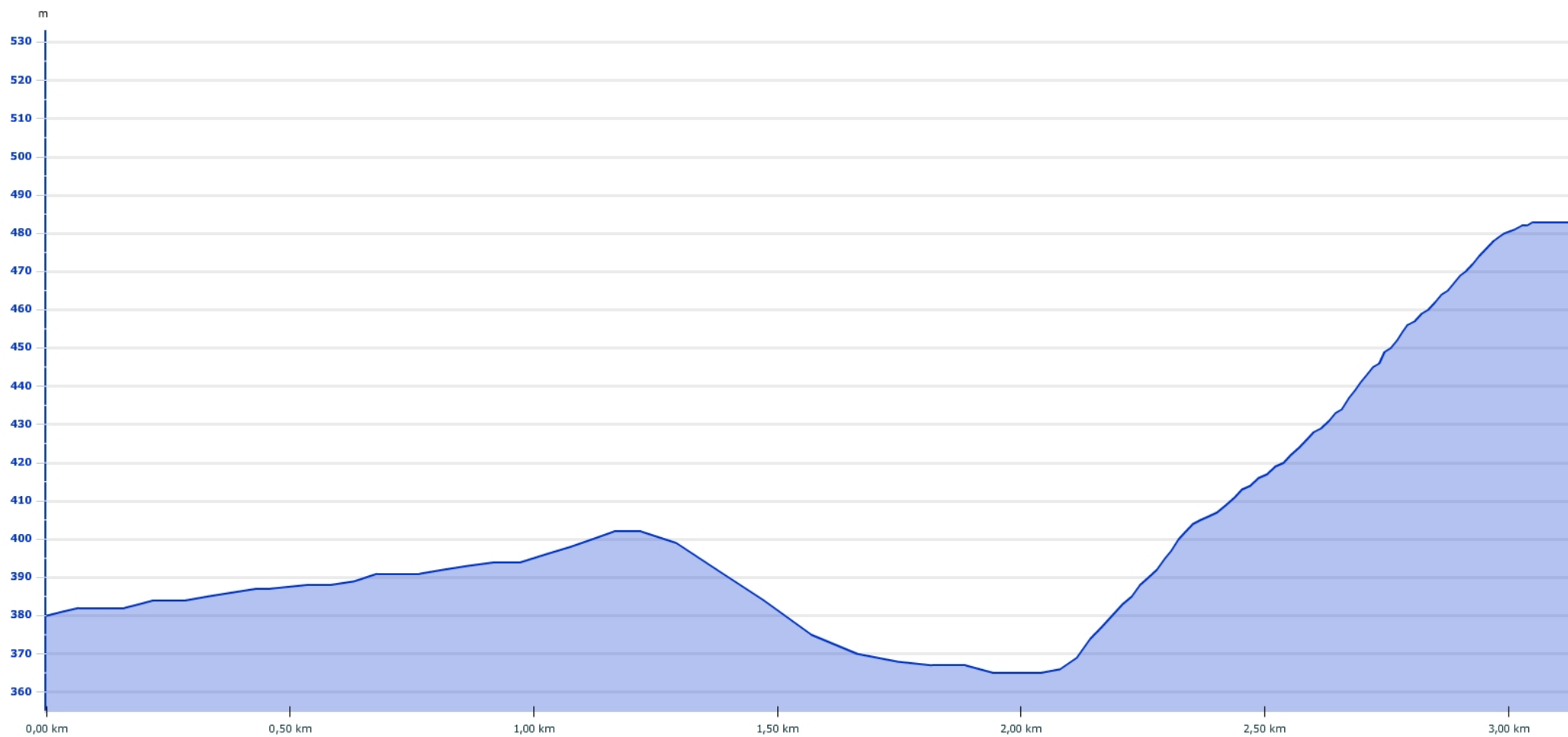


# LOG

Computer / bike: sergey / Bike 1    Date / Time: 18.08.2011 - 17:05 - 17:13



— 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: 18.08.2011 - 17:05 - 17:13



### NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

### MARKERS

## LOG

Computer / bike: **sergey / Bike 1**    Date / Time: **18.08.2011 - 17:05 - 17:13**

### INFO

Unit	kmh
Wheel size	2133 mm
Log time interval	5
Number of log entries	111
Calories	102 kcal
Bike	Bike 1
Stopp time	17:13 Clock
Start time	17:05 Clock
Date	18.08.2011

### TOTAL VALUES

Trip distance	3,13 km
Trip time	00:08:15 h
Break time	00:00:00 h
Distance uphill	1,78 km
Trip time uphill	00:06:00 h
Meters uphill	140 m
Distance downhill	0,65 km
Trip time downhill	00:00:36 h
Meters downhill	37 m

### MIN. / MAX VALUES

Speed	7,56/78,15 kmh
Heart rate	105/181 bpm
Temperature	34,0/37,0 °C
Altitude	365/483 °C
Incline	-7/18 %
Rate of ascent	-91/40 m/min

### AVERAGE VALUES

Speed	22,75 kmh
Heart rate	167 bpm
Temperature	35,6 °C
Altitude	418 m
Incline	6 %
Rate of ascent	11 m

## LOG

Computer / bike: sergey / Bike 1    Date / Time: 18.08.2011 - 17:05 - 17:13



### HEART RATE ZONES

Zone 1	102 - 130 bpm
Zone 2	130 - 149 bpm
Zone 3	149 - 186 bpm
Time in Zone 1:	00:00:04 h
Time in Zone 2:	00:00:45 h
Time in Zone 3:	00:07:25 h
Outside	00:00:00 h

