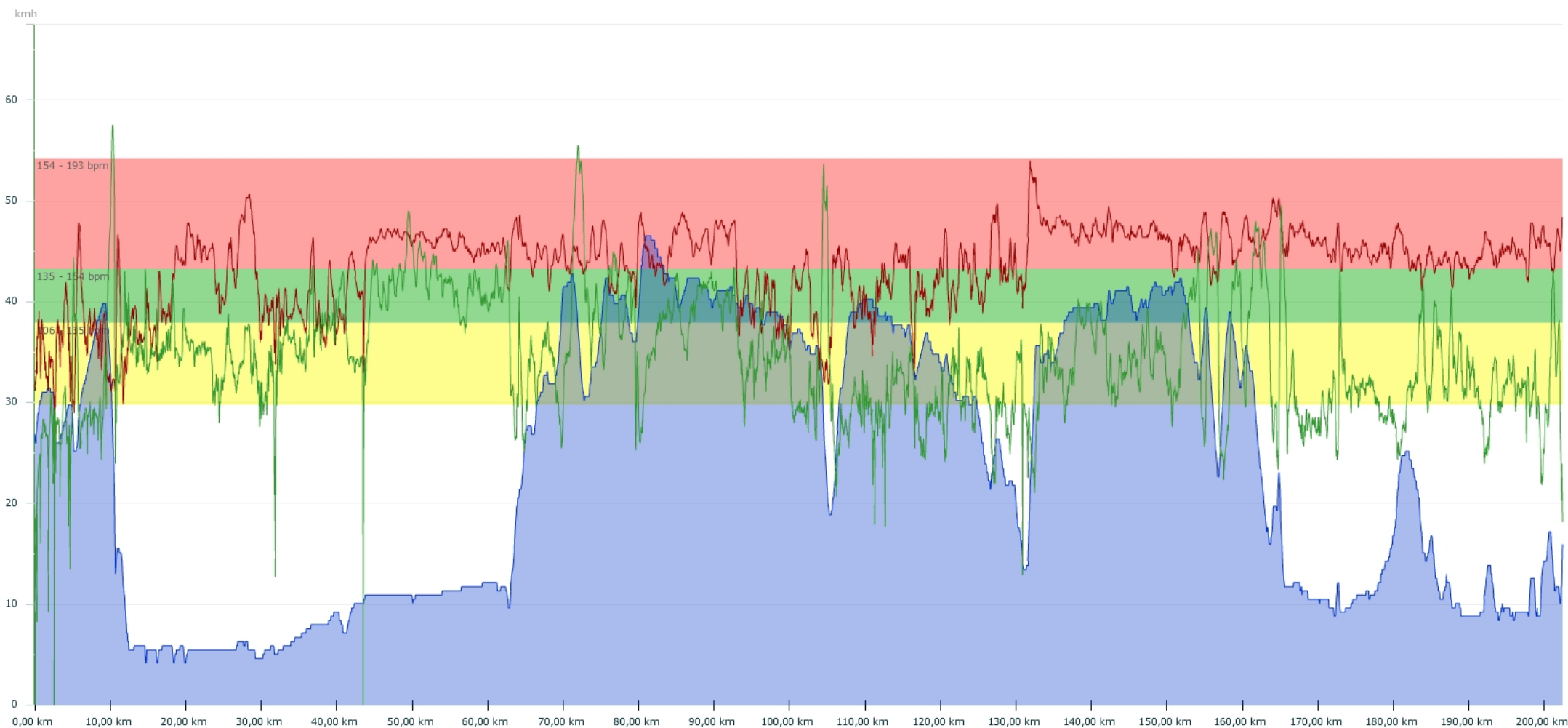


LOG

Computer / bike: DREAMER / Bike 1 Name: Zernograd=200km Date / Time: 27.04.2013 - 08:05 - 14:19



Altitude Speed Heart rate Temperature Incline Rate of ascent Cadence Power
 Avg. altitude Avg. speed Avg. heart rate Avg. temperature Avg. temperature Avg. temperature
 Zone 1 Zone 2 Zone 3

LOG

Computer / bike: DREAMER / Bike 1 Name: Zernograd=200km Date / Time: 27.04.2013 - 08:05 - 14:19



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Normal

Training partner:



18 mens

Description:

Rostov-Zernograd-Rostov=200km, time=6:14h

MARKERS

1. 

2. 

LOG

Computer / bike: DREAMER / Bike 1 Name: Zernograd=200km Date / Time: 27.04.2013 - 08:05 - 14:19

INFO

Date	27.04.2013
Start time	08:05 Clock
Stopp time	14:19 Clock
Bike	Bike 1
Wheel size	2122 mm
Unit	kmh
Calories	4386 kcal
Number of log entries	4843
Log time interval	5 s

TOTAL VALUES

Trip distance	202,43 km
Trip distance uphill	22,48 km
Distance downhill	23,52 km
Trip time	06:03:04 h
Trip time uphill	00:46:03 h
Trip time downhill	00:36:45 h
Meters uphill	683 m
Meters downhill	709 m
Break time	00:00:55 h

MIN/MAX VALUES

Heart rate	99/192 bpm
Temperature	10,0/32,0 °C
Speed	0,00/57,49 kmh
Altitude	434/535 m
Incline	-7/7 %
Rate of ascent	-45/28 m/min
Cadence	0/113 R/min
Power	0/602 Watt

AVERAGE VALUES

Heart rate	155 bpm
Temperature	22,3 °C
Speed	33,47 kmh
Altitude	480 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	9 m/min
Power	201 Watt
Cadence	82 R/min

LOG

Computer / bike: DREAMER / Bike 1 Name: Zernograd=200km Date / Time: 27.04.2013 - 08:05 - 14:19



HEART RATE ZONES

Zone 1	106 - 135 bpm
Zone 2	135 - 154 bpm
Zone 3	154 - 193 bpm

Time in Zone 1:	00:38:07 h
Time in Zone 2:	01:30:34 h
Time in Zone 3:	03:53:55 h

Outside	00:00:27 h
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