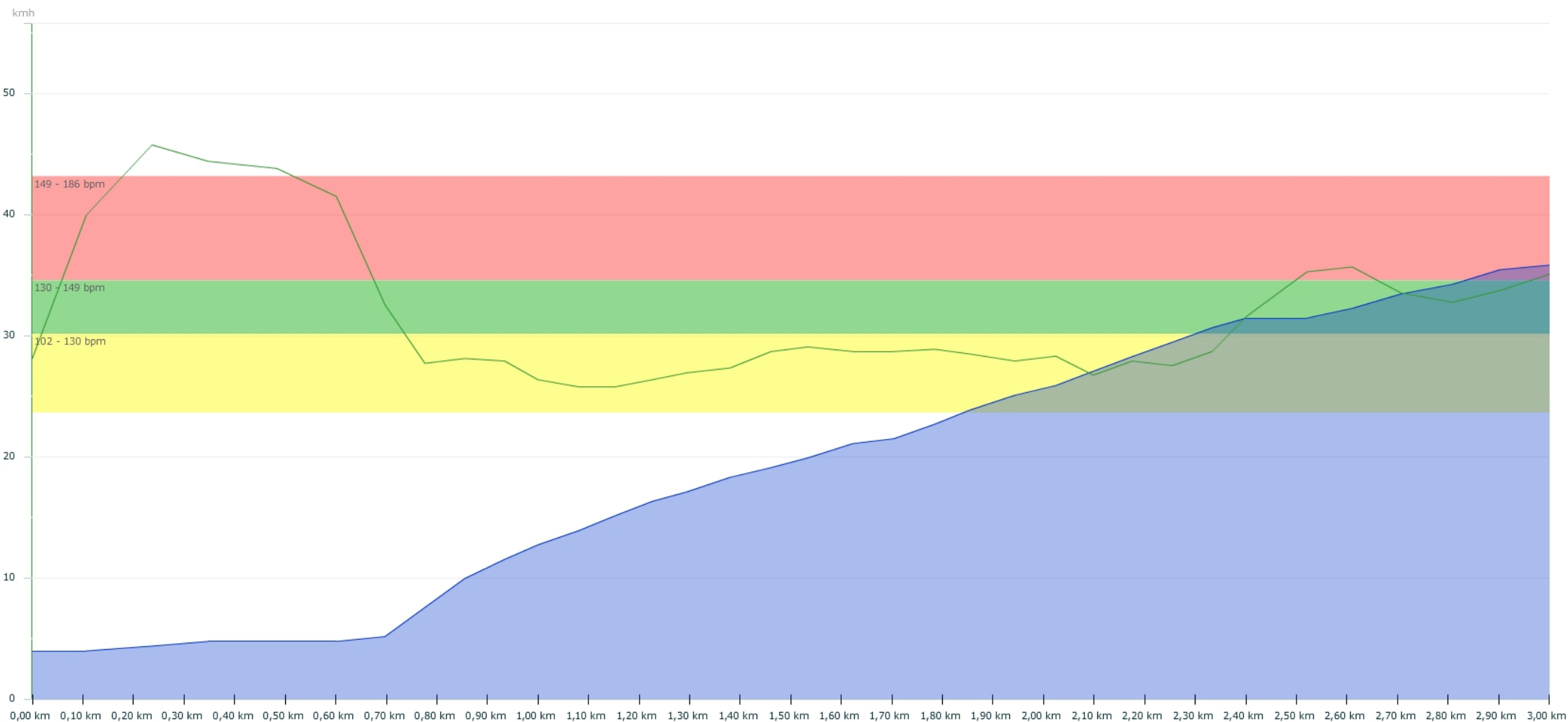


LOG

Computer / bike: sergey / Bike 1 Date / Time: 24.09.2012 - 10:53 - 10:58



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: 24.09.2012 - 10:53 - 10:58



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

steep



Training type:

Training partner:

Description:

MARKERS

LOG

Computer / bike: sergey / Bike 1 Date / Time: 24.09.2012 - 10:53 - 10:58

INFO

Date	24.09.2012
Start time	10:53 Clock
Stopp time	10:58 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	0 kcal
Number of log entries	35
Log time interval	10 s

TOTAL VALUES

Trip distance	3,00 km
Trip distance uphill	2,52 km
Distance downhill	0,00 km
Trip time	00:05:44 h
Trip time uphill	00:05:03 h
Trip time downhill	00:00:00 h
Meters uphill	80 m
Meters downhill	0 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	85/85 bpm
Temperature	21,0/22,0 °C
Speed	25,79/45,76 kmh
Altitude	32/112 m
Incline	0/7 %
Rate of ascent	0/32 m/min

AVERAGE VALUES

Heart rate	85 bpm
Temperature	21,3 °C
Speed	31,31 kmh
Altitude	71 m
Inclination uphill	3 %
Inclination downhill	0 %
Inclination rate uphill	16 m/min
Inclination rate downhill	0 m/min

LOG

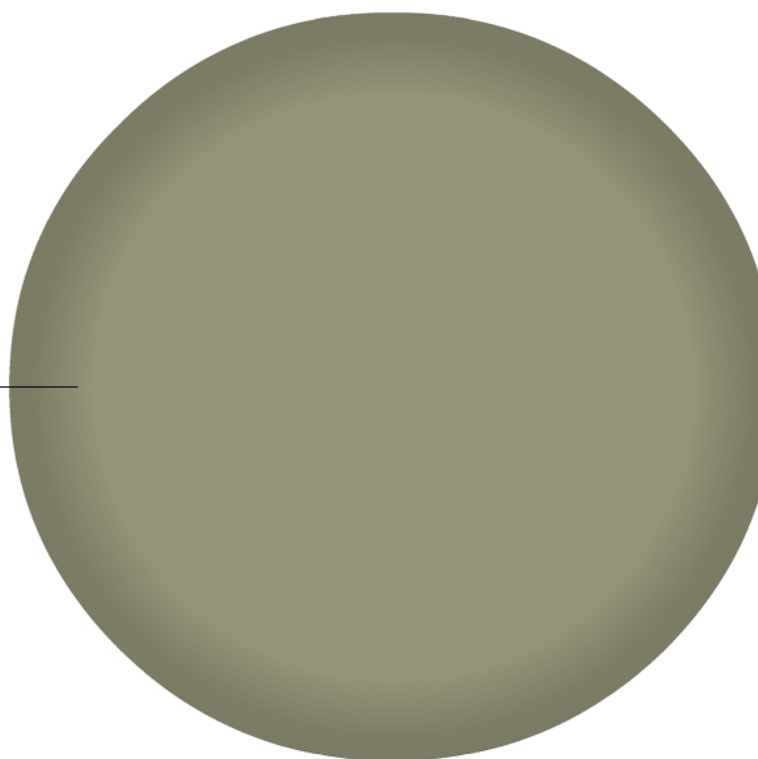
Computer / bike: sergey / Bike 1 Date / Time: 24.09.2012 - 10:53 - 10:58



HEART RATE ZONES

Zone 1	102 - 130 bpm
Zone 2	130 - 149 bpm
Zone 3	149 - 186 bpm
Time in Zone 1:	00:00:00 h
Time in Zone 2:	00:00:00 h
Time in Zone 3:	00:00:00 h
Outside	00:05:44 h

Outside:
99.9%



Time in zone 1: 0.0% | Time in zone 2: 0.0% | Time in zone 3: 0.0%