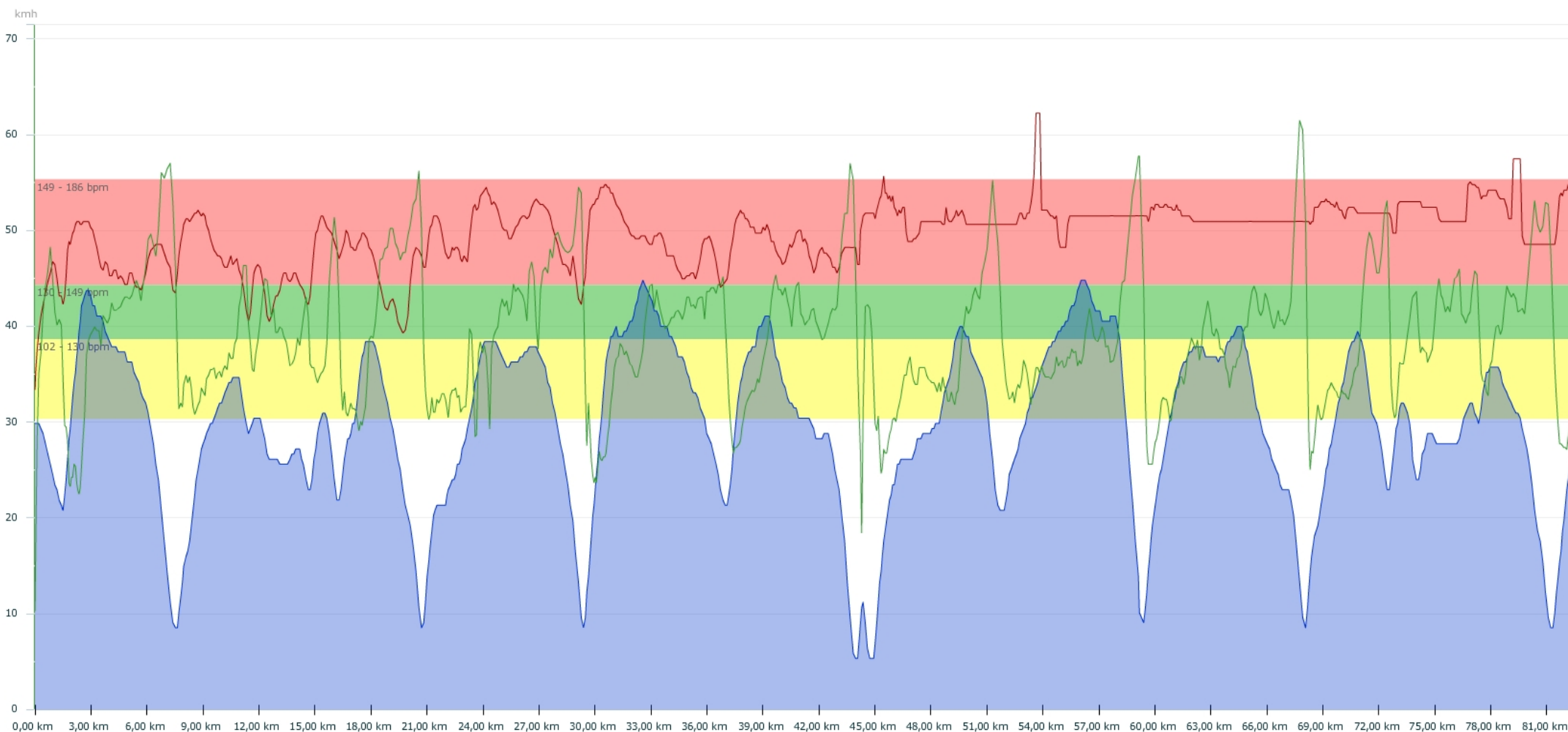


LOG

Computer / bike: sergey / Bike 1 Date / Time: 15.07.2012 - 09:05 - 11:15



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: 15.07.2012 - 09:05 - 11:15



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

LOG

Computer / bike: sergey / Bike 1 Date / Time: 15.07.2012 - 09:05 - 11:15

INFO

Date	15.07.2012
Start time	09:05 Clock
Stopp time	11:15 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	1592 kcal
Number of log entries	773
Log time interval	10 s

TOTAL VALUES

Trip distance	82,39 km
Trip distance uphill	29,89 km
Distance downhill	32,88 km
Trip time	02:10:16 h
Trip time uphill	00:55:31 h
Trip time downhill	00:43:52 h
Meters uphill	634 m
Meters downhill	638 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	112/209 bpm
Temperature	28,0/37,0 °C
Speed	10,28/61,47 kmh
Altitude	18/92 m
Incline	-13/6 %
Rate of ascent	-125/26 m/min

AVERAGE VALUES

Heart rate	167 bpm
Temperature	31,7 °C
Speed	37,96 kmh
Altitude	63 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	11 m/min
Inclination rate downhill	14 m/min

LOG

Computer / bike: sergey / Bike 1 Date / Time: 15.07.2012 - 09:05 - 11:15



HEART RATE ZONES

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

Time in Zone 1: 00:00:20 h

Time in Zone 2: 00:07:45 h

Time in Zone 3: 02:00:39 h

Outside 00:01:31 h

