

LOG

Computer / bike: sergey / Bike 1 Date / Time: 01.09.2011 - 13:17 - 14:48



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

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NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

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INFO

Unit	kmh
Wheel size	2133 mm
Log time interval	5
Number of log entries	1220
Calories	977 kcal
Bike	Bike 1
Stopp time	14:48 Clock
Start time	13:17 Clock
Date	01.09.2011

TOTAL VALUES

Trip distance	50,69 km
Trip time	01:31:25 h
Break time	00:00:00 h
Distance uphill	6,83 km
Trip time uphill	00:14:15 h
Meters uphill	208 m
Distance downhill	4,77 km
Trip time downhill	00:07:48 h
Meters downhill	149 m

MIN. / MAX VALUES

Speed	0,00/49,64 kmh
Heart rate	117/175 bpm
Temperature	31,0/36,0 °C
Altitude	13/105 °C
Incline	-4/6 %
Rate of ascent	-27/22 m/min

AVERAGE VALUES

Speed	33,25 kmh
Heart rate	151 bpm
Temperature	34,6 °C
Altitude	63 m
Incline	0 %
Rate of ascent	0 m

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HEART RATE ZONES

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

Time in Zone 1:	00:00:40 h
Time in Zone 2:	00:29:37 h
Time in Zone 3:	01:01:07 h

Outside	00:00:00 h
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