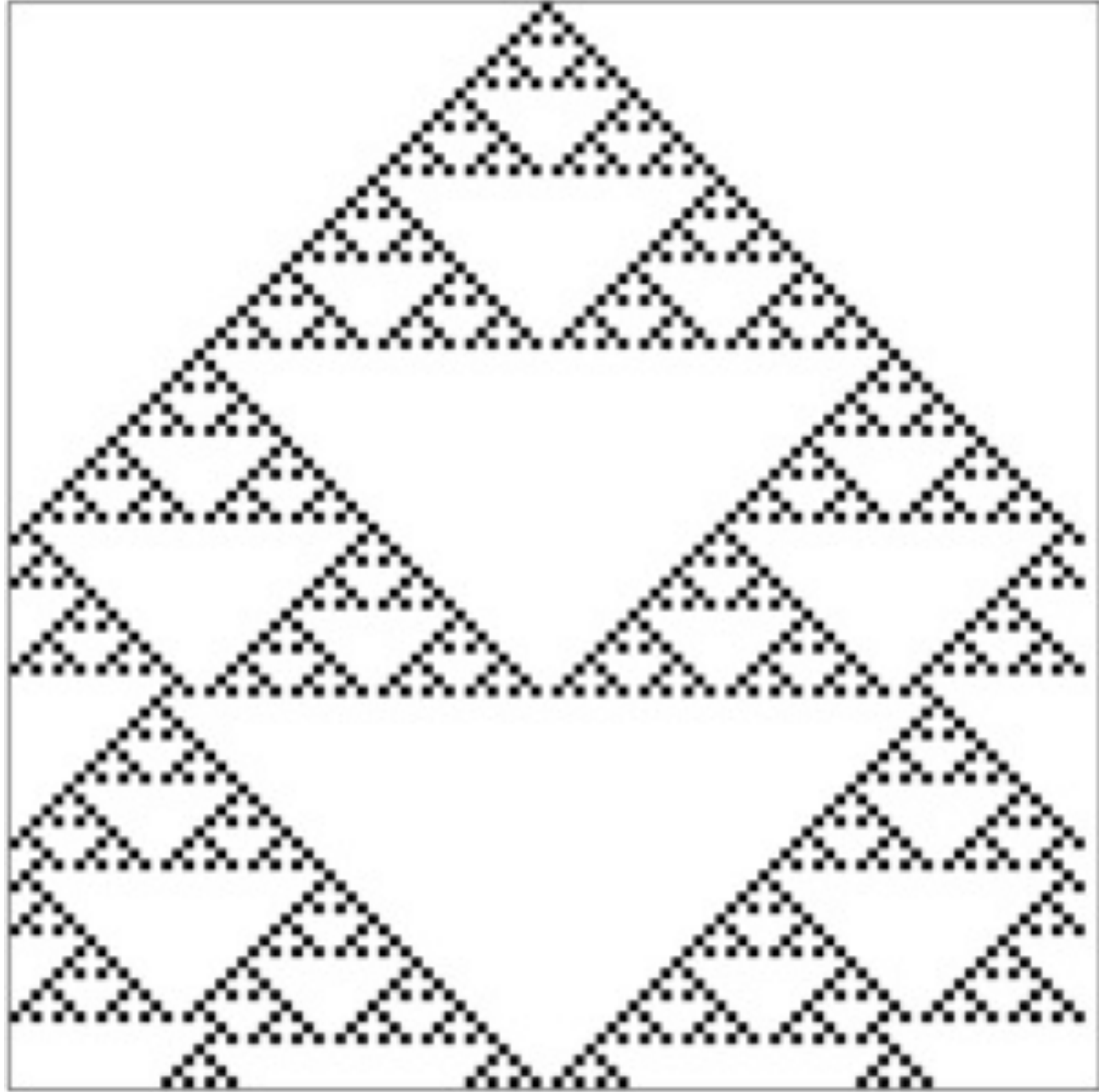






**-ology**





**insight**



*"No, it's MY data!"*

A

own decision to share



patientslikeme™



Data



twitter

Data

Data



flickr™

Data

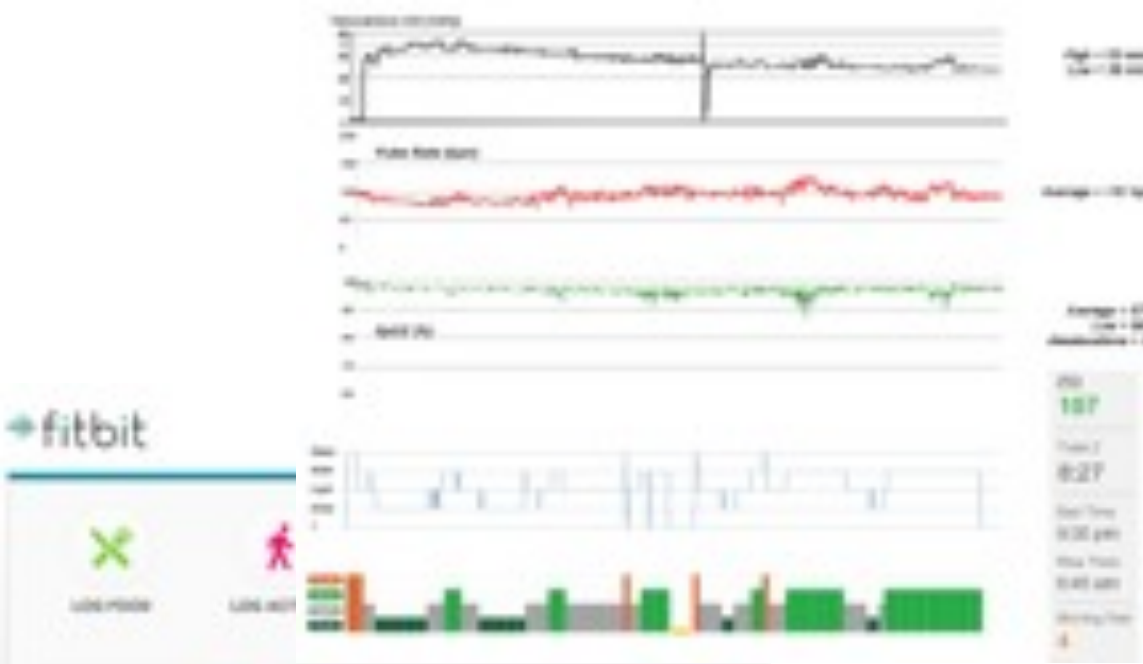
Withings



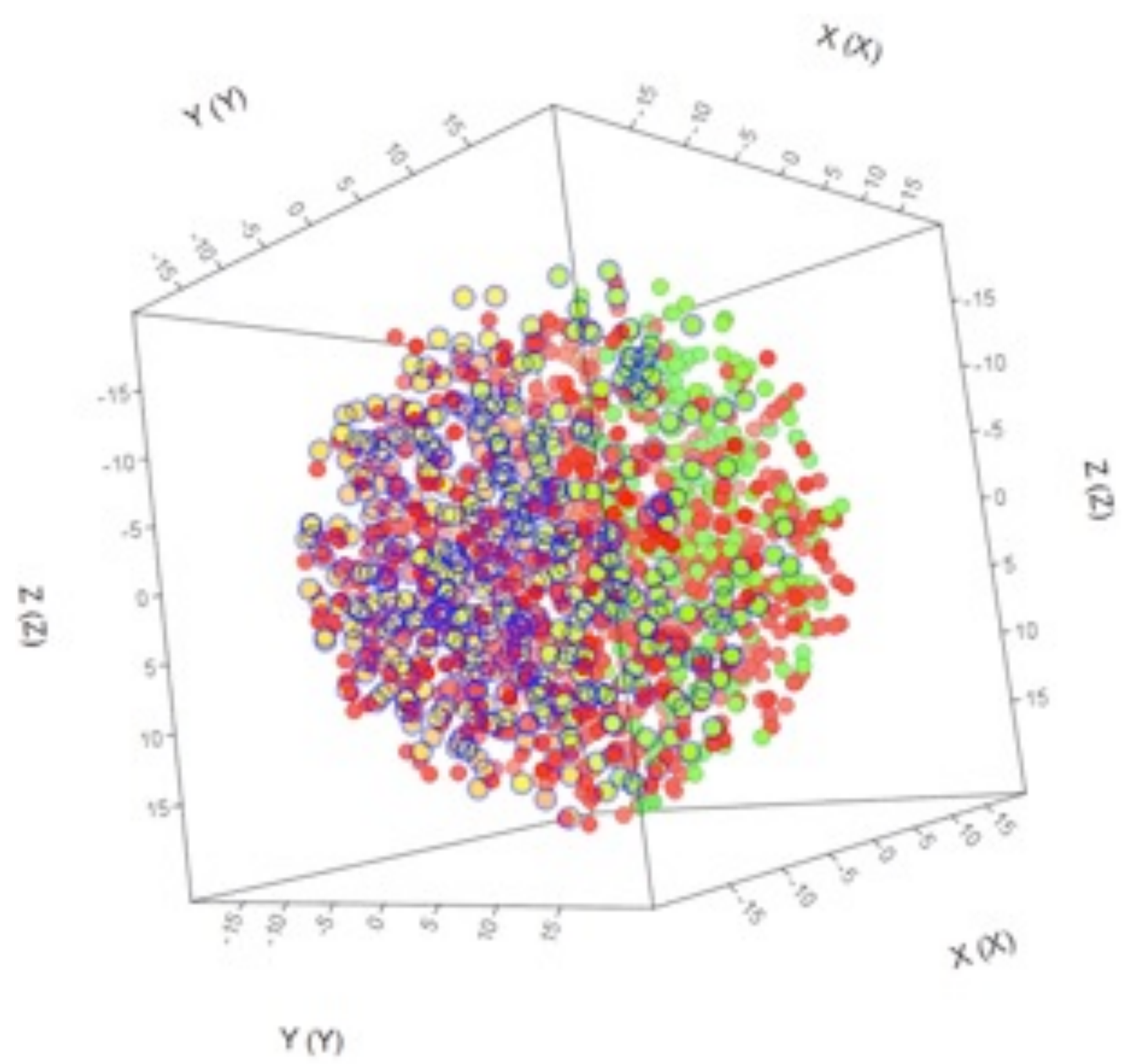
what's the  
meaning of  
~~life~~  
data points?



@gapingvoid



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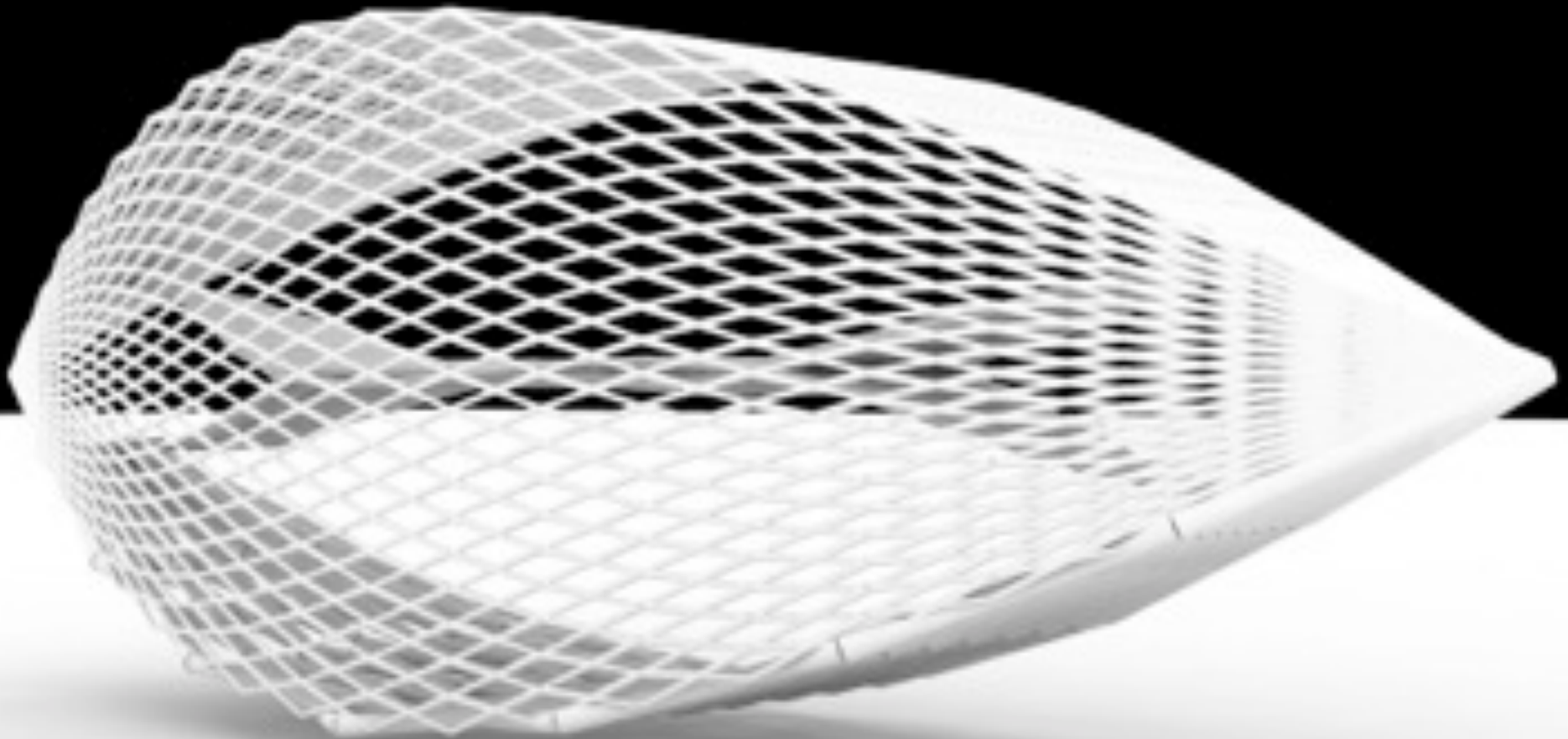


data quality





**context**



insight



LOG FOOD



LOG ACTIVITY



TRACK WEIGHT

Day

Week

Month

Year



Mar 01 - 18, 2012



## Activity

Steps

Distance

Active Score

Floors

Time Active

Month graph









## Calendar

Today



September 2012

Day

Week

Month

2 Weeks

Agenda

More -



CREATE ▾

September 2012

M	T	W	T	F	S	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

My calendars

 Adriana Lukas Food calendar

Other calendars

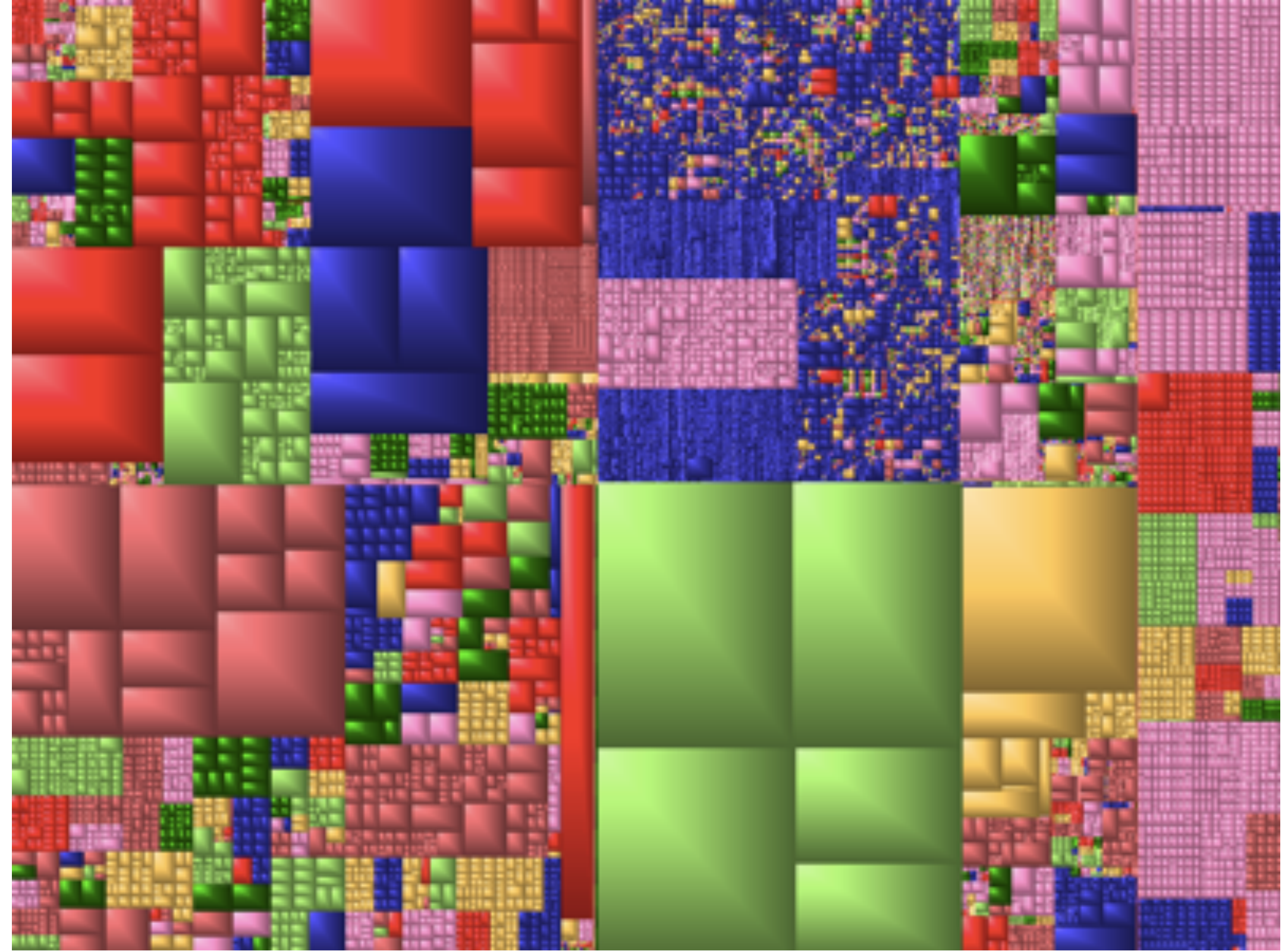
 Alec Main Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27 chinese take-a +4 more	28 13:00 Yoga Evc	29 PARALYMPICS +5 more	30 +7 more	31 +7 more	1 Sep +5 more	2 +2 more
3 PARALYMPICS +6 more	4 +3 more	5 +4 more	6 +8 more	7 +5 more	8 +6 more	9 +5 more
10 book fitness +7 more	11 Palo Alto +7 more	12 GLASGOW? +2 more	13 +2 more	14 +6 more	15 +5 more	16 +2 more
17 Palo Alto +3 more	18 16:30 Nick for t	19 Nick all day &	20 check Brown C +5 more	21 check ebay fre +4 more	22 Osteopath? +2 more	23 END BBQ?
24 Saska & Vago +2 more	25 12:30 yoga 6 - 1	26 LONDON +3 more	27 PENRILLIAN? +3 more	28 check ebay fre +2 more	29 CRYPTOPART LONDON	30 Artists At Home +2 more

**‘external’ data**



unique value











zeo

 fitbit

## Top Activity Tracking Apps



GymPact



FIT2app



Run Calendar



Withings Health Companion



iSmoothRun

## Top Sleep Tracking Apps



motion3fitness

Sleepy

Sleepy



GKSleep



SleepRate



SleepTrack

## Top Nutrition Tracking Apps



ShapeUp Club



InsideTracker

All about Me

AAAboutMe



GKNutrition



WeightConnect

experiment



patientslikeme™



Data



twitter

Data

Data



flickr™

Data

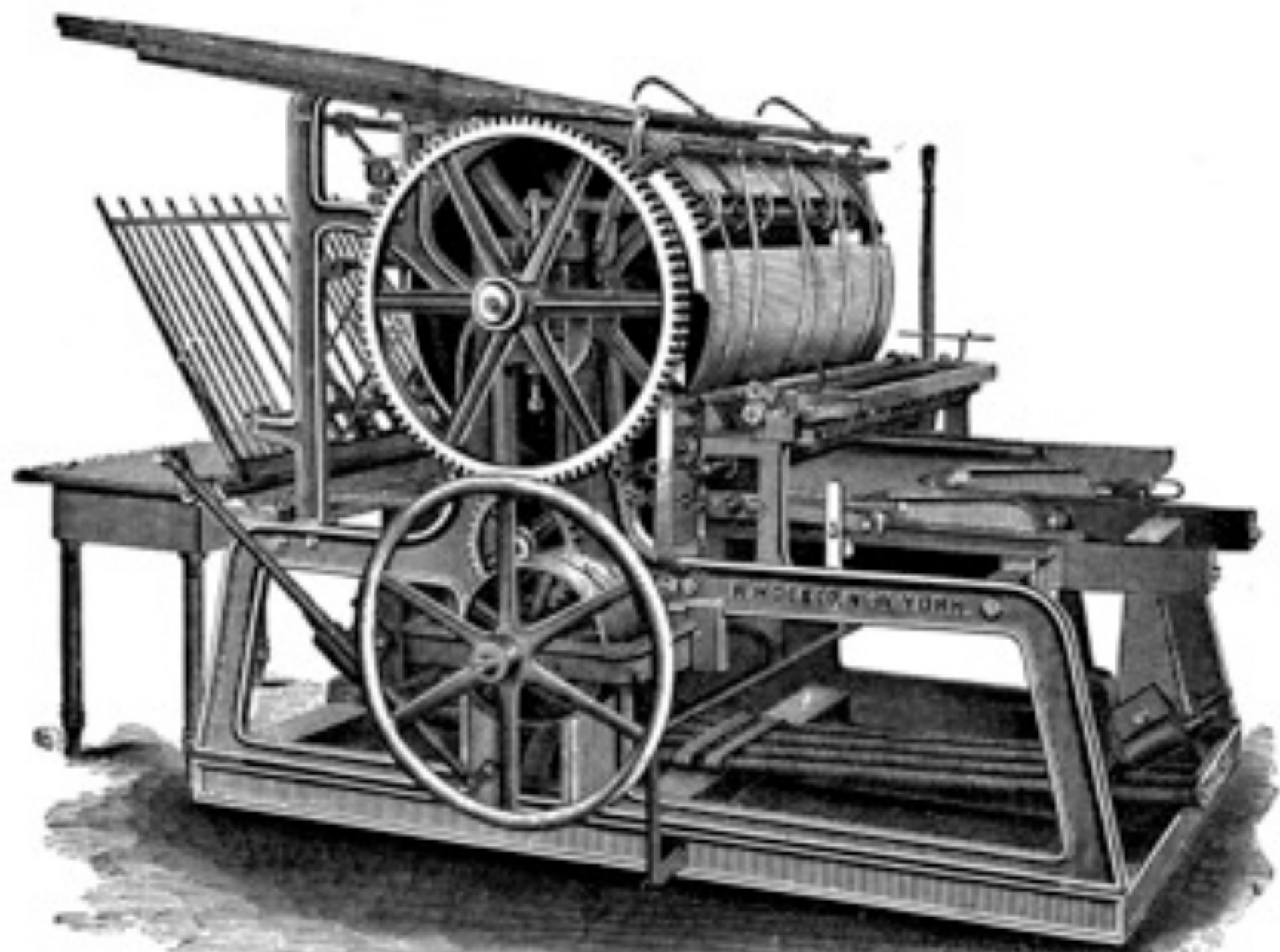
Withings



**data literacy**



SCRIPTORIUM MONK AT WORK. (From *Lacroix*.)

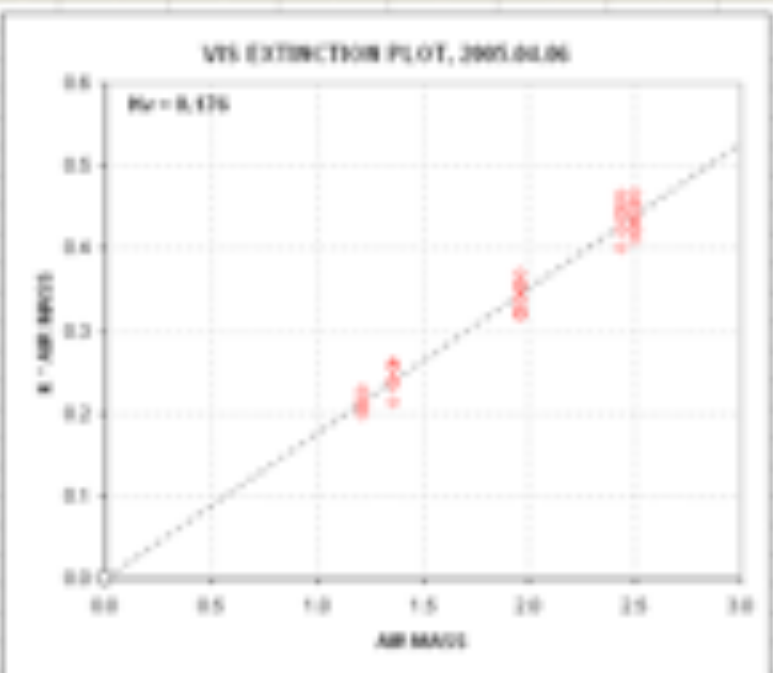






A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z			
1000 1000 1000				WV	12.078		Z= 19.574	Adjust this for zero avg	Suggest'd Z	19.576																		
				K=	0.176	Extinction zenith (can be any value)		Aug diff	0.000																			
				S=	-0.002	Color of star (slope fit)		0.30	RMS diff	0.017																		
				W=	0.00	Color of star & zenith extinction (adopt)		0.57																				

		COLOR EXT																							
		Star	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	LA	Epa	Epa	EOR	47 H				
g	f	m	F	Bmag	Vmag	Rmag	Imag	Fv	B-V	V-R	V-R-I	V-R-Vmag	DUR	K * m	S * C										
H4v_12vH		LA042																							
10	0.978	2.43	1	11.975	11.207	10.773	10.374	14368	0.768	0.438	0.138	##	11.224	0.017	0.444	-0.024									
10	0.978	2.43	2	12.207	11.685	11.308	10.974	9274	0.622	0.357	0.085	##	11.703	0.036	0.466	-0.041									
10	0.978	2.43	3	12.12	11.33			12939	0.790	11.330	0.160	##	11.307	0.057	0.434	-0.014									
10	0.978	2.43	4	12.964	12.362	12.005	11.666	5085	0.622	0.357	0.085	##	12.367	-0.005	0.432	-0.002									
10	0.978	2.43	5	10.101	9.735	9.416	9.126	67122	0.476	0.289	-0.029	##	9.734	0.029	0.466	-0.027									
10	0.978	2.43	6	14.31	13.63	13.261	12.896		0.673	0.383	0.084	##													
10	0.978	2.43	7	14.17	12.89	12.673	11.380	3033	1.267	0.813	0.434	##	12.908	0.022	0.449	-0.044									
10	0.978	2.43	8	12.69	11.94				0.750	11.940	0.138	##													
10	0.978	2.43	9	13.01	12.24				0.770	12.240	0.139	##													
10	0.978	2.43	10	14.513	13.958	13.494	13.131		0.852	0.364	0.072	##													
10	0.978	2.43	11	13.615	12.630	12.096	11.599		0.965	0.534	0.261	##													
10	0.978	2.43	12	15.204	14.404	13.943	13.540	795	0.830	0.461	0.173	##	14.378	-0.026	0.452	-0.017									
10	0.978	2.43	13	14.002	13.464	13.161	12.830	1779	0.518	0.323	-0.005	##	13.499	0.015	0.443	-0.045									



H5v_11vH		LA042																					
g	f	m	F	Bmag	Vmag	Rmag	Imag	Fv	B-V	V-R	V-R-I	V-R-Vmag	DUR	K * m	S * C								
10	0.984	1.36	1	11.975	11.207																		
10	0.984	1.36	2	12.207	11.685																		
10	0.984	1.36	3	12.12	11.33																		
10	0.984	1.36	4	12.964	12.362																		
10	0.984	1.36	5	10.101	9.735																		
10	0.984	1.36	6	14.31	13.63																		
10	0.984	1.36	7	14.17	12.89																		
10	0.984	1.36	8	12.69	11.94																		
10	0.984	1.36	9	13.01	12.24																		
10	0.984	1.36	10	14.513	13.958																		
10	0.984	1.36	11	13.615	12.630																		
10	0.984	1.36	12	15.204	14.404																		
10	0.984	1.36	13	14.002	13.464																		

