

## Blutdruck Werte für den Monat April 2026

D. Kratz

Datum	Uhrzeit	Systole	Diastole	Puls
01 R	10 :00	133	91	74
01 L	10 :00	129	90	82
02 R	10 :00	130	85	73
02 L	10 :00	131	87	75
03 R	10 :00	127	85	68
03 L	10 :00	127	86	74
04 R				
04 L				
05 R	11 :00	144	87	78
05 L	11 :00	141	79	77
06 R	10 :00	137	88	73
06 L	10 :00	135	85	72
07 R	10 :00	132	83	72
07 L	10 :00	128	81	73
08 R	11 :00	133	86	72
08 L	11 :00	131	91	73
09 R	11 :00	145	89	76
09 L	11 :00	137	84	77
10 R	10 :00	134	88	68
10 L	10 :00	133	88	72
11 R	11 :00	132	83	73
11 L	11 :00	132	79	76
12 R	10 :00	129	86	70
12 L	10 :00	131	90	72
13 R	10 :00	134	89	76
13 L	10 :00	139	88	74
14 R	10 :00	139	83	69
14 L	10 :00	132	86	71
15 R	10 :00	137	86	77
15 L	10 :00	138	86	77
16 R	09 :00	132	78	71
16 L	09 :00	141	82	71
17 R	10 :00	144	88	69
17 L	10 :00	137	86	73
18 R	10 :00	143	89	72
18 L	10 :00	143	89	73
19 R	11 :00	121	92	74
19 L	11 :00	127	83	71
20 R	11 :00	147	87	69
20 L	11 :00	137	84	67
21 R	12 :00	139	84	73
21 L	12 :00	136	83	72
22 R	08 :00	128	82	79
22 L	08 :00	141	90	79
23 R	10 :00	133	83	78
23 L	10 :00	129	85	75

<b>24 R</b>	<b>10 :00</b>	<b>138</b>	<b>85</b>	<b>70</b>
<b>24 L</b>	<b>10 :00</b>	<b>140</b>	<b>86</b>	<b>70</b>
<b>25 R</b>	<b>09 :00</b>	<b>135</b>	<b>85</b>	<b>68</b>
<b>25 L</b>	<b>09 :00</b>	<b>137</b>	<b>83</b>	<b>68</b>
<b>26 R</b>	<b>12 :00</b>	<b>139</b>	<b>86</b>	<b>69</b>
<b>26 L</b>	<b>12 :00</b>	<b>134</b>	<b>84</b>	<b>67</b>
<b>27 R</b>	<b>11 :00</b>	<b>136</b>	<b>80</b>	<b>71</b>
<b>27 L</b>	<b>11 :00</b>	<b>141</b>	<b>83</b>	<b>75</b>
<b>28 R</b>	<b>10 :00</b>	<b>145</b>	<b>87</b>	<b>68</b>
<b>28 L</b>	<b>10 :00</b>	<b>138</b>	<b>91</b>	<b>68</b>
<b>29 R</b>	<b>10 :00</b>	<b>124</b>	<b>78</b>	<b>73</b>
<b>29 L</b>	<b>10 :00</b>	<b>132</b>	<b>79</b>	<b>73</b>
<b>30 R</b>	<b>10 :00</b>	<b>138</b>	<b>83</b>	<b>72</b>
<b>30 L</b>	<b>10 :00</b>	<b>135</b>	<b>88</b>	<b>69</b>