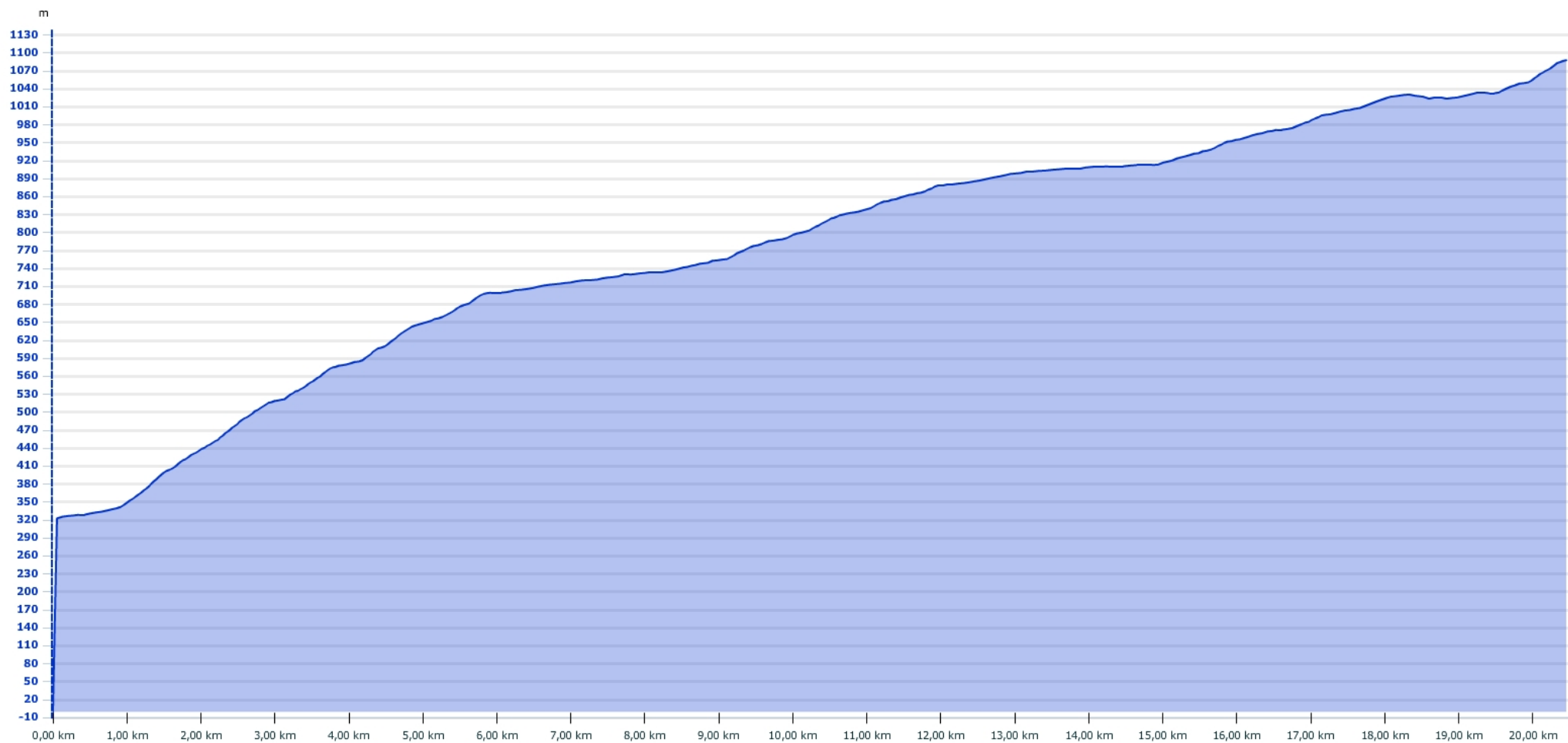


LOG

Computer / bike: sergey / Bike 1 Date / Time: 14.08.2011 - 15:13 - 16:18



— 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: 14.08.2011 - 15:13 - 16:18



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

steep



Training type:

Training partner:

Description:

MARKERS

LOG

Computer / bike: **sergey / Bike 1** Date / Time: **14.08.2011 - 15:13 - 16:18**

INFO

Unit	kmh
Wheel size	2133 mm
Log time interval	10
Number of log entries	382
Calories	729 kcal
Bike	Bike 1
Stopp time	16:18 Clock
Start time	15:13 Clock
Date	14.08.2011

TOTAL VALUES

Trip distance	20,45 km
Trip time	01:04:17 h
Break time	00:00:00 h
Distance uphill	18,28 km
Trip time uphill	00:59:54 h
Meters uphill	1098 m
Distance downhill	0,42 km
Trip time downhill	00:00:50 h
Meters downhill	10 m

MIN. / MAX VALUES

Speed	0,00/38,59 kmh
Heart rate	105/169 bpm
Temperature	26,0/35,0 °C
Altitude	0/1088 °C
Incline	-3/108 %
Rate of ascent	-18/387 m/min

AVERAGE VALUES

Speed	19,01 kmh
Heart rate	158 bpm
Temperature	29,6 °C
Altitude	745 m
Incline	4 %
Rate of ascent	12 m

LOG

Computer / bike: sergey / Bike 1 Date / Time: 14.08.2011 - 15:13 - 16:18



HEART RATE ZONES

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

Time in Zone 1: 00:00:20 h

Time in Zone 2: 00:04:23 h

Time in Zone 3: 00:59:34 h

Outside 00:00:00 h

