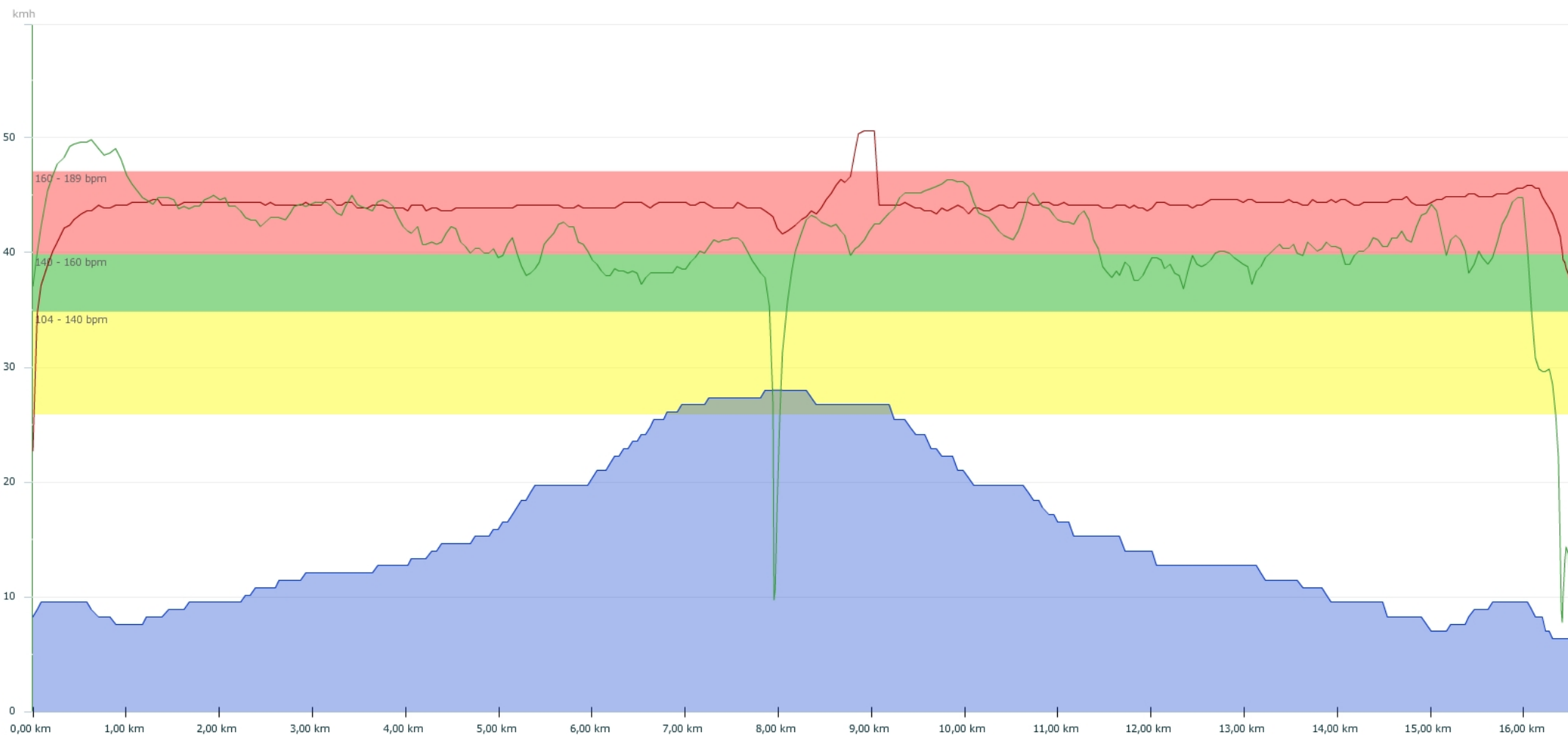


# LOG

Computer / bike: valeradi / Bike 1    Name: razdelka 16 km malodubravniy    Date / Time: 01.05.2015 - 10:57 - 11:22



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    Avg. temperature  
 Zone 1    Zone 2    Zone 3

## LOG

Computer / bike: valeradi / Bike 1    Name: razdelka 16 km malodubravniy    Date / Time: 01.05.2015 - 10:57 - 11:22



### NOTES

Rating:



Weather:

cloudy



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

veter u/z 4-5 m/s

### MARKERS

## LOG

Computer / bike: **valeradi / Bike 1**    Name: **razdelka 16 km malodubravniy**    Date / Time: **01.05.2015 - 10:57 - 11:22**

### INFO

Date	01.05.2015
Start time	10:57 Clock
Stopp time	11:22 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	365 kcal
Number of log entries	333
Log time interval	5 s

### TOTAL VALUES

Trip distance	16,56 km
Trip distance uphill	1,86 km
Distance downhill	1,75 km
Trip time	00:24:54 h
Trip time uphill	00:02:51 h
Trip time downhill	00:02:28 h
Meters uphill	38 m
Meters downhill	41 m
Break time	00:00:00 h

### MIN/MAX VALUES

Heart rate	91/203 bpm
Temperature	14,0/15,0 °C
Speed	7,76/49,83 kmh
Altitude	512/546 m
Incline	-1/1 %
Rate of ascent	-8/7 m/min
Cadence	0/104 R/min
Power	0/517 Watt

### AVERAGE VALUES

Heart rate	176 bpm
Temperature	14,1 °C
Speed	39,93 kmh
Altitude	526 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	6 m/min
Power	252 Watt
Cadence	69 R/min

## LOG

Computer / bike: **valeradi / Bike 1**    Name: **razdelka 16 km mladobravniy**    Date / Time: **01.05.2015 - 10:57 - 11:22**



### HEART RATE ZONES

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

Time in Zone 1: 00:00:04 h

Time in Zone 2: 00:00:49 h

Time in Zone 3: 00:23:37 h

Outside: 00:00:22 h

