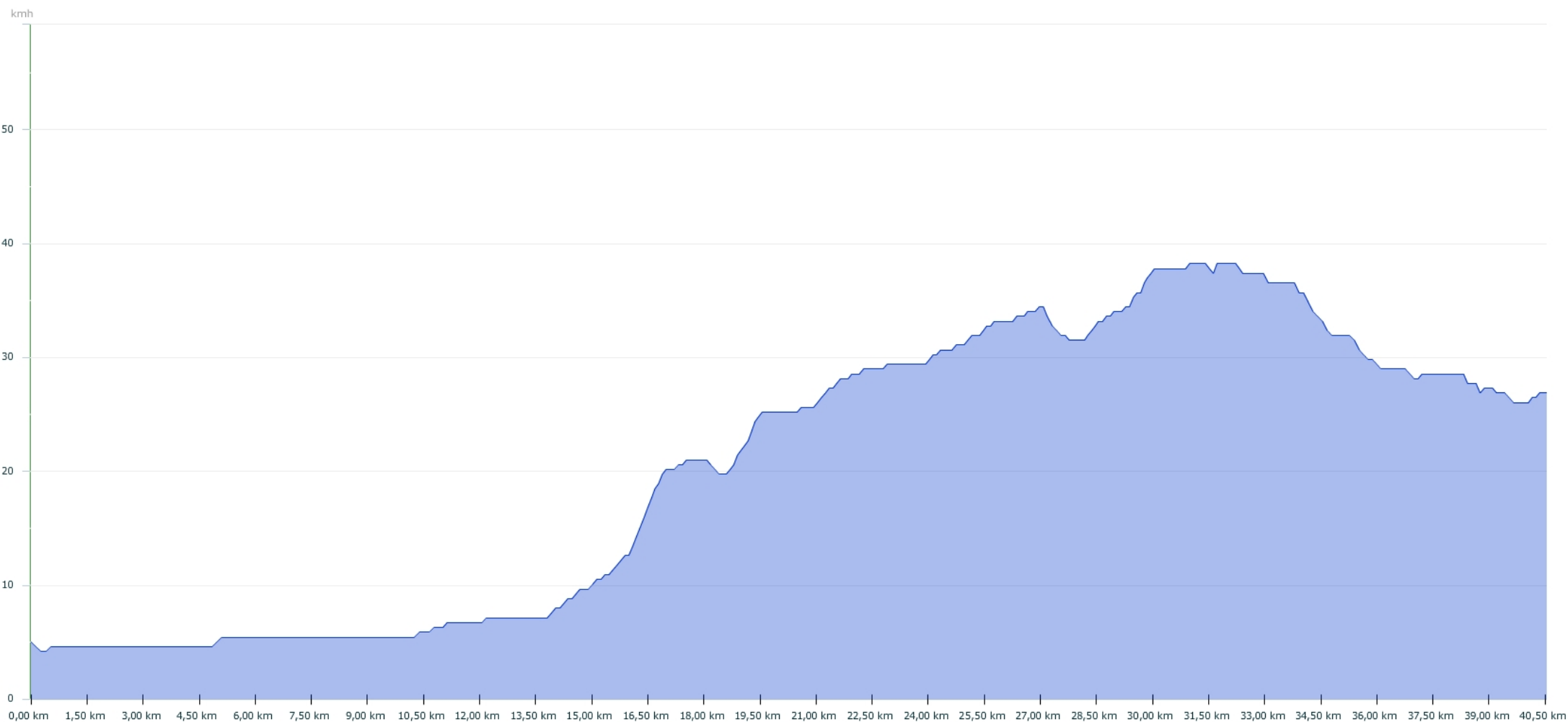


LOG

Computer / bike: sergey / Bike 1 Date / Time: 10.07.2012 - 07:18 - 08:19



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: sergey / Bike 1 Date / Time: 10.07.2012 - 07:18 - 08:19



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. WP

LOG

Computer / bike: sergey / Bike 1 Date / Time: 10.07.2012 - 07:18 - 08:19

INFO

Date	10.07.2012
Start time	07:18 Clock
Stopp time	08:19 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	668 kcal
Number of log entries	361
Log time interval	10 s

TOTAL VALUES

Trip distance	40,54 km
Trip distance uphill	8,62 km
Distance downhill	4,11 km
Trip time	01:00:45 h
Trip time uphill	00:14:00 h
Trip time downhill	00:05:54 h
Meters uphill	97 m
Meters downhill	45 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	123/171 bpm
Temperature	20,0/26,0 °C
Speed	29,47/49,25 kmh
Altitude	21/102 m
Incline	-1/2 %
Rate of ascent	-7/12 m/min

AVERAGE VALUES

Heart rate	155 bpm
Temperature	21,7 °C
Speed	40,13 kmh
Altitude	61 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	7 m/min

LOG

Computer / bike: sergey / Bike 1 Date / Time: 10.07.2012 - 07:18 - 08:19



HEART RATE ZONES

Zone 1	102 - 130 bpm
Zone 2	130 - 149 bpm
Zone 3	149 - 186 bpm

Time in Zone 1: 00:04:43 h

Time in Zone 2: 00:09:57 h

Time in Zone 3: 00:46:04 h

Outside 00:00:00 h

