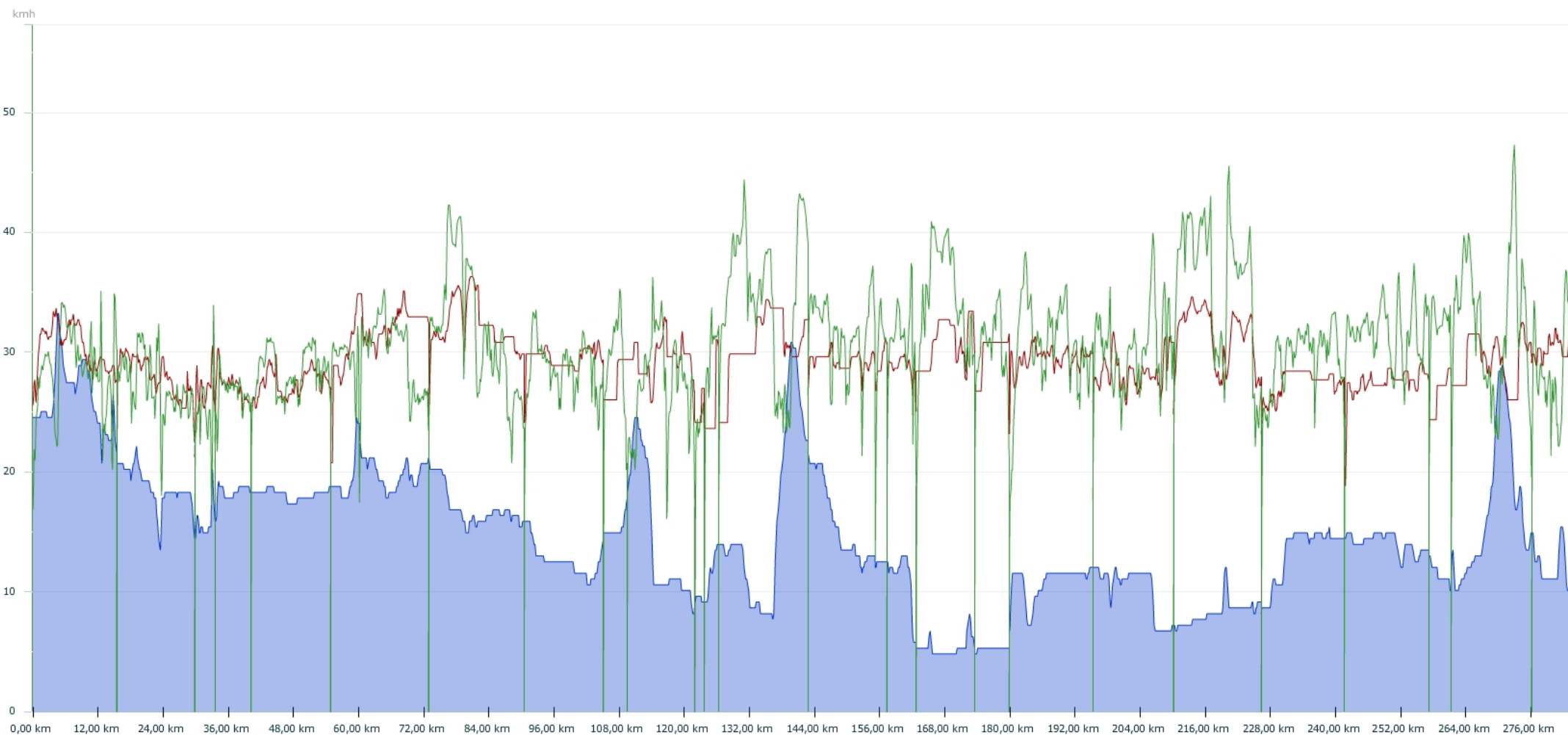


# LOG

Computer / bike: **valeradi / Bike 1**    Date / Time: **13.06.2015 - 04:34 - 15:37**



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**    Date / Time: **13.06.2015 - 04:34 - 15:37**



### 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: **valeradi / Bike 1**    Date / Time: **13.06.2015 - 04:34 - 15:37**

## MARKERS

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

## LOG

Computer / bike: **valeradi / Bike 1** Date / Time: **13.06.2015 - 04:34 - 15:37**

### INFO

Date	13.06.2015
Start time	04:34 Clock
Stopp time	15:37 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	4787 kcal
Number of log entries	1720
Log time interval	20 s

### TOTAL VALUES

Trip distance	284,27 km
Trip distance uphill	39,52 km
Distance downhill	42,83 km
Trip time	09:36:32 h
Trip time uphill	01:28:40 h
Trip time downhill	01:20:17 h
Meters uphill	376 m
Meters downhill	401 m
Break time	01:09:38 h

### MIN/MAX VALUES

Heart rate	79/152 bpm
Temperature	14,0/44,0 °C
Speed	0,00/47,31 kmh
Altitude	568/627 m
Incline	-2/3 %
Rate of ascent	-12/9 m/min
Cadence	0/107 R/min
Power	0/298 Watt

### AVERAGE VALUES

Heart rate	122 bpm
Temperature	29,8 °C
Speed	29,83 kmh
Altitude	588 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	7 m/min
Power	109 Watt
Cadence	81 R/min

## LOG

Computer / bike: **valeradi / Bike 1**    Date / Time: **13.06.2015 - 04:34 - 15:37**



### HEART RATE ZONES

Zone 1	107 - 146 bpm
Zone 2	146 - 166 bpm
Zone 3	166 - 194 bpm

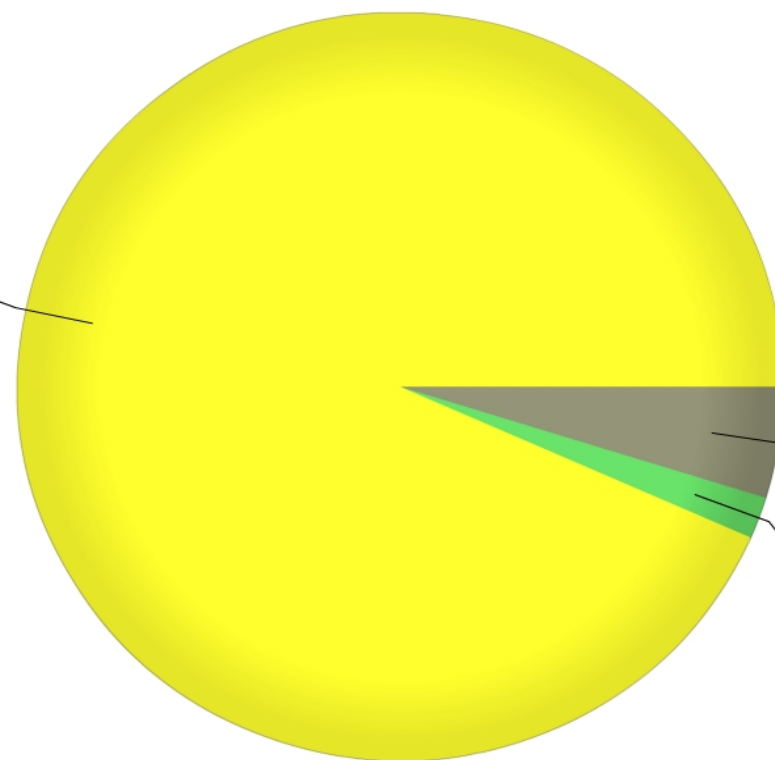
Time in Zone 1: 08:58:24 h

Time in Zone 2: 00:10:27 h

Time in Zone 3: 00:00:00 h

Outside 00:27:40 h

Zone 1:  
93.4%



Outside:  
4.8%

Zone 2:  
1.8%

Time in zone 3: 0.0%