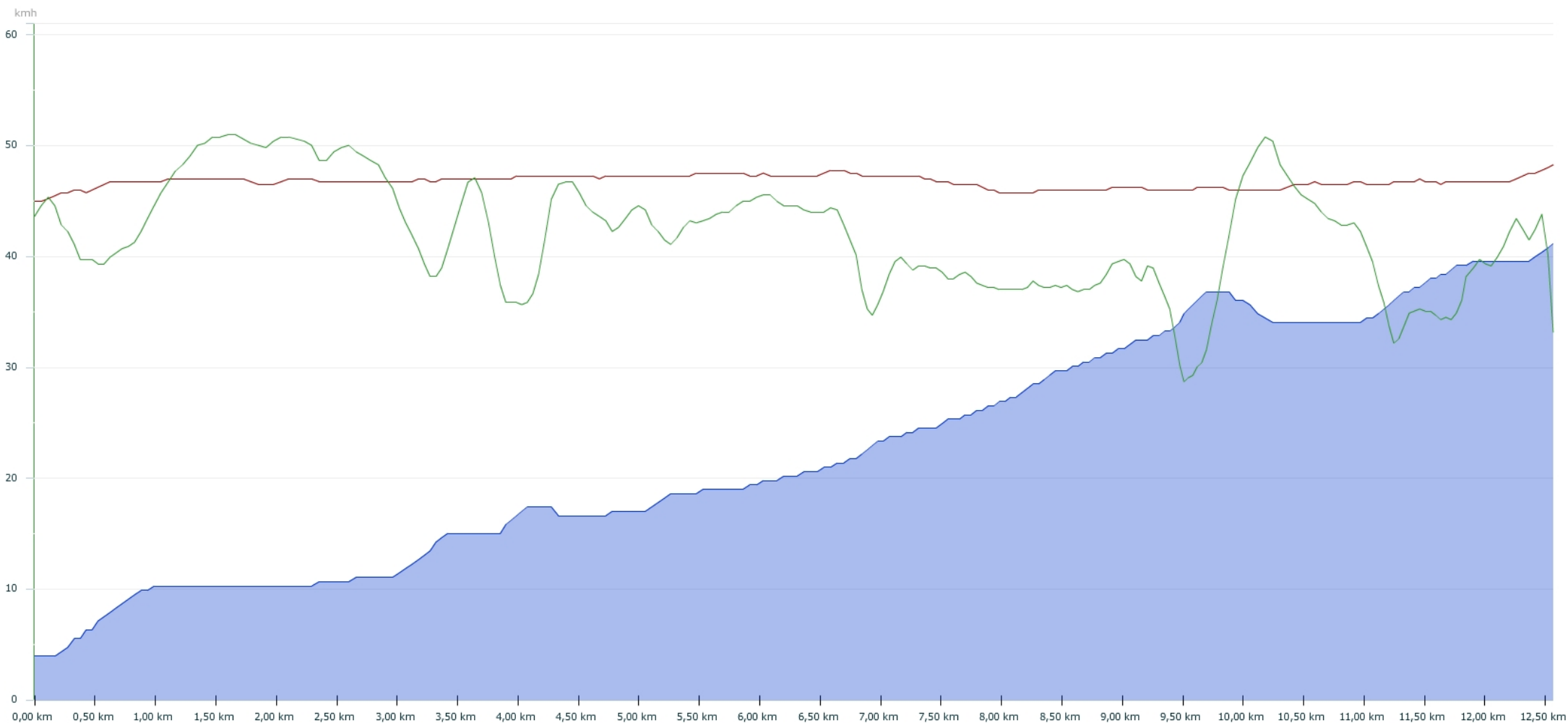


LOG

Computer / bike: valeradi / Bike 1 Name: 12,5 Date / Time: 26.04.2014 - 15:14 - 15:32



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

LOG

Computer / bike: valeradi / Bike 1 Name: 12,5 Date / Time: 26.04.2014 - 15:14 - 15:32



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

slightly hilly



Training type:

Training partner:

Description:

2-3 /

MARKERS

LOG

Computer / bike: **valeradi / Bike 1** Name: **12,5** Date / Time: **26.04.2014 - 15:14 - 15:32**

INFO

Date	26.04.2014
Start time	15:14 Clock
Stopp time	15:32 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	308 kcal
Number of log entries	244
Log time interval	5 s

TOTAL VALUES

Trip distance	12,56 km
Trip distance uphill	4,67 km
Distance downhill	0,36 km
Trip time	00:18:13 h
Trip time uphill	00:07:16 h
Trip time downhill	00:00:27 h
Meters uphill	103 m
Meters downhill	9 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	177/190 bpm
Temperature	12,0/13,0 °C
Speed	28,70/51,00 kmh
Altitude	693/787 m
Incline	-1/2 %
Rate of ascent	-8/11 m/min
Cadence	0/125 R/min
Power	0/485 Watt

AVERAGE VALUES

Heart rate	184 bpm
Temperature	12,5 °C
Speed	41,42 kmh
Altitude	741 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	8 m/min
Power	328 Watt
Cadence	79 R/min

LOG

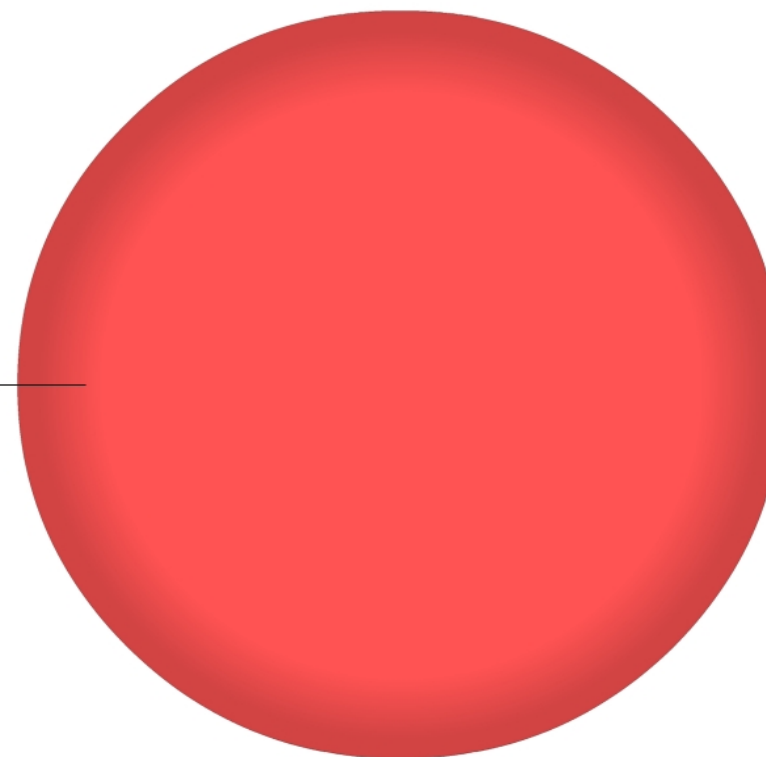
Computer / bike: **valeradi / Bike 1** Name: **12,5** Date / Time: **26.04.2014 - 15:14 - 15:32**



HEART RATE ZONES

Zone 1	107 - 151 bpm
Zone 2	151 - 156 bpm
Zone 3	156 - 195 bpm
Time in Zone 1:	00:00:00 h
Time in Zone 2:	00:00:00 h
Time in Zone 3:	00:18:13 h
Outside	00:00:00 h

Zone 3:
100.0%



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