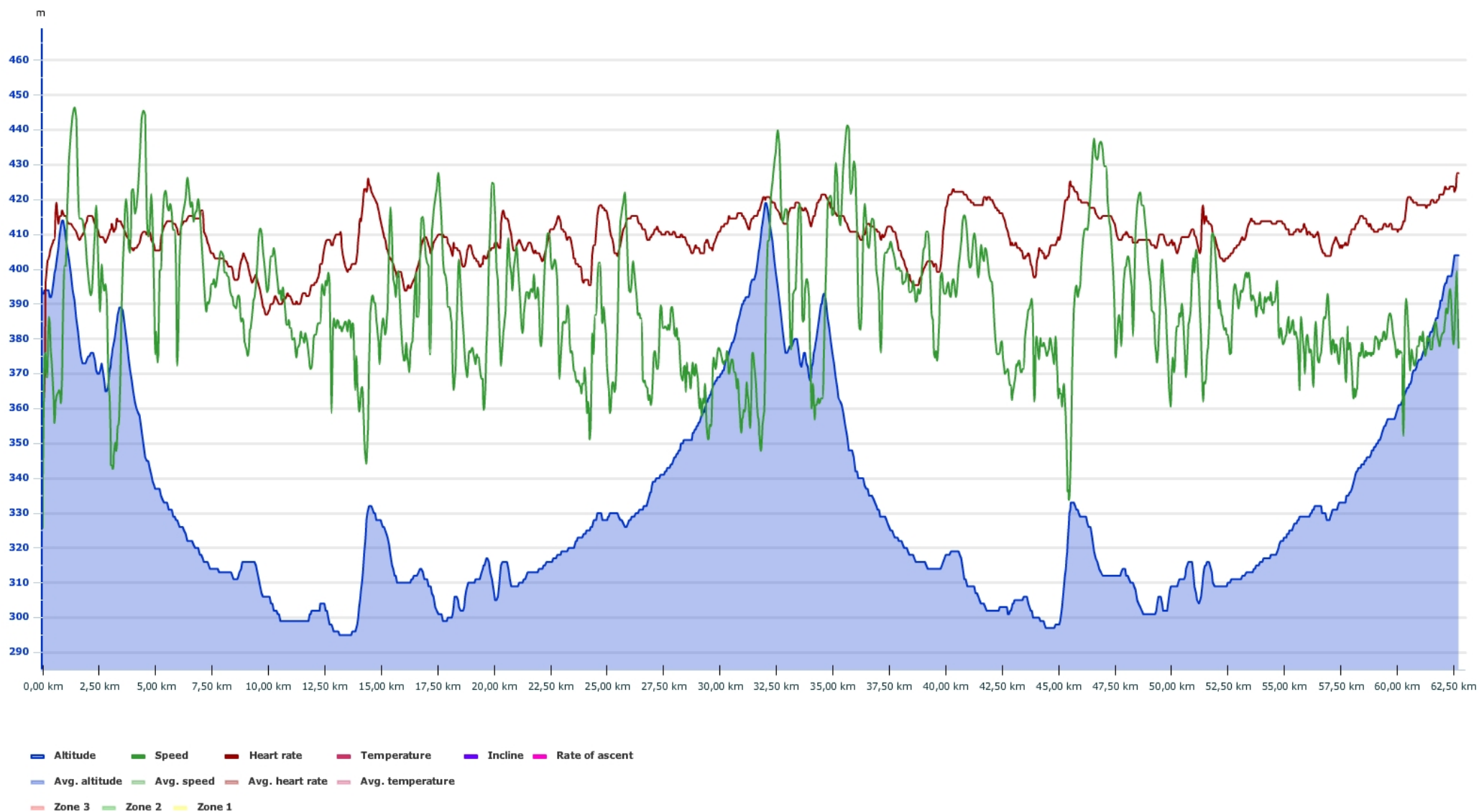


# LOG

Computer / bike: sergey / Bike 1      Date / Time: 19.08.2011 - 12:30 - 14:00



## LOG

Computer / bike: sergey / Bike 1    Date / Time: 19.08.2011 - 12:30 - 14:00



### NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

mountainous



Training type:

Training partner:

Description:

### MARKERS

## LOG

Computer / bike: **sergey / Bike 1**    Date / Time: **19.08.2011 - 12:30 - 14:00**

### INFO

Unit	kmh
Wheel size	2133 mm
Log time interval	5
Number of log entries	1204
Calories	1058 kcal
Bike	Bike 1
Stopp time	14:00 Clock
Start time	12:30 Clock
Date	19.08.2011

### TOTAL VALUES

Trip distance	62,71 km
Trip time	01:30:13 h
Break time	00:00:00 h
Distance uphill	15,25 km
Trip time uphill	00:25:25 h
Meters uphill	465 m
Distance downhill	14,65 km
Trip time downhill	00:17:19 h
Meters downhill	454 m

### MIN. / MAX VALUES

Speed	16,87/66,70 kmh
Heart rate	100/186 bpm
Temperature	27,0/36,0 °C
Altitude	295/419 °C
Incline	-6/10 %
Rate of ascent	-63/40 m/min

### AVERAGE VALUES

Speed	41,73 kmh
Heart rate	162 bpm
Temperature	31,7 °C
Altitude	332 m
Incline	0 %
Rate of ascent	0 m

## LOG

Computer / bike: sergey / Bike 1      Date / Time: 19.08.2011 - 12:30 - 14:00



### 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: 00:07:48 h

Time in Zone 3: 01:22:07 h

Outside 00:00:18 h

