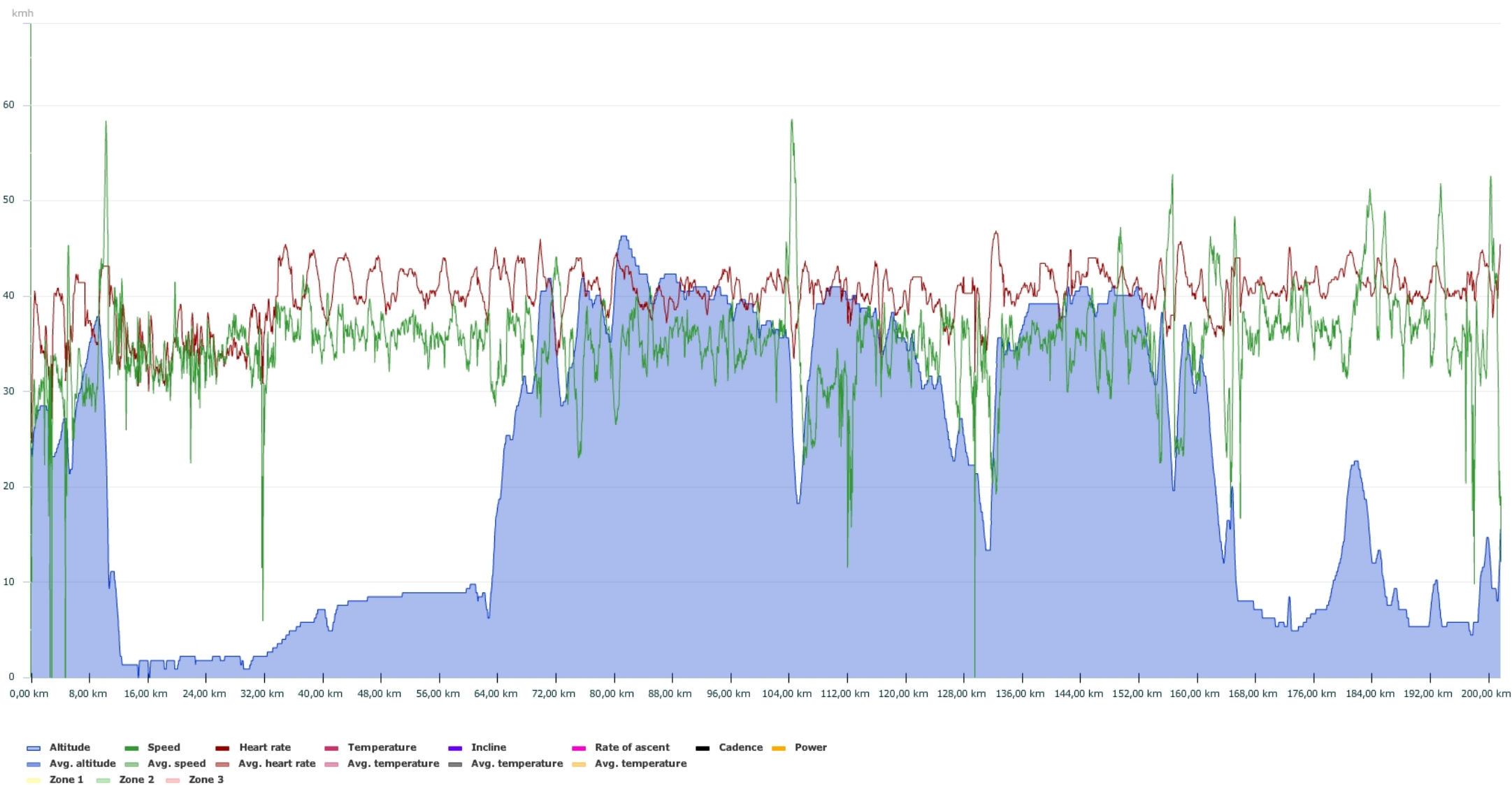


# LOG

Computer / bike: 2017. / Bike 1    Name: 200    Date / Time: 29.04.2017 - 08:00 - 13:54



## LOG

Computer / bike: 2017. / Bike 1    Name: 200    Date / Time: 29.04.2017 - 08:00 - 13:54



### NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

### MARKERS

1. 

2. 

3. 

4. 

5. 

## LOG

Computer / bike: 2017. / Bike 1 Name: 200 Date / Time: 29.04.2017 - 08:00 - 13:54

### INFO

Date	29.04.2017
Start time	08:00 Clock
Stopp time	13:54 Clock
Bike	Bike 1
Wheel size	2112 mm
Unit	kmh
Calories	3929 kcal
Number of log entries	4690
Log time interval	5 s

### TOTAL VALUES

Trip distance	201,63 km
Trip distance uphill	22,27 km
Distance downhill	21,96 km
Trip time	05:51:25 h
Trip time uphill	00:44:46 h
Trip time downhill	00:33:26 h
Meters uphill	638 m
Meters downhill	655 m
Break time	00:02:40 h

### MIN/MAX VALUES

Heart rate	86/164 bpm
Temperature	15,0/33,0 °C
Speed	0,00/58,56 kmh
Altitude	3/107 m
Incline	-6/6 %
Rate of ascent	-46/20 m/min
Cadence	0/106 R/min
Power	0/497 Watt

### AVERAGE VALUES

Heart rate	140 bpm
Temperature	24,4 °C
Speed	34,45 kmh
Altitude	53 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	9 m/min
Power	160 Watt
Cadence	78 R/min

## LOG

Computer / bike: 2017. / Bike 1    Name: 200    Date / Time: 29.04.2017 - 08:00 - 13:54



### HEART RATE ZONES

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

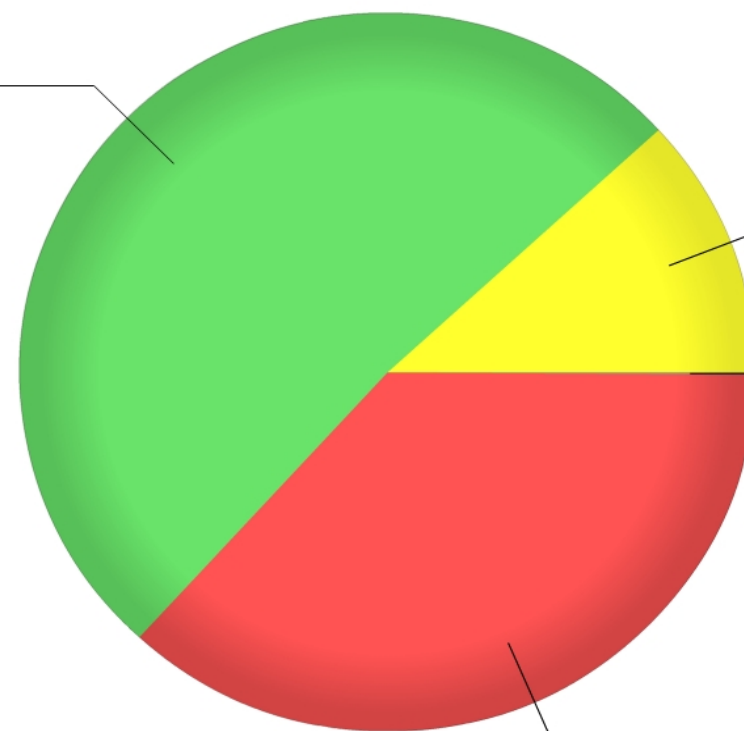
Time in Zone 1: 00:41:24 h

Time in Zone 2: 03:00:29 h

Time in Zone 3: 02:09:04 h

Outside 00:00:27 h

Zone 2:  
51.4%



Zone 1:  
11.8%

Outside:  
0.1%

Zone 3:  
36.7%