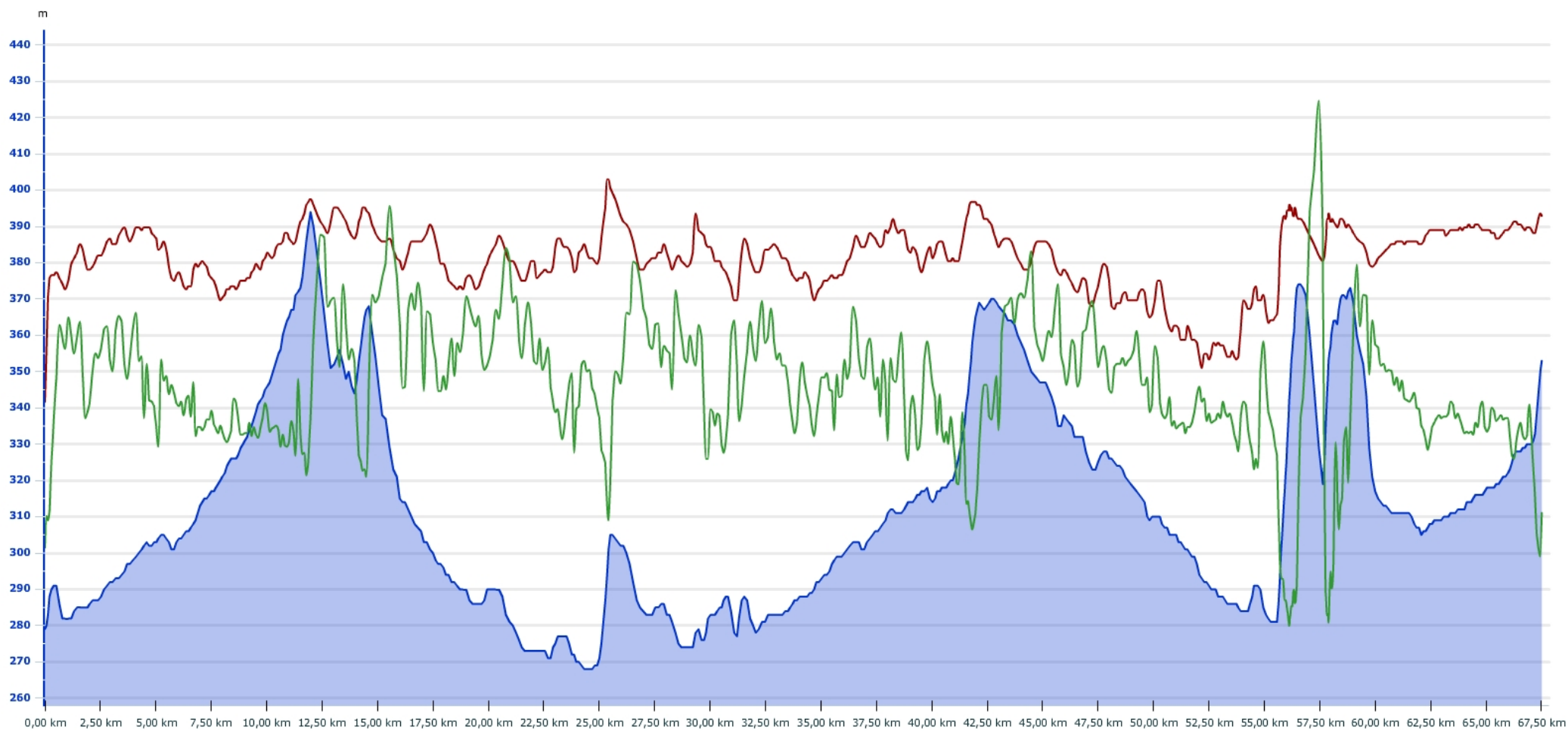


LOG

Computer / bike: sergey / Bike 1 Date / Time: 16.08.2011 - 13:30 - 15:13



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

LOG

Computer / bike: sergey / Bike 1 Date / Time: 16.08.2011 - 13:30 - 15:13



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

steep



Training type:

Training partner:

Description:

MARKERS

LOG

Computer / bike: **sergey / Bike 1** Date / Time: **16.08.2011 - 13:30 - 15:13**

INFO

Unit	kmh
Wheel size	2133 mm
Log time interval	10
Number of log entries	610
Calories	1179 kcal
Bike	Bike 1
Stopp time	15:13 Clock
Start time	13:30 Clock
Date	16.08.2011

TOTAL VALUES

Trip distance	67,51 km
Trip time	01:42:46 h
Break time	00:00:00 h
Distance uphill	24,07 km
Trip time uphill	00:42:51 h
Meters uphill	552 m
Distance downhill	22,73 km
Trip time downhill	00:29:21 h
Meters downhill	478 m

MIN. / MAX VALUES

Speed	10,28/77,95 kmh
Heart rate	108/187 bpm
Temperature	25,0/33,0 °C
Altitude	268/394 °C
Incline	-8/19 %
Rate of ascent	-103/46 m/min

AVERAGE VALUES

Speed	39,45 kmh
Heart rate	159 bpm
Temperature	29,8 °C
Altitude	313 m
Incline	0 %
Rate of ascent	0 m

LOG

Computer / bike: sergey / Bike 1 Date / Time: 16.08.2011 - 13:30 - 15:13



HEART RATE ZONES

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

Time in Zone 1: 00:03:22 h

Time in Zone 2: 00:12:19 h

Time in Zone 3: 01:26:44 h

Outside 00:00:20 h

