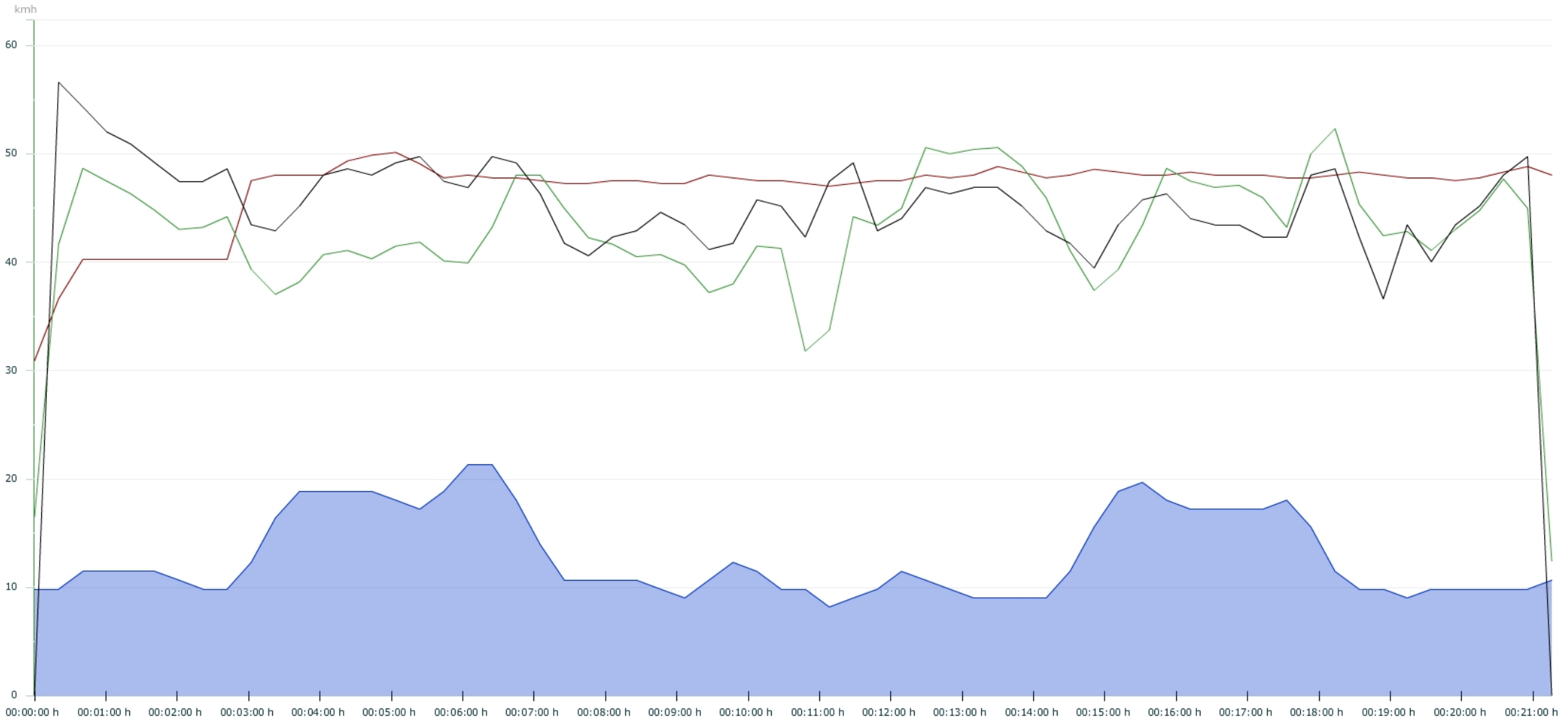


LOG

Computer / bike: valeradi / Bike 1 Name: razdelka 15 novoazovskaia trassa Date / Time: 21.06.2015 - 11:53 - 12:14



■ Altitude ■ Speed ■ Heart rate ■ Temperature ■ Incline ■ Rate of ascent ■ Cadence ■ Power
■ Avg. altitude ■ Avg. speed ■ Avg. heart rate ■ Avg. temperature ■ Avg. temperature ■ Avg. temperature
■ Zone 1 ■ Zone 2 ■ Zone 3

LOG

Computer / bike: **valeradi / Bike 1** Name: **razdelka 15 novoazovskaia trassa** Date / Time: **21.06.2015 - 11:53 - 12:14**



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

LOG

Computer / bike: **valeradi / Bike 1** Name: **razdelka 15 novoazovskaia trassa** Date / Time: **21.06.2015 - 11:53 - 12:14**

INFO

Date	21.06.2015
Start time	11:53 Clock
Stopp time	12:14 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	326 kcal
Number of log entries	64
Log time interval	20 s

TOTAL VALUES

Trip distance	15,22 km
Trip distance uphill	4,00 km
Distance downhill	5,29 km
Trip time	00:21:15 h
Trip time uphill	00:06:04 h
Trip time downhill	00:07:05 h
Meters uphill	42 m
Meters downhill	41 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	119/193 bpm
Temperature	24,0/30,0 °C
Speed	12,41/52,36 kmh
Altitude	609/625 m
Incline	-1/1 %
Rate of ascent	-8/6 m/min
Cadence	0/99 R/min
Power	0/474 Watt

AVERAGE VALUES

Heart rate	180 bpm
Temperature	27,1 °C
Speed	42,60 kmh
Altitude	614 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	8 m/min
Power	304 Watt
Cadence	77 R/min

LOG

Computer / bike: **valeradi / Bike 1** Name: **razdelka 15 novoazovskaia trassa** Date / Time: **21.06.2015 - 11:53 - 12:14**

HEART RATE ZONES

Zone 1	107 - 146 bpm
Zone 2	146 - 166 bpm
Zone 3	166 - 194 bpm
Time in Zone 1:	00:00:20 h
Time in Zone 2:	00:02:21 h
Time in Zone 3:	00:18:33 h
Outside	00:00:00 h

