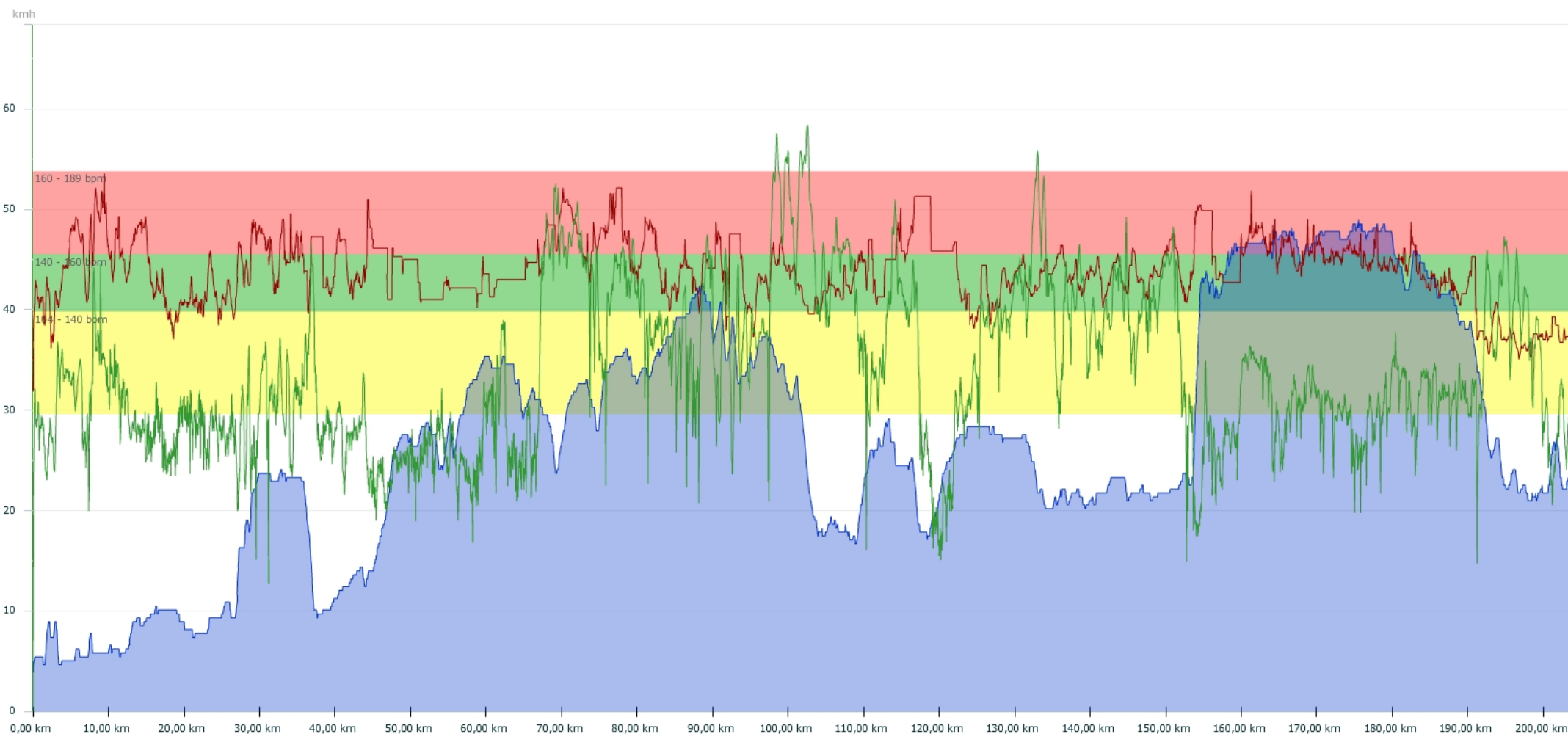


LOG

Computer / bike: valeradi / Bike 1 Name: YOUznyi.200km Date / Time: 18.04.2015 - 07:56 - 15:04



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: valeradi / Bike 1 Name: YOUzniy.200km Date / Time: 18.04.2015 - 07:56 - 15:04



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

2. 

3. 

LOG

Computer / bike: **valeradi / Bike 1** Name: **YOUzniy.200km** Date / Time: **18.04.2015 - 07:56 - 15:04**

INFO

Date	18.04.2015
Start time	07:56 Clock
Stopp time	15:04 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	4613 kcal
Number of log entries	5096
Log time interval	5 s

TOTAL VALUES

Trip distance	204,31 km
Trip distance uphill	22,51 km
Distance downhill	20,67 km
Trip time	06:22:00 h
Trip time uphill	00:45:13 h
Trip time downhill	00:33:13 h
Meters uphill	650 m
Meters downhill	604 m
Break time	00:20:42 h

MIN/MAX VALUES

Heart rate	112/188 bpm
Temperature	15,0/27,0 °C
Speed	0,00/58,37 kmh
Altitude	413/529 m
Incline	-4/6 %
Rate of ascent	-18/20 m/min
Cadence	0/130 R/min
Power	0/623 Watt

AVERAGE VALUES

Heart rate	154 bpm
Temperature	20,7 °C
Speed	32,10 kmh
Altitude	472 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	7 m/min
Power	149 Watt
Cadence	80 R/min

LOG

Computer / bike: valeradi / Bike 1 Name: YOUzniy.200km Date / Time: 18.04.2015 - 07:56 - 15:04



HEART RATE ZONES

Zone 1	104 - 140 bpm
Zone 2	140 - 160 bpm
Zone 3	160 - 189 bpm

Time in Zone 1:	00:36:06 h
Time in Zone 2:	03:46:25 h
Time in Zone 3:	01:59:28 h

Outside	00:00:00 h
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Zone 2:
59.3%

Zone 1:
9.5%

Zone 3:
31.3%

Outside: 0.0%

