

## Blutdruck Werte für den Monat März 2026

D. Kratz

Datum	Uhrzeit	Systole	Diastole	Puls
01 R	11 :00	138	88	76
01 L	11 :00	132	79	73
02 R				
02 L				
03 R	11 :00	136	87	70
03 L	11 :00	137	84	69
04 R	11 :00	144	88	73
04 L	11 :00	141	87	71
05 R	11 :00	129	86	75
05 L	11 :00	128	85	75
06 R	11 :00	136	83	74
06 L	11 :00	131	82	74
07 R				
07 L				
08 R	12 :00	140	87	70
08 L	12 :00	132	83	71
09 R	09 :00	143	86	73
09 L	09 :00	132	82	71
10 R	11 :00	137	85	75
10 L	11 :00	135	92	74
11 R	11 :00	144	88	83
11 L	11 :00	132	93	81
12 R	11 :00	138	85	76
12 L	11 :00	141	86	75
13 R	09 :00	144	84	75
13 L	09 :00	130	89	75
14 R	11 :00	144	93	81
14 L	11 :00	130	89	82
15 R	11 :00	136	88	81
15 L	11 :00	142	91	83
16 R	11 :00	139	93	74
16 L	11 :00	141	89	71
17 R	11 :00	142	86	74
17 L	11 :00	134	88	69
18 R	10 :00	140	87	73
18 L	10 :00	127	77	69
19 R	10 :00	144	85	69
19 L	10 :00	137	89	70
20 R	13 :00	137	88	76
20 L	13 :00	130	91	78
21 R	11 :00	127	97	75
21 L	11 :00	123	82	72
22 R	11 :00	141	88	78
22 L	11 :00	128	89	81
23 R	09 :00	141	93	74
23 L	09 :00	144	92	74

<b>24 R</b>	<b>11 :00</b>	<b>146</b>	<b>84</b>	<b>75</b>
<b>24 L</b>	<b>11 :00</b>	<b>134</b>	<b>92</b>	<b>79</b>
<b>25 R</b>	<b>11 :00</b>	<b>147</b>	<b>88</b>	<b>77</b>
<b>25 L</b>	<b>11 :00</b>	<b>127</b>	<b>86</b>	<b>77</b>
<b>26 R</b>	<b>11 :00</b>	<b>144</b>	<b>83</b>	<b>77</b>
<b>26 L</b>	<b>11 :00</b>	<b>142</b>	<b>88</b>	<b>76</b>
<b>27 R</b>	<b>08 :00</b>	<b>122</b>	<b>80</b>	<b>73</b>
<b>27 L</b>	<b>08 :00</b>	<b>128</b>	<b>86</b>	<b>77</b>
<b>28 R</b>	<b>10 :00</b>	<b>145</b>	<b>89</b>	<b>70</b>
<b>28 L</b>	<b>10 :00</b>	<b>135</b>	<b>82</b>	<b>70</b>
<b>29 R</b>	<b>10 :00</b>	<b>140</b>	<b>85</b>	<b>69</b>
<b>29 L</b>	<b>10 :00</b>	<b>130</b>	<b>88</b>	<b>71</b>
<b>30 R</b>				
<b>30 L</b>				
<b>31 R</b>	<b>12 :00</b>	<b>141</b>	<b>93</b>	<b>81</b>
<b>31 L</b>	<b>12 :00</b>	<b>147</b>	<b>88</b>	<b>80</b>