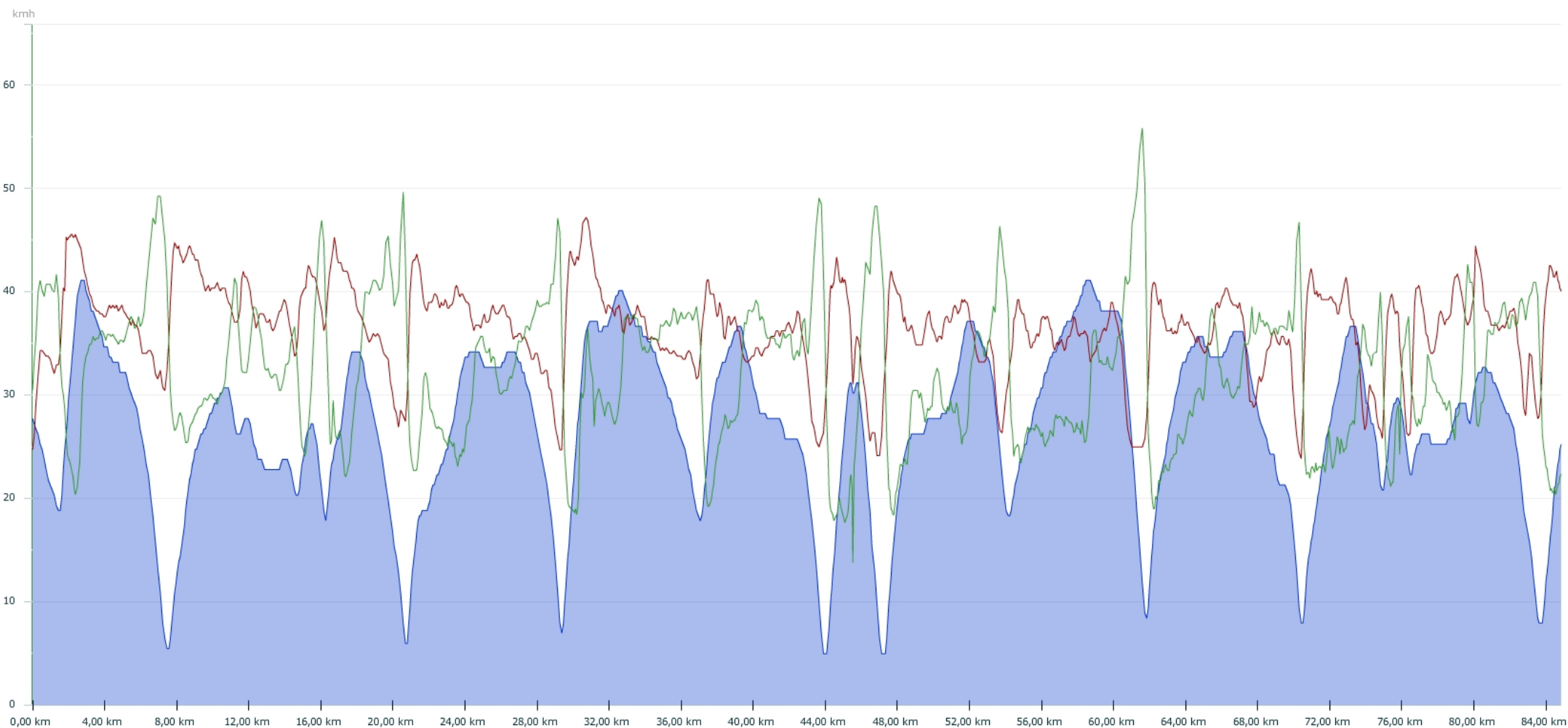


# LOG

Computer / bike: sergey / Bike 1    Date / Time: 21.06.2012 - 05:46 - 08:31



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

## LOG

Computer / bike: sergey / Bike 1    Date / Time: 21.06.2012 - 05:46 - 08:31



### NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

mountainous



Training type:

Training partner:

Description:

### MARKERS

## LOG

Computer / bike: sergey / Bike 1    Date / Time: 21.06.2012 - 05:46 - 08:31

### INFO

Date	21.06.2012
Start time	05:46 Clock
Stopp time	08:31 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	1444 kcal
Number of log entries	980
Log time interval	10 s

### TOTAL VALUES

Trip distance	84,85 km
Trip distance uphill	28,59 km
Distance downhill	31,93 km
Trip time	02:45:12 h
Trip time uphill	01:08:40 h
Trip time downhill	00:50:07 h
Meters uphill	679 m
Meters downhill	684 m
Break time	00:00:00 h

### MIN/MAX VALUES

Heart rate	87/172 bpm
Temperature	19,0/27,0 °C
Speed	13,77/55,85 kmh
Altitude	26/99 m
Incline	-5/6 %
Rate of ascent	-46/28 m/min

### AVERAGE VALUES

Heart rate	135 bpm
Temperature	22,5 °C
Speed	30,84 kmh
Altitude	70 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	9 m/min
Inclination rate downhill	12 m/min

## LOG

Computer / bike: sergey / Bike 1    Date / Time: 21.06.2012 - 05:46 - 08:31



### HEART RATE ZONES

Zone 1	102 - 130 bpm
Zone 2	130 - 149 bpm
Zone 3	149 - 186 bpm

Time in Zone 1: 00:43:01 h

Time in Zone 2: 01:29:16 h

Time in Zone 3: 00:25:49 h

Outside: 00:07:05 h

