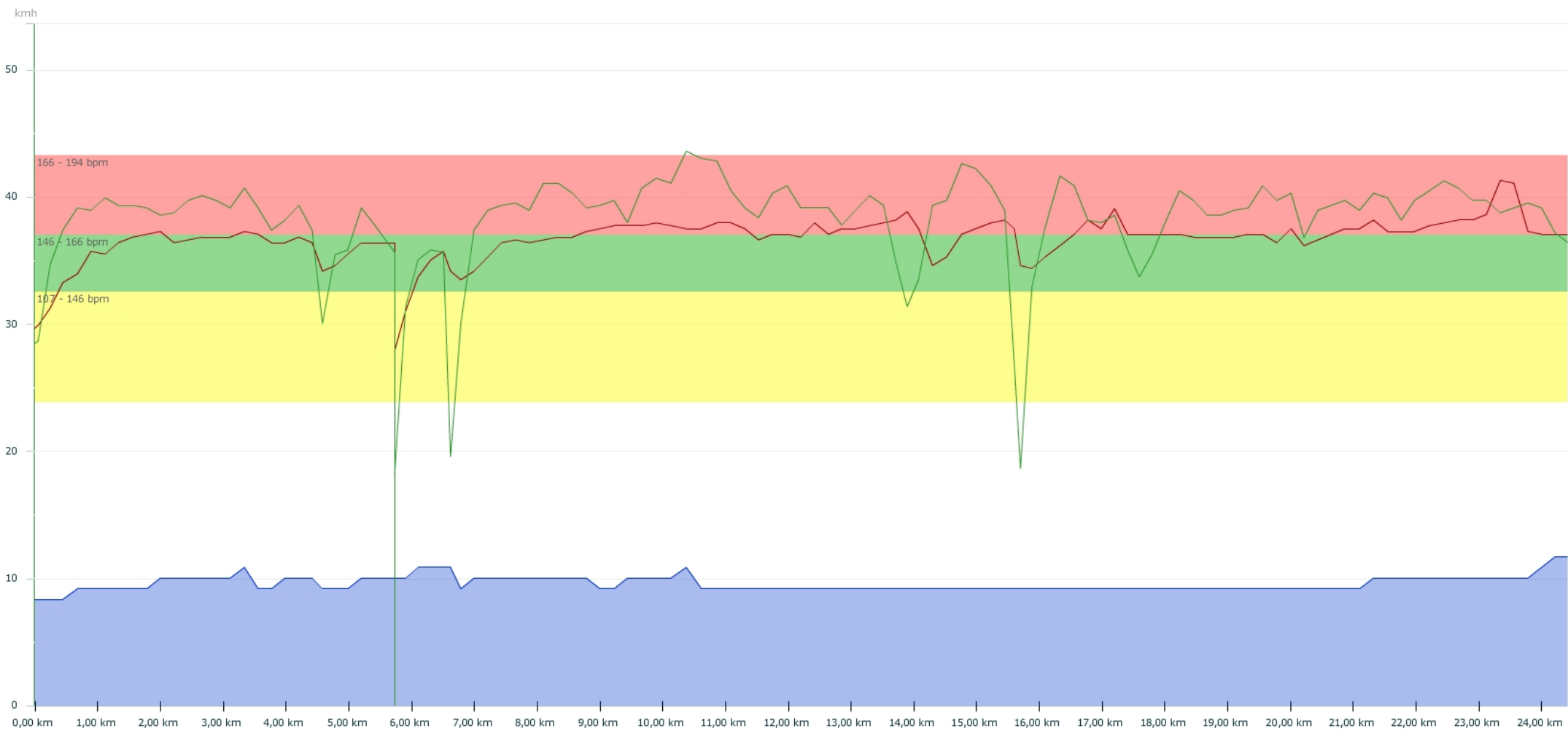


LOG

Computer / bike: valeradi / Bike 1 Name: mv6. porog 40 min. rogozhkino Date / Time: 22.07.2015 - 09:58 - 10:38



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 Name: mv6. porog 40 min. rogozhkino Date / Time: 22.07.2015 - 09:58 - 10:38



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

veter s/z 3 m/s

MARKERS

1. 

LOG

Computer / bike: valeradi / Bike 1 Name: mv6. porog 40 min. rogozhkino Date / Time: 22.07.2015 - 09:58 - 10:38

INFO

Date	22.07.2015
Start time	09:58 Clock
Stopp time	10:38 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	517 kcal
Number of log entries	117
Log time interval	20 s

TOTAL VALUES

Trip distance	24,41 km
Trip distance uphill	2,63 km
Distance downhill	1,01 km
Trip time	00:39:04 h
Trip time uphill	00:04:03 h
Trip time downhill	00:01:41 h
Meters uphill	12 m
Meters downhill	8 m
Break time	00:01:14 h

MIN/MAX VALUES

Heart rate	125/185 bpm
Temperature	25,0/29,0 °C
Speed	0,00/43,63 kmh
Altitude	874/878 m
Incline	0/0 %
Rate of ascent	0/0 m/min
Cadence	60/94 R/min
Power	0/310 Watt

AVERAGE VALUES

Heart rate	164 bpm
Temperature	26,0 °C
Speed	37,88 kmh
Altitude	875 m
Inclination uphill	0 %
Inclination downhill	0 %
Inclination rate uphill	0 m/min
Inclination rate downhill	0 m/min
Power	210 Watt
Cadence	82 R/min

LOG

Computer / bike: valeradi / Bike 1 Name: mv6. porog 40 min. rogozhkino Date / Time: 22.07.2015 - 09:58 - 10:38



HEART RATE ZONES

Zone 1	107 - 146 bpm
Zone 2	146 - 166 bpm
Zone 3	166 - 194 bpm
Time in Zone 1:	00:01:21 h
Time in Zone 2:	00:16:48 h
Time in Zone 3:	00:20:55 h
Outside	00:00:00 h

Zone 2:
43.0%

Zone 3:
53.5%

Outside: 0.0%

Zone 1:
3.5%

