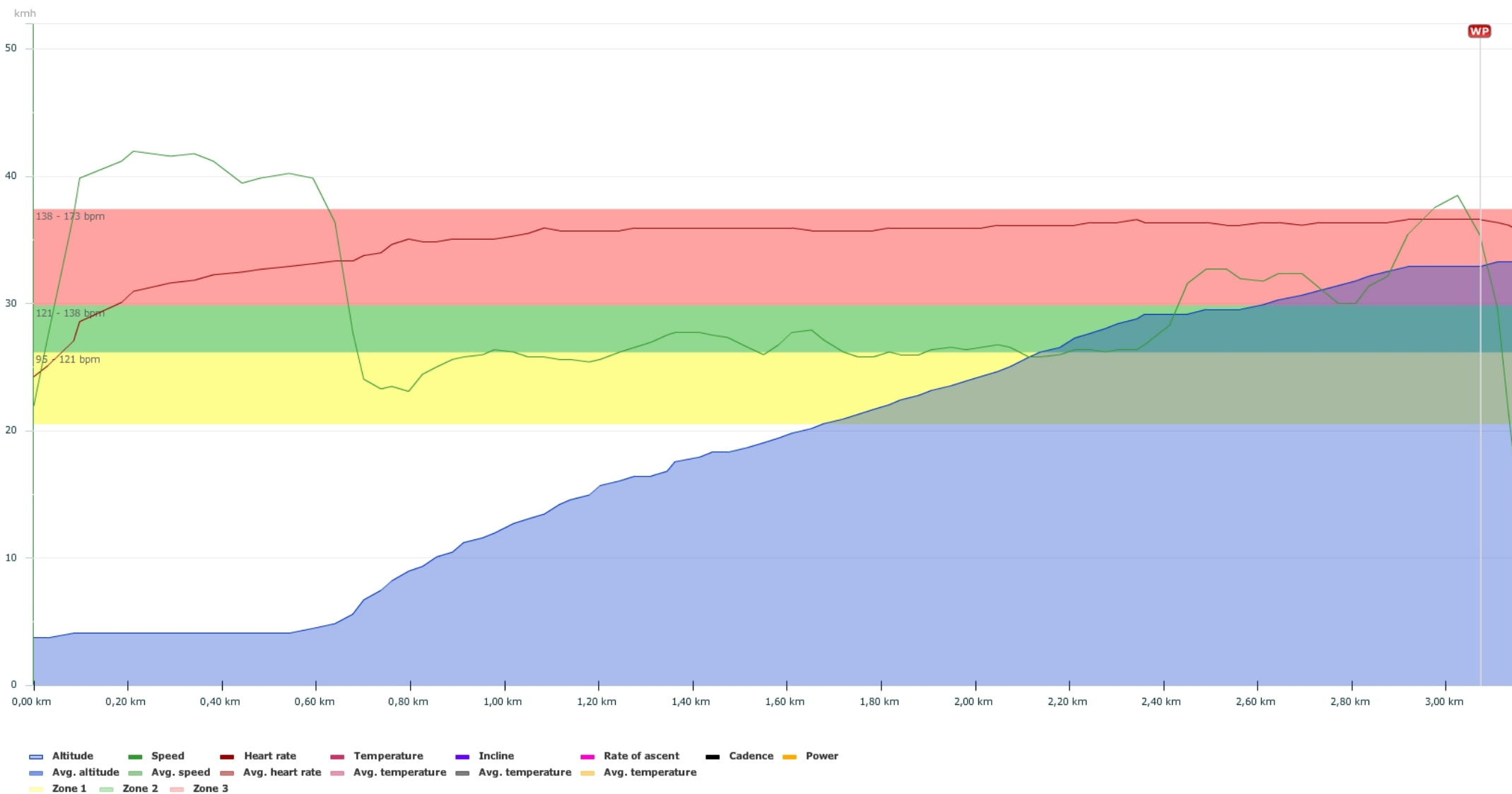


# LOG

Computer / bike: **ADRIANO / Bike 1** Name: **B.Log=3km** Date / Time: **23.09.2012 - 10:23 - 10:30**



## LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **B.Log=3km**    Date / Time: **23.09.2012 - 10:23 - 10:30**



### NOTES

Rating:



Weather:



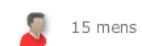
Trip distance profile:



Training type:

Normal

Training partner:



Description:

B.Log-Rekonstruktor=3km ,  
time=6:13

### MARKERS

1.  Finish

## LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **B.Log=3km**    Date / Time: **23.09.2012 - 10:23 - 10:30**

### INFO

|                       |             |
|-----------------------|-------------|
| Date                  | 23.09.2012  |
| Start time            | 10:23 Clock |
| Stopp time            | 10:30 Clock |
| Bike                  | Bike 1      |
| Wheel size            | 2118 mm     |
| Unit                  | kmh         |
| Calories              | 98 kcal     |
| Number of log entries | 87          |
| Log time interval     | 5 s         |

### TOTAL VALUES

|                      |            |
|----------------------|------------|
| Trip distance        | 3,15 km    |
| Trip distance uphill | 2,23 km    |
| Distance downhill    | 0,00 km    |
| Trip time            | 00:06:27 h |
| Trip time uphill     | 00:04:52 h |
| Trip time downhill   | 00:00:00 h |
| Meters uphill        | 79 m       |
| Meters downhill      | 0 m        |
| Break time           | 00:00:00 h |

### MIN/MAX VALUES

|                |                 |
|----------------|-----------------|
| Heart rate     | 112/169 bpm     |
| Temperature    | 21,0/24,0 °C    |
| Speed          | 14,06/41,97 kmh |
| Altitude       | 28/107 m        |
| Incline        | 0/5 %           |
| Rate of ascent | 0/21 m/min      |
| Cadence        | 0/103 R/min     |
| Power          | 0/431 Watt      |

### AVERAGE VALUES

|                           |           |
|---------------------------|-----------|
| Heart rate                | 162 bpm   |
| Temperature               | 22,4 °C   |
| Speed                     | 29,15 kmh |
| Altitude                  | 69 m      |
| Inclination uphill        | 3 %       |
| Inclination downhill      | 0 %       |
| Inclination rate uphill   | 12 m/min  |
| Inclination rate downhill | 0 m/min   |
| Power                     | 292 Watt  |
| Cadence                   | 85 R/min  |

## LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **B.Log=3km**    Date / Time: **23.09.2012 - 10:23 - 10:30**



### HEART RATE ZONES

|        |               |
|--------|---------------|
| Zone 1 | 95 - 121 bpm  |
| Zone 2 | 121 - 138 bpm |
| Zone 3 | 138 - 173 bpm |

|                 |            |
|-----------------|------------|
| Time in Zone 1: | 00:00:04 h |
| Time in Zone 2: | 00:00:09 h |
| Time in Zone 3: | 00:06:13 h |

|         |            |
|---------|------------|
| Outside | 00:00:00 h |
|---------|------------|

