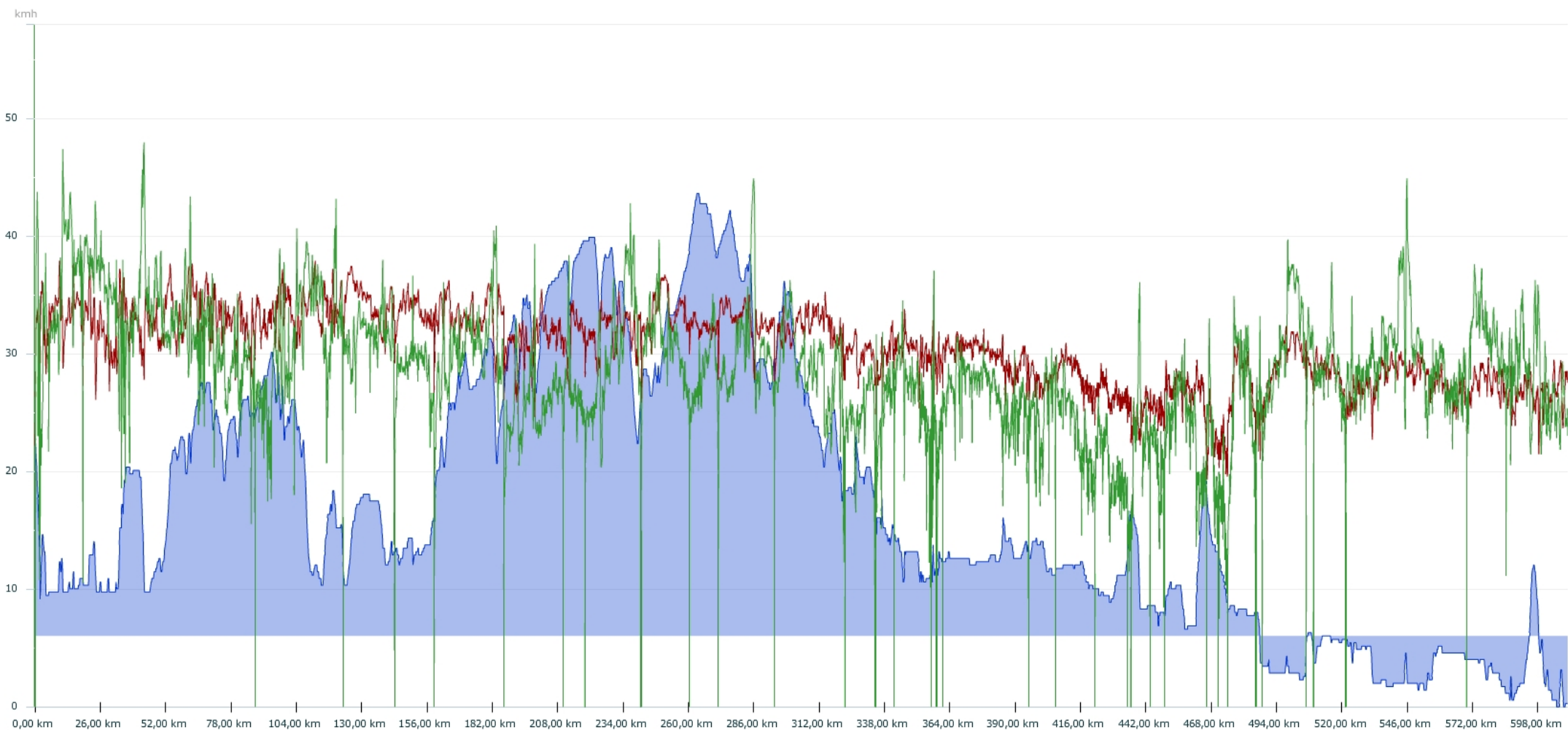


LOG

Computer / bike: ROX 9.1 / Bike 1 Name: 600 Date / Time: 12.06.2015 - 07:02 - 08:33



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: ROX 9.1 / Bike 1 Name: 600 Date / Time: 12.06.2015 - 07:02 - 08:33



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

2. 

3. 

4. 

























5. 

6. 

LOG

Computer / bike: ROX 9.1 / Bike 1 Name: 600 Date / Time: 12.06.2015 - 07:02 - 08:33





















MARKERS

7. 	13. 	19. 	25. 
8. 	14. 	20. 	26. 
9. 	15. 	21. 	27. 
10. 	16. 	22. 	28. 
11. 	17. 	23. 	29. 
12. 	18. 	24. 	30. 

LOG

Computer / bike: ROX 9.1 / Bike 1 Name: 600 Date / Time: 12.06.2015 - 07:02 - 08:33

MARKERS

31. 	37. 	43. 	49. 
32. 	38. 	44. 	50. 
33. 	39. 	45. 	
34. 	40. 	46. 	
35. 	41. 	47. 	
36. 	42. 	48. 	

LOG

Computer / bike: **ROX 9.1 / Bike 1** Name: **600** Date / Time: **12.06.2015 - 07:02 - 08:33**

INFO

Date	12.06.2015
Start time	07:02 Clock
Stopp time	08:33 Clock
Bike	Bike 1
Wheel size	2112 mm
Unit	kmh
Calories	12018 kcal
Number of log entries	7888
Log time interval	10 s

TOTAL VALUES

Trip distance	609,87 km
Trip distance uphill	79,18 km
Distance downhill	75,41 km
Trip time	22:07:56 h
Trip time uphill	03:01:24 h
Trip time downhill	02:25:10 h
Meters uphill	1212 m
Meters downhill	1283 m
Break time	02:19:04 h

MIN/MAX VALUES

Heart rate	80/157 bpm
Temperature	14,0/42,0 °C
Speed	0,00/48,00 kmh
Altitude	-21/131 m
Incline	-5/5 %
Rate of ascent	-23/15 m/min
Cadence	0/113 R/min
Power	0/350 Watt

AVERAGE VALUES

Heart rate	125 bpm
Temperature	26,5 °C
Speed	27,66 kmh
Altitude	37 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	6 m/min
Power	89 Watt
Cadence	82 R/min

LOG

Computer / bike: ROX 9.1 / Bike 1 Name: 600 Date / Time: 12.06.2015 - 07:02 - 08:33



HEART RATE ZONES

Zone 1	100 - 127 bpm
Zone 2	127 - 146 bpm
Zone 3	146 - 182 bpm

Time in Zone 1:	10:37:25 h
Time in Zone 2:	09:44:42 h
Time in Zone 3:	01:05:38 h

Outside	00:40:10 h
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