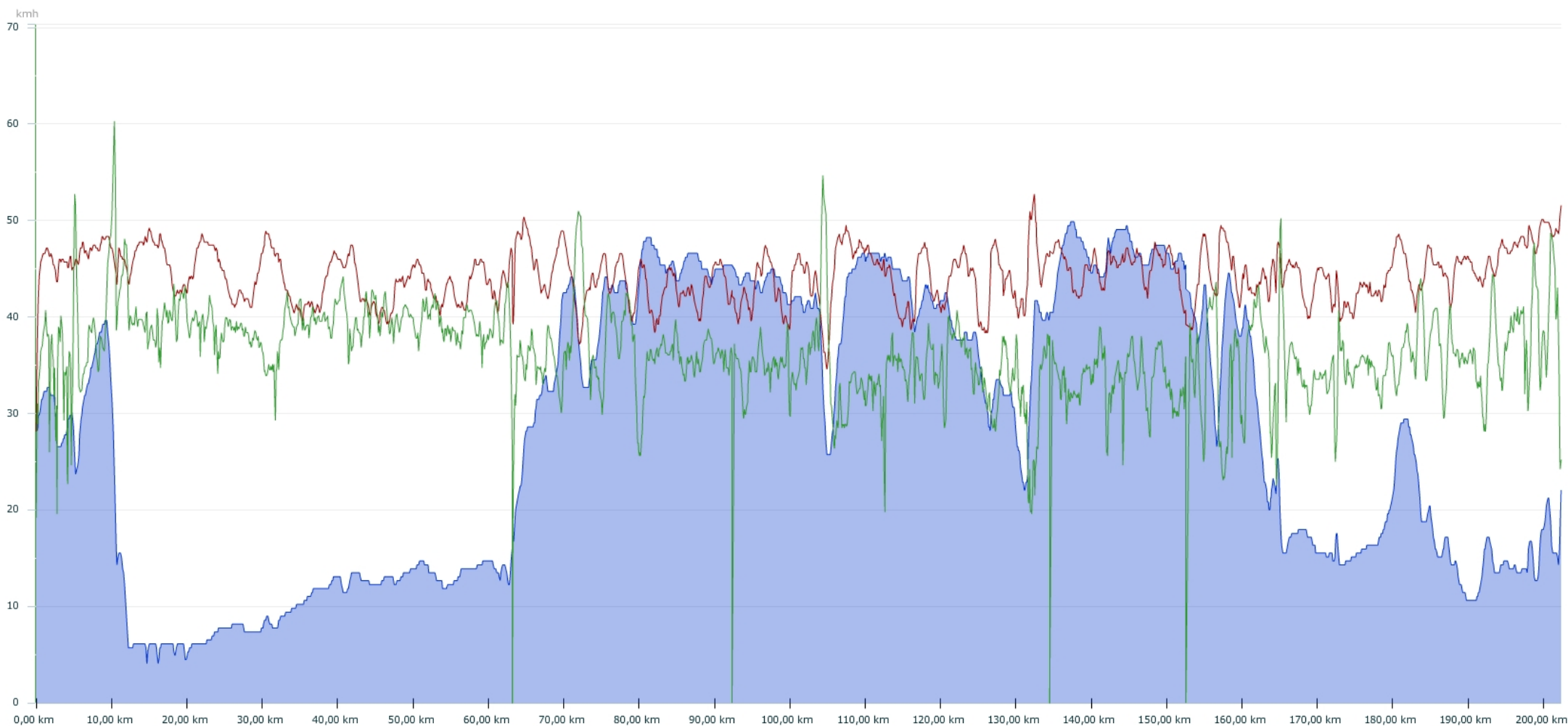


LOG

Computer / bike: Tropin Sergey / Bike 1 Date / Time: 30.04.2016 - 08:03 - 13:43



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

LOG

Computer / bike: Tropin Sergey / Bike 1 Date / Time: 30.04.2016 - 08:03 - 13:43



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

2. 

3. 

4. 

LOG

Computer / bike: Tropin Sergey / Bike 1 Date / Time: 30.04.2016 - 08:03 - 13:43

INFO

Date	30.04.2016
Start time	08:03 Clock
Stopp time	13:43 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	3532 kcal
Number of log entries	2020
Log time interval	10 s

TOTAL VALUES

Trip distance	202,36 km
Trip distance uphill	44,81 km
Distance downhill	41,22 km
Trip time	05:40:22 h
Trip time uphill	01:22:28 h
Trip time downhill	01:04:22 h
Meters uphill	706 m
Meters downhill	722 m
Break time	00:01:07 h

MIN/MAX VALUES

Heart rate	96/180 bpm
Temperature	14,0/30,0 °C
Speed	0,00/60,31 kmh
Altitude	108/220 m
Incline	-10/6 %
Rate of ascent	-89/25 m/min

AVERAGE VALUES

Heart rate	152 bpm
Temperature	23,1 °C
Speed	35,79 kmh
Altitude	167 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	8 m/min
Inclination rate downhill	10 m/min

LOG

Computer / bike: Tropin Sergey / Bike 1 Date / Time: 30.04.2016 - 08:03 - 13:43



HEART RATE ZONES

Zone 1	101 - 129 bpm
Zone 2	129 - 147 bpm
Zone 3	147 - 184 bpm

Time in Zone 1: 00:01:41 h

Time in Zone 2: 01:44:48 h

Time in Zone 3: 03:53:53 h

Outside 00:00:00 h

