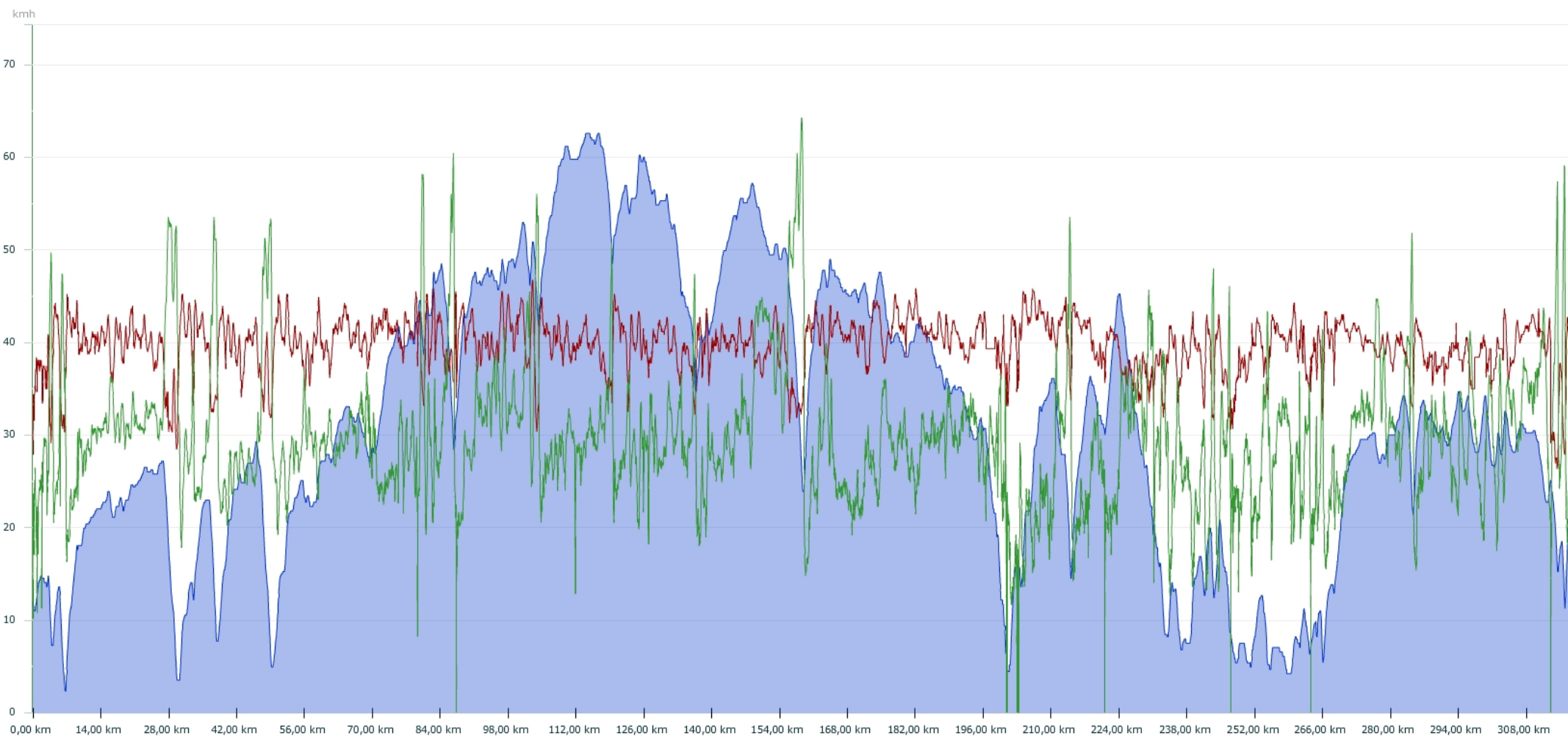


LOG

Computer / bike: vladimir / Bike 1 Name: 400 Date / Time: 11.06.2016 - 05:00 - 17:17



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: vladimir / Bike 1 Name: 400 Date / Time: 11.06.2016 - 05:00 - 17:17



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: vladimir / Bike 1 Name: 400 Date / Time: 11.06.2016 - 05:00 - 17:17

MARKERS

7. 

13. 

19. 

8. 

14. 

20. 

9. 

15. 

10. 

16. 

11. 

17. 

12. 

18. 

LOG

Computer / bike: vladimir / Bike 1 Name: 400 Date / Time: 11.06.2016 - 05:00 - 17:17

INFO

Date	11.06.2016
Start time	05:00 Clock
Stopp time	17:17 Clock
Bike	Bike 1
Wheel size	2112 mm
Unit	kmh
Calories	6606 kcal
Number of log entries	9120
Log time interval	5 s

TOTAL VALUES

Trip distance	318,54 km
Trip distance uphill	61,98 km
Distance downhill	62,70 km
Trip time	11:23:09 h
Trip time uphill	02:40:52 h
Trip time downhill	01:43:17 h
Meters uphill	2269 m
Meters downhill	2223 m
Break time	00:38:24 h

MIN/MAX VALUES

Heart rate	85/151 bpm
Temperature	15,0/36,0 °C
Speed	0,00/64,32 kmh
Altitude	36/293 m
Incline	-7/6 %
Rate of ascent	-62/20 m/min
Cadence	0/113 R/min
Power	0/447 Watt

AVERAGE VALUES

Heart rate	129 bpm
Temperature	22,7 °C
Speed	27,99 kmh
Altitude	157 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	6 m/min
Inclination rate downhill	11 m/min
Power	105 Watt
Cadence	73 R/min

LOG

Computer / bike: vladimir / Bike 1 Name: 400 Date / Time: 11.06.2016 - 05:00 - 17:17



HEART RATE ZONES

Zone 1	100 - 127 bpm
Zone 2	127 - 145 bpm
Zone 3	145 - 181 bpm

Time in Zone 1: 03:32:03 h

Time in Zone 2: 07:33:11 h

Time in Zone 3: 00:12:36 h

Outside: 00:05:19 h

