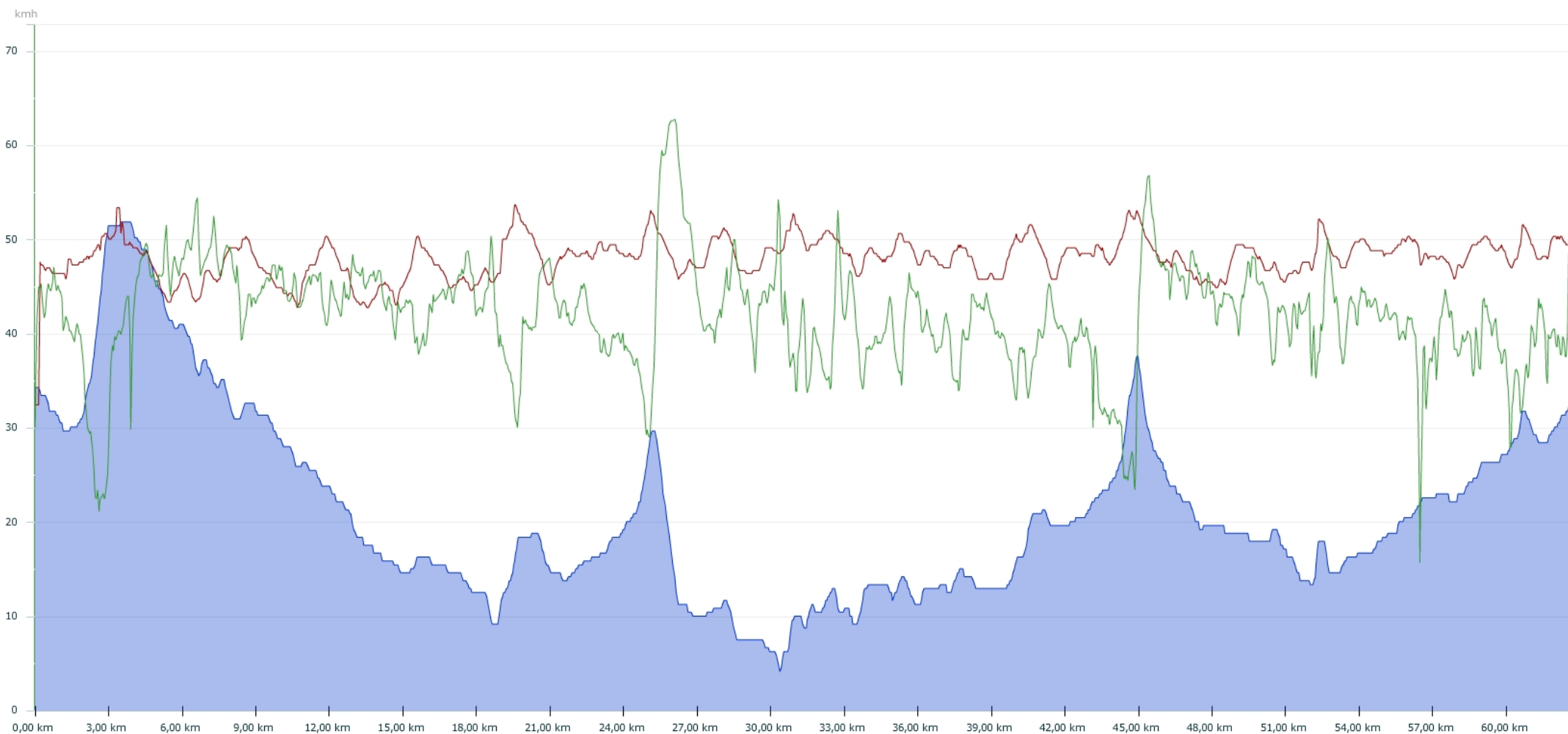


LOG

Computer / bike: sergey / Bike 1 Date / Time: 19.08.2012 - 10:44 - 12:16



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: 19.08.2012 - 10:44 - 12:16



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

LOG

Computer / bike: sergey / Bike 1 Date / Time: 19.08.2012 - 10:44 - 12:16

INFO

Date	19.08.2012
Start time	10:44 Clock
Stopp time	12:16 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	1048 kcal
Number of log entries	1230
Log time interval	5 s

TOTAL VALUES

Trip distance	62,89 km
Trip distance uphill	11,29 km
Distance downhill	12,32 km
Trip time	01:32:10 h
Trip time uphill	00:19:30 h
Trip time downhill	00:15:49 h
Meters uphill	321 m
Meters downhill	323 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	107/177 bpm
Temperature	22,0/27,0 °C
Speed	11,44/62,83 kmh
Altitude	301/415 m
Incline	-5/7 %
Rate of ascent	-52/29 m/min

AVERAGE VALUES

Heart rate	159 bpm
Temperature	24,8 °C
Speed	40,98 kmh
Altitude	342 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	10 m/min
Inclination rate downhill	11 m/min

LOG

Computer / bike: sergey / Bike 1 Date / Time: 19.08.2012 - 10:44 - 12:16



HEART RATE ZONES

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

Time in Zone 1: 00:00:13 h

Time in Zone 2: 00:05:55 h

Time in Zone 3: 01:26:01 h

Outside: 00:00:00 h

