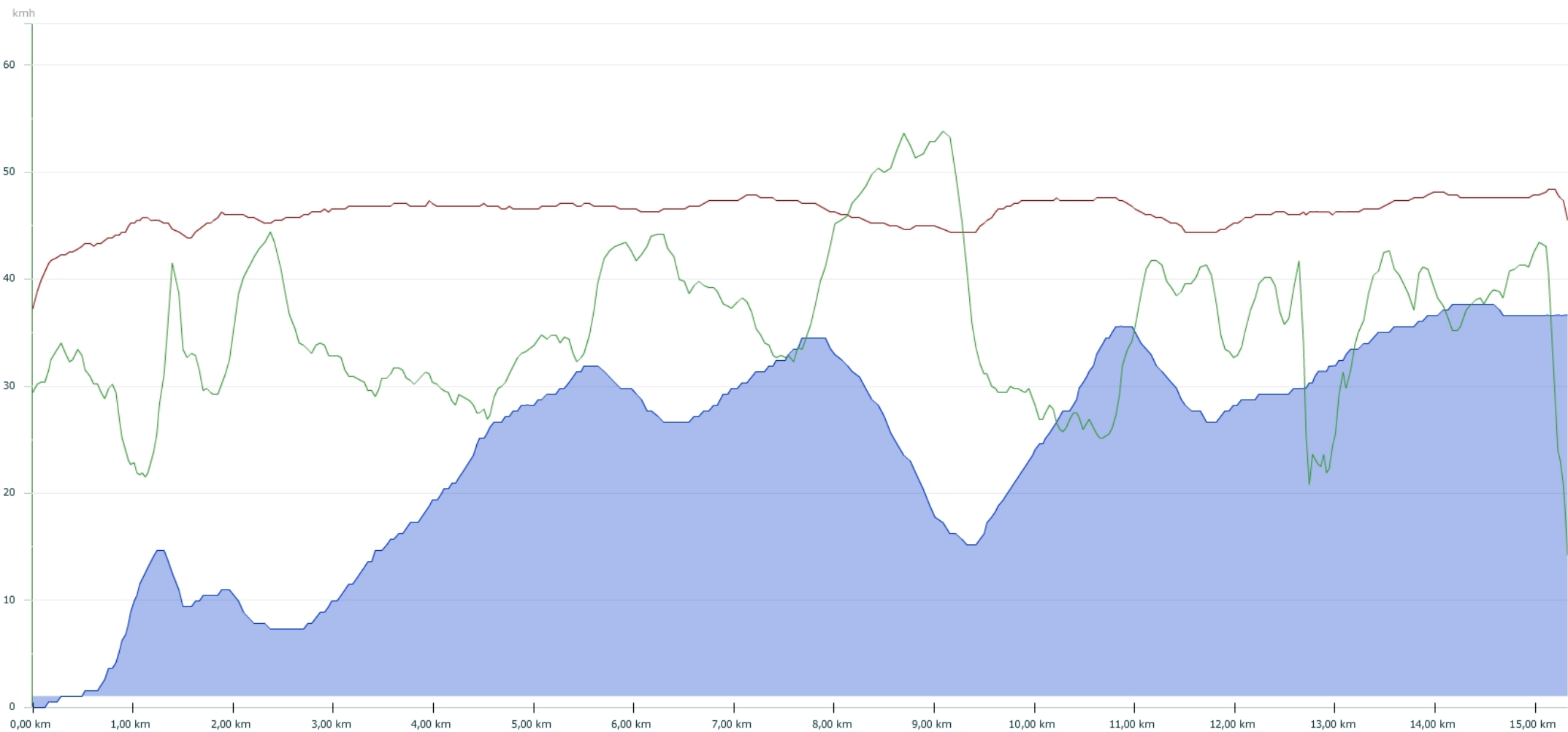


LOG

Computer / bike: 2014 / Bike 1 Name: Date / Time: 19.07.2014 - 10:25 - 10:51



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: 19.07.2014 - 10:25 - 10:51



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. WP

LOG

Computer / bike: 2014 / Bike 1 Name: Date / Time: 19.07.2014 - 10:25 - 10:51

INFO

Date	19.07.2014
Start time	10:25 Clock
Stopp time	10:51 Clock
Bike	Bike 1
Wheel size	2115 mm
Unit	kmh
Calories	413 kcal
Number of log entries	358
Log time interval	5 s

TOTAL VALUES

Trip distance	15,32 km
Trip distance uphill	5,24 km
Distance downhill	3,10 km
Trip time	00:26:46 h
Trip time uphill	00:10:25 h
Trip time downhill	00:04:12 h
Meters uphill	153 m
Meters downhill	83 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	140/182 bpm
Temperature	30,0/33,0 °C
Speed	14,23/53,84 kmh
Altitude	-2/70 m
Incline	-4/4 %
Rate of ascent	-25/15 m/min
Cadence	0/106 R/min
Power	0/440 Watt

AVERAGE VALUES

Heart rate	174 bpm
Temperature	32,1 °C
Speed	34,32 kmh
Altitude	43 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	10 m/min
Power	198 Watt
Cadence	80 R/min

LOG

Computer / bike: 2014 / Bike 1 Name: Date / Time: 19.07.2014 - 10:25 - 10:51



HEART RATE ZONES

Zone 1	105 - 130 bpm
Zone 2	130 - 155 bpm
Zone 3	155 - 190 bpm

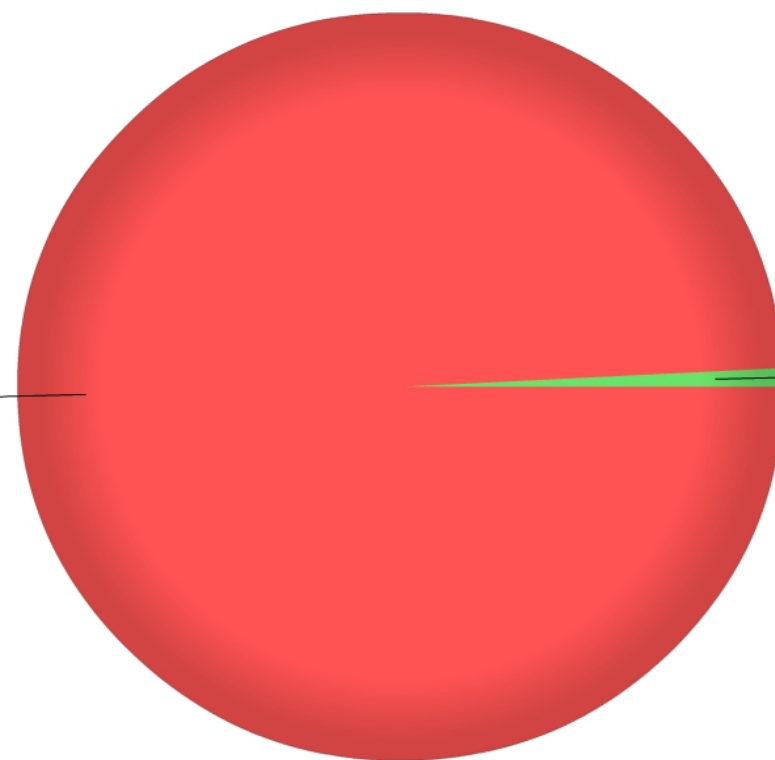
Time in Zone 1: 00:00:00 h

Time in Zone 2: 00:00:13 h

Time in Zone 3: 00:26:33 h

Outside 00:00:00 h

Zone 3:
99.2%



Zone 2:
0.8%

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