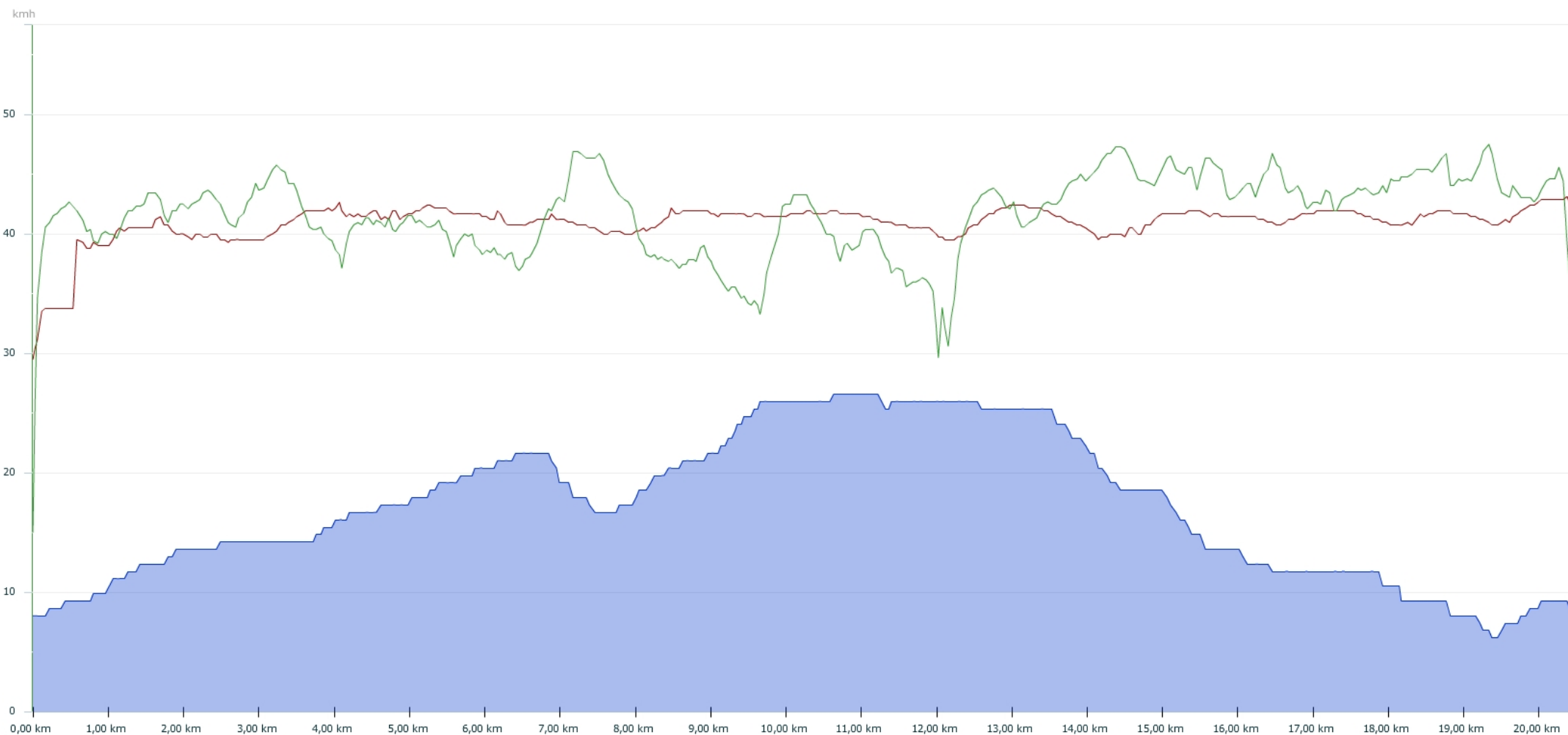


LOG

Computer / bike: 2014 / Bike 1 Name: Date / Time: 10.05.2014 - 10:26 - 10:56



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: 2014 / Bike 1 Name: Date / Time: 10.05.2014 - 10:26 - 10:56



NOTES

Rating:



Weather:

light cloud



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. WP

2. WP

LOG

Computer / bike: 2014 / Bike 1 Name: Date / Time: 10.05.2014 - 10:26 - 10:56

INFO

Date	10.05.2014
Start time	10:26 Clock
Stopp time	10:56 Clock
Bike	Bike 1
Wheel size	2115 mm
Unit	kmh
Calories	445 kcal
Number of log entries	397
Log time interval	5 s

TOTAL VALUES

Trip distance	20,48 km
Trip distance uphill	2,04 km
Distance downhill	1,94 km
Trip time	00:29:42 h
Trip time uphill	00:03:18 h
Trip time downhill	00:02:42 h
Meters uphill	44 m
Meters downhill	44 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	123/180 bpm
Temperature	23,0/30,0 °C
Speed	15,00/47,49 kmh
Altitude	59/92 m
Incline	-1/1 %
Rate of ascent	-7/6 m/min
Cadence	0/101 R/min
Power	0/373 Watt

AVERAGE VALUES

Heart rate	171 bpm
Temperature	25,8 °C
Speed	41,35 kmh
Altitude	76 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	7 m/min
Power	242 Watt
Cadence	87 R/min

LOG

Computer / bike: 2014 / Bike 1 Name: Date / Time: 10.05.2014 - 10:26 - 10:56



HEART RATE ZONES

Zone 1	100 - 127 bpm
Zone 2	127 - 146 bpm
Zone 3	146 - 182 bpm

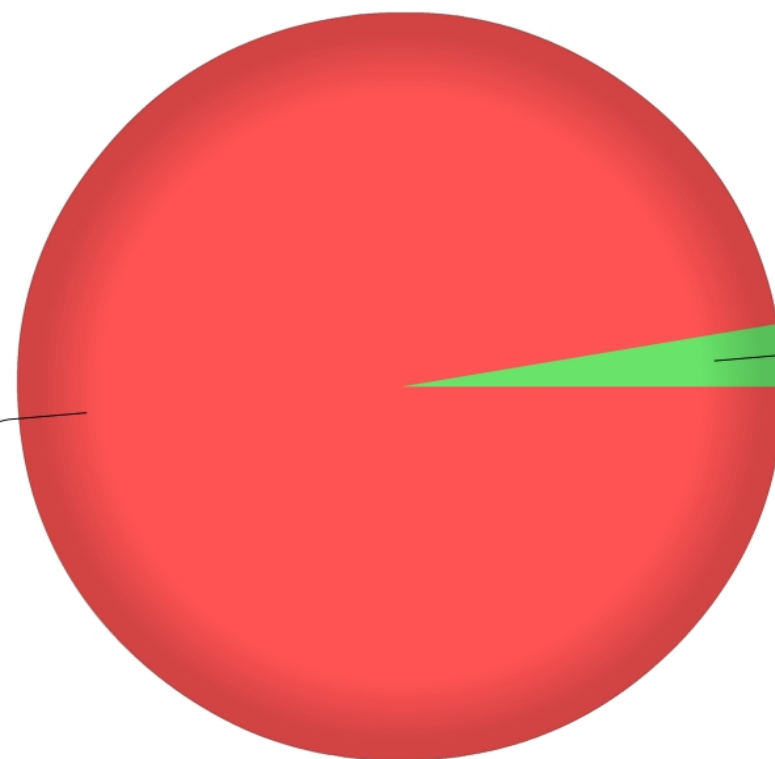
Time in Zone 1: 00:00:00 h

Time in Zone 2: 00:00:49 h

Time in Zone 3: 00:28:52 h

Outside 00:00:00 h

Zone 3:
97.2%



Zone 2:
2.7%

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